



OPPOSITION TO PROPOSED BRUCE HIGHWAY ALTERNATIVE

PG 06



AUSSIE ARVO FUN

Lawnton's signature Australia Day Event is back with a Splash PG 05

URGENT CALLS FOR LOCAL WILDLIFE HOSPITAL

ELIZABETH WALSH

CITY of Moreton Bay is calling on the State and Federal governments to provide financial support to establish a wildlife hospital in the area.

Council recently voted to prioritise freehold land at Dakabin for the hospital. The proposed facility would cover the third largest council area in Australia and provide faster access to care for injured wildlife in the South East Queensland region.

Mayor Peter Flannery said local wildlife rescuers had been travelling up to two hours for urgent animal care.

"Our city is managing the enormous pressure that comes with being one of the fastest growing local government areas in the country and it's not acceptable to have the needs of our precious wildlife uncatered for in the process."

The Moreton Bay Wildlife Hospital Foundation has been raising funds for the hospital's construction and operational costs. A business case was

submitted to the Queensland Government in July, seeking at least \$1 million per annum in operational funding. The Foundation aims to secure the same support that other similar facilities currently receive from the State Government.

"Moreton Bay's injured koalas are the top source of admissions at both Australia Zoo and RSPCA Wacol facilities, but that's set to worsen with RSPCA moving further south to Capalaba due to a \$5 million Australian

Government grant.

"A local facility will also take the pressure off our dedicated volunteer wildlife carers who are already stretched by rising fuel and food costs."

Christine West, a board member of the Moreton Bay Wildlife Hospital, expressed gratitude for the City of Moreton Bay's support in allocating land for the facility.

"The allocation of this land not only demonstrates a collective responsibility for our native animals but also

ensures that dedicated wildlife volunteers in our region will save valuable time and resources, giving our injured wildlife the best chance at survival," she said.

"There is a great need for a wildlife hospital in Moreton Bay and the situation is urgent. I'm hopeful that now this land is secured, other levels of government will come to the party with financial support to ensure a brighter future for our wildlife."

Could you care for a future Seeing Eye Dog?



Vision Australia Seeing Eye Dogs are recruiting volunteer puppy carers between the Sunshine Coast and Brisbane.

Volunteer and change the life of someone who is blind or has low vision by caring for a pup.

There is no cost to you, just your time and a loving home.

Meet our local puppy trainer Mark and one of our Seeing Eye Dogs puppies at the following information session to find out more.

Date: Thursday February 1, 2024 Time: 12pm - 1pm
Venue: North Lakes Community Centre (Meeting Room 1)
10 The Corso, North Lakes QLD 4509

Scan the QR code to reserve your place!



Seeing Eye Dogs pup-in-training.

INSIDE

- Dining 35
- Directory 43
- Dose of Dorin Cartoon 39
- Finance 26
- Letters 38
- Lifestyle 33
- Opinion 38
- Outdoors 41
- Puzzles 36
- The Arts 28
- Wellbeing 30
- What's On 37

MORE STORIES ONLINE



LOCALTIMES.COM.AU

LOCALTIMES

www.localtimes.com.au

PUBLISHER

3B Media Pty Ltd
PO Box 189, Sandgate
4017

EDITOR

Jodie Morphet
0416 677 905
editor@localtimes.com.au

BUSINESS HOURS

Mon to Fri 9am to 5pm

CONTRIBUTORS

Alyssa Mackay
Bruce Giddings
Jo Kelsey
Joshua East
Elizabeth Walsh
Marnie Birch
Meade Murphy
Pat Cannard
Panayiota
Richard Lancaster
Sheree Hodinnett
Vanessa Bragdon

MONTHLY DISTRIBUTION:

Caboolture, Morayfield, Burpengary East, Burpengary, Narangba, Griffin, Kallangur, Petrie, Murrumba Downs, Dakabin, Deception Bay, North Lakes, Mango Hill and Rothwell.

ADVERTISING:

For advertising rates, conditions and bookings please email louise@localtimes.com.au, call Louise on (07) 3518 0828

EDITORIALS & EVENT LISTINGS:

Email submissions to the Editor via editor@localtimes.com.au

COPYRIGHT & DISCLAIMER: 'The Local Times' is a registered Trademark of Local Times Moreton Bay. No part of this publication may be reproduced in whole or in part without written permission of the publisher. The information in this publication is for information purposes only. The Local Times and its editors, publishers and agents assume no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each individual, event or organisation has been provided by such individual, event organisers or organisation without verification by us. The opinion expressed in each article is the opinion of its author and does not necessarily reflect the opinion of The Local Times or its publishers. Therefore, The Local Times carries no responsibility for the opinion expressed thereon.

INDEMNITY: By advertising or submitting with The Local Times you agree to indemnify all participating contributors and supporting businesses such as graphic designers and printers against any claims.

ABN: 78 655 574 011

A STEP IN THE RIGHT DIRECTION

JOSHUA EAST

CITY of Moreton Bay is set to develop three separate Missing Link Pathways projects around schools in the Kippa-Ring and Deception Bay area.

Mayor Peter Flannery announced that a total of 1,674 meters of pathway would be constructed to support safety and facilitate easier access to Hercules State School, Southern Cross College, Kippa-Ring State School, and Deception Bay State High School by the end of the financial year.

Works have already commenced or will commence in the following weeks on Kate Avenue in Deception Bay, Church Street in Kippa-Ring, and Pegasus Street in Kippa-Ring.

Mayor Flannery expressed his understanding of the importance of ensuring the safety of children walking to and from school.

"These upgrades target Missing Link Pathways around schools in the Kippa-Ring and

Deception Bay area, near main roads that have a high volume of foot traffic, to improve safety and connectivity for everyone," Mayor Flannery said.

"Council's Missing Link Pathway program identifies key areas that aren't connected by footpaths and fills in the gap by building new connecting footpaths.

"Our population has boomed in recent years and it's going to continue growing, so it's important that our infrastructure and amenity is keeping pace with growth."

Council's budget 2022-23 has allocated \$90 million to upgrades for the road and transport networks, which will be implemented over this financial year.

Councillor Sandra Ruck (Division 5) expressed her enthusiasm for the project.

"All three of (the) areas that we'll be improving have a high demand for pedestrian use, so the works will not only improve safety for school students but it will promote recreational walking too," Cr Ruck said.

Councillor Karl Winchester (Division 6) highlighted the long-term benefits of the Missing Link Pathway program, noting that it would encourage more active transport and help reduce congestion in the area.

"The Redcliffe Peninsula and Deception Bay areas are some of the most built-up areas in the City of Moreton Bay so any projects that encourage more active transport is a win for the community," he said.

"Council is committed to creating better transport networks and reducing congestion for the entire region through a whole host of initiatives and projects as we continue to grow."

To learn more about the City of Moreton Bay's Integrated Transport Strategy and other long-term strategies, visit www.moretonbay.qld.gov.au/Services/Reports-Policies/Our-Long-Term-Strategies

red rooster

MEET THE BURGERS

T&C'S APPLY - NOT EVERYWHERE AND NOT FOREVER.

NARANGBA Cnr. Young Road & Golden Wattle Drive	NORTH LAKES 1650 Anzac Ave	MORAYFIELD 123 William Berry Dr	KALLANGUR 1475 Anzac Ave
BURPENGARY 163a Station Rd	DECEPTION BAY 444 Deception Bay Rd	REDCLIFFE 82-98 Anzac Ave	BRIBIE ISLAND 75 Cotterill Ave, Bongaree

MORAYFIELD FOOD COURT
Morayfield Shopping Centre

*Merv Hughes says
See my mates at
CPAP DIRECT*

**If you have Sleep Apnea...
YOUR SUCCESS IS OUR PRIORITY**

AUSTRALIA'S LARGEST INDEPENDENT FAMILY OWNED CPAP SUPPLIER

TRAVEL CPAP SALE *Seen it cheaper? We'll match ANY competitors deal and pricing!*

FREE MASK WITH ANY iDisc, Transcend or Airmini

Sale must end 31st January 2024

iDisc **AirMini** **transcend Micro** **BONUS FREE MASK**

15% OFF Travel Batteries **15% OFF 12 & 24V DC Converters** **15% OFF Solar Chargers**

CPAP DIRECT
Sleep Apnea Specialists

Morayfield
(Behind Red Rooster)
07 5316 3327
Shop 3, 111 William Berry Drive
Morayfield QLD 4506

Chermside
(Cnr Hamilton Rd & Gympie Rd)
07 3350 4177
Shop 6, 832 Gympie Road
Chermside QLD 4032

SHOP ONLINE NOW > CPAP.COM.AU
Stores across Australia

QUEENSLAND'S ANCIENT TREASURE

ELIZABETH WALSH

MUTTABURRASAUROS has been officially declared as Queensland's tenth State emblem. The seven-metre-long dinosaur won a public poll last year to become the State's favourite fossil.

Muttaborrasaurus langdoni, which was unearthed 60 years ago in Central Queensland, has now been recognised as Queensland's first fossil emblem with the passing of the Emblems of Queensland and Other Legislation Amendment Bill 2023 by the Queensland Parliament.

Tourism Minister Stirling Hinchliffe said the passing of the Bill recognising the Muttaborrasaurus as the tenth official symbol for Queensland was a mammoth statement for tourism.

"Queensland is home to many of Australia's best dinosaur fossil finds and I can't think of a better home-grown ambassador for Outback destinations than the Muttaborrasaurus," Mr Hinchliffe said.

"Outback Queensland's fossil attractions generate millions of dollars for the visitor economy

with extraordinary potential to grow as the southern hemisphere's paleo capital."

Muttaborrasaurus langdoni was discovered in 1963 by grazier Doug Langdon on Roseberry Downs Station near Muttaborra.

At the time, it was the most complete fossil to be found in Australia, and it became the nation's first dinosaur to be cast, mounted, and replicated.

Muttaborrasaurus now joins other iconic symbols of Queensland, including the Cooktown Orchid, koala, Great Barrier Reef Anemone fish, broilga, sapphire, and the colour maroon.

Dr Scott Hocknull, Queensland Museum Senior Scientist and Curator Palaeontology, expressed his delight at the recognition of Muttaborrasaurus as a Queensland State Emblem.

"This remarkable dinosaur symbolises Queensland's rich paleontological heritage and the importance of preserving our unique prehistoric legacy for generations to come," Dr Hocknull said.

FUNDING TO ENHANCE QLD FLOOD WARNING SYSTEM

JOSHUA EAST

QUEENSLAND communities can now apply for a share of \$7 million in funding to improve flood warnings.

The funding is part of the latest round of the Flood Warning Infrastructure Network (FWIN) and is available to the 23 southern Queensland councils that were most affected by the 2022 floods.

Councils can use the funding to enhance their flood warning infrastructure, including installing rainfall and river gauges, flood cameras, data repeaters, and electronic signage.

The \$7 million FWIN package is one of seven projects in Queensland that will be funded through the Commonwealth's \$75 million Emergency Response Fund.

This funding will help impacted communities recover and prepare for future flood events. The aim is to establish a network of best-practice flood warning gauges throughout Queensland, ensuring communities are better prepared to respond to flooding.

Queensland has over 3,300 rainfall and river gauges that provide crucial information for statewide flood warnings and forecasts. The \$7 million injection will be distributed equally among eligible councils, allowing them to submit projects tailored to the specific needs of their regions.

Federal Minister for Emergency Management, Murray Watt, said communities, emergency services and businesses needed reliable access to flood forecasts and warnings to help them prepare and respond to flooding events.

"Through this program, Councils will submit projects based on their own unique and localised requirements, ensuring local knowledge is front and centre when preparing for future disasters," Mr Watt said.

Queensland Deputy Premier, Steven Miles, emphasised the importance of timely and accurate flood warnings.

"When heavy rainfall arrives, flood warnings can make all the difference, ensuring timely and accurate information reaches the right people," Mr Miles said.

"This funding will bolster the resilience of our southern Queensland communities, helping to protect families and properties.

Flooding is a significant and ongoing threat to our state, so we're taking proactive measures to reduce its impact, and through better preparedness ultimately making our communities safer.

"We can't stop natural disasters from happening but we can ensure we're prepared and informed, and that's what this \$7 million investment in Queensland's Flood Warning Infrastructure Network is all about"

The eligible councils are those in local government areas that were activated for Disaster Recovery Funding Arrangements following the South East Queensland Rainfall and Flooding event in 2022.

These councils include Balonne, Brisbane, Bundaberg, Cherbourg, Fraser Coast, Gold Coast, Goondiwindi, Gladstone, Gympie, Ipswich, Lockyer Valley, Logan, Moreton Bay, Noosa, North Burnett,

Redland, Scenic Rim, Somerset, South Burnett, Southern Downs, Sunshine Coast, Toowoomba, and Western Downs.

Over the next 10 years, an additional \$236 million will be invested to buy and upgrade high-priority flood gauges in flood-prone areas owned by local, state, and territory governments.

The Queensland Reconstruction Authority (QRA) and the Local Government Association of Queensland are collaborating with the Bureau of Meteorology to strengthen the national disaster warning network.

For more information on Queensland's FWIN visit www.qra.qld.gov.au/fwin

AUSSIE ARVO READY TO MAKE A SPLASH

BRUCE GIDDINGS

AUSSIE Arvo, Lawnton's signature Australia Day event, is back this year, promising more fun than ever.

The carnival-style day, hosted by Lawnton Swim Club, has grown in popularity for eight years, planting Lawnton firmly on the Australia Day map. The event attracted around 3500 people last year.

The event will be held at the Lawnton Aquatic Centre in Lawnton Pocket Road, a beautiful and spacious Aussie landscape, appropriate for the day.

A key feature of the Aussie Arvo is the close engagement of many community groups, who help bring goodwill and a sense of connection within the local community.

Groups and individuals such as Lawnton Swim Club, Albany Park Rotary, Lawnton State School, Kallangur Lions Club, Belgravia Leisure, and local, state and federal government representatives will come together for the fun.

The celebration begins at 2pm and boasts free entry, with free on-site car parking managed by Kallangur Lions Club.

The event is especially attractive for families, with affordable rides, and fun games and prizes for the kids.

There will be plenty of fun eats for as little as one dollar, including a \$1 fairy floss stall run by Lawnton State School, a \$1 popcorn stall courtesy of Albany Creek Rotary and a \$1 sausage sizzle from the Lawnton Swim Club. Also on offer will be hot chips, drinks, lollies and ice cream.

Entry to the pool is free, and there will be multiple staff on life-



guard duty, courtesy of Belgravia Leisure, who run the centre on behalf of the council.

A spectacular fireworks display from RapidAction will begin at 7:10pm.

Nicky McKay, Vice President of the Lawnton Swim Club, says the annual event is only made possible by locals working together.

"The swim club is overjoyed to see so many community organisations coming together to support this fun and affordable event, which has become a highlight for the local community," Nicky says. "We are also extremely grateful to the Moreton Bay council without whose support we would not be able to run this event for the community."

Councillor Yvonne Barlow (Division 7) has pledged her support

while expressing some reluctance about the possibility of getting submerged in the dunk tank attraction.

"But it's all in good fun," Councillor Barlow added. The dunk tank will certainly claim some victims on the day, but nobody knows exactly who they will be until it happens.

Another popular game that returns this year is what North Americans call 'cornhole', where contestants aim to throw a small bean bag onto a tilted ramp and try to sink it through a hole.

The Aussie Arvo promises heaps of family fun, beginning at 2pm and ending after the fireworks at 7:10pm. For more details visit the Aussie Arvo Facebook page.

Truly personal service is just around the corner

We believe a great banking experience comes down to offering truly personal service. It's why we've continued to support our customers during these uncertain times, with our branch remaining open and delivering a full service offering.

Pop in and experience our truly personal service today!

BOQ North Lakes

Jeff Walls, Owner-Manager

0419 642 906 jeff.walls@boq.com.au

07 3498 2300 facebook.com/boqnorthlakes

Mon-Fri 9:30am-4:30pm Sat 9am-12pm

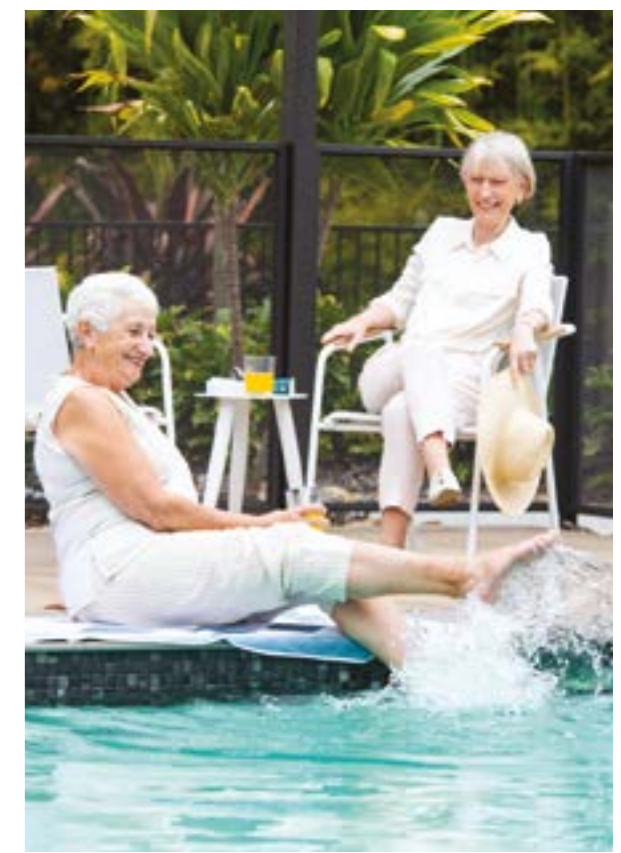


Bank of Queensland Limited ABN 32 009 656 740. AFSL and Australian Credit Licence No. 244616 (BOQ).

The Seasons Difference More than a retirement village

- Retain your independence and choice
- From independent living to 24/7 onsite care, if and when you need it
- Engaging and exciting lifestyle program
- All meals provided, prepared fresh onsite
- Modern self-contained apartments
- Pet friendly
- Move in while you sell your home.*

*Speak to our Sales team to find out more



Book a private tour with our team today! Enquire online via the QR code or call 0411 654 026.



seasons

PROPOSED HIGHWAY OPPOSITION

BRUCE GIDDINGS



Elimbah and Moodlu residents have wasted no time in formulating a response to news of the Transport and Main Roads Department (TMR) preferred route for the Stage Four Bruce Highway Alternative which was made public just weeks prior to the Christmas Break.

An estimated 500 people crowded into the Soldiers Hall at Elimbah on the evening of 13th December, spilling beyond the yard and 100 metres along Coronation Drive. The large group behaved with decorum, paying close attention to the various speakers, who advocated a powerful but respectful response to the TMR proposal.

The crowd heard addresses from State Member for Glasshouse Andrew Powell, State Member for Pumicestone, Ali King, and City of Moreton Bay Councillor Tony Latter, who assured the assembled group they can and should respond forcefully with an alternative proposal to the Stage Four route proposed by TMR.

Andrew Powell MP spoke first, describing what was happening to people as "gut-wrenching". He urged residents affected by the Stage Four route to stick together and organise their messaging in a consistent way.

He suggested the new highway could be constructed as a ring road, and located further west, on the edge of the urban footprint, instead of running through Elimbah.

Each speaker in turn urged opponents of the route to talk to TMR about alternatives, rather than simply expressing blunt opposition.

TMR have not confirmed the number of homes in the direct path of the new highway, but the number is understood to be between 100 and 120 homes, with many more nearby homes indirectly affected with noise and dust, decreased land values, and general loss of amenity.

While attendees at the December meeting were told to expect a long and difficult battle ahead, they were assured that the TMR may be persuaded to change the route if there is enough opposition.

Jason Smith, admin and driving force behind facebook group Objection to Current Bruce Highway Alternative Stage Four, lauded the support received so far. His hastily formed Facebook group attracted 200 followers within the first twenty four hours, 1100 within a fortnight, and more than 1300 by mid December.

Mr Smith said the timing of the TMR announcement just prior to the end of year break, and the deadline of 22nd January for official responses, had blindsided many affected residents.

"It appears that the short window for responses over the festive season may be strategically designed to minimise community outcry," he said.

Glasshouse MP Andrew Powell, also criticised the timing of the release.

"There's no good time to have done this, but surely three weeks out from Christmas is appallingly bad timing," Mr Powell said.

Uncertainty about the eventual path of the new highway has caused significant anxiety among residents, with homeowners over a wide area of Elimbah and Moodlu believing they could be affected.

While many have received Planning Notification and Land Resumption letters, others whose properties lie close to the proposed corridor are still waiting to learn how their properties will be impacted.

Comments in the facebook group reveal anguish and uncertainty as people wait to learn their fate.

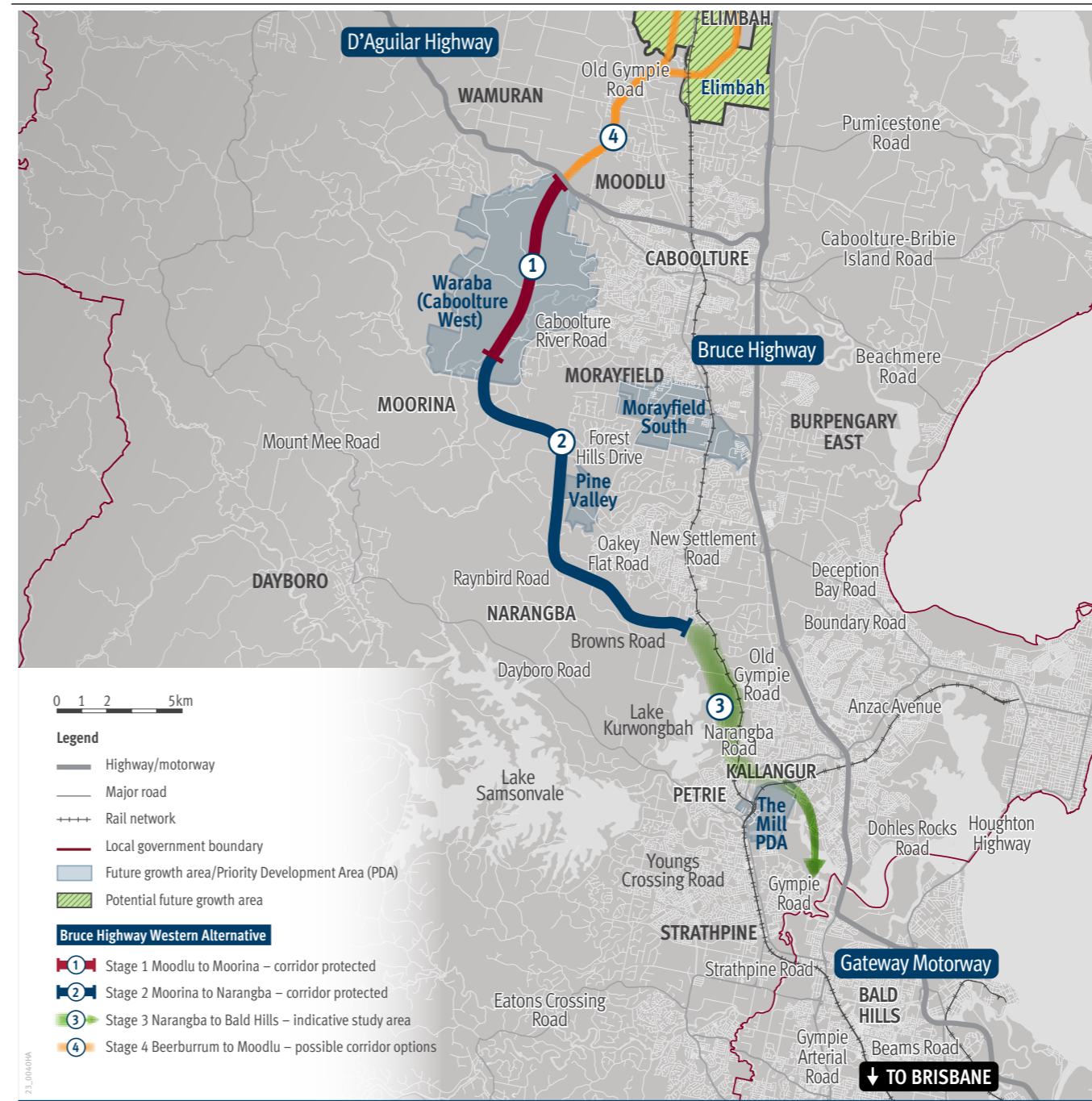
Defence Force Veteran and local resident Chuck Barry fears that the new road will worsen his existing condition.

"I have PTSD and this bypass will not be good for my mental health, nor my family," he says.

Other locals are rallying for a fight. Resident Dave Nichols urged action. "We can't just roll over and lay down and take it."

Mr Smith is urging followers to focus on advocating for a changed route, to the west.

"All we need to remember is that the entire route for Stage Four is not acceptable. This route needs



to go west along the large power easement to the north of Williams Road. If it doesn't, then all the Moodlu, Caboolture East and West Elimbah residents are affected and face direct and indirect impact."

Former Moreton Bay Councillor Adrian Raedel suggested the state-owned pine forest could be used as an alternative.

Local resident Shirley Freestun also wonders why they aren't considering going through the state forest. "The land is already owned by the state. Leave everybody alone and use that land."

Ali King has announced an early win for those who are working to formulate an individual response to the TMR proposal, with news of an extension until February 9th, from the initial deadline of January 22nd. Anyone wanting to make a response to TMR's preferred route should go online www.yoursay-projects.tmr.qld.gov.au/bhwa/stage-4

There is also an online parliamentary petition, www.parliament.qld.gov.au/Work-of-the-Assembly/Petitions/Petition-Details?id=4004&fbclid=IwAR0oCqsKv8Nr-G9W1pO8la07Hj_xRChW7iJbWlnJWnQiDxQR2p46d-WP27Cao created by Jason Smith that has begun to attract signatures.

Wider publicity for the fledgling campaign has come through TV and radio, including a segment on Channel Nine's A Current Affair, and several local radio interviews. In addition more than 150 corflute signs have popped up on properties around Elimbah and Moodlu.

Jason Smith has urged all those affected by the proposed resumptions, whether directly or indirectly, to comment on the TMR feedback page, before comments close on 9th February.

TMR are running an information session on 16th January at the Wamuran Sports Complex Hall, where residents can talk to the project team. Bookings are essential www.eventbrite.com.au/e/community-information-session-wamuran-tickets-771358593317

Mr Smith's facebook page, Objection to Current Bruce Highway Alternative Stage Four, is providing ongoing updates on the Stage Four highway route and the community response.

MORETONALLBODYCARE.COM.AU

MASSAGE **PILATES** **PHYSIOTHERAPY**

EXERCISE PHYSIOLOGY **PODIATRY** **CARDIAC REHAB**

Bupa **medibank** **HCF** **e eftpos**

BEACHMERE 8/878 Beachmere Rd
07 5429 0298
beachmere@moretonallbodycare.com.au

BURPENGARY 1/5 Northshore drive (Behind Supercheap)
07 3888 6699
burpengary@moretonallbodycare.com.au

NARANGBA 228 Mackie Road (Across from the Community Hall)
07 3886 9470
narangba@moretonallbodycare.com.au

ENVIRO-foam

Proudly Producing Australian Made Foam and Mattresses

Foam cut to size, foam mattresses. Most custom shapes and sizes.

12 Oasis Court, Clontarf
www.foam.com.au | 07 3205 6088 | sales@foam.com.au

THE JOE COCKER EXPERIENCE HAS FANS FEELIN' ALRIGHT

ALYSSA MACKAY

GET ready for an unforgettable night of music and nostalgia paying tribute to the one and only Joe Cocker.

Australian blues artist Chev Wilson will lead a 10-piece band in The Joe Cocker Experience, coming to the Redcliffe Entertainment Centre in April.

Chev, who has been performing Joe Cocker's music from a young age, said he joined the Joe Cocker band a bit over a year ago and had learned his whole catalogue.

"I've been performing as a live entertainer professionally for over 15 years but I started singing when I was only about 6-7 years old, jumping on stage with my dad and some of his friends who had bands in the late nineties," he said.

"I've been performing Joe Cocker's music throughout that time. I learned a handful of his songs over the years. I've been performing The Letter since I was about 10 years old"

The Joe Cocker Experience, presented by The Good Company, will take the audience on a journey through Joe's career, including his early days in Sheffield to his iconic performance at Woodstock and beyond.

"The audience can expect one absolutely awesome Joe Cocker show where we go through all of Joe's big songs and we take people on a journey back to the music of

Joe Cocker," Chev said.

Chev and the band will perform hits such as Leave Your Hat On, You Are So Beautiful, Up Where We Belong, Hitchcock Railway, Delta Lady, Unchain My Heart, The Letter, With A Little Help From My Friends, Feelin' Alright and more.

"I think my favourite Joe Cocker song would probably be Many Rivers, just 'cause it's a really, really great song to sing and it has so much really raw human emotion in it," Chev said.

He added he believed Joe's timeless appeal came from his personality and "the fact that he was such a journeyman".

"People really loved that rawness and the fact that he just went up there and he left nothing behind," he said. "He was always 110 percent that guy when he was on stage and I think that's what makes him so popular and so memorable as an artist."

Tickets start at \$44 (excluding booking fee). To book tickets go to www.redcliffeentertainmentcentre.com.au/Events/joe-Cocker

The Joe Cocker Experience Saturday, 13 April, 7:30pm Redcliffe Entertainment Centre Downs Street, Redcliffe.



URGENT PLEA FOR CARERS

IN a bid to prepare a new generation of guide dogs for Australians who are blind or have low vision, Vision Australia Seeing Eye Dogs is issuing an urgent call for volunteer puppy carers. With several litters recently born, the organisation aims to place 40 puppies in loving homes as the new year begins.

Jane Bradley, the manager of puppy development at Seeing Eye Dogs, emphasises the crucial role that volunteer puppy carers play in shaping the future of these pups.

"Puppy carers play an integral role in the early development and socialization of Seeing Eye Dogs. Carers take puppies into their home when they're about 12 weeks old and care for them until they enter formal training at around 12-15 months old," Jane explained.

Aside from offering basic cues and socialisation skills, puppy carers are simply required to shower the pups with love and attention, as all associated costs are covered by Vision Australia.

Interested individuals or families can sign up to become puppy carers by filling out the application form on the Seeing Eye Dogs website: sed.visionaustralia.org/pup-

py-caring. Puppy carers are needed across Queensland, spanning both metropolitan and regional areas. The program presents a unique opportunity for volunteers to contribute to the early training and development of these future Seeing Eye Dogs.

For those interested in becoming a part of this life-changing program, time is of the essence. Vision Australia Seeing Eye Dogs encourages potential carers to apply soon, ensuring that these puppies find loving homes and set the foundation for a brighter future.

For further details and inquiries, please contact Stephanie Steinhoff-Pino on 0449 254 655 or by email Stephanie.steinhoff-pino@visionaustralia.org

Vision Australia is a leading provider of blindness-related services, offering a wide range of support, equipment, and training to empower individuals with low vision to lead active, safe, and independent lives across various settings.

Visit www.visionaustralia.org for more information.



Scan and Book Now!



9 PIECE BAND

SAT April 13, REDCLIFFE ENT. CENTRE

PENCILS, PAPER, BAGS & SHOES IT'S BACK TO SCHOOL TIME!

SHEREE HODDINETT

THE festive season is now behind us and in a few short weeks, the kids will be back at school. Yay! With that thought in mind, it's time to start getting ready for their return to the classroom. For some, this may be your first time with a child at school. It's new, different and possibly even confusing. Whether it's your first time or your fifth time, you're probably wondering how or where you even start to tackle the mountain of things to get ready. You need to organise books, uniforms, bags, pens and pencils, socks and shoes, and that's just a few things. Plus, everything needs to be named as well. If you don't know where to start, don't worry, you still have a few weeks up your sleeve. But to help you on your way, here are a few hints, tips and tricks to help prepare for the start of the school year.

Books and pencils
Let's start with stationery. If you haven't placed a stationery order by now, it might be time to get a wriggle on. Some of the best places to go, if you aren't ordering directly through your school – or your cut-off date has long since expired – are actually closer than you think.

Check out your local newsagent for all stationery bits and pieces.

If you want bigger – Officeworks is one way to go. If you provide a copy of your booklist online, they can fill it for you. You can also choose your own items online and either collect them or have them home-delivered. Your other option is to collect in-store. Some of the nearest Officeworks stores include North Lakes, Morayfield, Rothwell and Strathpine.

The School Locker Superstore in North Lakes also covers a wide range of stationery items.

Another option is to buy your own items straight from the big guns – Kmart, Target and Big W. You can click and collect or have things home delivered, but make sure you order it with time to spare.

A few tips

If I've learnt anything in the five years since having a child start at school, it is that book covers are amazing! If you want to contact your books, go ahead, but to save time, book covers are the way to go! And yes, they come in scrapbook and small book sizes too!

Buy everything as early as possible because if you leave it too late, things do sell out.

Book packs organised through your school are super convenient. If you missed the cut-off date, remember this option for the next school year.

If your school has a Facebook page, keep an eye out for anyone selling unused items or second-hand options like a dictionary. This can save you a few dollars as well.

Name label stickers. They have been a saviour to me since my girls started attending school. These come in multiple sizes and are great for naming books, lunch containers, drink bottles and even pencils! Follow or get on email lists for name label companies (there's Hippo Blue, Tinyme, My Name Label and Stuck On You, just to name a few) and order what you need when they have specials or a sale.

Sew/iron-on name labels are also great for hats, bags, jackets and jumpers.

Uniforms

If you want to buy brand new uniforms, go for it. But don't leave it until right before school starts. You may miss out on the size you need.

The same timeline rules apply when looking for shoes. Don't leave it too late and check out all the usual suspects – The Athlete's Foot, The School Locker, Big W, Target, Kmart, Spendless Shoes, Rebel, Foot Locker, Williams and more.

Check to see if your school has a second-hand uniform page and keep an eye out for bargains as most parents sell towards the end of/beginning of each term.

Packing lunches

This is more for those sending their little ones for the first time, but in case you need a refresher:

Check if your school has any rules on certain foods due to allergies (nuts, eggs, dairy and specific fruit rules do apply to some schools).

Pack a variety of foods that you know your child will eat. If in doubt, ask them what they want and use a bit of common sense based on their answer.

Pack things they can open themselves as teachers may not be able to help everyone at once.

Be prepared in those first few weeks for food to come home again as they navigate the new timetable with food breaks and adjust to how long they have to eat and play.

First timers

If it's your first time sending a preppie off on the start of their schooling journey, stay strong and be excited for them.

You can expect a few tears – could be theirs or yours! Or both! So pack a few tissues.

Remember to allow time for that obligatory first-day photo. Try to do it at home but also at school if you have time.

They will be tired in the first couple and last couple of weeks each term and probably behave accordingly. It will be hard on everyone!

As the countdown narrows towards the finish line (first day) you'll hear the collective sigh of parents who have been busily preparing for this moment. Good luck!



BREATHE EASY WINS BEST NORTHSIDE CAFE

MARNIE BIRCH

OVER 40,000 B105 Brisbane listeners and café enthusiasts recently voted to find Brisbane's best independent, locally-owned café. After two years in operation, Breathe Easy Café at Rothwell was voted Brisbane's Best Café Northside and was placed runner-up overall for Best Café in a competition involving more than 600 cafes spanning Brisbane and the surrounding districts.

Owner Trina Rowles describes the win as "amazing" saying, "It is a win for the business, the staff, and the customers. It means this business has something – it is validation that I know what I am doing."

Hearing that the final count was close, but not "nail-biting-close", Trina jokes, "That's lucky because otherwise, my regulars would have copped it!"

For Trina, winning the radio competition has clarified the café's purpose.

"I didn't get into it [hospitality] for the money – I fell into it," she says. "The focus is ensuring staff and customers are happy."

And that doesn't just mean a friendly smile with your morning coffee but a deeper conversation about what's happening

in a customer's life should they seem a little down.

"We are social workers – essentially," Trina says. "We want to make a difference in someone's day so they can breathe easy!"

Before purchasing the café with her husband Richie, Trina trained in the boxing gym three hours a day, six days a week, while working in the banking sector. A series of injuries and a lack of access to competitions left her disheartened with boxing. On top of that, employment redundancies forced the couple to rethink their options. Richie had always wanted to purchase a business, but Trina wasn't a fan at first.

"Nothing appealed to me about having a business," she says. "But Richie makes great coffee, so I organised the paperwork and the foundational business stuff and did the books."

Several months after opening, Richie felt dissatisfied and returned to work as a flight attendant. With friend Tash looking after the café's kitchen, Trina took over running the business alone while raising her three young children. She attributes her ability to thrive under that kind of pressure to

boxing training. "Pressure energises me," she says. "I wanted to be the best boxer in the world."

"Once I decide on something, it is hard for me to give it up – I just don't. I refuse to. I wanted the title of Best Café, and once I'd made the choice, I was going to do what I needed to get it."

With a supportive community, plus the introduction of monthly Burger and Open Mic Music Nights, the café's popularity and number of votes increased.

Trina's infectious enthusiasm is another factor that makes the café so popular. Although, for Trina herself, it is the connections she's made with customers that she feels most grateful for.

"The coffee is grand, and the café is full of big smiles," says regular, Deano Voss. "When I first went there, the owner, (Trina), sat down to chat. Two years on, we are best friends."

Trina points out that the café is unique in this respect.

"We create a touching experience for customers, making it super special for them – in that moment, so they do talk (to others) about us," she says. "Everyone values different



things, but we value people."

Revealing that her master cook, Tash, has even been known to help a mum feed her crying baby so she could eat and enjoy her meal, Trina says, "The staff genuinely do care – not just on a tell-your-friends level. It's an investment in people."

She says the customers appreciate that authenticity. "If you don't leave here feeling better than when you came in, we didn't do our job

"It is the equivalent of living on the poverty line for a household," she says.

"You have to be an expert at everything and not make any errors."

That is when she finds the diversity of skills of each staff member invaluable, stating, "I am great at motivating, encouraging, tweaking, keeping people on track. And I can make great coffee and burgers, but I can't do it alone."

While Trina says involvement in the radio competition has taught her to go more with the flow and to "breathe easier" one thing she insists that won't change is the café's location.

"We are here to stay," she says. "This is home. I want the café to be here, and I want to do it better."

Breathe Easy Café
Anzac Avenue & Bremer Street,
Rothwell.
Ph 0404 253 429
Monday-Friday, 6.30am-2pm
Saturday, 7am-12pm

MoretonAlert

Register to receive free SMS, email or voice message for severe weather alerts and bushfire warnings

Sign up for notifications today!
Scan the QR code or visit moretonbay.qld.gov.au/moretonalert

Sunnymeade Park Care Community

Respite Care

Respite care gives everyone a well-earned break, and it can help individuals and carers maintain their health and wellbeing.

"Access 63 days of Government subsidised respite care"
Subject to eligibility

"Government subsidised" respite care

With summer and school holidays approaching – now could be a great time to explore respite care options for you and/or your loved one.

ENQUIRE TODAY

For more information or how to find out if you are eligible for Government Subsidised respite care or permanent care. Please contact our Resident Liaison Officer:

Caron Groth
Phone 54954233 ext. 104
or by email on caron@sunnymeade.com.au

80 LESLEY AVE, CABOOLTURE
www.sunnymeade.com.au

CHALLENGES AHEAD FOR RAIL COMMUTERS

BRUCE GIDDINGS

RAIL commuters across Moreton Bay will face new challenges in 2024 as local train stations suddenly get busier.

The closure of Burpengary train station (from 22 January) for a \$53m accessibility upgrade will place new pressures on several busy train stations nearby, including Narangba, Dakabin, Morayfield and Caboolture.

Park 'n' ride commuters will be competing for car parking spots at nearby train stations, which are already at or near capacity. The closure of Burpengary station will remove about 140 parking spots from the total and force rail commuters to an alternative railway station.

Commuters who wish to drive to a nearby train station have been advised by Queensland Rail to head for the multi-storey car park at Dakabin station, because of "very limited" parking at Narangba and Morayfield stations.

As an alternative, Queensland Rail has advised that a dedicated shuttle bus service (661) will run between Burpengary and Narangba stations, with limited parking available at Burpengary station for shuttle commuters.

The shuttle will run every 10 to 15 minutes during peak hour, and connect with arriving trains at other times.

Banyo, Morningside, Lindum, Buranda and Bundamba train stations are also closing for similar upgrades.

Queensland Rail CEO Kat Stapleton announced the closures and urged customers to become familiar with the alternative transport plan.

"By closing the stations temporarily, our contractors can hit the ground running with these major works and main construction can kick off safely and efficiently," Ms Stapleton said.

Queensland Rail announced in September 2023 that the Burpengary upgrade was expected to be completed by September 2024, pending possible weather and construction delays.

The transformation will be the biggest change to Burpengary railway station since it was built as a small platform in 1888, and will deliver accessibility and ease of use for everybody, especially wheelchair users and those using prams or carrying heavy items.

A new overpass with lifts, together with raised platforms to reduce the platform gap, will make catching a train safer and easier. There will be a new sta-

tion building, accessible toilets, a disability-compliant ticket window, improved seating and extended platform shelters.

The Burpengary station building, built in 1917 and featured on the Queensland Rail Heritage register, will remain where it is as part of the upgrade.

State Member for Kurwongbah Shane King, who is a local ambassador for improved rail services, said the transformation was the start "of an important journey for inclusivity at the Burpengary Railway Station."

Mr King is also looking ahead to late 2024 when the upgrade is complete, and the station will require more parking, an important mechanism in helping to remove commuter traffic from Moreton Bay roads.

He has begun a petition for more parking at Burpengary station, which can be viewed at <https://actionnetwork.org/petitions/a-petition-for-parking-at-burpengary-train-station>

Commuters needing to familiarise themselves with the shuttle bus timetable can visit www.queenslandrail.com.au/inthecommunity/projects/burpengary-station-upgrade for more information.

GROWING CONNECTIONS THROUGH GARDENING



MARNIE BIRCH

RECENTLY awarded a Humongous Fungus Award by a gardening group, Leesa Cornford once chose what she describes as a scary path – transforming an eight-acre cattle property along Old Bay Road in Deception Bay into a productive permaculture farm. Five years on, Leesa's aspirations extend beyond the Little Farm to building connections in the community.

After initially purchasing the property for a co-housing project, prohibitive costs and logistics gave Leesa an opportunity to put her "crazy ideas" out there – designing a permaculture garden, improving the soil with horse manure and coffee grounds from a local café, and planting an orchard. Drainage channels were added to facilitate the removal of excess water from the property in extreme weather, preventing root rot in the orchard. She also incorporated swales to retain soil moisture during the driest periods.

The orchard responded and the dragon fruit flourished. In 2019, "It was a problem because I had so much," she says.

But that was a turning point. Leesa successfully turned the problem into a solution, opening a fruit stall at her farm gate and Leesa's Little Farm was born.

"I try to have some (produce) available most weekends," she says. "Mandarins, oranges, limes, lemons, and in summer there's lots of dragon fruit."

Leesa has supplied dragon fruit to retail outlets, local restaurants and REKO (an online outlet purchasing directly from the farmer).

"I interplant staple food crops like zucchini, cucumber, tomato and eggplant with other veggies (lettuce, bok choy, Chinese cabbage) and flowers, so that when the primary crop is

watered, the secondary crop also gets a drink too," she says.

Lemongrass and arrowroot are crops she grows and harvests to use as mulch to improve the soil ecology.

"With healthy soils, you get healthy plants," she says.

According to Leesa, even the leaves of Cobbler's pegs are edible, so she sees weeds as valuable resources for a garden.

"Chop the top off the weed and let the root decompose in the soil, which ultimately feeds the soil," she says, but confesses she has learned to live with certain pests because, "At the end of the day, gardening is so abundant – you don't mind a few going to the birds as they need to eat as well."

Her approach to gardening is not just about growing produce and sharing surplus crops, it is also about community education and engagement. She recently helped establish an edible exchange and craft swap group in Deception Bay called Grow, Make, and Bake.

"My main passion is for people to be excited and empowered about growing some of their food," she says. "Supporting them to begin their own food journey, even if it is just a pot of herbs."

Leesa plans to incorporate an outdoor kitchen and workshop space to teach people how to cook with their garden plants. She envisages linking with community gardens and allied services to engage with both young people and older adults who feel lonely or disconnected.

By building connections in the community through gardening and growing food, Leesa says, "Working together is stronger than working apart."

LANDMARK PROPOSAL IN QUEENSLAND

ELIZABETH WALSH

QUEENSLAND nurses and midwives may soon have the authority to prescribe, administer, or supply termination of pregnancy drugs, according to proposed changes to legislation.

The Health and Other Legislation Amendment Bill (No. 2) 2023 will amend four health portfolio Acts and the Criminal Code, to improve access to termination services across the state.

Under the proposed amendments to the Termination of Pregnancy Act 2018, nurse practitioners and endorsed midwives will be allowed to prescribe termination-of-pregnancy drugs to individuals in the early stages of pregnancy.

In addition, registered nurses and midwives will be able to administer and supply the termination of pregnancy drug, MS-2 Step, in the early stages of pregnancy.

Doctors will continue to be the only health practitioners authorised to perform surgical terminations of pregnancy and medical terminations for gesta-

tions beyond nine weeks.

The proposed amendments also include the replacement of references to 'woman' with 'person' in the Termination of Pregnancy Act.

This change aims to ensure that all pregnant individuals, including transgender and gender-diverse Queenslanders, can access termination of pregnancy care.

Minister for Health, Mental Health and Ambulance Services, and Minister for Women, Shannon Fentiman said access to safe termination of pregnancy care was a basic human right that remained a significant health issue for Queenslanders.

"As the Minister for Women, it is extremely important to me that all pregnant women and people in Queensland have access to safe, world-class pregnancy and reproductive health-care," Ms Fentiman said.

"This Bill will support more equitable access to termination of pregnancy care and pregnancy health care right across the state.

"Nurses and midwives have the necessary skills, experience, qualifications and training to be able to undertake this important

role and provide greater access to reproductive health-care, particularly in rural and remote communities."

Children by Choice CEO, Daile Kelleher, welcomed the proposed changes, stating that expanding the scope of professionals who can prescribe termination of pregnancy medication will provide more options closer to home.

"Being able to choose to terminate a pregnancy at home, with your support people provides better health outcomes and reduces unnecessary travel or hospital visits," Ms Kelleher said.

"Queensland has huge abortion deserts where no options for care are available, this change will allow nurses and midwives in regional and remote areas to provide care where it is needed.

"Access to safe, compassionate and timely termination of pregnancy is fundamental for the legislation to work and this addresses gaps within current delivery of care."

Jimmy Mann

Celebrating The Music Of

BILLY JOEL

'AN INTIMATE ACOUSTIC TRIBUTE'

REDCLIFFE ENTERTAINMENT CENTRE

FRI 9th FEB 7:30PM



Leukaemia Support Queensland: There because they care

SHEREE HODDINETT

As the fearless leader of Leukaemia Support Queensland Inc., Jane McMillan is always working hard to make a difference in the lives of patients and their families as they undergo treatment for blood cancer. Jane and a dedicated team of volunteers strive to raise funds to help cover the cost of accommodation, food, bills and anything else that patients and their families may need to assist them while on their treatment journey. This year, Jane is on an even bigger mission, to continue raising funds for a proposed accommodation facility to be built in the Caboolture area to cater for the future needs of patients.

With the hope of building accommodation featuring two and three-bedroom style units, the facility will create more of a homely environment for patients who quite often find themselves having to stay in hotels during treatment. Construction of the facility is estimated to cost about \$2.5 million, with Jane hopeful of having it built within 10 minutes of the Caboolture Hospital.

"There's no room left at Redcliffe, so a facility of this nature needs to be built locally to the Caboolture Hospital," Jane says. "We have a lot of people that come here from up north or even out west and they seek our help with covering costs for accommodation, but a purpose-built

facility will mean they have somewhere more comfortable and long-term to stay that's also free of charge.

"While there's currently no treatment facilities here for leukaemia, that will change. Having accommodation within 10 minutes of the hospital means if they need blood transfusions or antibiotics or another quick treatment, it's close by and then patients can be transferred by ambulance to where they need to be."

The accommodation facility is a project Jane has been wanting to work towards for a long time and hopes it may come to fruition by 2025-26.

"It's a big ask, but it's one that is achievable," she says of raising the \$2.5 million. "But what we need now is lots of support from businesses and people in the community to make it happen."

As important as a new facility is, patients and their treatments will continue regardless, meaning Jane and the LSQ volunteers will continue raising funds in every way they can. This includes the likes of raffles, Music Bingo nights, Almost Full Monty shows and Shine Bright for Leukaemia, which will take place in April.

"We receive great support from our current major sponsor the Best Western North Lakes Hotel," Jane says. "They allow us to host our fundraising nights and this year we will be doing a Christmas in July gala dinner at the hotel.

"Our main act on the night will be an encore



Volunteers wrapped Christmas presents at Morayfield Shopping Centre to help raise funds for LSQ.



The Almost Full Monty show in 2022 proved to be a great success for LSQ.

of our Almost Monty show which has already proven to be a big hit once and we can't wait to show it off again. The 11 performers will be fully decked out in their Christmas attire in what promises to be a colourful show.

"We already have another two Music Bingo nights lined up and as the hotel is situated right on Lake Eden we're also going to do Shine Bright on the lake.

"We're already working on sourcing some beautiful lanterns for participants to carry on the night in recognition of those we have lost and those still fighting their battle."

With 2217 patients within the City of Moreton Bay seeking their support (and that's only the ones they know about) LSQ is now also assisting patients through the Royal Brisbane Hospital who have been sent their way.

"I had a phone call from a welfare worker at the hospital who told me they had heard great things about LSQ and wanted to know more about how we help patients," Jane says.

"They have already sent several patients our way including a young man from Rockhampton who was staying at Woolloongabba and he rang us for help. He's here to have a bone marrow transplant and has his girlfriend with him and I asked what we could do to help.

They needed food and we were able to help by sourcing vouchers so they could get groceries, as well as obtaining meat from another amazing sponsor of ours, Buckley Road Butchery. It's things like that which can make the biggest difference to patients and their families."

If you haven't heard of LSQ, it was first formed on 21 October 2006, initially in support of the Leukaemia Foundation before changing over to Leukaemia Support Queensland Inc. in 2016.

It all started when Jane was helping a friend who had been diagnosed with acute myeloid

leukaemia and the duo did their best to keep the friend's household afloat during a difficult time.

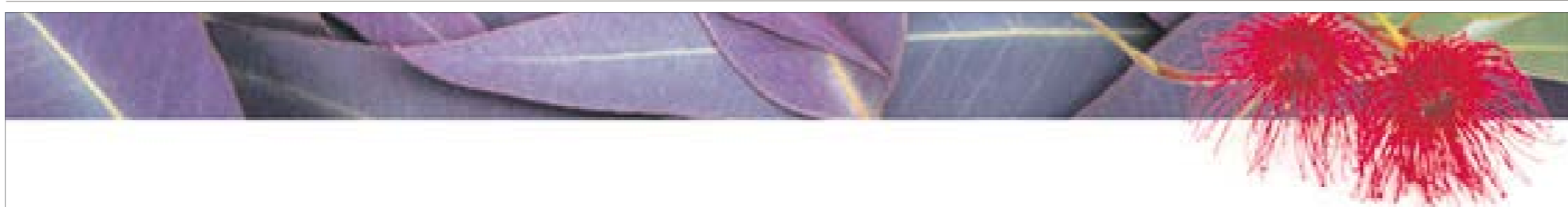
In return, Jane wanted to do her bit to give back to the foundation by raising much-needed awareness and help within the local community. And so the branch was born.

LSQ is run solely by volunteers with 100% of all funds raised going back into the community to assist patients and their families as they deal with leukaemia or other blood cancer treatments.

Leukaemia – The Fast Facts

- There are four types of leukaemia, all of which are cancers of blood cells.
- acute lymphoblastic leukaemia (ALL)
- chronic lymphoblastic leukaemia (CLL)
- acute myeloid leukaemia (AML)
- chronic myeloid leukaemia (CML)
- Leukaemia affects people of all ages, it can't be screened for and it can't be prevented.
- ALL is the most commonly diagnosed cancer in children aged 0-14.
- More than 135,000 Australians are living with blood cancer or a related blood disorder. This number is expected to increase to 275,000 by 2035.
- 53 Australians will be told today that they have a blood cancer. More than 19403 Australians will be newly diagnosed every year.
- Every day, 16 people are expected to lose their lives to blood cancer.

For further information about LSQ and how you can lend your support visit leukaemiasupportqld.com.au or phone Jane on 0422 584 080.



How to get your hands on 100% Australian made leather



Australian Made Since 1891



Visit 101 Boundary Rd, Narangba, Qld 4504
 Phone (07) 3203 1323
 Email shop@packerleather.com
 Online www.packerdirect.com.au

For 130 years Packer Leather has been producing world class leather.

Today, from our Narangba factory, we offer a range high performance leathers along with leather work supplies.

So whether you are a beginner or an expert we've got what you need to make your next leather craft project a reality.

Shop in person, online or even give us a call. From the factory through to the Shop our leather experts are ready to lend you a hand.

Discover your inner self

FLOAT HARMONY

Float Harmony is a family owned floatation therapy centre. Our vision is to assist your life journey to achieve wellness by optimising your health and wellbeing. We aim to provide you the personal touch by supporting and improving your quality of life by the use of our float therapy pools and infrared sauna.

60min float session only \$70
35min Infrared Sauna session only \$35

Other packages and gift cards available online

0491 696 507
www.floatharmony.com.au
 Oakey Flat Road, Morayfield, QLD, 4506

Mobile Physio @ Home

I ♥ ndis

No out of Pocket fees for DVA and Medicare

Find us on Facebook

Therapy in the comfort of your HOME!

Home Care Packages	Workcover
DVA	Dry Needling
NDIS	Hydrotherapy
Medicare	Private Patients

0448 458 414

Referrals to: reception@mobilephysioathome.net

New Resources Supports People with Disabilities

JOSHUA EAST

QUEENSLANDERS with disabilities now have access to new resources aimed at supporting them in setting up and running their own microbusinesses. The Queenslanders with Disability Network (QDN) has developed a series of videos and information packs to aid those interested in exploring microbusiness options.

The videos showcase the stories of four individuals with disabilities and their families who successfully established micro-businesses. These businesses range from cleaning services to the distribution of snack foods, as well as handmade gifts and jewellery.

The information packs offer practical advice and tips on where to begin, what factors to consider, and where to find additional support.

With nearly one million individuals in Queensland living with a disability, these resources provide alternative income streams that go beyond traditional employment pathways.

Disability Services Minister Craig Crawford said disability was not a barrier to great ideas and microbusinesses could work for people with disability at any stage of life.

"Self-employment can offer a

great alternative and more flexibility than traditional employment pathways when it comes to applying their skills," Mr Crawford said.

"The stories told in these videos highlight the possibilities that are out there.

"By developing their own businesses, these individuals have not only thrived, they have also met a need among other businesses and customers for the services and products they can offer."

One of the business owners featured in the videos is Clay Lewis, owner of Clay's Cleaning Services in Brisbane. At just 21 years old, Mr Lewis has successfully established his own cleaning business and now has 25 regular customers.

"I do bin cleaning, car cleaning, jet blasting, cleaning driveways and then sometimes I do dog walking," Mr Lewis said.

"It all started back in 2016 - I started a small job just taking people's bins in and out back when I used to live in a unit complex.

"You just always believe in yourself and you can do it - just never give up."

The new resources, including the videos, are now available on the Queensland Government website at www.qld.gov.au/inclusive-employment.

QLD CANCER CENTRE SET TO OFFER CUTTING EDGE TREATMENT OPTIONS

ELISABETH WALSH

BRISBANE'S Herston Health Precinct is set to house a new, state-of-the-art Queensland Cancer Centre, which will utilise the latest technology and cancer treatment techniques. The facility is set to become one of only two in Australia to offer proton beam therapy, a specialised form of radiation therapy.

The State Government recently named Lendlease as the preferred contractor for the design phase of the \$1.125 billion centre, with works scheduled to begin in the first half of 2024.

The Federal Government has pledged \$375 million to support the project, on top of the State Government's \$750 million investment through the Health Big Build initiative.

Minister for Health, Mental Health and Ambulance Services and Minister for Women, Shannon Fentiman said the Queensland Cancer Centre, was "a landmark moment for cancer care in our state."

"We know that cancer rates are increasing, with a 2.6% growth in cases each year, and is why this investment has

never been more important," Ms Fentiman said.

"This new facility will include 150 beds and provide patients and their families access to state-of-the-art care, specialist treatments, and cutting-edge therapies, regardless of their location.

"The new centre will be one of only two facilities in the country to offer proton beam therapy, which can more precisely target cancers near vital and vulnerable organs."

AMA Queensland President, Dr Maria Boulton, said the Queensland Cancer Centre offering proton beam therapy was great news for Queenslanders as it would increase cancer treatment options available in the state.

"This emerging new therapy is used to treat specific rare cancers, particularly brain cancers in children," Dr Boulton said. "Babies, kids, teenagers and young adults make up two-thirds of cancer patients who could benefit from proton beam therapy.

"Currently, families have to make the difficult decision about whether they can afford to travel overseas for treatment for their child.

"AMA Queensland has been calling for this treatment to be made available in our state as quickly as possible. It will save lives, minimise trauma and help in the recovery time for cancer patients and their families."

Dr Glen Kennedy, an Associate Professor at Metro North Health, said the addition of proton beam treatment to the Queensland Cancer Centre would allow for even greater research and treatment opportunities for patients across the state.

"We know that radiation therapy is the primary method of cancer treatment used, utilised in approximately 50 per cent of all cancer patients, but there is room for improvement to reduce the impact radiation can have on surrounding normal tissues which is a side effect of current therapy," Dr Kennedy said.

"Proton beam therapy, however, provides opportunity for radiation dose distribution in patients who may have cancer in an area that is hard to treat or in children, allowing for targeted treatment with reduced impact."

Dr Steven McTaggart, Executive Director Medical Services,

Children's Health Queensland Hospital and Health Service, said that in comparison to photon-based radiation, proton therapy offered the potential for substantial improvements in the radiation dose distribution to both tumours and surrounding normal tissues.

"In children, the lower normal tissue dose exposure appears particularly beneficial in reducing the longer-term impacts of radiotherapy on normal growing tissues, and in particular on vulnerable organs such as the brain, heart, kidneys, lungs and gonads with radiation therapy," Dr McTaggart said.

The Queensland Cancer Centre will also specialise in cellular therapy and nuclear theranostic services, among others. Moreover, the centre will collaborate with cancer networks across Australia and conduct research on new and improved diagnosis and treatment options. This is expected to attract top cancer researchers from around the world.

The facility is expected to be completed in 2028.

LEANING INTO CITY LIFE

BRUCE GIDDINGS

ADJUSTING to an expanded new life in the big city is an ongoing adventure for singer/songwriter Tane Rua.

"Living in Brisbane is a world away from my childhood in Muttaborra," he says. "There are some pretty wild differences - a lot of adjustments to be made."

The 24-year-old musician drives the 14 hours home at least two or three times a year and now knows every turn in the road along the way to out-back Muttaborra. The outback town is a mere dot on the map (population about 100), located at the geographic centre of Queensland, and best known for a dinosaur fossil find, the Muttaborrasaurus.

Tane describes the all-day drive to see family and friends as tedious, especially if undertaken alone.

"There's a lot of time to fill in, so I sing a lot," he says. "Work on a few songs. Plenty of time to think."

"Going back to my old hometown is like time travel right

back to my teenage years."

"There's not much for a young person to do in a place as small as Muttaborra.

"There's roo shooting, wild pigs, motorbike riding, and fishing in the Thomson River. Not much else.

"It's really easy for young people to get a bit lost in a place like that. The drink and the drugs are both big temptations. People fall into those things. It happens."

Educational opportunities for young Tane were limited. The two-teacher school at Muttaborra caters for students from kindy to year six, with all 10 or so students in one classroom.

Tane attended high school at Longreach, "the big smoke" for a kid from tiny Muttaborra, over 90 minutes away by road. He stayed at a student hostel there, coming home most weekends and holidays.

After leaving school, he joined some locals in beginning a community garden, a new idea for the town.

Tane surprised himself, finding satisfaction in clearing an overgrown block and working to establish a grove of trees includ-

ing mulberries, ice cream bean trees, figs and mangos.

"It was the best thing I've ever done," he says.

It's a matter of pride for Tane that the community garden is still going now, several years after his involvement as a teenager.

"I feel like it's a kind of legacy," he says.

Tane says he also spent time wool handling in shearing sheds around the district and could have trained as a shearer with his father, a hard-working Kiwi immigrant.

"My Dad spent a lifetime as a shearer and would have helped me to get a start," he says.

But Tane's early love was music, and the guitar won out over the shearing machine.

He enrolled in uni and earned a Diploma in Contemporary Music.

"It was supposed to be an arts degree," Tane says, but he "decided to scale it back".

"I ended up with a diploma," he says. "I think they felt sorry for me."

In addition, Tane took a course to update his skills



around self-employment with Brisbane-based training company ASE Group.

He believes the training has been very helpful to him as he adapted to working in the big smoke and making his way in the world of music.

"The CEO Taj Pabari has been very supportive, with personalised advice as I needed it," he says.

After initially finding Brisbane to be a very large place, Tane has adapted well.

"Music has been a lifesaver for me," he says.

He plays two or three gigs

every weekend and loves his new life on Brisbane's northside.

When people mistake Tane for a Kiwi, he usually lets it go. Blessed with a Kiwi-sounding name and a "Kiwi-lite" accent, he can't quickly explain his first-generation Aussie roots, so often says nothing.

"While the fans are happy with my music, I won't be arguing over my country of origin," he says.

"I don't spend much time wondering how Australian I am. I just am."

"I am more interested in how blues, rock, country or folk I

am. I love to explore new music across a wide spectrum but get a kick out of doing covers as well. I like to entertain a broad audience."

As for whether Tane defines himself as a city or a country bloke, that is still an open question.

At this stage, he stands astride those two different worlds, and that's a situation that may never change.

Tane's music can be found on Spotify, and you can follow him on Facebook and Instagram by searching for Tane-Rua.

LICENCED CASH BUYER

ALL GOLD & BROKEN JEWELLERY, ANTIQUE & OLD JEWELLERY

I CALL PERSONALLY. I PAY CASH. I PRICE ARTICLES INDIVIDUALLY.
I AM LICENCED (SHD 5368). TRADING SINCE 1967.

Jewellery

All Rings, Brooches, Bangles, Bracelets, Locketts, Cameos,
All Diamond Jewellery, Pocket Watches & Chains,
All Gents Jewellery, Old Gold & Broken Jewellery,
Sovereign Cases, Cut and Uncut Jemstones.

All Antique China, Glassware and Bronzes

Sovereigns, All Gold Coins, \$200 Gold Coins

Antique Furniture

All Sterling Silver Items

War Medals, Military Souvenirs, Swords, Bayonets,
Daggers, Muzzle Loaders, Flintlocks.

Oriental and Indo Persian Antiques. All Small Antiques

Vintage Toys, Coins, Bank Notes, Clocks, Gramophones, Postcards,
Cigarette Cards, Old Starwars Memorabilia, Cameras & Lenses.

PETER MARTIN of LYNZAY ANTIQUES
Mobile 0412 599 299 or FREECALL 1800 501 419

Have you finished school in 2023?

LUKE'S TIPS FOR SCHOOL LEAVERS

#1 STAY BUSY

It's a challenging and exciting time. Whether your post school plans go well or are unexpected, so many **opportunities lie ahead of you.** Future employers will favour school leavers who finish school and go straight to;

- Full-time work
- Study Full-time
- Help a charity
- Travel

Take a break to celebrate your incredible achievement of completing high school, however avoid unexplained gaps of 3-6 months once finishing school.

#2 EXPERIENCE

Work history will look great on a resume if you have held a Part-time job, whilst studying.

- Work Part-time in any industry, whilst studying.

#3 NETWORK

Surround yourself with the right people who will inspire and challenge you;

- Find a mentor in the industry
- Do an internship
- Volunteer in the industry
- Attend local events/workshops

Luke HOWARTH MP

Federal Member for Petrie

Authorised by L. Howarth, Liberal National Party of Queensland, 40 Hornibrook Esplanade, Clontarf QLD 4019.

Scan the QR Code for Luke's FREE School Leavers Guide

CREATING A SAFE SPACE



Lee Dawson from the Zonta Club of Redcliffe Inc., Acting Inspector Jason Higgs and Acting Sergeant Keith Morris from Deception Bay Police Station, Dee from the Centre Against Domestic Abuse and Zonta Club of Redcliffe Inc. president Jenny Osborne are happy to see the safe room at Deception Bay Police Station in its finished state.

SHEREE HODDINETT

IMAGINE a safe space for those experiencing domestic violence to share the details with police when they need to? Well, you no longer have to imagine it, as these spaces have become a reality at three of our local police stations and it's all been made possible thanks to collaboration between the ladies from the Zonta Club of Redcliffe Inc. and the Vulnerable Persons Unit at Deception Bay. The establishment of the safe rooms at Deception Bay Police Station, North Lakes/Mango Hill Police Station and Redcliffe Police Station has all come together over the last few months with the procurement of the rooms, painting and fitting them out with furniture along with other bits and pieces.

When Zonta Club of Redcliffe Inc. president Jenny Osborne was first approached by Deception Bay acting sergeant Keith Morris with the idea of creating a safe room, she was keen to get on board.

"Keith is with the Vulnerable Persons Unit at Deception Bay and he was keen to get this idea off the ground," Jenny says. "So he contacted me and our Zonta Club at Redcliffe was more than happy to take on the project for the three stations being Deception Bay, Redcliffe and Mango Hill/North Lakes.

"We have taken on the task of painting the rooms and decorating them with a sofa, bookcase, tables and chairs for the kids with a tablet, books, puzzles and colouring-in books and pencils, so the person who is reporting has something

for their children to keep them entertained."

Jenny put the feelers out to a number of local businesses to see who would be interested in supporting the project and the response was amazing. Bunnings Rothwell provided all the paint and painting equipment for the rooms, Costco at North Lakes donated towards the purchase of kids' tables and chairs and the Church of Latter-Day Saints at Burpengary donated items including books, colouring-in books and pencils.

"The generosity out in the community has been overwhelming," Jenny says. "Anyone who hears about it is more than happy to provide us with items. It has become a real community-focused project, which is so great for us.

"It has been great to have larger businesses help us, but it's the local businesses that have been a big help as well. We are extremely grateful to Ron from Furniture Court Redcliffe because he has donated two bookcases and two, two-seater sofas. Without this wonderful support, a project like this wouldn't be able to happen."

But the generous support from the community doesn't end there.

"I was talking to the marketing manager at Peninsula Fair to organise our club gift-wrapping for Christmas as part of our fundraising efforts," Jenny says. "I told her about the safe rooms and she mentioned cleaning out the store room to see what she could find that we could use and she came up with a number of paintings from a local artist that we could hang in the rooms.

"It's funny how you meet different people and talk about projects and their offer of help progresses it even further, so we have been really lucky with people donating things to us. It just blows your mind that people are so generous when they hear what it's for."

Jenny has been a part of Zonta for several years due to her sister getting her involved and also because she wanted to give something back to the community.

"For me, taking on projects like the safe rooms does your soul a world of good and to do something like this is rewarding as you are helping people who are facing difficult circumstances," Jenny says. "A lot of what we do at Zonta helps those experiencing domestic violence, which there is

so much of out there at present, it's so prevalent. We try so hard to do a lot of work to say no to domestic violence, but it's still there."

The Zonta Club of Redcliffe Inc. has multiple events throughout the year to raise awareness for domestic violence including guest speakers and even a local football game where they are able to provide safety cards with helpful information.

"For a little club, we do a lot of work to get the word out there," Jenny says. "Partnering with other community groups, we also provide bags of essentials for women who are in need at a difficult time of their lives.

"We just keep gnawing away to try and make a difference in our community here. Our motto for

the current two years, 2022-24, from the international president is 'Building a Better World for Women and Girls', so that's what we're aiming to do, bit by bit."

While the project has taken longer to finish than Jenny had originally planned, this being due to the coordination of the wonderful volunteers and flood of support received, she is so grateful that Zonta has been able to bring it to fruition.

"Our club voted unanimously to make this project happen," Jenny says. "We are really proud to be involved and that Keith invited us to come on board. This collaboration between the Zonta Club of Redcliffe Inc. and the Queensland Vulnerable Person's Unit in saying no to domestic violence can

only assist people in our local community.

"These safe rooms will provide a safe, calming space that gives off a different feel to a normal police interview room and help those who are reporting to at least feel a bit more at ease. This is what we're aiming for, a safe space where people will be able to report what's occurring instead of feeling uncomfortable entering a police station environment."

If you want to know more about the Zonta Club of Redcliffe Inc. and the work they do, please reach out to them via info@zontaredcliffe.org.au or 0422 932 337.

A Safe Space for those reporting and their children



Merry Christmas and best wishes for a happy and healthy 2024.
Shane King

Shane King MP
Getting it done for Kurwongbah

(07) 3448 9100
@ShaneKingMP
kurwongbah@parliament.qld.gov.au

Authorised by Shane King MP, 232 Young Rd, Narangba Q 4504

TRADITIONAL MARKET Every Sunday

KEDRON - WAVELL SERVICES CLUB

21 Kittyhawk Drive, Chermside QLD 4032
Open 6:00 am to 12:00 noon

STALL HOLDER ENQUIRIES, PLEASE PHONE COLLIN: 0418 721 751

You never know what you will find...

THE LAKES COLLEGE
To your faith add knowledge

OPEN MORNING SATURDAY 2 MARCH

REGISTER VIA WEBSITE
THELAKESCOLLEGE.COM.AU

INDEPENDENT | PREP - YEAR 12
NORTH BRISBANE

AN INSIDE OUT KIND OF ROLE



SHEREE HODNETT

While life in the music industry might seem like a far cry from nurturing others as a prison chaplain, they're more intertwined than you think. Sue Collier has been volunteering as a prison chaplain for six years, but long before this chapter in her journey, she was singing in front of audiences here and overseas. Not only has Sue been an entertainer, but the City of Moreton Bay resident has also worked in a number of different areas including with Guide Dogs for the blind, Disability Services Queensland and also as a youth worker.

Sue regards the many facets of her life as helping to shape her into the person she is today – someone who is always happy to be there for others. They say it takes a special sort of person to enter a prison – by choice – to support those who are serving time. Sue says she is just one of many, taking time every week to fulfil her role as a prison chaplain with Inside Out Prison Chaplaincy, which is also celebrating 50 years of supporting people in Queensland correctional centres. With a new prison opening in southeast Queensland next year, it seems more chaplains are badly needed.

"I feel that everything you go through in life shapes you," Sue says of how she relates to others through her role. "As a 'ten-pound pom' in the sixties, I can relate to people who have transitioned from another place and are trying to find their place in the world. "I can also empathise with a lot of situations. When it comes to the law, we can't change what happens, but if we can encourage people to be their best self so that they don't fall down the same potholes when they get out, it can all help."

Heading down the path of becoming a prison chaplain is one

Sue believes was always going to be a part of her journey, not that she knew how it would pan out in the beginning.

"I spent 27 years in the music industry and then I had to find a real job," Sue says with a laugh. "Performing involved a lot of travelling, which was really wonderful when I was 18, but now at the age of 74, having had all those past experiences, you learn to go in with more of an open mind. In prison, we see people with so many varied backgrounds and they end up in there for all different sorts of crimes, ranging from minor offences to very serious ones. So it's very interesting work and I enjoy having conversations with people from all walks of life."

Sue says prison chaplains help incarcerated people to realise that "they are not forgotten".

"Some inmates have no family, friends or anyone else to visit them during the months and years of imprisonment," she says. "Prison chaplains can often be the only link between the inside and the outside world. We are there to show the love and forgiveness of God, through pastoral care. Visiting chaplains often strengthen

them during their time in prison, she also believes more needs to be done to help reintroduce them back into the community once they have finished their sentence.

"In chaplaincy, you journey with someone who could be in your visiting capacity for a couple of years and you feel that you get to know them a little bit better and give them some support at the time," Sue says. "But when they get out, they don't have anybody out there and that's where our role stops. We can only offer the local churches that may be able to help them, along with local services and community groups. A lot of them don't have the support of family or friends anymore and they may not be able to go home. Those who struggle with finding that support can end up back in prison again."

Through her role in the chaplaincy program, Sue feels she is making a difference to those who may not be going through the best time in their lives. While she admits she's no spring chicken, Sue hopes to continue her visits for at least the foreseeable future.

"I think that's the reason that keeps me going, because we hear such stories of hope in there," she says.

Now retired, Sue likes to travel occasionally with her husband, visit family and is active in her local church, but says, "Every day that I get up and I go in there and somebody needs to talk, I'm there to listen."

In a nod to her roots, Sue enjoys using her love of music to sing with inmates and also at church services held within the centre when she visits. Inspired by her role, Sue has also compiled a new CD of original Christian songs called You Might Be the One. Her chaplaincy work also led to the song Long Way Back, one of five songs on the CD.


"I just love doing music. I love taking my guitar into the prison," Sue says. "I think there should be more opportunities for music in prison, which can be tricky because of all the different activities going on. So when we go into church, I take my guitar in and play some hymns and some popular worship songs and hopefully that gives people something to 'hum' through the day, to help lift their spirits and bring a little light into the situation."


"Music has always been a part of my life and I love being able to share that with others." You can support Inside Out Prison Chaplaincy to place more chaplains into Queensland prisons by donating online at www.insideoutchaplaincy.org.au.

"Music has always been a part of my life and I love being able to share that with others."

WHAT'S ON AT KEDRON-WAVELL



AUSTRALIA'S THUNDER & DOWN UNDER
MANPOWER AUSTRALIA
 #1 MALE REVUE IN THE WORLD
 8PM, FRIDAY 2 FEBRUARY 2024
 BLUE PACIFIC ROOM, KEDRON-WAVELL

\$43* 
 BOOK AT BIT.LY/MANPOWERKW
 18+ ONLY.



PRO WRESTLING LEAGUE PROUDLY PRESENTS
THE PRO WRESTLING LEAGUE
THE PURGE
 SATURDAY 10 FEBRUARY
 BLUE PACIFIC ROOM

BOOK AT: BIT.LY/KWTHEPURGE

TREASURY WINE ESTATES
 Valentine's Day
Wine & Seafood Dinner

6pm Wednesday 14 February 2024

Hosted by Robert Wilkins from Treasury Wines, indulge in a decadent 5-course seafood dinner accompanied by a selection of the finest wines from Treasury Wines.

\$95* Members | \$105* Non-Members

PLUS book before Saturday 14 January to be in the draw to win a case of Squealing Pig Rose Magnum.

 Terms & conditions apply.
 Book at: bit.ly/kwvalentinesday




RUM DINNER
 6pm Friday 1 March 2024

Be taken on a 5-course tasting journey with a night of rum and delicious delights to create the perfect flavour pairings for your enjoyment.

\$70* Members | \$80* Non-members

Book at: bit.ly/kwrumdinner

HERMAN'S HERMITS
 3PM & 7PM, SUNDAY 3 MARCH 2024
 BLUE PACIFIC ROOM, KEDRON-WAVELL
bit.ly/kwhermanshermits



BONEY M. EXPERIENCE
 3PM, SUNDAY 17 MARCH 2024
 BLUE PACIFIC ROOM, KEDRON-WAVELL
bit.ly/kwboneym



*Price excludes booking fees. Kedron-Wavell Ltd is committed to safely serving alcohol to those over 18 years of age. Drink responsibly



(07) 3359 9122
 21 KITTYHAWK DRIVE, CHERMSIDE
 TO JOIN ONLINE OR SEE WHATS ON VISIT
KEDRON-WAVELL.COM.AU

INSPIRING THROUGH INDEPENDENT THEATRE

Who are the people behind independent theatre?

This extraordinary art form gifts its actors and audiences with an immediate sense of humanity's pains, struggles, joys and truths by digging deep into storytelling that goes beyond commercialised entertainment.

PANAYIOTA

One such person is Kallangur's very own Wayne McPhee. Born and raised in Redcliffe, Wayne's earliest memories of creativity are as a young boy where he spent much time with his uncle, John Bowman.

"I lived with my aunt and uncle when I was growing up and it was my Uncle John that greatly influenced my creative interests," Wayne says. "We would go to galleries. He'd encourage me to paint and draw and explore many of the masters, especially the Egyptians."

"Uncle John was the one who led me to believe that creativity is a good thing and that it should be nourished and nurtured."

After trying his hand at the visual arts and even a bit of drama in high school, it was in his senior year that Wayne had the opportunity to take production units, which helped him realise what he felt comfortable doing. This was also when he met his first mentor. Mentors are incredible individuals who become our greatest resource for knowledge, encouragement and inspiration.

"Learning about how to stage lighting, write, produce and create good characters, create strong characters," Wayne says. "I had the most amazing teachers, one of whom was Carol Brodie. I credit her for really having helped me become the creative person I am."

As with most teenagers, Wayne took time off to work after high school, but 18 years later found himself yearning to return to his creativity.

A very different experience to his high school studies, Wayne's next ventures touched his heartstrings, pulling him in new directions.

Wayne attended SAE Institute (SAE) where he achieved his first degree, a Bachelor of Animation. Later at Griffith University (Griffith), he completed his Honours and later returned to SAE to complete his Masters in Creative Industries.

"I met new mentors at SAE along the way like Mairi Cameron, who wrote and directed The Second (Stan) and Jodie Taylor," he says. "These people had faith in me, encouraging me to push myself further."

Wayne reminisces about his experiences along the way, and says, "I was still at Griffith and able to do independent study units where I chose to explore emotion in film. This led me to see how people were able to influence emotion through choices that they made in their filmmaking endeavours."

With this in mind, Wayne developed his honours dissertation around horror films and how they were positioned in



real-life situations. For example, taking true stories and altering them to encourage a stronger emotional reaction from the audience.

Fun Fact: "In the case of The Exorcist, by William Peter Blatty, the story is based around a young boy, however, the film was told about a young girl," Wayne says. "Horror films tend to hold a mirror up to societal norms of the period that they're made in and at the time of The Exorcist, it was reflecting the family unit."

These are the kinds of lessons that impacted Wayne's understanding of his craft as he went on to write and produce a film through his production business, The X Collective.

And then came the pandemic, when the film industry was the first to shut down.

But this didn't stop Wayne's ambition. He saw it as a challenge and went on to pursue his own independent theatre productions, his first being Leaves of Glass by Philip Ridley.

Following this success, Wayne added to his credits by producing White Rabbit Red Rabbit by Nassim Soleimanpour (a form of experimental theatre) and Venus of Fur by David Ives.

Being engaged in creating theatre enabled Wayne to draw inspiration from the masters. It seems there's nothing more important than bringing stories to light that are thought-provoking, and which intentionally give people the opportunity to think more deeply about humanity's issues and maybe even societal norms. It takes a lot of courage and insight to be a theatre-maker. It means taking risks by pushing boundaries while dealing with massive learning curves. There's so much networking to be done, as well as auditioning actors and creating production teams.

Wayne's success has not only been because of a series of fortuitous events but also due to the dedication of his cast and crew. Actors place themselves in the

vulnerable position of absorbing a character's emotions, their backstory and their lives. Having a director (aka Wayne McPhee) work with them who not only respects the characters but the actor's journey, is a huge asset for any production.

"I've been very lucky with the people I've worked with," Wayne says. "Such incredibly, incredibly talented people. I'm extremely humbled by their experience."

So what's next for Wayne McPhee and The X Collective?

"Well, 2024 is the year I'm going to do my passion projects," he says. "I have a huge range, including dramatic theatre to comedy and more."

"I want to leave the audience with something. I love that you can go and you can take a message away from it, but I also like theatre that you're able to have your own personal meaning from it. I like the shows that I've seen and it's like, listen for the meaning." Wayne also enjoys and encourages

interaction between himself and his actors with their audience.

"My preference is to have audiences interact with our actors after the show," he says. "The actors are just coming off stage so are still full of energy. That's a great time for audiences to engage, to ask questions and share thoughts. For me, that's quite a beautiful moment."

Societal norms sometimes advise us against following our dreams, and yes, we do have to earn a living, but that shouldn't stop us from following our hearts. People like Wayne are examples of what we can achieve as long as we go for it. Does it take time and a lot of work? Absolutely! But the rewards are priceless.

Wayne McPhee and The X Collective's 2024 Season will be released in late February.

Wayne welcomes everyone to keep abreast of their news by checking out Facebook and Instagram - @TheXCollectiveoz

WE'RE SERVING UP SAVINGS FOR OUR MEMBERS!

LUNCH SPECIALS

AVAILABLE FROM 11:30AM - 3PM.

MON

\$15* Lunch Roast

MEMBERS

Succulent roast of the day served with rosemary potatoes, roast pumpkin, steamed vegetables & gravy.



TUE

\$15* Bangers & Mash

MEMBERS

Pork sausages served over mashed potatoes, smothered in hearty gravy, served with peas.



WED

\$15* Schnitzel

MEMBERS

Enjoy a classic herb and Parmesan chicken schnitzel, served with chips & salad.



THU

\$15* Fish & Chips

MEMBERS

Beer battered barramundi, served with chips, salad, lemon & tartare sauce.



ADD A GLASS OF TAP WINE OR SCHOONER OF BRAVO BEER FOR JUST \$5

DINNER DEALS

AVAILABLE FROM 5PM - 8PM.

SUN

\$17* Sunday Roast

MEMBERS

Succulent roast of the day served with rosemary potatoes, roast pumpkin, steamed vegetables & gravy.



MON

\$17* Burger

MEMBERS

Choose from: Cheese & Bacon Burger, Nashville Hot Honey Chicken Burger, Sticky Boss Burger or The Works Steak Sandwich. Served with chips.



TUE

\$17* Schnitzel

MEMBERS

Enjoy a classic herb and Parmesan chicken schnitzel, served with chips & salad.



WED

\$17* Classic Pizza

MEMBERS

Enjoy a classic pizza at a classic price.



THU



Kids eat FREE!

On Thursday, kids eat FREE! Bookings essential!

*T&Cs apply. Children must be 12 or under. One free child meal, per one full-priced main meal. Not available with any other offers.

*Lunch deals available from 11:30am - 3pm. Dinner deals available from 5pm. T&Cs apply. Member's price shown. Limited time only.



YOUR COMMUNITY CLUB
50 KEOGH ST, SANDGATE
(07) 3609 2001

TO JOIN ONLINE OR SEE WHATS ON VISIT
THESANDSSOCIAL.COM.AU

NEW FLEET OF RAIL BUSES ON THE MOVE

JOSHUA EAST

SCANIA Australia Pty Ltd and Volvo Group Australia Pty Ltd have been selected as the preferred builders for Queensland's 200 rail replacement buses. The State Government is investing an initial \$133.8 million in the project to ensure the buses are built locally.

Under the agreement, Volgren will construct 165 Euro 6 diesel buses on Volvo chassis, while BusTech will build 35 Euro 6 diesel buses on Scania chassis.

The buses will be used to maintain public transport continuity during significant work on the South East Queensland rail network.

The Department of Transport and Main Roads (TMR) currently relies on contracted bus operators to provide rail replacement buses during track closures. The new arrangement will see TMR owning the buses, allowing for more flexibility in their deployment across SEQ during these closures.

The first bus is expected to be delivered in March 2024, with the full delivery of all 200 buses scheduled to

be completed by the end of the year. The project aims to minimise commuter impacts during rolling track closures for critical works related to Cross River Rail.

TMR is also focusing on the development of charging infrastructure to support zero-emission buses across SEQ. The government has committed to having all new Translink-contracted buses in the region be zero-emission vehicles by 2025.

Premier Annastacia Palaszczuk expressed confidence in the decision to support local manufacturing.

"This is an investment in Queenslanders and the future of our skilled manufacturing sector," she said.

"We know that when we build here in Queensland, we are supporting local workers, local suppliers and the next generation of skilled bus builders."

Transport and Main Roads Minister Mark Bailey the big winners were local manufacturers and local workers who would build buses in Queensland, for Queenslanders, which would ultimately benefit public transport users.

"Queensland's diverse

economy is something we are proud of and investments like this into local jobs and transport infrastructure can only mean one thing – a better connected and mobile population," he said.

"These buses will play an important role in keeping South East Queenslanders moving during the next few years while major projects such as Cross River Rail and Logan and Gold Coast Faster Rail are integrated into the existing train network.

"Forward planning and anticipating the needs of our travelling public with minimal disruption is at the heart of this huge and significant undertaking by the Queensland Government."

Volgren CEO, Thiago Deiro said the project was a game-changer for Volgren's Eagle Farm production facility.

It will support hundreds of current and new jobs in Brisbane and create and retain essential skills for the upcoming Zero Emission Bus transition from 2025," he said.

"Volgren is pleased to have been trusted with such an amazing project. After facing challenging years, during and post-COVID, long-term projects with visibility will allow the industry

to invest in local jobs, training, and providing opportunities for the communities.



awarded buses in partnership with Scania as part of the rail replacement program.

"BusTech has been manufacturing buses in Queensland for 30 years, employing thousands of Queenslanders in that period and supplying buses throughout Queensland to multiple operators including 10 BusTech battery electric buses to Clarks in Logan," Mr Marks said.

"BusTech welcomes the investment in local bus manufacturing and looks forward to this continuing over the next decade as Queensland transitions to zero-emission buses for public fleets and in the lead-up to the Brisbane Olympics."

The Australian Manufacturing Workers' Union (AMWU) also welcomed the decision, emphasising the importance of local manufacturing and the creation of a long-term pipeline of work.

Bustech CEO Dan Marks expressed said BusTech was delighted to have been

introduced earlier this year, resulting in the detection and treatment of 30 cancer cases.

SUN-SAFE CAMPAIGN TO COMBAT SKIN CANCER

ELIZABETH WALSH

THE State Government has recently launched a range of new initiatives aimed at preventing and detecting skin cancer in Queensland, which is known for having the highest rates of melanoma and non-melanoma skin cancers in the world.

The new sun safety campaign Sunshine: You do the 5. You survive is a three-month campaign specifically targeted at the often elusive 18-34 demographic. It encourages Queenslanders to adopt five sun-safe behaviours: slip, slop, slap, seek, slide. The severity of skin cancer risk and the importance of these behaviours in reducing the risk are highlighted through a mock horror movie called Sunshine.

In addition to the campaign, Queensland Health has announced the establishment of five Skin Cancer Early Detection (SCED) clinics in underserved regional towns. These clinics, operated by various Health and Hospital Services, will offer free or low-cost services to patients. Qualified general practitioners will staff the clinics until June 2024. This initiative builds on the success of four SCED clinics that were

introduced earlier this year, resulting in the detection and treatment of 30 cancer cases.

Skin Cancer Prevention Queensland will also host an industry forum, which will aim to equip professionals in the dermal, hair, tattoo, and beauty industries with the skills to start conversations with clients about skin changes. By integrating sun safety and early detection training into the professional education of individuals in these industries, the organisation hopes to raise awareness and reduce the impact of skin cancer.

Furthermore, Queensland Health has launched a new shade tree planting resource called Healthy Places, Healthy People. The resource provides guidance and support to government agencies, local councils, developers, and industry partners in their efforts to promote shade creation and enhance community wellbeing. A shade and UV analysis modelling tool is also included to help maximise shade coverage and protection from ultraviolet radiation along footpaths.

Queensland Minister for Health and Ambulance Services, Shannon Fentiman, emphasised the importance of

these initiatives.

"Skin cancer is largely preventable, and the most effective protection is to reduce exposure to the sun's ultraviolet radiation," Ms Fentiman said.

"The Sunshine: You do the 5. You survive campaign, with its fresh and engaging approach, will help reinforce the importance of adopting sun-safe behaviours.

"Sun protection and seeking shade are crucial behaviours we want Queenslanders to embrace, particularly those between the ages of 18 and 34. Despite higher incidence rates in this age group, there is a misconception that they are at lower risk of melanoma.

"We know that hairdressers, beauticians, tattooists, and massage therapists see a lot of skin during their daily work and bringing them into these conversations is a vital step to help Queenslanders recognise changes and potentially reduce the impact of skin cancer.

"We will work closely with Skin Cancer Prevention Queensland and industry partners to integrate skin cancer prevention and early detection information into the education programs for these key professions."

SAFEGUARDING WORKER HEALTH & SAFETY

ELIZABETH WALSH

THE Queensland Government has taken a step towards safeguarding the health and safety of workers with the introduction of new legislation in State Parliament last month.

The proposed reforms aim to give effect to the recommendations outlined in the Review of Queensland's Work Health and Safety Act 2011 and ensure that workers are effectively represented and protected.

The Work Health and Safety and Other Legislation Amendment Bill will have a particular focus on recognising the important role played by health and safety representatives (HSRs) in enhancing the overall wellbeing of workers.

One of the key provisions of the Bill is granting HSRs the right to choose their own training provider. Additionally, the proposed reform enhances the ability of workers and their representatives to be consulted on work health and safety matters.

The Bill also includes improvements to election processes for HSRs and workgroups, making the selection process more efficient and transparent. Furthermore, the

rights of entry permit holders are clarified and extended to enable them to effectively support workers in cases of suspected work health and safety contraventions.

One notable amendment in the Bill is the expansion of the Category 1 offence to encompass both reckless and negligent conduct. This increases the severity of penalties for individuals and organisations that fail to uphold their duty of care towards workers.

In addition to streamlining the dispute resolution process, the Bill also removes certain proceedings from the Magistrates Court and transfers them to the Queensland Industrial Relations Commission.

Grace Grace, the Industrial Relations Minister, expressed her commitment to ensuring the safety and well-being of workers.

"One of the WHS Act Review's core findings was that safety performance is improved when there is worker representation in work health and safety matters," Ms Grace said.

"These changes will elevate the importance of businesses involving workers and their representatives to identify and resolve work health and safety

issues.

"These changes to the WHS Act will ensure workers are effectively represented and, if issues cannot be resolved at the workplace, they can be dealt with through a streamlined dispute resolution process."

Jacqueline King, General Secretary of the Queensland Council of Unions, said the reforms were a positive step forward to ensure Queensland workers' safety was a key priority in every workplace.

"The new laws will help drive better safety outcomes by focusing employers and workers on preventing the hazards and risks that harm workers and others, including physical and psychosocial hazards," Ms King said.

The Work Health and Safety and Other Legislation Amendment Bill gives effect to 35 of the review's recommendations, with ongoing efforts to address the remaining recommendations. Stakeholder consultation will commence this year, and the independent review of Work Health and Safety Queensland is expected to be completed by early 2024.



Scarborough Pest Control

GET RID OF UNWANTED VISITORS, FAST !

High Quality Termite & Pest Control Services

We specialise in:
Personalised Termite & Pest Inspections
Pest Control
Termites






Scarborough Pest Control are local, family owned and operated. Because of this we are able to be competitive on prices while concentrating on providing a high quality and professional standard of work.

With over 10 years industry experience Scarborough Pest Control are licenced to provide personalised pest and termite solutions including: termite inspections, pre purchase termite inspections, termite chemical treatments, termite protection to residential, commercial, industrial and new building

work/renovations (This includes providing a Form 43 for certification requirements).

Cockroaches, Silverfish, Webbing spiders (including red backs), Ants (all types), Rats and mice, Mosquitoes, Flies, Fleas (including move out sprays), and all other household pests.

Servicing Newport, Scarborough, Redcliffe, Margate, Clontarf, Woody Point, Kippa- Ring, Rothwell, Deception Bay, Mango Hill, Kallangur, Morayfield, Caboolture and all of Brisbane North and surrounding suburbs.

Do not cut corners!
Scarborough Pest Control are your local, family owned and operated pest professionals.
We offer free advice, quotes and site assessments.

Call now for a quote: (07) 3203-8378






QBCC:
15047832

Kordon Accredited installers • FMC accredited HomeGuard installers • Termidor Accredited installers



WHAT'S AHEAD FOR 2024

VANESSA BRAGDON | VB HOMELOANS

After an interesting 2023 in the property world, it's hard to believe that we are already in 2024. Let's take a look at some of the highs and lows of 2023, and what we can expect to see in 2024.

2023 in review and what to expect from 2024

AFTER an interesting 2023 in the property world, it's hard to believe that we are already in 2024.

Let's take a look at some of the highs and lows of 2023, and what we can expect to see in 2024.

Looking back on 2023

Interest rates climbed and then plateaued. From May 2022, the Reserve Bank of Australia (RBA) began an aggressive cycle of tightening the cash rate in order to get inflation under control.

In 2023, we saw the RBA lift the cash rate in February, March, May, June and November, leaving mortgage holders grappling with rising repayments and cost-of-living pressures.

This month, the cash rate has remained on hold at 4.35% as the RBA assesses the impact of the increased interest rates and the economic outlook.

The RBA went under the microscope

In April 2023, Treasurer Jim Chalmers released the findings of the Review of the Reserve Bank. It was the first external review of Australia's central bank in four decades.

Some of the key recommendations included:

- The RBA should have a 'monetary policy board' with greater economic expertise and shift to eight meetings a year (instead of 11) to allow more time to consider issues.
- There should be a press conference after each meeting to

encourage more transparency, and board members should speak publicly about the board's work.

- Two separate boards should be established – one for monetary policy, the other for governance of the RBA.
- The inflation target of two to three per cent should be retained.
- There should be five-yearly reviews of the RBA's monetary policy framework and policy tools.

Meanwhile, Michele Bullock was appointed as the RBA's first female Governor, taking over from Philip Lowe on September 18. She said her priority was to develop a "culture of sharing, debate and respectful challenge" inside the bank.

Property prices rebounded in many markets

In good news for homeowners, property prices climbed in many markets in 2023.

Despite rising interest rates, we saw a 2.3% increase in property prices over the first six months of 2023, and the upward trend continued in the second half of the year.

A lack of supply of available properties was one of the main driving factors propping up property price growth.

Rents skyrocketed

Rents across Australia rose at a rapid pace in 2023, with landlords hiking rents to cover rising mortgage repayments.

Limited rental supply added fuel to the fire, set against the backdrop of a surge in Australia's migrant population growth.

What's ahead in 2024

Interest rates may drop

All four of the Big Banks are predicting the cash rate will drop in 2024.

Commonwealth Bank expects a cash rate drop as early as March, while NAB is anticipating the RBA will cut the cash rate in August. Westpac believes the RBA will lower rates in September and December. ANZ anticipates a cash rate drop towards the end of 2024.

The RBA will have a shake-up

Treasurer Jim Chalmers and RBA Governor Michele Bullock are working through the details, but we will likely see some of the recommendations of the RBA review implemented in 2024.

Former governor Philip Lowe in July committed to cutting the number of board meetings to eight from 11 from next February.

For borrowers, that means there will be more time between decisions for borrowers to adjust to any changes in the cash rate.

Property prices may continue to climb

The property price rebound looks set to continue into 2024.

According to the Domain Forecast Report Financial Year 2023-24, house prices in Sydney, Adelaide, and Perth, and unit prices in Brisbane, Adelaide and Hobart, could have fully recovered from the 2022 downturn by the end of this financial year. Sydney is expected to lead the way, with house prices rising 6% to 9% by the end of June 2024.

Rental growth may slow

It may not be great news for investors, but renters will be happy to know that rental growth may slow in 2024. There are a number of reasons for this, according to CoreLogic Head of Research Eliza Owen.

For one, rents move with interest rates, and interest rates could fall next year.

Housing preferences could also change, with people moving to share houses as income growth softens and rents become less affordable.

Planning a 2024 property purchase?

With interest rates expected to come down and property prices on the rise, 2024 is shaping up to be an exciting year for property owners.

If you're planning a property purchase, talk to your local mortgage broker about getting pre-approved on your finance, so that you're ready to dive in when you find the right property.

P 0413377917

E Vanessa@vbhomoans.com.au

W vbhomoans.com.au/



Home delivery of ready made meals

- ✔ Select from our delicious and nutritious menu
- ✔ Delivered to your door
- ✔ Heat and enjoy

- ✔ Large gluten free and dairy free options
- ✔ Convenient ready-made frozen meals
- ✔ Tastes like home cooking
- ✔ Wholesome and nutritious
- ✔ Australian owned and operated
- ✔ Home delivered and available in stores
- ✔ Home Care Package and NDIS approved

Free introductory meal offer for first time customers

Mention the code word **INTRO** and receive one **FREE** meal of your choice. For new customers only.

*No contracts. Minimum order of \$59 applies plus \$8.90 delivery fee. Delivery areas serviced once a week, on the same day every week. Available at selected independent stores. See website for locations and delivery areas.

FINANCIAL LITERACY STARTS AT HOME: AUSSIE KIDS AND POCKET MONEY TRENDS

JO KELSEY

IN the midst of Australia's cost-of-living crisis, a recent study conducted by Compare the Market has unveiled that 64.2% of Australian children are not receiving a weekly allowance. While pocket money may be dwindling for many, the research also highlights that for those who do receive an allowance, hard work is often a prerequisite.

The survey, which involved parents of children considered to be of pocket money age, found that 77.5% of parents expect their kids to complete chores in exchange for their weekly stipend. Among the

most common chores were making the bed (44.2%), cleaning their room (42.8%), and doing the dishes (41.8%).

Compare the Market's Economic Director, David Koch, emphasized the importance of linking financial education with household responsibilities. He remarked, "Perhaps now more than ever, given our economic climate, it's important for parents to teach their children financial literacy."

Koch suggested that parents can instill good financial habits by involving their children in budgeting decisions, encouraging them to save for their desires, and explaining the family's financial practices. These early

lessons, he believes, lay the groundwork for understanding the value of money and budgeting, preparing children for their future financial responsibilities.

The study also revealed a spectrum of chores exchanged for pocket money, including loading and unloading the dishwasher, watering the garden, and laundry-related tasks. Notably, the research indicated that while most children start receiving pocket money in primary school, some parents are taking financial education a step further.

Andrew Barnes, a Brisbane father, has opened a managed fund for his 8-month-old son, encouraging friends and family

to contribute in lieu of traditional gifts. Barnes expressed the intent to teach his son about the importance of having a financial cushion, particularly in uncertain economic times.

On the broader landscape of financial literacy, Compare the Market's Household Budget Barometer found that a significant portion of Australians (32.3%) seek financial advice through social media.

Koch urged caution, highlighting the unreliability of unlicensed accounts providing financial guidance on social platforms.

Reflecting on these findings, Koch underscored the importance of starting financial edu-

cation at home. He remarked, "Knowing how to manage what comes in and out of your household budget is a key priority of becoming an adult."

To assist parents in imparting financial wisdom to their children, Koch shared three tips:

1. Educate on Want vs. Need: Help children distinguish between wants and needs, laying a foundation for responsible spending.
2. Teach Budgeting: Guide children in budgeting their allowances using simple budgeting rules, such as the 50/40/10 rule.
3. Encourage Learning from Mistakes: Foster a sup-

portive environment where children can learn from financial mistakes and grow.

In conclusion, Koch emphasized that the value of pocket money isn't solely in the amount but in how children learn to manage and allocate it.

As challenging as it may be to enforce rules around pocket money, the rewards will be evident as children mature into financially responsible adults.

Call now 1300 112 112 www.gourmetmeals.com.au

Pick up address: 46/2 15 Brisbane Road, Labrador QLD 4215. Monday to Friday 9:00am - 4:00pm

Promoting Inclusivity Through Art

ELIZABETH WALSH

STEP into the colourful and inclusive world of celebrated artist Martin Edge at the Pine Rivers Art Gallery.

The exhibition, titled "All the best, from Martin Edge," is a playful and sensory experience that invites visitors to see the world through the eyes of local Moreton Bay painter and proud ambassador for Autism Queensland, Martin Edge.

Featuring 22 paintings and associated activities, the exhibition is a retrospective of Martin's works over his 15-year career as an award-winning artist.

Many of the paintings on display have been borrowed from private collections across Australia, while two pieces have been specially commissioned for this exhibition.

City of Moreton Bay Mayor, Peter Flannery, expressed his support for local artists and his commitment to increasing accessibility in the region.

"With 2023 named as the Year of Accessible Tourism, it's the perfect time for us to open the doors to this unique exhibition," Mayor Flannery said.

"Our exhibitions team has been working with external consultants from occupational therapists to people with lived experience to develop this exhibition and associated programming, with a particular focus on supporting neurodivergent visitors.

"Co-designing with people who have lived experience as well as experts, ensures the gallery is a welcoming space for all"

In addition to Martin's paintings and a large-scale wall that comes to life through augmented reality, the exhibition will feature a quiet room, a free and interactive activity space, and a lineup of exciting events.

Throughout the summer period, visitors will have the opportunity to participate in painting classes with Martin himself.

Martin Edge, a celebrated painter with national and international recognition, emphasised that the exhibition was not just for art lovers.

"It's for the whole family and everybody is welcome," Martin said.

"My exhibition is about the wondrous world according to me, Martin. It's a celebration of my art, looking back at my journey as an artist and my everyday life and adventures in Moreton Bay.

"It's my first large-scale exhibition - from my very first painting that I ever completed which won the Moreton Bay Region Art Prize back in 2008 which is quite special, through to more recent paintings. Some of these are coming from all around Australia and I haven't seen them since I painted them!

"I want everyone to feel a sense of fun and joy when they come to the exhibition. I think there will be a few happy tears when I see it in the gallery for the first time and when people turn up and it brings a smile to someone's face, then I know I've done my job."

"All the best, from Martin Edge" has been produced by the City of Moreton Bay Galleries in collaboration with Martin Edge and Pia Robinson, the founder of The Culture Crusader.

The exhibition will be held at the Pine Rivers Art Gallery from now until 16 March 2024, open Tuesday to Saturday from 10am to 4pm. Admission is free.

For more information, visit the gallery's website at www.moreton-bay.qld.gov.au/Galleries-Museums/Events/PRAG/All-The-Best-Martin-Edge



MARTIN EDGE'S EXHIBITION PROVIDES ACCESSIBILITY FOR ALL



Martin Fishing Pumicestone Passage



Martin Edge: A New Day



Martin & Winston at Pine Rivers Park



Family owned and locally operated

Local Brews with Views

Live Music every Friday/Saturday/Sunday

Open for Lunch and Dinner Wednesday – Sunday



www.scarboroughharbourbc.com.au

Bird O'Passage Parade, Scarborough

ph. 1800 727 104



Walk ins and bookings welcome.

VAPING POSES SERIOUS ORAL HEALTH RISKS

JO KELSEY

IN a recent statement, Chief Dental Officer Dr. Mark Brown shed light on the escalating evidence pointing towards the detrimental impact of vaping on oral health.

Contrary to popular belief, e-cigarettes, with or without nicotine, are not considered a safe alternative to traditional tobacco smoking.

Dr. Brown emphasized that vaping can wreak havoc on the mouth, throat, teeth, and gums.

The act of heating vape juice, a common substance in e-cigarettes, can potentially damage enamel and irritate soft tissue.

The thick and sticky nature of the ingredients raises the stakes for vapers, increasing the risk of tooth decay and gum disease.

A key concern lies in the composition of vape juice, containing propylene glycol (PG) and vegetable glycerine (VG).

While these substances are commonly used as food additives, their transformation during vaping raises red flags.

Dr. Brown explained that PG breaks down into an acid-



form when heated, capable of eroding tooth enamel and fostering the growth of plaque and harmful bacteria. VG, combined with sweetened vape flavourings, not only facilitates

bacterial adherence to teeth and soft tissues but also softens tooth enamel.

One prevalent side effect of vaping is dry mouth, which extends beyond causing bad

breath. Dr. Brown underscored the serious consequences for oral health, as reduced saliva production leaves teeth vulnerable to decay-causing bacteria. The problem is exacerbated when individuals resort to sweetened drinks like flavoured milks, energy drinks, and soft drinks to alleviate dry mouth, inadvertently providing an enhanced food source for

bacteria.

In addition to compromising oral health, vaping can also lead to teeth discoloration. Dr. Brown pointed out that while the popularity of vaping surges among younger demographics, awareness of its potential risks to oral health remains crucial.

"Having healthy teeth is not only important for eating, smiling, and speaking, but they also influence self-esteem," Dr. Brown remarked, urging those who smoke or vape to prioritize regular dental check-ups.

Dentists can provide personalized advice and conduct routine oral health and mouth cancer screenings.

For individuals seeking assistance in quitting smoking or vaping, Dr. Brown recommended reaching out to Quit-line at 13 78 48.

The confidential and free service offers information, advice, and tailored support seven days a week.

Additionally, Quit HQ provides valuable resources for those aiming to quit these habits and prioritize their overall health.

SUPPORT SERVICES FOR THOSE AFFECTED BY SEVERE MENTAL ILLNESS

ELIZABETH WALSH



COMMUNITY Mental Health Australia (CMHA) has expressed its support for the recommendation from the Independent NDIS Review regarding the need for community-based mental health and psychosocial support for individuals outside the National Disability Insurance Scheme (NDIS).

CMHA is a coalition of the state and territory community mental health peaks and has

been advocating for increased funding and support for psychosocial services.

Bill Gye, the CEO of CHMA, said numerous less-costly psychosocial services had been cut when funding was shifted to the NDIS.

"In the interim, the unmet need outside the NDIS has grown," Mr Gye said.

CMHA welcomed the announcement from the National Cabinet agreeing to 50:50

funding, which CMHA has been advocating for, to address this unmet need for services and support outside the NDIS.

According to recent data from the SA Report on Unmet Need for Psychosocial Support, around 275,000 people in Australia are living with severe mental health issues without any support from the NDIS or existing Commonwealth or state and territory psychosocial programs.

The number of people in the NDIS with psychosocial disability has been increasing, exceeding the growth targets set in the Federal Budget.

"Clearly alternative pathways are needed to channel future demand and to help meet the massive gap that is being revealed in the current national assessment of unmet need being commissioned by the Australian Government Department of Health and Aged Care," Mr Gye said.

"Some of these alternatives already exist in effective state and territory community mental health programs, they just need to be expanded."

CMHA and other national organisations have been advocating for an evidence-based,

recovery-oriented, and co-designed alternative that involves individuals with lived experience of mental ill-health and community-based providers.

"These future services and support can be both effective and more economical while returning significant wellbeing and social benefits," Mr Gye said.

He added that the CMHA and its members acknowledged the challenges in implementing these alternative pathways, recognising that there are competing priorities and differing perspectives.

"It would be all too easy to snatch defeat from the jaws of victory," he said.

"We don't want cheap coffee and conversation programs and we certainly need an alternative to the current system of waiting for people to go into crisis, which takes up ambulance and police time, dragging them to hospital, patching them up, and then sending them back out to do the same cycle again."

Kinesiologist & Energy Healer

All Health Conditions, Anxiety, Depression, Emotional Issues

Kinesiology • Energy Healing
Reiki • Access Bars®

Michelle 0417 612 803
www.integrativewellbeingpractitioner.com.au

MICHELLE PANTGES

HOW we think and feel is not really who we are. We are so much more than we know ourselves to be.

What we have suppressed and held within us influences how we think and feel about ourselves and life.

Our emotions, thoughts, subconscious, and consciousness all affect how we think and feel including the functioning of our physical body.

Our physical body has an innate ability to heal itself and when it cannot it lets us know with symptoms.

These symptoms could manifest as bowel issues, stiff neck, frozen shoulder, anxiety, depression, digestive issues etc.

Kinesiology uses muscle testing to communicate with your body to uncover what is creating the stress/imbalance. Your muscles are connected

to your brain via the nervous system; and when challenged the body (through the muscle testing response) will indicate a change when a stress is present.

The emotions/energy distortions that are identified in relation to the issue/stress can then be cleared allowing the body's innate healing ability to be freed.

We then feel better on all levels! Kinesiology is fantastic for health and well-being issues, abuse, trauma, grief, confidence and much more.

It does not diagnose or treat disorders but looks underneath the symptoms/stress to identify the emotional/energetic cause(s).

For more information or to make an appointment, touch base with me on:
www.integrativewellbeingpractitioner.com.au
Or by phone: 0417612803

REFLECTIONS OF THE YEAR PAST

TRICIA BOLTON - LIFE COACH
tricia@triciaboltoncoaching.com

AS we begin the new year many of us are focused on things we need to get done before the holidays end.

There's a magical period at the start of the New Year when many of us get to enjoy some R&R. Even when we're work-

ing, it feels different because the old year has ended and the new one has just begun.

It can be a wonderful opportunity to stop and reflect. Often though, when we consider what's happened over the year we focus on what we haven't done - what we haven't achieved, and we feel disheartened.

Dan Sullivan and Dr Benjamin

Hardy wrote a book about this phenomenon called The Gap and The Gain. We consider what we've achieved during the year and measure it in comparison to where we think we should be and feel discouraged. That's when we're in the gap.

Being in the gain means remembering how far we've come, what we've learnt and the effort we've invested.



Why spend more time in the gain? It's easier to keep taking action towards our goals when we feel better about ourselves and our efforts. Imagine trying to feel

motivated about 2024, when you're so busy criticising yourself for all the things you didn't accomplish in 2023. So, pour yourself a cup of your favourite beverage and

reflect on what has changed. How have you grown? What have you learned? How can you use your 2023 experience to help you in the future? Stay in the gain.

Do you have a WorkCover claim and want to talk?
Redcliffe Counselling
can help you
mentally heal and recover
so you can start living again.

Call 0487 844 603 today
or make a **WorkCover**
NO FEE appointment

at www.redcliffecounselling.au

Redcliffe Counselling:
Your partner in mental
health recovery.



WorkCover Approved Counsellor
Provider No: P0007280363

Call **Tanya Fisher**
on **0487 844 603**
www.redcliffecounselling.au



ZEN CHI
natural therapies & wellness centre

- Massage
- Bowen Therapy
- Acupuncture • Reiki
- Reflexology • Ear Candling
- Waxing and Tinting • Facials
- Spa Treatments

online bookings available via our website

Escape Relax Rejuvenate

Evergreen Lifestyle Centre
Shop 11 12-18 Discovery Drive, North Lakes
www.zen-chi.net.au
Ph. 3482 2549

Private Health Rebates

ASK AN EXPERT

An Essential Oil Experience - AromaTouch Technique

BY DEBB WEBBER
ZEN CHI NATURAL THERAPIES
NORTH LAKES

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

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!

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.

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.

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.

Book online via our website www.zen-chi.net.au or call the clinic on 07 3482 2549.

SCHOOL HOLIDAY WILDLIFE SHOW

Wednesday 17 January

10 - 11am

Tickets on sale at mbrc.qld.gov.au/MSEC

Find us on Facebook!
Scan the QR code or search on Facebook



Morayfield Sport & Events Centre

298 Morayfield Road, Morayfield
moretonbay.qld.gov.au/MSEC






Eco Eve

New Year Recycling

Recycling Plastic Punnets and Bottle Lids

Moulded, rigid 3D plastic containers used for food, beverages, personal care and cleaning products, including fruit punnets, biscuit trays and most pre-packaged meat, fruit and vegetables, are accepted for recycling by City of Moreton Bay (containers should be emptied of their contents).

Place plastic lids securely on the recyclable container before disposal in the yellow recycling bin. Any large plastic lids the size of the palm of your hand or larger can be placed in the recycling bin as Council's machines can sort them separately.

Plastic containers used for machine oil, fuel and hazardous chemicals are not accepted in the recycling bin as these need to be separated from containers used for edible products.

Donate plastic lids to Reverse Garbage stores or melt them down for craft use - make trays, tabletops, lampshades, and even an adapter for selfies.

Recycling Toys

Big W North Lakes and Morayfield recycle all brands of pre-loved toys including plastic, metal, plush and electronic toys (with batteries removed). Donate to a local charity, kindy or childcare.

Old Christmas Decorations

Solar panels attached to garden lights, Christmas lights or portable chargers are accepted at Council waste facilities (not large solar panels).

Glass baubles are not recyclable. Dispose of them in the general waste bin.

Old Underwear

Were you gifted new underwear for Christmas? Bury old undies to decompose in your garden (remove the elastic first). The organic matter will act as a sponge to absorb water, saving you money and time watering the garden.

Create cleaning rags or dusters, a soft fluffy bed or pillow filling for pets.

Cut into an underlay for heavy pots or objects that might scratch delicate wood/glass tables.

Sew into a handkerchief, coin purse or small scented sachets and fill with lavender.

Tips to Make Clothing Last Longer

Air-dry clothes on hangers. Using a Dryer breaks down the fibres of the fabric, causing shrinkage and premature ageing.

Iron clothes with a spray of water.

Vintage Transport Toys

MEADE MURPHY

OVER the last 45 years, we at Murphy's have bought and sold a large number of tin plate, diecast and wooden cars, trains and aeroplane toys. The most produced toys are definitely motor vehicles such as cars, trucks, fire engines, tow trucks and buses.

Toy makers were quick to take advantage of the fascination for mechanical transport. This fascination began in the early period of the automotive industry as most people could not afford to buy and could only hope that one day they would own a real automobile. This then saw the toy makers manufacture tin plate pedal cars to target juvenile "want-to-be" drivers. These pedal-powered tin plate vehicles ranged up to two metres long. The old pedal cars are often found in hard-worn condition and can be very costly to restore to their original condition. In the early 1990s, my father and I bought an Austin J40 pedal car at the Newark Antique Fair in England for £500 and we sold it for A\$2000 at the City Hall Antique Fair three months later (pictured).

Toy manufacturers moved away from tin plate toys to diecast toys in the 1930s. The advantages of collecting diecast vehicles are many. They are generally readily available as they were usually produced in large numbers, and they are durable and are thus more likely found in better condition than the more vulnerable tin plate toys. Diecast toys are smaller than tin plate toys and much easier to store or display. They were also much cheaper to purchase when new. How many people do you know who had a Matchbox car collection when they were young?

Toy boats such as rowing boats, liners (pictured) and warships are amongst the most beautiful and desirable of all toys. They are more scarce and costly compared to other transport toys. These toys are also the oldest with some toy ships dating back to 1875, mainly by European toy makers as cars, planes etc had not yet been invented. The first aeronautical toys date back to the 1890s and were based on balloons and dirigibles (airships). The Zeppelin-type airships after 1908 had clockwork motors. In 1908, the Wright Brothers displayed their biplane in Europe, which saw the toy manufacturers make the first aeroplane toys. It wasn't until after World War I that toy aeroplanes became more desirable, but were never at any time as popular with the toy-buying public as wheeled vehicles or boats.

As we head into the new year, I have resolved to clear out our storage shed of timber and spare parts. If any of the Men Sheds in the Moreton Bay region would like some free timber and spare parts, come and see me as soon as possible.

If you have any old toys that you want to sell, I would suggest selling them through Albion Antique Auctions in Albion. Visit their website www.aaac.com.au

As we head into the new year, I have resolved to clear out our storage shed of timber and spare parts. If any of the Men Sheds in the Moreton Bay region would like some free timber and spare parts, come and see me as soon as possible.



New Years SALE

Up to **50% OFF** storewide*



Forty Winks Morayfield
250 Morayfield Road
T: 5498 7777
fortywinks.com.au

FortyWinks
Serious about sleep

Affordable Local Advertising Your Business Here

Call (07) 3518 0828
Email louise@localtimes.com.au

www.localtimes.com.au





ROOF RESTORATIONS

Transform your tired old roof with a value boosting makeover

**Full Roof Restorations
From only \$3,000**

- Repair and Change Out Broken Tiles
- High Pressure Clean
- Re-bed Ridge Capping (if required)
- Re-point Ridge Capping
- Sterilise Surface (if required)
- Apply Primer/Sealer
- Apply New Roof Membrane (2 coats)
- Apply Nano Clear Protect Coating (barrier coat to prevent fading)

Tile & Metal Roofs

MR HIGHLIGHTS PTY LTD
 ROOF PAINTERS
 ROOF RESTORATION & REPAIRS
 QBCC Lic no.1278416 Fully Insured

M: 0402 469 801 • P: 3203 1133

www.mrhighlightsroofing.com.au

5% Seniors Discount

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

Richard Gabriel from Mr Highlights Roofing has over 25 years experience in the roofing trade. He uses Shieldcoat premium quality products that comes with a 12 years product guaranty. He gives a 6.5 years workmanship warranty to match the Qbcc home insurance warranty.

Richard is an owner/operator and doesn't employ salespeople, so costs are kept to a minimum which means **savings for you!**

See customer reviews at:
[g.page/MrHighlights](https://www.g.page/MrHighlights)



Richard Gabriel

DINING OUT with Marnie Birch



BLVD Bar & Cafe

59 Endeavour Blvd
 North Lakes
 (07) 3491 3335
 Opening Hours:
 Monday-Friday 6.30am-2pm
 Saturday-Sunday 7am-2pm
 Pizza Bar:
 Friday-Saturday 5pm to late

A WINNER ON MANY FRONTS

LIVING up to its claim as a purveyor of fine food and coffee, BLVD Bar and Cafe at North Lakes appreciates coffee and tea drinkers alike. Loose-leaf teas served in Japanese cast-iron teapots ensure your cuppa is hot and flavourful to the last drop, while the food menu is filled with extra pizzazz.

My choice of smashed avocado served on a rustic sourdough with cherry tomatoes, snow pea sprouts, beetroot hummus and balsamic glaze (gluten and dairy-free options available) was tasty and generous.

Maybe 'Bagel Benny' or house-made potato and cheese hash is more your style? The 'Great Hash' consists of Australian streaky triple-smoked bacon, soft poached eggs, rocket, tomato relish and hollandaise.

Why not try a tasty 'Cubano Panino' of pulled pork, leg ham, Swiss cheese, pickles and mustard? Even the humble toastie gets a gourmet treatment, cooked on thick artisan bread with fillings that will set you up for the day ahead.

Plus, there's salmon poke bowls, mushroom stacks, and plenty of burgers. An Aussie lamb patty, red onion, halloumi, mesclun lettuce and mint yoghurt on a soft milk bun caught my eye as something different.

Open seven days a week, this popular venue operates as a pizza bar on Friday and Saturday nights serving 15 different varieties of hand-stretched Italian stone-baked pizzas, two types of pizza breads and 'bambini' options for the little ones.

Sink your teeth into a regular tomato-based variety or a white pizza - 'Pizza Bianco' (without a tomato-based sauce). The stand-out choice was roasted sweet potato mozzarella, feta, caramelised onion, fresh rocket and shaved parmesan. Vegan and gluten-free pizzas and dessert options are available.

Conveniently located close to public transport, library and shops, takeaway is popular at this cafe in the early mornings with commuters, but there are plenty of tables if you choose to linger. Service is efficient and staff are up for a friendly chat. Check it out!

Rating - 4 stars



NORTH LAKES SPORTS CLUB

North Lakes' favourite club features a modern Australian a-la-carte Restaurant with full table service and a range of freshly prepared Cafe meals with all your favourite treats, drinks & hot beverages. Banyan Restaurant: Lunch from 11.30am | Dinner from 5.30pm. Crave Cafe: Daily from 10am

Ph: 1300 006 572
 36-42 Flinders Pde, North Lakes
www.northlakessportsclub.com.au
 @northlakessports



THE SANDS SOCIAL

Treat the family to a bite by the bay at The Sands Social! Enjoy casual classics with a tasty twist - including burgers, schnitzels, pastas and our signature pizzas fresh from the pizza oven.
Open 7 days a week from 10am, with dining available from 11:30am.

Ph 3609 2001
 50 Keogh Street, Sandgate
thesandsocial.com.au



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.

Ph 3359 9122
 21 Kittyhawk Dr, Chermiside
kedron-wavell.com.au



NARANGBA VALLEY TAVERN

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

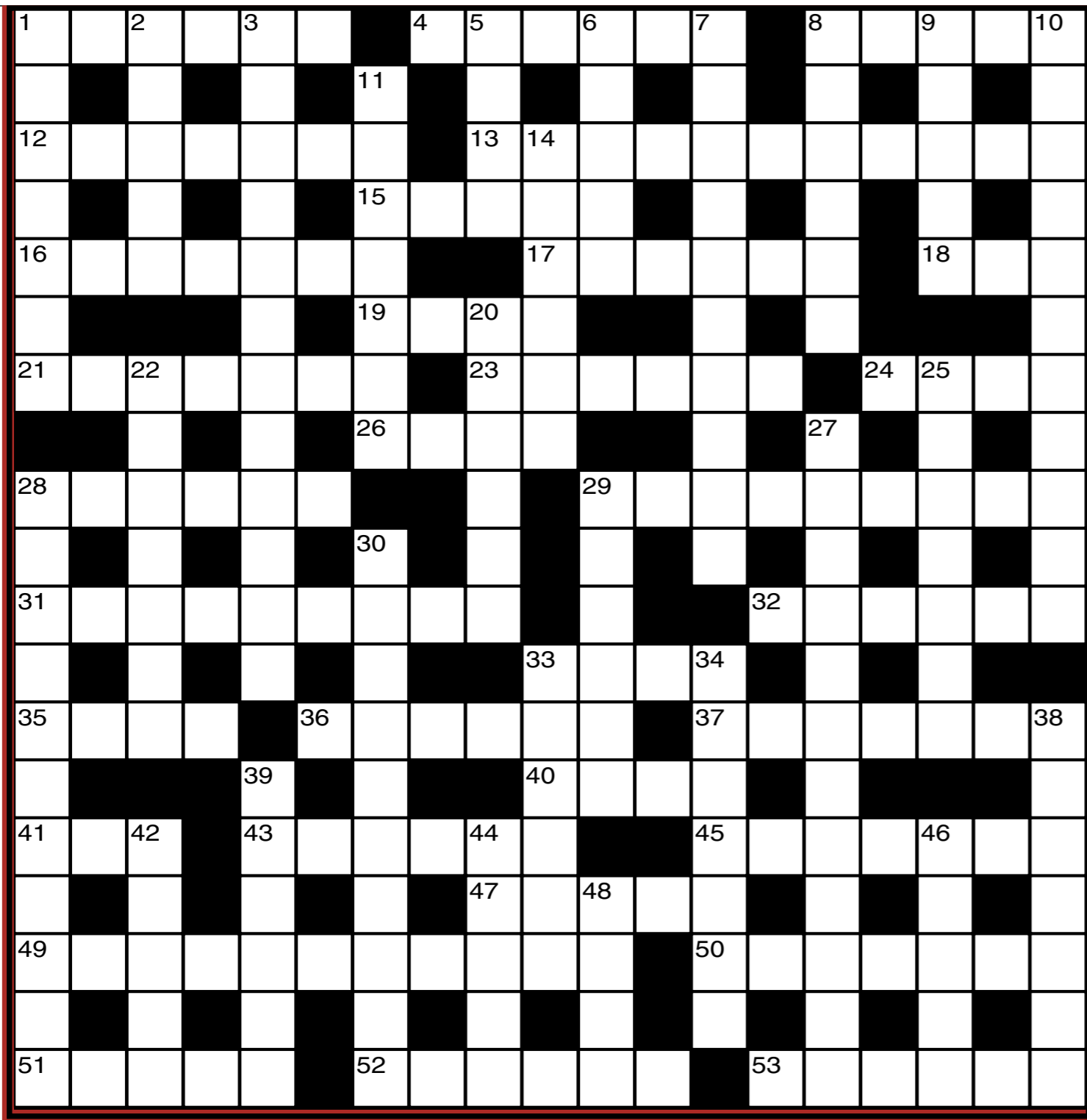
Ph: 3491 1000
 37-47 Golden Wattle Drive, Narangba
www.narangbatavern.com.au
 @narangbavalleytavern

PROMOTE YOUR LOCAL DINING VENUE

Affordable 84 x 92mm advertisement!

ONLY \$73 PER EDITION
 Call us on (07) 3518 0828

THE BIG ONE CROSSWORD



ACROSS

- 1 Pardon
- 4 Shark, bronze ___
- 8 Japanese rice dish
- 12 In proportion (3,4)
- 13 Butchered

- 15 Keyboard errors
- 16 Hairdresser
- 17 Accumulation of electricity
- 18 Yelp
- 19 Rhine wine
- 21 Scarce

- 23 Spookily
- 24 Half man, half goat
- 26 Departed
- 28 Kidnap
- 29 Penniless
- 31 Private chat (4-1-4)
- 32 Exit (3,3)

- 33 Circuit board
- 35 Bogy
- 36 Boredom
- 37 Deadlock
- 40 Containers
- 41 Vest (coll)
- 43 Moneybags (coll) (3,3)

- 45 Tile
- 47 The Good Book
- 49 Our Father (5,6)
- 50 Negative pole
- 51 Mixture of snow and rain
- 52 Sibling
- 53 Season before Christmas

DOWN

- 1 Reveals
- 2 Old friend
- 3 Numbers man
- 5 Fastener
- 6 Lead
- 7 Anyway
- 8 Sofa
- 9 Regretful
- 10 Autonomous
- 11 Gospel writer
- 14 Ornamental case on a chain
- 20 Core
- 22 Listener
- 25 Watery
- 27 Upset
- 28 Cars
- 29 Energetic person (coll)
- 30 Long-term bonds
- 33 Soccer match (3,3)
- 34 Examine minutely
- 38 Ingredient
- 39 Counteract
- 42 Wills' fellow explorer
- 44 Chasm
- 46 Covering for the hand
- 48 Scottish hillside

MEDIUM

SUDOKU #87

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

Puzzle Solutions on Page 38

HARD

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

DATE CLAIMERS

AUSTRALIA DAY

Australia Day, celebrated on January 26th, is a time for all Australians to come together and revel in their rich cultural heritage. From family barbecues and beach outings to cane toad races or music in the park, the options are plentiful. Whatever your preference, Australia Day offers a plethora of activities in the Moreton Bay region to capture the essence of this sun-soaked, laid-back nation. Find more event details below.

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

5 January

Come and meet **Julia Baker**, the start of Animal Planet's Snake Boss series. Join Julia at North Lakes Library to learn more about native pythons and lizards. After the show, everyone will have the opportunity to hold a snake! The event is suitable for all ages and is free of charge. Books are required. Only children need a ticket for the show. **Details:** Friday, 5 January | 3.00pm-4.00pm | North Lakes Library, 10 The Corso, North Lakes | Contact: 3480 9900

8 January and 12 January

Are you interested in learning how to make rhythms and sounds using your body? Join **The Joy Dispensary** and experience the joy of body percussion and new skills. The event is perfect for the school holidays, as participants can have fun stomping, clapping, clicking, and slapping along to an upbeat groove. Body percussion can increase empathy and a sense of belonging as well as enhance body awareness, physical fitness and coordinator. Zac and Olivia from The Joy Dispensary are professional musicians, performers and Arts-Health facilitators whose workshops promote positive mental health and wellbeing. Contact: cultural.activation@moretonbay.qld.gov.au

15 January - 17 January

Do you have a Taylor Swift fan at home? The next pop star? Or a dancer who wants to sing too? Join Red Music and Dance for a three day **Lets Sing Taylor Swift!** 3 Day Singing and Dance workshop of singing and dancing learning Taylor Swift songs. Participants will form a pop group, learn choreography and then perform a show. **Details:** \$165pp | 9am to 4pm | Red Music and Dance Centre, 2/16-22 Bremner Road, Rothwell | Contact: 3496 2930 and email learn@redmusiccentre.com.au | Book www.thinksmartssoftware-au.com/ocr/lesson_booking.php

10 January and 15 January

Revive the old tradition of 'making do' at the free **Printmaking Workshop**, where attendees will create personalised cards for any occasion using found and everyday objects and upcycled materials. The workshop is hosted by Kylie Harries, a

multidisciplinary artist educator who lives on a farm in Moreton Bay and is committed to living a waste-free lifestyle. Both adults and children are welcome, but children under 8 years old must be accompanied by an adult. All materials provided. Contact: cultural.activation@moretonbay.qld.gov.au

Details: 10 January | 10.00am | Caboolture Region Environmental Education Centre, 150 Rowley Road, Burpengary **Details:** 15 January | 10.00am | Kallangur Neighbourhood Centre, 51 Marsden Road, Kallangur

15 January

Join author Steve Baines in helping **Rodney the Rainbow Fish** and his friends clean up their creek home. Steve has dedicated his life to rivers and creeks, creating stunning displays with artificial rocks in pods, aquariums and reptile displays. His books promote and educate the community about native Australian fish. This event is perfect for children aged 4-8 and is free. Bookings are required. **Details:** 15 January | 2.00pm-2.45pm | Deception Bay Library, 9 Bayview Terrace, Deception Bay | Contact: 5433 2970

15 January - 17 January

Do you have a Taylor Swift fan at home? The next pop star? Or a dancer who wants to sing too? Join Red Music and Dance for a three day **Lets Sing Taylor Swift!** 3 Day Singing and Dance workshop of singing and dancing learning Taylor Swift songs. Participants will form a pop group, learn choreography and then perform a show. **Details:** \$165pp | 9am to 4pm | Red Music and Dance Centre, 2/16-22 Bremner Road, Rothwell | Contact: 3496 2930 and email learn@redmusiccentre.com.au | Book www.thinksmartssoftware-au.com/ocr/lesson_booking.php

15 January and 19 January

Let your creativity flow as you work with pens, paper and papier mache at the **Make your own scribble bowl** workshop. The event is hosted by painter and ceramicist Michelle Ellen Spencer, who has spent 30 years developing a visual language through art. The event is open



to everyone, regardless of age or artistic background. Children under 8 must be accompanied by an adult. All materials are provided. This event is part of the Joy Connection's summer program. **Details:** 15 January | 10.00am | Caboolture Region Environmental Education Centre, 150 Rowley Road, Burpengary | Contact: 3205 0555 **Details:** 19 January | 2.00pm | North Lakes Community Centre, Meeting Room 2, 10 The Corso, North Lakes | Contact: 3205 0555

17 January

Do you want to get up close with creatures big and small? The animals from **D'Aguliar Wildlife** are bringing their zookeeper for a visit to Morayfield Sports and Events Centre these school holidays. From slithery to scaly, spiky and swoopy you'll see a whole host of animals, and maybe a surprise visit from a sleepy Aussie icon. **Details:** \$5pp (free for children under 2 years) | 10am | Morayfield Sports and Events Centre, 298 Morayfield Road, Geebung | Contact: 5498 6211 or email msec@moretonbay.qld.gov.au | Tickets tickets.mbr.qld.gov.au/MSEC

19 January

Rock music fans won't want to miss the North Coast tour of **Live Baby Live: The INXS Tribute Show** at Thirsty Chiefs Brewing Co. The show is an authentic replication of the legendary band INXS. **Details:** \$30pp | 7pm | Thirsty Chiefs Brewing Company, 4/4 Wills Street, North Lakes | Go to tickets.oztix.com.au and search for Live Baby Live

26 January

North Lakes Sports Club are inviting locals to skip the heat and come along to the **Aussie Day BBQ and Meat Raffle**. They will be giving away \$2000 worth of meat trays and BBQ hampers. Tickets will be on sale from 10am

LOCAL CLUB MEETINGS

Rotary Caboolture

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

BPW Caboolture

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

Mango Hill Progress Association

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

Burpengary Camera Club

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

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

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.

Zonta Club of Caboolture

Last Wednesday of each month at 6.30pm Jacaranda Café, King Street Caboolture Ph: 0407 169 682 (Pam) New members welcome

QCWA Burpengary Green Wattles Branch

Meets every Wednesday at 9am to 11.30am at the Burpengary Men's Shed, Maitland Road, Burpengary East. Everyone is welcome to come along and meet new friends, learn a craft and enjoy a lovely morning tea. Phone 0409 195 163.

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.

Morayfield & District Lions Club Inc

Business Meetings on the second Wednesday of the Month and Dinner Meetings on the fourth Wednesday of the Month. December meetings may vary. Arrive 6.30 pm for 7.00 pm start at 1 Maitland Road Burpengary East (third driveway in from corner of Maitland Rd & Old Bay Rd). Contact Glenda Riley on 0407027535

50s+ Club Kallangur

Meets the 2nd and 4th Tuesday of each month. Ph: 3204 6366

Probus Club of Pine Rivers Inc.

Meets the 1st Thursday of each month, except January at 10am, at Pine Rivers Memorial Bowls Club, 1-11 Sparks Rd, Bray Park. Phone Secretary 32611926 of 0401261637

Pines Garden Club

Meets on the 1st Monday of the month except public holidays and the 2nd Monday from 9am to 12pm at the Community Hall 1480 Anzac Ave Kallangur. Visitors most welcome.

on 19 January. All prizes will be drawn at 3pm on 26 January. **Details:** FREE | 3pm | North Lakes Sports Club, 40 Flinders Parade, North Lakes | Contact: 1300 006 572

26 January

Reflect, respect and celebrate **Australia Day at The Deception Bay Club**. With the support of the Australian Government through the National Australia

Day Council, the community is invited to enjoy a day filled with family-friendly activities, including dart games, gateball, barefoot bowls, soccer, and thong throwing. There will be a showcase of culture from Indigenous performers and live music from 2pm. The event also includes raffles, meat trays, prizes and more. **Details:** 10.00am-10.00pm | The Deception Bay Club, 32

Bayview Terrace, Deception Bay | Contact: 3204 9784

26 January

Get family and friends together and enjoy a sunny afternoon by the bay at Scarborough Beach. From 1-6pm there will be live music, free family fun and a great day by the water. **Details:** Scarborough Beach Park, Scarborough

THE CRYPTIC CRITIC: Scamming The Voice - It's Easy!



RICHARD LANCASTER

IT was bound to happen sooner rather than later. Yes, the scammers have discovered what they can do with artificial intelligence. And the following account also shows just how far the scammers have progressed and what lengths they will go to scam our hard-earned cash. A United States lawyer re-

ceived a phone call from his son telling him that he had accidentally crashed his car into the car of a pregnant woman and because when breathalysed and found to be over the limit he was arrested and jailed.

The son pleaded with his lawyer father to please send bail money of US\$90,000 (over A\$136,000) so he could be released. The father did not question the call's authenticity as it was his son's voice.

As he prepared to arrange the bail money to be sent, he asked his daughter to ring his son's boss, excusing him from work.

Thank heavens he did! The daughter reported that his son was at work and knew nothing of the alleged jailing. The father swears that the voice he heard

was that of his son, so the scammers had taken the son's voice and manipulated it with a script. When told of the scam, the authorities were nonplussed and had no suggested solutions to combat this latest scam.

Isn't it time for governments worldwide to get their act together and create high-profile departments of clever people, whose job it would be to predict what the scammers can do, to counter these scammers' crimes before they occur?

Surely the scammers don't have a monopoly on smart brains!

Currently, all we seem to do is play catch-up.

BLUEY'S WORLD An Unforgettable Adventure opening in Brisbane in 2024!



BRISBANE is set to become the ultimate destination for Bluey enthusiasts as a brand-new immersive experience, Bluey's World, is set to open its doors in August 2024.

Prepare to step into the Heeler family's world like never before in this 4,000 square metre wonderland located in the Northshore Pavilion.

Picture this: Bluey's World is not just a visit; it's an exploration of the beloved TV show brought to life. Fans from around the globe will be treated to an awe-inspiring journey through life-size sets, interactive play zones, and a captivating soundscape inspired by Bluey's most cherished episodes. From the cozy bedrooms of Bluey and Bingo to the heart of the Heeler household - the living room and kitchen - visitors will find themselves immersed in the magic of Bluey's universe.

The adventure doesn't stop indoors. Guests can frolic under the shady branches of the iconic Poinciana tree in Bluey's backyard, providing the perfect setting for unforgettable moments. Bluey's World isn't just an immersive experience; it's a celebration of the Heeler family's charm and charisma.

But that's not all! Bluey's World offers the chance to turn birthdays into unforgettable celebrations by hosting parties at the coolest venue in town. Following the guided adventure, visitors can extend their stay and relax at the onsite café, explore the gift shop for exclusive Bluey memorabilia, or let the little ones burn off some energy at the adjacent playground.

Stirling Hinchliffe, Queensland Tourism Minister, expressed his excitement about the global debut

of Bluey's World in Brisbane.

He stated, "Bluey is a Queensland icon, and Brisbane, with its great lifestyle, is the perfect choice for the world premiere of Bluey's World. The Heeler family has taken the world by storm, showcasing Queensland's landmarks and lifestyle. This immersive experience is a fantastic opportunity for families worldwide to connect with their favorite Heeler household and explore Queensland's top-notch attractions."

Adrian Schinner, Lord Mayor of Brisbane, echoed the sentiment, calling Bluey a "homegrown Brisbane superstar."

He added, "Bluey's World is a unique tourism offering that will draw people from around the globe, creating local jobs and injecting millions into our economy. "Our city is thrilled to be the exclusive host of this world-first event, providing residents and visitors with an exciting new attraction."

With Tourism and Events Queensland predicting a significant economic boost, with up to \$18 million in visitor spending, Bluey's World is not just an adventure for fans but a bonanza for Queensland's tourism operators.

Get ready to embark on the adventure of a lifetime, as Bluey's World promises to be a blockbuster success, leaving a lasting impression on all who enter the Heeler family's enchanting realm.

LETTERS

FROM THE EDITOR

Welcome to 2024! I hope you have all had a chance to rest and recharge over the Christmas break and that you are ready to hit the new year running!

From all of the team at The Local Times, we wish for you a safe and prosperous new year and we are looking forward to bringing you more great local stories and news in 2024.

Jodie

FUTURE WATER SECURITY

The recent announcement of the Queensland Government of a potential desalination plant north of Brisbane is an admission they have failed to adequately plan for our state's future water security. Despite being prone to droughts and water scarcity, the government has not implemented robust strategies to ensure sustainable water management. The lack of investment in water infrastructure, such as dams and reservoirs, is a clear indication of their negligence. Moreover, the failure to encourage water conservation measures and promote alternative water sources like rainwater harvesting further exacerbates the problem. It is we need action now, not in 20 years to secure Queensland's future water supply.

J Walters, North Lakes

TECHNOLOGY RELIANCE

The recent phone and internet outage experienced by Optus serves as a stark reminder that our growing reliance on technology may not always be foolproof. It highlights the need for us to maintain alternative means of communication and transactions, such as physical cash. While technology has undoubtedly transformed our lives and brought numerous conveniences, it is crucial to have backup systems in place. Cash provides a tangible and reliable method of conducting transactions, especially during unforeseen events like network disruptions. Despite advancements in technology, we should not solely depend on it and should always have a backup plan to ensure smooth functioning in times of crisis.

Roland M, Burpengary

The World According to Kate: BEHIND THE HEADLINES



A NEW year brings new businesses; the media industry is no exception. Gone are the days of distributing news through one or two prominent conglomerates under various mastheads.

Local communities have taken on the responsibility of print media, resulting in a proliferation of individually owned publications competing for attention and advertising dollars to fuel their growth.

For freelance writers like myself, this is an exciting period. With numerous editors eager to consider and publish our stories, the chances of getting our work out there are higher. However, this surge in print publications can be overwhelming and frustrating for the average

reader. Some editors cut corners by running 100% advertorials or media releases without authentic content. In contrast, others risk publishing sensational falsehoods to provoke a reaction.

It's a delicate balance, and not all publications are getting it right.

Surprisingly, many of these publications are small businesses operated by just one or two people juggling the demands of design, content creation, advertising sales, accounts, printing, and delivery. Having been in the industry for over a decade, I've witnessed exhausted editors resorting to questionable tactics to stay afloat.

Using stands that aren't theirs, tossing their

competitors' publications in the trash, and trying to muscle into areas owned by other publications nearby, even though they haven't nailed down their own territory.

Not paying freelance writers for their articles, boasting about printing more copies than they actually do, and saying they deliver to places they don't are among the tactics of dying and desperate publications.

And since there's no official check or required auditing process, the community print media scene has become a bit of a wild west with every editor for themselves.

This industry isn't for the faint-hearted, but as I continue working with editors across Moreton,

Logan, and Brisbane cities, most are genuinely dedicated. They learn from mistakes, get advice from industry mentors, and team up with other editors - all for the sake of the community.

Yet some folks don't seem to get it. They shut down one print publication only to start another with the same troublesome methods that led to the demise of the last one. This leaves readers scratching their heads, unsure and frankly uninterested, wondering how long this new one will stick around.

In the business world, there are moments when what you picture for yourself doesn't happen.

It doesn't matter how financially secure you are, how much you want

it to happen or how big your connections are - if you're an editor or part of a media company that's tried multiple times to make a mark in print media without success - maybe 2024 is a good time for you to rethink your goals.

Clearly, print media isn't for you, but that doesn't mean another type of media wouldn't thrive with your experience, attitude and resources. It is not a failure to identify more promising opportunities. In fact, John Wooden reminded us that the only fatal failure is the failure to change.

This surge of print media buzzing around might seem like the golden ticket for freelancers and advertisers, but tread carefully. There are more shady characters in the community print media game than you might realise. I've seen my fair share of what I like to call "furbies" in action.

Know who's pulling the strings - the editor and publisher. Check their track record. How many publications have they churned out before, and more importantly, why did

some bite the dust? Were they not successful? And the big question: Is this new one gonna fly? Remember the saying, "A fish rots from the head." It's an oldie but a goodie - leadership matters.

As we navigate the community print media scene in 2024, whether you're a reader, editor, advertiser, or freelancer, aim to be the intelligent explorer.

Do your research, ask questions, and don't get carried away with the excitement of the newest, latest or best.

Your time and money matter, so use them wisely.

K

PUZZLE SOLUTIONS

THE BIG ONE CROSSWORD ANSWER KEY

E	X	C	U	S	E	W	H	A	L	E	R	S	U	S	H	I
X	R	R	A	M	A	E	E	E	O	N						
P	R	O	R	A	T	A	S	L	A	U	G	H	T	E	R	E
O	N	T	T	Y	P	O	S	A	T	R	E					
S	T	Y	L	I	S	T	C	H	A	R	G	E	Y	A	P	
E	S	H	O	C	K	D	E									
S	T	A	R	T	L	E	E	E	R	I	L	Y	F	A	U	N
U	I	W	E	N	T	E	D	Q								
A	B	D	U	C	T		D	E	S	T	I	T	U	T	E	
U	I	I	D	R	Y	S	S	E	N							
T	E	T	E	A	T	E	N	W	A	Y	O	U	T			
O	O	N	B	C	A	R	D	P	U							
M	I	R	Y	T	E	D	I	U	M	I	M	P	A	S	S	E
O																
B	I	B	F	A	T	C	A	T	S	H	I	N	G	L	E	
I	U	F	U	B	I	B	L	E	N	L	M					
L	O	R	D	S	P	R	A	Y	E	R	C	A	T	H	O	D
E	K	E	E	S	A	T	E	V	N							
S	L	E	E	T	S	I	S	T	E	R	A	D	V	E	N	T

MEDIUM

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

HARD

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



A DOSE OF DORIN

Letters and emails must be dated, carry the full address of the writer and a daytime telephone number for verification. Letters should be concise and topical. Writers may choose to have their name and email address published rather than their name and suburb or town. Letters are submitted on the condition that Local Times Moreton Bay as publisher of The Local Times may edit and has the right to license third parties to reproduce in electronic form and communicate these letters.

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

POST: PO Box 189, Sandgate Q 4017
EMAIL: editor@localtimes.com.au
ONLINE: www.localtimes.com.au
FACEBOOK: @localtimesmoreton
ADVERTISING: louise@localtimes.com.au

THE CABLE BLOKE

Free
Quotes

TELEVISION ANTENNAS
DATA CABLING
SECURITY CAMERAS
NBN WIRING
MODEM RELOCATIONS
TELEVISION WALL MOUNTING



3269 0000
thecablebloke@gmail.com



Security Adviser &
Security Equipment
Installer
Lic. No. 4267951



TELSTRA
Accredited Contractor
Lic. No. CID 90072208

ADVENTURE AWAITS

MORETON ISLAND

MEADE MURPHY

MORETON Island fishery has proven to be very resilient and very dynamic with a huge number of fish species available to the recreational fisherpeople that live and visit here.

Our members and social members are reporting a variety of good catches in the Brisbane River of snapper, mullet and bream along the rock wall. The best bait has been large chunks of mullet and the best results have been at night. If you want a fun day with the kids there are plenty of small pencil squid along the weed banks from Cowan to the graves in the basin. The best squid jigs have been the small bright pink and orange jigs fishing adrift in your boat. Then navigate your boat to Combie Point and drift along the drop off where the Coffee rocks are along the bottom. Use a paternoster rig to hold onto the bottom and use large chunks of mullet or small squid as bait. Check out the two nice reef fish (pictured) that these young fellows picked up on the drift along the drop-off from Combie Point to the Bulwer Wrecks.

There were some great catches on the Redcliffe City Amateur Anglers Christmas break-up trip. Sixty-two members attended (pictured) and what a great long weekend. I left a day early with the cook on Thursday to get the beer and food into all of our refrigerators in all of the units in our Bulwer clubhouse. The fishing trip started with lines down on Friday at 3pm. I fished 400m north of Combie Point and fished until 5pm catching 10 dart all over 40cm in length. I then drove

down to the first creek south of Bulwer and caught 25 whiting, finishing at 9pm. Calling it a night I ventured back to the clubhouse and had a few beers with my mates. I had planned to go back to Combie Point for the first light dawn burst of dart but decided as it was a social trip I would give it a miss.

The big news for all the recreational fisherpeople is that Premier Annastacia Palaszczuk has decided to step down as Premier. What an incredible legacy she has achieved for the millions of fisherpeople in Queensland. Queensland fisheries is the best state and territory for the 4.2 million recreational fisherpeople in Australia - now the Aussie "grey nomads" contribute 20% of all fishing activity in Queensland. Her nine years as Premier have seen net-free zones in North Queensland and currently there is a government package of over \$160 million to fund the buy-out of netting licences in the Great Barrier Reef Marine Park area. This also includes the Great Sandy Straits Marine Park and the Gulf of Carpentaria. Details of the scheme are on the Department of Agriculture and Fisheries website www.daf.qld.gov.au under "future fishing". Cabinet is currently considering changes to the Fisheries Act to facilitate the changes.

As an executive of R.C.A.A. and S.Q.A.F.C.A., I would like to thank the outgoing Premier for all her achievements and wish her the best for the future.

Stay warm and safe out on the water.



BRISBANE BAR TIDE TIMES JAN 2024

Time	m	Time	m
1	0022 1.70	16	0058 1.98
MO	1245 2.26	TU	1315 2.47
	1928 0.73		2003 0.48
2	0105 1.70	17	0153 1.99
	0652 0.74		0748 0.63
TU	1323 2.17	WE	1402 2.28
	2006 0.73		2047 0.51
3	0155 1.69	18	0254 2.00
	0743 0.65		0852 0.73
WE	1404 2.06	TH	1454 2.07
	2050 0.73		2136 0.54
4	0256 1.71	19	0402 2.05
	0844 0.95		1008 0.89
TH	1452 1.95	FR	1554 1.88
	2140 0.71		2230 0.57
5	0407 1.78	20	0514 2.13
	0958 1.01		1134 0.92
FR	1549 1.85	SA	1705 1.73
	2234 0.68		2330 0.57
6	0516 1.90	21	0620 2.23
	1116 0.99		1257 0.87
SA	1653 1.78	SU	1819 1.67
	2330 0.62		
7	0616 2.06	22	0031 0.56
	1231 0.92		0718 2.34
SU	1756 1.75	MO	1402 0.78
			1926 1.67
8	0024 0.56	23	0128 0.53
	0709 2.23		0808 2.41
MO	1336 0.82	TU	1455 0.70
	1855 1.75		2020 1.71
9	0115 0.48	24	0217 0.49
	0758 2.38		0852 2.45
TU	1434 0.71	WE	1539 0.66
	1951 1.78		2105 1.76
10	0204 0.40	25	0300 0.47
	0845 2.51		0931 2.47
WE	1528 0.61	TH	1617 0.65
	2045 1.82		2144 1.80
11	0252 0.34	26	0337 0.45
	0932 2.62		1008 2.47
TH	1618 0.54	FR	1650 0.65
	2137 1.86		2217 1.83
12	0340 0.29	27	0411 0.46
	1018 2.69		1041 2.45
FR	1706 0.48	SA	1719 0.65
	2228 1.91		2248 1.86
13	0427 0.27	28	0443 0.48
	1103 2.72		1111 2.42
SA	1753 0.45	SU	1746 0.65
	2317 1.94		2320 1.89
14	0514 0.29	29	0516 0.52
	1148 2.70		1141 2.37
SU	1838 0.44	MO	1814 0.64
			2355 1.90
15	0007 1.96	30	0551 0.60
	0602 0.36		1211 2.29
MO	1232 2.61	TU	1843 0.64
	1921 0.45		
		31	0031 1.90
			0629 0.70
			WE 1241 2.18
			1914 0.65



The Bureau of Meteorology gives no warranty of any kind whether express, implied, statutory or otherwise in respect to the availability, accuracy, currency, completeness, quality or reliability of the information or that the information will be fit for any particular purpose or will not infringe any third party Intellectual Property rights.

The Bureau's liability for any loss, damage, cost or expense resulting from use of, or reliance on, the information is entirely excluded.

Copyright of the tidal prediction tables is vested in the Commonwealth of Australia represented by the National Tidal Centre, Bureau of Meteorology.

SLA INSTALLATIONS

bathroom specialists
Complete Renovations



Darren Houston
0413 964 459
slainstallations@hotmail.com



QBCC: 15268698

BUSINESS DIRECTORY

AIR CONDITIONING

ABN 29 172 257 255 Lic No. L009367
BN 19619017

AIR QUICK AIRCONDITIONING

— Over 25 Years Experience —

Specialising in
Split System Airconditioning
Installation | Design | Sales | Service

John Gray **0410 206 244**
johngray0505@gmail.com

MELTDOWN AIRCONDITIONING

QBCC - 1001563 Arctick - L094286 ABN 40 965 686 854

Shayne Melton
Mobile: 0408 357 043
Repairs - Installation - Sales - Service

Ph: 5495 4095
e: meltdowndairconditioning@gmail.com

CARPENTRY

CHRIS'S CARPENTRY

- All Types of Carpentry
- Repairs & Maintenance
- New Exchange
- Windows, Doors & Locks
- No Job too Small

Call Chris - 0419 792 510
chrissh1109@gmail.com QBCC 47407

CURTAINS AND WALLPAPERS

IvoryT 3256 9388

Fabrics - Wallpapers - Curtains
Out/In Door Cushions & Seats
Blinds - Sheers - Shutters

Thur - Sat 9am - 4pm
5/20 King Street, Caboolture

wallpaperaustralia.com.au

EDUCATION AND TRAINING

The Better Futures Program NO COST TRAINING

The Better Futures program is a no-cost training program that's designed to equip you with the skills and knowledge you need to kickstart and thrive in your tourism and hospitality career!

Apply NOW to begin January 2024!
0423 525 754
amelia@bettertogether.net.au Better Together

ELECTRICAL

NORTH LAKES ELECTRICAL

Family owned and locally operated in the Moreton Bay Region for over 15 years

- Residential
- Commercial/Industrial
- Property Management

07 3155 2249

office@northlakeselectrical.com | www.northlakeselectrical.com

RJFULLER ELECTRICAL

Domestic and Commercial
Electrical | Aircon
TV Data

0402 734 339
electrical license 121816 • contractors 85540

SERVICING BRIGHTON, SANDGATE & REDCLIFFE
Will beat any competitors quote by 10% T&C's apply

FINANCE

Do You Need a Home Loan Checkup?

We will

- Review Your Current Rate
- Help You With Planning & Strategy
- Show You Lender Options
- No Cost to You

Vanessa Bragdon **0413 377 917**
vanessa@vbhomeloans.com.au

FLOOR SANDING

Stenson's Floor Sanding And Polishing

Family Owned
0404 304 060

Before... After

Over 12 years experience bringing old timber floors back to life

stensonsfloorsanding

FUNERALS AND WEDDINGS

Rita-Marie Lenton

Celebrant - Soul Crystal Earth

Rita-Marie Lenton - Marriage/Funeral Celebrant
Bringing family and friends together to celebrate and honour special moments in your life!

www.rita-marielenton.com.au • 0411 084 524
admin@soulcrystalearth.com.au • rita-marie@rita-marielenton.com.au

LANDSCAPING

Lumberjack (Qld) Pty Ltd

FREE QUOTES FULLY INSURED

- TREE LOPPING - STUMP GRINDING - MULCHING -
- Qualified Arborists
- Storm damage & clean up
- Tree & Palm removal
- Electrically certified
- Tree Trimming
- Residential, Commercial & Government
- Stump Grinding

No job too big or small!

Call 3888 3326 or 0400 595 038 www.lumberjackqld.com.au

LOCKSMITHS

PREFERRED LOCKSMITHS

Locked Out? Call NOW for HELP!

- Emergency Lockout Service
- Quick Response
- Automotive Locks
- Fully Equipped Mobile Vans
- Safe Opening and Servicing
- Burglary Repairs

0476 155 450
07 5495 6997

Email: info@preferredlocksmiths.com.au

PEST CONTROL

Sunstate Pest Reports

Performing an inspection today could save you thousands in the future.

- Pre-Purchase Building and Pest Inspections
- Pre-Sale Building and Pest Inspections
- Termite Control and Barriers
- Pest Control
- Termite Inspections
- Annual Inspections
- Fully Computerised Written Reports with Photos

Call us today
1300 793 311

Andre Peters 0412 770 275
www.sunstatepestreports.com.au
sunstatepestreports@yahoo.com.au

PLASTERING

Caboolture & Surrounding areas

MORETON CITY PLASTER REPAIRS

PHONE JOHN
0412 287 488

Repairs to Walls & Ceilings
Fully Qualified Indentured Tradesman

PLUMBING

Professional Day-To-Day Plumbing Services

ESTABLISHED SINCE 2000

CLEAR FLO

No Dig Pipe Repairs
Drain Camera Inspections
High Pressure Drain Cleaning
Taps, Toilets, Hot Water Systems
Burst Pipes and Drainage Repairs

QBCC 1011243

FREE CALL: 1800 643 024 or 0409 598 905

All Plumbing & Gas Works

- Maintenance
- Alterations
- Renovations
- New & Old Homes

Reece Jones | 0439 644 483 Call today
ABN 73887322060 | QBCC 1318487 | Plumbing License 29629

FREE Quote

ADVERTISE IN THIS SECTION!

Speak to our team today
Louise - (07) 3518 0828
or louise@localtimes.com.au



• . \$15 Weekday Lunch Specials

AVAILABLE
MONDAY - FRIDAY

SHOW YOUR
SENIORS CARD TO
RECEIVE A
SENIORS DISCOUNT



CHEFS SELECTION
AVAILABLE IN
THE RESTAURANT
EACH WEEK

