

THE LOCALTIMES

CABOOLTURE, NORTH LAKES AND SURROUNDS

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ROMECCA'S JOURNEY

Caboolture abuse and trauma victim, Romecca Sawers, is working on herself and with others to create a journey of healing.

PAGE 16



HOOKED ON RED CLAW

Dakabin resident, Steven Davies, is teaching the community about the benefits and drawbacks of Red claw crayfish.

PAGE 33

LENIENCY FOR LEARNER DRIVERS

KAY SAVAGE

FIRST-time drivers will save more than \$100, with the cost of obtaining a Queensland learner's license being reduced to \$75 effective 1 March 2023.

The Learner's license will remain valid for a period of three years, which is the average amount of time it takes for Queenslanders to upgrade to their provisional license.

The average age for a Queensland-lander to obtain a Learner's license is 16 years and 3 months, and to upgrade to a P1 license is 17 years and 11 months.

Transport Minister Mark Bailey said his department will continue to review driver licenses and fees as they prepare for the rollout of digital licenses this year.

Reducing the cost of obtaining a learner's license in Queensland has been viewed as a positive step towards making driving more affordable for young people.

NEW MORETON BAY FESTIVAL

KAY SAVAGE

A NEW festival to celebrate the region's growing LGBTQIA+ community will debut on Saturday, 10 June 2023, coinciding with World Pride Month.

Promoting an entertainment lineup headlined by Moreton Bay local Courtney Act it is hoped that the festival will make the region a happier, healthier, safer, and more culturally rich and diverse place for the LGBTQIA+ community.

After citing statistics on suicide rates among the LGBTQIA+ population, Mayor Peter Flannery announced that a portion of the ticket sales will be donated to Headspace to assist with their outreach programs along with LGBTQIA+ charities and organizations in Moreton Bay.

BEST GLUTEN FREE DINING



DEREK LONG

BURPENGARY'S Project Salubrious Cafe has made waves in the food industry, being recognized as one of the nation's best restaurants in the Australian Good Food Guide's 2023 Awards. The Readers' Choice award for Gluten-Free dining was awarded to the unassuming cafe less than a year after its opening in July 2022.

Located at 143 Rowley Road,

tucked into the Absorbent Minds complex, the cafe has attracted diners from as far as Hervey Bay and northern New South Wales, all seeking out the modern Australian a la carte menu. In addition, Project Salubrious is a dairy and grain-free cafe, except for coffee, which sources its produce from local suppliers such as Basilea Living Herbs and the Mini Farm Project.

Chef and owner Kurt Lovell said that

the gluten-free aspect of the cafe was never intended to be the main focus. Still, he is thrilled by how the community has embraced it.

"We believe in serving quality, delicious food that leaves people feeling good - being gluten-free is only one element. But we've been overwhelmed by people thanking us for creating an experience where they can choose anything from the menu.

Then there are the ones who say they 'don't usually like gluten-free food,' but we've changed their perspective. So to be recognized in this way is just amazing."

In addition to its award-winning menu, Project Salubrious has launched cooking classes with Kurt and has more special events planned. The cafe is open from 7am to 2:30pm, Monday to Saturday.



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PHARMACY PETITIONS FOR AFFORDABLE AND ACCESSIBLE MEDICATION

KAY SAVAGE

NEWPORT residents are seeking the support of Federal Health Minister The Hon. Mark Butler to approve a full-service PBS-approved Community Pharmacy for operation next to the recently opened Newport Medical centre and surrounding Allied Health facilities in Newport Marketplace.

An online petition stating that 'affordable and accessible medication is critical to the health and well-being of the citizens of Newport' has attracted over 500 signatures.

Without PBS approval, Watsons Chemist Group must open as a non-PBS pharmacy resulting in pensioners and concessional healthcare cardholders paying the total non-Medicare subsidised price for their prescriptions. General patients would pay over the maximum Medicare co-payment of \$30.00.

"Prolia, a common osteoporosis medication, will cost approximately \$252, Paxlovid and Lagevrio (COVID-19 treatments) will cost \$1,150, and insulin will cost \$300-400 for diabetics instead of \$6.30 for

pensioners or \$30 for everyone else. These are high costs that Newport and surrounding residents should not incur, particularly during these times with many people battling extremely high living costs," the petition reveals.

"...residents of Newport...do not have reasonable access to affordable PBS medications."

According to the 2021 ABS Census, Newport's population is nearing 6,000 residents. Yet, there isn't a PBS-approved pharmacy to provide critical healthcare infrastructure, forcing citizens of Newport to travel nearly 2km to the nearest PBS-approved pharmacy. Sometimes, this requires walking or catching public transport, which can take about 30 minutes each way.

"Recently, I visited the Levande retirement village opposite Newport Marketplace, where 200 retirees reside, and

an elderly resident shared with me their difficulties with access to medication in Newport," shared James Galligan, Pharmacist Manager at Watsons Chemists Newport.

"Unfortunately, over a weekend, with no local delivery services available, they had to pay \$28 in return cab fares to travel to the nearest pharmacy to have their prescriptions dispensed. I was shocked to hear this, and it demonstrates that the residents of Newport, particularly those who are elderly or with mobility impairments, do not have reasonable access to affordable PBS medications."

This is impractical, especially for residents of surrounding aged care and retirement villages located next door to Newport Marketplace, making quality public healthcare inaccessible for seniors, retirees, and those with mobility impairments and disabilities.

Watsons Chemists are encouraging community members to sign their petition by visiting www.change.org/p/approve-a-community-pharmacy-at-newport-marketplace.

ComBank Steps Up Scam Protection

DEREK LONG

THE Commonwealth Bank of Australia (CBA) is the first Australian bank to launch NameCheck technology. The technology will be available in late March 2023, giving customers an indication of whether the name and account details they have entered match the intended recipient before sending money.

The technology will also help to reduce false billing scams and mistaken payments. It will be available on the CommBank app, NetBank, and CommBiz.

The bank has also introduced in-app caller verification technology through its CallerCheck feature. This feature allows CBA staff to trigger a notification to the customer's CommBank app, verifying that the call is from the bank. The customer can then login and verify their identity in-app, eliminating the need to provide personal information over the phone.

With these two new initiatives, CBA is working hard to ensure that its customers are protected from scams and that their hard-earned money is safe.

Collaboration Benefits Disadvantaged Youths

DEREK LONG

AN initiative to support vulnerable youth in Moreton Bay has been funded by the Collaborative Community Projects program with grants to eight Baptist churches, including Rivers Baptist Church in Lawnton, which will partner with Education Queensland and the Queensland Police Service to support the Rivers Youth Versatile Education and Training School.

Nearly \$500,000 will support

eight new and ten existing projects to engage and empower vulnerable youth aged 12 to 14.

Brett Maunder, from Queensland Baptists outreach Carinity, said the Collaborative Community Projects are expected to have a positive impact on the youth and families in the Moreton Bay area by providing a range of outreach services to grass-roots activities like ensuring people doing it tough can continue to access affordable food.

MORE STORIES ONLINE



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HEALING THROUGH CONNECTION



Alan (left) with budding artists and their completed artwork (inset)

SHEREE HODDINETT

FIRST Nations elder Uncle Alan Parsons uses his talent as an artist and his passion to help others to make a difference and create awareness on mental health and also within the different ability sector. His never give up attitude and a commitment to bring about change propel him to get things done. Uncle Alan proudly calls Caboolture home and jumped at the chance late last year to help put together a Healing Through Connection art workshop in conjunction with Bernie O'Regan at Connections Inc.

The workshop was the perfect opportunity to create a collaborative work of art celebrating healing through connection which was then presented during Mental Health Week in October. The artwork was designed by Uncle Alan and then created at the workshop on September 8 by a group of 30 people who had been invited to take the small pieces they were given, put them back together and make it whole. The image is symbolic of a person's mental health being healed by individuals coming together in a healing setting using art as therapy.

Uncle Alan is certainly no stranger to experiencing the ups, downs and uncertainty in life. He is a part of the stolen generation and it wasn't until the age of 30 when his adopted father died that he was introduced to his Aboriginal culture. It was at this time he went walkabout to find his cultural identity. It's through his own personal ex-

periences and a want to help others on their own healing journey, whatever that may look like, is a big part of why he contributes so much to the community. Uncle Alan believes for there to be any change we have to be part of the change.

"The only way things move forward is when we become involved with the process," Uncle Alan says. "For change to happen, we have to be part of the change."

"I am very involved with the different ability sector (I don't use the word disability) and I have learnt a lot about different facets of life and how they affect people but I have also been a part of making changes (including legislation) and seeing them implemented."

"It's knowing the changes makes all the difference in someone's life and that's part of the process."

Connections Inc. is a not-for-profit community service organisation that provides individual disability support, training, programs and advocacy in mental health and wellbeing. The vision of Connections is to improve mental health and support people with disability in the community and achieves this by providing relevant evidence-based learning and life skill development programs that assist in the facilitation of recovery. They see themselves as an agent for change rather than just a service provider, where they acknowledge the strengths and abilities of those using their services, as well as working on expanding on people's capabilities. Connections

also understands and values the need for activities, information, training and workshops to be delivered within the community, which assists people to understand and manage their own mental health and well-being.

Having met Bernie some time ago and also knowing how things work out in the community, when the project centred around mental health arose, Uncle Alan knew he had to be involved.

"It initially centred around a program I had seen on the ABC called Space 22. It was about a group of about seven or eight people who had been challenged in life for one reason or another, who were struggling emotionally and mentally," Uncle Alan says. "And so what happened was they had these different modalities that they were trying to introduce to these people to assist them to be more confident in being who they really are. It was about giving them validity and trying to navigate through and pushing those past things to one side so they could become more true to themselves."

"One of the initiatives they had which I thought was amazing where they had a portrait done of a woman's face and they segmented it into smaller like puzzle portions, printed it out and gave it to each person to replicate not knowing what the big picture was."

"These people were not artists but they gave it a go because it engages other parts of your brain in the process. Even though you might not be comfortable with it, it's healthy, it's creative, it's

engaging. It is encouraging you to step outside that little nice little comfort zone box that you have created."

Uncle Alan highlights the idea as being an important step in engaging the other part of your thought process, the other part of your creativity and your mental approach to a project from a different perspective. Tasked with creating an artwork for the workshop Uncle Alan zeroed in on the idea of creating a piece that was symbolic of working together but also supporting, encouraging and showing those who needed it, that they were growing as a consequence of all that.

"It has been very well received," Uncle Alan says of the project. "I have also been involved with Metro North Health as well and the chief executive of Caboolture Hospital heard about what I was doing and she took the time to come along, join us and see it all unfold."

"She also sat with me for a little bit and we had a great conversation. She saw what we were doing and the potential for what it could become. So it was offered up to be used for mental health and because it's transportable it can go anywhere and grow from here."

Connections Inc. is now working on having the artwork from the project mounted at the hospital as a permanent display.



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COLES AND WOOLWORTHS UNDER ONE ROOF AT MKT

MKT Square Deception Bay's stage two master-planned transformation is set for completion in mid-2023, offering a unique and convenient shopping experience.



KAY SAVAGE

AT the heart of MKT Square Deception Bay's transformation is the addition of a new full-line 3,850 sqm market-style Coles supermarket due to open in June 2023. This will make it the only neighbourhood shopping centre in the Moreton Bay region to offer both a Woolworths and Coles, providing residents with a one-stop-shop and ultimate convenience.

Moreton Bay, one of Australia's fastest-growing regions, with a population larger than Canberra, is projected to grow by 210,000 to 690,000 by 2041. The demand for access to more supermarkets, retailers, businesses, and services in the area is rapidly increasing, and the transformation of MKT Square Deception Bay aims to meet that demand.

The master developer behind MKT Square Deception Bay, Mintus Properties, has partnered with architects ThomsonAdsett and project builders Mainbrace Constructions to bring the transformation to life. The completed centre will comprise

of approximately 21,150m2 of retail space with a range of offerings, including Woolworths, Coles, Dan Murphy's, a medical precinct, Play & Learn Child Care, six mini-majors, three pad sites, Centrelink, and 40 specialty retailers along with a purpose-designed undercover six-bay Click & Collect drive-through.

The centre's design has been created with the community's needs in mind, providing unique retail offerings, façade upgrades, landscaping, street trees and shade trees, a pedestrian shop-front walkway, and a softened interface with the streetscape. The new centre will be a place where residents can meet friends, interact with the community, and enjoy the conveniences of a modern shopping centre with a full range of services.

Leasing enquiries for the retail spaces at MKT Square Deception Bay are now open. They can be made directly to Leasing Executive Jessica Pankiw at 0416 712 095 or the centre's website, <https://mktdeceptionbay.com.au/leasing>.

CONCERNS RAISED OVER MDMA TREATMENT FOR PTSD PATIENTS

DEREK LONG

THE Therapeutic Goods Administration (TGA) has authorised psychiatrists to prescribe MDMA, the active ingredient in party drugs like Ecstasy, to treat post-traumatic stress disorder (PTSD) starting 1 July 2023.

Psilocybin, the active ingredient in magic mushrooms, has also been approved to prescribe to treat treatment-resistant depression making Australia one of the first countries in the world to officially recognise psychedelics as medicine.

Experts are divided in their response to TGA's decision with some saying far more research is needed before broadly prescribing treatments and researchers from John Hopkins Health have warned that people should not try using magic mushrooms to treat depression on their own.

Swinburne University cognitive neuropsychologist Susan Rossell revealed her concerns to ABC News last month saying that "substantial further research" needed to be done.

"We've got no data on long-term outcomes at all, so that worries me a lot," she said.

Currently there are no TGA approved medicines containing MDMA or psilocybin available in Australia. Yet TGA advised that their decision to authorise psychiatrists to supply patients with unapproved medicines that contain these substances was made due to the benefits shown in clinical trials where they were used in combination with psychotherapy in a controlled medical setting.

Regardless of the differing opinions, the TGA's decision has been received as a significant step in drug policy reform. One that offers hope to those in the community suffering from PTSD and depression who have not been helped by traditional psychiatric drugs.

The drugs have only been approved for use under controlled medical settings.

IN BRIEF

CABOOLTURE

World Cup Glory
CABOOLTURE softballer Cameron White's selection has been confirmed for the inaugural World Baseball Softball Confederation (WBSC) U23 Men's Softball World Cup Australian team. The tournament will be held in the Argentinian city of Parana in April.

DAKABIN

McDonalds Pending
FAST-FOOD giant McDonald's is planning to open a new restaurant in Dakabin. If approved, the proposed restaurant will provide a much-needed economic boost and create hundreds of job opportunities for local residents.

BURPENGLARY

Celebrating 30 Years
DR CRAIG Beattie and his team at the Burpengary Chiropractic Centre are celebrating their 30th Anniversary this month.

PETRIE

Armed Robbery Charge
POLICE have arrested a 58yo Clontarf woman, a 43yo Clontarf man and a 43yo Albany Creek woman in connection with the alleged armed robbery of an Anzac Avenue business on 24 December 2022.

FREE QUOTES

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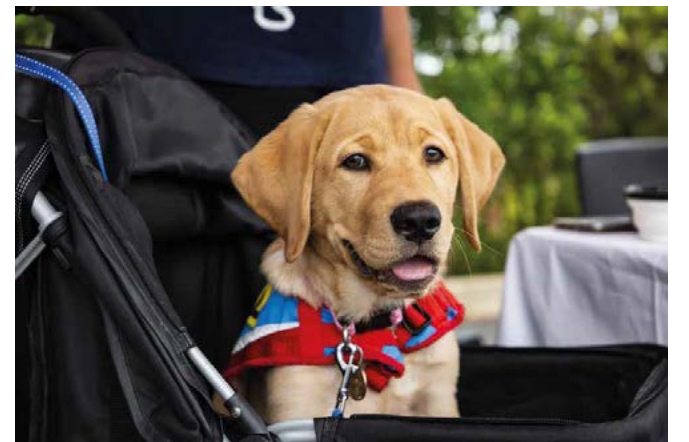
NORTH LAKES SPORTS CLUB'S ALLEYWAY MARKET

Celebrate local producers and makers from throughout the Moreton Bay Region at North Lakes Sports Club's Autumn Alleyway Night Market event, Friday 31st of March 5pm – 9pm.

This event is North Lakes Sports Club's 3rd Night Market Style Event. The Summer event was a huge hit with 1,200 people in attendance.

Complete with a variety of stalls, food trucks, live entertainment and kids entertainment, this event is sure to please all members of the family.

Donate a gold coin to our Charity of Choice on your way through the gates and become a member of North Lakes Sports Club on the night to spin the wheel to win an instant prize!



MYTH BUSTING BOWEL CANCER

Rachel Bernardo was diagnosed with Stage 3 Bowel Cancer at 38, the deadliest form of cancer and the sixth leading cause of death for young Australians aged 25-44.

MARNIE BIRCH

THIRTY-eight-year-old Deception Bay mum of three girls under ten years, Rachel Bernardo, is a non-smoker with no family history of cancer. So when she presented to doctors with concerns about intermittent cramps and constipation, her symptoms were dismissed as constipation. She wasn't considered a high risk for bowel cancer.

Twelve months on, Rachel presented at the hospital's emergency department with stomach pain and bloating. Tests revealed she was severely anaemic and had a tumour in her bowel that required surgery. Of the 33 lymph nodes removed, twenty were found to be cancerous. Six months of chemotherapy treatment was needed.

Contending with postoperative complications of cellulitis and paralysis of the bowel, Rachel became debilitated and entirely reliant on her fiancé, Justin, for showering, dressing and walking.

"It was very confronting," Rachel shared, explaining that the partners of cancer patients also suffer a great deal of emotional stress. Still, she believes the experience has strengthened their relationship. "He is my rock," she says. "We have actually become stronger together."

It is estimated to take three months for Rachel's bowel to heal after surgery. During this time, she is not covered by insurance to drive a vehicle and cannot carry heavy items such as shopping bags, a loaded laundry basket, a large carton of milk or her youngest child.

Having such a large portion of her bowel removed also changes the way Rachel eats. "I can no longer tolerate eating meat. It is just not worth it," she says. "I cook one meal for the family, and I eat vegetarian."

Rachel explained how the chemotherapy drugs remain



Rachel Bernardo during Chemo treatment (above) and with her three daughters and fiancé Justin (inset)

in her body for up to a week after each session. During this time, minimal amounts of the drug may be released from the body through saliva, sweat and other bodily fluids. A compromised immune system means safety measures often must be taken with her children during the week of chemotherapy, including separating her laundry, taking extra care with toileting, effectively cleaning up any spills and limiting kissing. So when chemotherapy treatment commenced at Christmas last year, precautions were taken to ensure that celebrating with her children and their friends would be possible.

On top of the extreme exhaustion, Rachel felt the side effects of chemotherapy after the first session. "I felt tired, I was losing hair, and I had blisters on my fingertips...and extreme sensitivity to the cold, to the point that opening the refrigerator

door and being exposed to the cold was painful."

Her concentration and memory have also been affected. Doctors advised Rachel to take leave from her job in economic development until treatment is complete considering the cumulative effect of the intensive chemotherapy treatment. This placed a financial burden on the family.

Some of Rachel's most emotionally challenging days are when the expected chemotherapy session is postponed, which usually happens if her blood levels are not ideal for treatment. "I organise care for the kids and the home, and I am prepared mentally and then, it doesn't go ahead," she said.

Thankful for the support of work colleagues, the children's school, her Mum and Mother-in-law, Rachel says battling cancer when you have young children is difficult. Initially, Rachel

and Justin tried to shield their children from the news of her illness. When their eldest daughter started asking questions, Rachel realised that the more they spoke to their daughter about it, the more she felt included. "Now Bella knows if she has any questions, she can ask Mummy. The younger two [daughters] just know Mum is not well."

Rachel has found that people overwhelmingly support her being open about her experience. Given that more young people are being diagnosed with bowel cancer each year, Rachel advocates for updating guidelines to recommend screening from age 45 rather than 50 years. She says having these conversations and advocacy may have helped her get tested and diagnosed earlier. She adds that while screening tests are available for purchase at the chemist or online, anyone with concerns should speak with their Doctor.

Despite her ordeal, Rachel remains optimistic, insisting she has discovered a more significant life purpose: to create awareness of bowel cancer and the inequities in funding for treatment and care.

According to Bowel Cancer Australia, patients with Bowel Cancer do not receive the same level of support as other common cancers. They have experienced some of the longest waits for access to new treatments. Rachel advocates closing the care gap, citing the lack of funding for specialist bowel cancer nurses attending to patients younger than 50 years fighting bowel cancer as one example.

Bowel cancer is still a taboo subject, says Rachel. "No one wants to talk about poo." Thus, her crucial message is, "Listen to your body and get checked."

Follow Rachel on Instagram @Bowelmumma For more information visit bowelcanceraustralia.org

COUNCIL TIGHTENS LEASH ON DANGEROUS DOGS

KAY SAVAGE

MORETON Bay Council will continue its annual Systematic Inspection Program for a fourth year to ensure that owners of declared dangerous and menacing dogs comply with state government regulations. Inspections will take place between 1 March and 30 June 2023.

The program rolled out in 2020 in response to the unacceptable number of serious dog attacks in the area in previous years. It has been an enormous success, with non-compliance rates dropping from 31% to just 2.5%.

Acting Mayor Jodie Shipway stated that the program was part of the council's zero-tolerance approach to serious dog attacks in the region. "Dogs can be great companions, but not at the expense of people's safety," she said.

According to Shipway, the proactive monitoring of declared dangerous and menacing dogs helps to prevent further attacks by ensuring that owners adhere to the strict conditions imposed by the State Government. The program has reduced serious dog attacks in the region from 765 in 2019 to 722 in 2022.

"While I'd like that amount to be zero, the reduction in attacks is a positive step forward," said Shipway.

The council declares dangerous and menacing dogs after they have been involved in an attack on a person or animal. The owners of these regulated dogs have different requirements to comply with and are responsible for consistently adhering to these conditions.

For more information, residents are encouraged to visit the council's website moretonbay.qld.gov.au/Services/Animals/Regulated-Dogs.

ON THE MOVE

Caboolture: Experienced Group Chief Executive Officer Craig Thomas, who guided Wynnum Manly Leagues Club through its recent \$16 million redevelopment, has commenced his new role as Caboolture Sports Club Group CEO.

Caboolture: Debbie Bruce has been appointed as the new Netball Coordinator at Action Indoor Sports Caboolture. She started her position on 6 February.

Queensland: Under Treasurer Leon Allen has been appointed as the new Chief Executive Officer of Queensland Treasury Corporation. Deputy Under Treasurer Maryanne Kelly will be Acting Under Treasurer while a recruitment process to replace Mr Allen is undertaken. Group CEO.

Morayfield: Moreton Bay Body Corporate Management specialist, Amanda Potter, has officially opened new consultancy, New Age BCM.

Moreton Bay: Jeanette Jifkins, Principal Lawyer of Onyx Legal has been appointed as a Director of the Food and Agribusiness Network Board.

Moreton Bay: Qld Police has welcomed nine new officers beginning their careers as First Year Constables. Constables Shaw, Truelove, Kjellberg, Jude, Fry, Swindell, McMeckan and Donnelly will be distributed to stations within the following district areas: Burpengary, Redcliffe, Deception Bay, Petrie, Bribie Island and Mango Hill North Lakes.

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CHILDREN TAUGHT TO SURVIVE IN THE WATER

LEONA PILLING

TEACHING children to swim from an early age has been a strong founding belief for a local Queensland family-owned Early Learning Service provider. For the past five years, LEAD Childcare has been teaching children how to swim and equipping many children in the Moreton Bay area with these lifesaving skills, to survive in the water.

Currently, the Swimming program is available at four of the LEAD Childcare services in the Moreton Bay area. It is offered to each child enrolled from the age of six weeks and older. The program aims to deliver a water safety and swimming program for children, focusing on trauma-free lessons so that our children feel comfortable and happy in the pool. All swim instructors are fully qualified with Austswim or Swim Australia and hold their Teacher of Swimming and Water Safety Qualifications.

All pools at the LEAD Childcare Burpengary, LEAD Childcare Mango Hill, LEAD Childcare Mango Hill Village and LEAD Childcare Rothwell



services are heated and run the Swimming program year-round. Ratios in the pool are lower than industry requirements, ensuring the child and instructor are fully focused on the lesson. Under three years of age, the ratio is 1:1, with the ratio for three years and older being 1:4.

With the Swimming program in high demand, LEAD Childcare is looking to expand the program to include all 14 LEAD Childcare services across Queensland. This year will see an extension of the Swimming Program, with LEAD Childcare introducing a Swim to Survive water safety program. The

Swim to Survive program will not only educate children on the dangers associated with the different kinds of water hazards and potential risks but will also equip them with the skills to do in a water emergency. The Swim to Survive program will be delivered to all children enrolled at any of the 14 LEAD Childcare services throughout Queensland at levels appropriate to each individual age group.

For more information on at LEAD Childcare, visit www.leadchildcare.com.au, email: info@leadchildcare.com.au or call 1300 532 322.

WANTED: WILDLIFE WARRIORS

DEREK LONG

THE Wildlife Rescue Queensland (WRQ) Headquarters is dedicated to rescuing injured or orphaned wildlife from the Moreton Bay region. They are looking for more helpers to join or support their volunteer team.

Katrina, the Vice President of WRQ, took a year off work to pursue her passion for wildlife after attending a local wildlife meet and greet. She is currently part of the trauma team responsible for rescuing and caring for injured animals, including possums, gliders, wallabies, kangaroos, and bandicoots, until they are ready to be released back into the wild. The rescue work is both time-consuming and costly, with monthly feed costs reaching up to \$7,000.

WRQ has a 24/7 hotline and a

group of 200 members, including carers, rescuers, transporters, and hotline operators, working tirelessly to save and care for wildlife and highlighting the vital role played by volunteers in rescuing and caring for injured wildlife.

After a recent visit, Federal Member for Longman Terry Young MP believes that if more people saw the extraordinary work being done by WRQ, there would be an increase in volunteer numbers and a greater awareness of the need to be cautious on the roads.

If you would like to volunteer or help visit wrq.org.au



HOW YOU CAN HELP

- Check pouches of deceased animals hit by cars. Always stop or call a wildlife organisation if you hit and injure or kill an animal.
- Plant more native trees and plants.
- Put up possum and bird boxes.
- Keep domestic pets locked up at night.
- Place shallow water dishes out in the shade.
- Make Possum Boxes.
- Sew Possum Pouches.
- Become a release site if you have property.

Foster Carer Demand Continues

KAY SAVAGE

AS of 30 September 2022, the number of carer families has increased to 6,017 from 5,927 in 2021 and 5,680 in 2020, with the latest child safety data revealing that more than 6,000 carer families are now supporting some of the state's most vulnerable children.

Over the last year, 1,547 families became carers for the first time, with 46.5% of children and young people in out-of-home care now placed with kinship care ten years ago.

Recruiting more foster and kinship carers remains a top priority for the Queensland Government, with the number

of children in care being 11,427 as of 30 September 2022.

Minister for Children, Leanne Linard, encouraged anyone considering becoming a carer to 'do their research as this wonderful and rewarding role comes with its challenges'.

For more information, visit <https://performance.cyjma.qld.gov.au/>.



Take *the first step* to great retirement living at **The Sanctuary**

Considering retirement living in the Moreton Bay region? Searching for the perfect place to call home? Take a moment to explore The Sanctuary Retirement Living - the perfect backdrop for a low-maintenance retirement.

The Sanctuary offers a friendly community environment where residents enjoy getting together for an exercise class or a game of cards, or relaxing in the peace and quiet of their own home - the choice is yours.

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The Sanctuary Retirement Living **aveo**

LETTERS DECLINE FOR AUSPOST

DEREK LONG

FOR several years, Australia Post has been flagging significant structural headwinds. During COVID-19, the Parcels business experienced a temporary surge, which masked the underlying challenges the business has been facing. With lockdowns ending and eCommerce volumes moderating, these challenges are now more visible.

Letters revenue continued to decline despite the benefit of several one-off mailouts, including state election materials, cyber-attack and interest rate notifications. Letters revenue now makes up just 18.8 per cent of total Australia Post revenue.

On 3 January 2023, Australia Post increased the Basic Postage Rate from \$1.10 to \$1.20. This change did not affect the concessional or seasonal greeting cards rate and is the first increase to the BPR since 2020. It is anticipated that this increase will only partially offset the substantial letters losses.

With ongoing letters losses and parcels growth moderating, a new operating model for Australia Post's corporate support office is being introduced to simplify and streamline the business.

"For more than a decade, Australia Post has been flagging concerns about the long-term viability of the business as it currently operates," said Group Chief Executive Officer and Managing Director Paul Graham.

"Every year, it's costing Australia Post more to deliver fewer letters. We know letters are in an unstoppable decline, thanks largely to digital communications. Yet, letter costs are rising due to the increasing number of delivery points we service every day. This all contributes to increased losses and is a global issue facing all postal services. We expect annual volumes will decline further, with Australian households receiving less than one letter per week by the end of the decade.

Mr Graham said Australia Post was facing significant challenges that need to be addressed to ensure the business can meet its obligations to customers and communities in a way that is financially sustainable in both the immediate and longer term.

"We are at a crossroads, and the headwinds facing our business have never been stronger. Our Letters business continues to decline as volumes fall and costs increase. Changing customer behaviours are also im-

acting our retail network, with continuing digitisation resulting in declining retail transactions at Post Offices. As flagged in our 2022 financial results, Australia Post will report a full-year loss this year for the first time since 2015."

Whilst Australia Post is focusing on streamlining its product portfolio, making them easier to do business with and continuing to be a leader in sustainability, Mr Graham concluded that further changes to the way they operate were necessary.

Australia Post Performance Half Year to 31 Dec 2022

Group revenue \$4.69 billion, down 2.4 per cent on same period last year (1H22)

Group profit before tax \$23.6 million, down 88.2 per cent from \$199.8 million in 1H22

Letters revenue \$881.9 million, down 5.7 per cent on prior corresponding period

Letters losses increased to \$189.7 million, an increase of 171.5 per cent from 1H22

Parcels and Services revenue \$3.80 billion, down 1.6 per cent on first half last year

Invested \$208.2 million into the business, including in new parcel facilities, fleet and technology

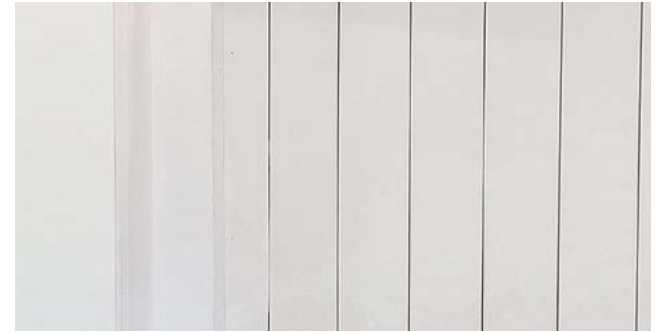
CELEBRATING A CENTURY OF GLOBAL ADVENTURES

KAY SAVAGE

BOLTON Clarke Inverpine residential aged care resident Priscilla (Ruth) Chamier has recently celebrated her 100th birthday. She attributes her long life and good health to a simple habit: never drinking alcohol. Ruth was showered with gifts and surrounded by friends and family on her special day. Still, one particular gift brought back a flood of memories from her childhood spent in India: a Bolton Clarke Centenarian Club China teacup.

Ruth was born in Rawalpindi, India, where her father served in the British Army. She spent her childhood attending boarding schools in the mountains, where she made memories that have stayed with her for nearly a century. One of her fondest memories is of the chaiwala, a tea vendor who would run up and down the train station serving tea to passengers as they disembarked from the train. The teacup she received as a birthday gift brought back memories of those train journeys and the warm, comforting tea that accompanied them.

Ruth's life has been full of global adventures, from fishing trips with her family in Lahore



to moving back and forth between India and Australia during school holidays. But after marrying at 19 and having four children, she settled in Australia for good. She lived in Inverpine's co-located retirement village for over two decades before moving into the residential aged care home.

When asked for her advice on living a long and happy life, Ruth had a simple answer: be happy and content with what you have. Her teacup, a tangible reminder of her childhood and the simple pleasures in life, is a

fitting symbol of her philosophy.

Ruth's life serves as a reminder that the little things make a big difference in the quality of our lives. While Ruth's travels and experiences were certainly exciting, it's the small, simple moments that have stayed with her throughout her long life. It's a valuable lesson for all of us, especially as we navigate the stresses and uncertainties of modern life. Sometimes, all it takes is a warm cup of tea to remind us to slow down and appreciate the things that truly matter.

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MORETON'S HOUSING STRESS HOTSPOTS

Caboolture and North Moreton have been listed as 'in trouble' with 9.9% of households in housing stress

BRUCE GIDDINGS

ONLY Beaudesert-Logan suffers more housing stress than Moreton Bay North, with Ipswich taking out third place, according to a recent report.

The analysis was jointly produced by the Community Housing Industry Association (CHIA) and the UNSW City Futures Research Centre, and defines housing stress as homelessness, living in overcrowded homes, or spending more than 30% of income on rent.

The responsibility for providing social housing for citizens in need lies jointly with state and federal governments. Still, a long waiting list awaits those who qualify for help.

Queensland's Auditor General Brendan Worrall has been vocal about the failures in Queensland, warning last year that state home-builds planned for 2025 were unlikely to reduce the waiting list.

"These dwellings alone will not be sufficient...", he said.

After last year's housing summit, the government released an outcome report promoting an "increased target of 5,600 new social and affordable home commencements by 30 June 2027".



Image: Caboolture Fortress Developments

This figure falls well short, with over 30,000 successful applications waiting in the pipeline right now and the stated commencement date four years into the future.

Whilst not responsible for housing, the Moreton Bay Regional Council stepped in last year to offer incentives for the construction of community housing.

At that time Mayor Peter Flannery made it clear who is ultimately responsible for the lack of social housing stock.

"There used to be a nation-wide routine public housing construction program years ago," he said.

"But since 1996 we've seen

the country's population boom 40% while social housing stock has only increased 4%..."

Instead of getting effective solutions from governments, renters must now rely on a private rental market stricken with skyrocketing prices and plummeting housing availability.

According to Cameron Murray, a University of Sydney economist and author, the market forces behind those rising prices are perpetuated by weak government regulations, combined with a network of personal relationships between the rule-makers and big business.

Dr Murray believes the relationships between private business interests and government

must be scrutinised more closely.

He also wants to bust the myth that opening up more land will lead to lower housing prices, and cheaper rents.

If Dr Murray is correct, the new land opening up in Caboolture West will do little to repair the housing stress in Caboolture.

Charities such as volunteer-run Caboolture Community Action are the soldiers on this housing battlefield. Confronted with evidence of a dysfunctional rental market every day, they struggle with surging demand for accommodation and food relief.

Victims of housing stress fall

into crisis for all sorts of reasons, usually through no fault of their own. Domestic violence, job loss, expensive rents, mental health issues and expired leases can all force people into their cars, tents or worse.

Charities are busy picking up the pieces and deserve all the support they can get. They can only function through donations from the community.

To find assistance or to make a donation, a list of organisations offering assistance in Moreton Bay can be found under mycommunitydirectory.com.au/Queensland/Moreton_Bay/Welfare_Assistance

What is the difference between Social and Community Housing?

Social housing is secure and affordable rental housing for people on low incomes with housing needs. It includes public, community and Aboriginal housing.

Community housing is housing that is either owned or managed by not-for-profit community sector organisations.

Reference: Parliament of Australia

YOUTHS BRING CREATIVE IDEAS TO LIFE

KAY SAVAGE

STUDENTS in grades 9-12 attending school within the Moreton Bay local government area are encouraged to enter the Mayor's Telstra Innovation Awards (MTIA).

The MTIA program encourages students to develop their entrepreneurial passions whilst helping turn dreams into reality. Last year, 21 teams from eight local schools benefited from connecting with mentors and learning industry-relevant skills that will help them bring their creative ideas to life.

Mayor Flannery said he is eager to see what innovative solutions the 2023 entrants present for real-life problems, such as affordable temporary housing, life-saving smart bands, and recycling apps.

There are over \$10,000 in prizes up for grabs, including prize packs for the first, second, and third placing teams and their schools, certificates for all finalist teams, and the Award for Emerging Entrepreneur of the Year.

For more information visit moretonbay.qld.gov.au

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NARANGBA MARKET GARDEN REVIVES FARMING TRADITION

Narangba local Belinda Finch is following in her ancestor's footsteps, growing and selling a mix of fresh vegetables and flowers for the community.

MARNIE BIRCH

PLOT 4504 is building a highly supportive community in Narangba and comes with a significant family history. Owner/operator Belinda Finch (pictured) has ancestors who were pioneer Narangba settlers growing vegetables for Cobb and Co. in 1864. Many of the street names around Pioneer Drive honour them.

Five generations after the family arrived in Narangba, Belinda, an I.T. Project Manager and avid gardener, became interested in community gardening. After visiting a small-scale, bio-intensive market garden in 2022, the regenerative concept of growing and selling food locally motivated her to trial two rows of crops at her Mother's farm in a paddock that had previously grazed cows and horses for more than 45 years.

With limited soil preparation, she started cultivating, hoping there'd be some interest in buying vegetables from the farm gate. According to Belinda, the venture has been so successful the main problem is keeping up with customer demand.

With word spreading via Facebook, the Saturday morning farm gate stall, dubbed Plot 4504, is so popular the fresh produce often sells out by 9.30 am. Customers seem to enjoy knowing that all the produce grown at Plot 4504 is herbicide and pesticide free. Plus, every

item for sale is sourced within a two-kilometre radius of Narangba, including the Four Wheel Espresso coffee van that attends the farm stall.

"That has been the criteria for all the products I sell," explains Belinda.

Growing and selling food locally means less transport, keeping the business's carbon footprint low and making products more affordable and fresher, with less possibility of spoilage, whilst reducing unnecessary food waste.

"Providing for the local community is really important to me."

Belinda has plenty of vegetables, such as eggplants, spinach and kale, for sale. Still, Plot 4504 also grows a wide variety of vegetables to differentiate itself from supermarket competitors, such as apple cucumbers, okra or gourmet tomatoes, and edamame beans. Bunches of cut Zinnia flowers are also a massive hit with customers.

A recent glut of zucchini resulted in the availability of zucchini pickles which sat alongside the locally-produced honey,

relishes, home-baked biscuits, eggs from a grower who agists cows in the neighbouring paddock to the farm and living herbs from a local grower, Basilea.

Conscious of any negative environmental impact, only plant-based packaging that can be commercially composted is used. "It was important that I was not adding to plastic waste," Belinda says.

Six months in, Belinda says the farm gate stall has a surprising number of regular customers and a thriving social aspect.

According to Belinda, locals come to relax, grab their fruit and veggies, watch the horses and enjoy a coffee and biscuit, thus making it an outing.

"If a crop fails or I can't supply much, the locals understand. I was worried people might expect to get all their veggies for the week, but they are okay to get some here, stop and have a coffee and then get the rest elsewhere," she shared.

Belinda plans to double the area under cultivation next year and add more customer seating. Plot 4504 might never completely replace Belinda's corporate job. Still, she plans to keep growing a more eco-friendly food-based community for Narangba's future generations.

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REPORT FINDINGS ON SUTTONS BEACH PAVILION

KAY SAVAGE

COMMUNITY campaigners have been given advance access to a 600-page structural integrity report into the viability of the Suttons Beach Pavilion following independent invasive testing of the structures. The report concludes that the building has reached the end of its life and does not comply with modern building standards. It will be formally considered at Council's meeting on 1 March, when it will also be publicly available.

Mayor Peter Flannery stated that this move shows the Council's commitment to transparency in decision-making and accountability to the community. The report was an independent report delivered by Covey Associates, not the Moreton Bay Regional Council. The findings reveal numerous, complex, and extensive defects to the building, with the internal structural damage so severe that rectification works would necessitate the demolition of the Pavilion building to even allow partial reconstruction due to significant water ingress and some concrete cancer.



"I acknowledge that this is a significant cost to ratepayers, but Council decided it was needed to give locals peace of mind that no stone has been left unturned in trying to find a way to preserve the significance of this place," said Mayor Peter Flannery.

The report will be publicly available after it's consideration by Council, so interested parties are encouraged to get online Wednesday to see all the details.

Suttons Beach Pavilions Preservation Group (SBPPG) President Jodie Starr thanked Council for keeping the community involved in the process.

"The slideshow of images we saw today showing the extent of damage, and the visuals were heartbreaking, but SBPPG remains committed to our cause and what comes next," said Ms Starr.

"We remain focussed on the outcome and what the

future of the site will be, specifically that there should be a permanent building at this location and in an art deco style."

The group hopes to see some of the original site or brickwork retained in recognition of the history of this site.

Mayor Flannery said he hoped to have more information for the community before the end of March so community consultation re-

garding a way forward can commence. He added that depending on the outcome of the meeting on 1 March, he would hope to have more information about construction costs publicly available by the end of March.

The Council will then need to consult with the community about project designs, costs, and what people want to see happen at this popular location on the waterfront.

The May 2022 community engagement survey about the long-term future of Suttons Beach Park revealed that:

- Redcliffe Peninsula residents have a strong connection to the pavilion buildings.
- Residents from around the Moreton Bay region have a connection to the broader Suttons Beach precinct.
- There is general support for either restoring (rectify/refurbish) the existing pavilion buildings or building new structures that reflect the original 1930s building design and support the functions of accessing food and drink services, enjoying the natural surrounds and social activities.
- There was strong support on the site for
 - Public toilets
 - Places to purchase food and drink
 - Social amenities (grass and shade for picnics, picnic tables, BBQs)
 - Council spending ratepayers' money on constructing replacement buildings
 - Retaining the rotunda.
- The rotunda is valued, and the community wants to see its attributes retained.

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ASSISTANCE ANIMALS NEED BETTER PROTECTION

KAY SAVAGE

UNIVERSITY of Queensland (UQ) research has revealed the need for better protection for assistance animals and more support for their owners.

PhD candidate Amanda Salmon from the School of Psychology found that while there were laws protecting disabled people, the same level of support was unavailable for their assistance animals. Therefore, many people faced the difficult decision of giving up their assistance animals due to financial hardship or restrictions on pets in rental housing or aged care, causing distress for both the owner and the animal.

An Animal Welfare League Australia report found that only 18% of the 2,933 aged care facilities reviewed considered allowing residents to keep an animal. The UQ research showed that when no suitable friend or family member could adopt the animal, it was returned to the providing organization or surrendered to a shelter in the case of self-trained assistance animals.

Assistance animals have been shown to improve the quality of life for people with physical, sensory, cognitive, and emotional needs. Professor Nancy Pachana, Director of UQ's Healthy Ageing Initiative, stressed the importance of giving assistance animals every opportunity to remain with their owners, especially those who are older. She noted that these animals provide companionship, reduce social isolation, and have mental and physical health benefits.

The research highlights the need for greater recognition of the value of assistance animals in assisted housing situations aimed at older people. The study calls for more to be done to ensure people have the means to provide basic care for their animals and to remove the red tape around housing and aged care applications to allow them to stay together.

NOMINATE NOW FOR QUEENSLANDS 2023 VOLUNTEER AWARDS

NOMINATIONS are now open for the 2023 Queensland Volunteering Awards at Brisbane City Hall.

Volunteers have always been the life force of our communities, extending helping hands and fostering vital human connections that give hope and meaning to the lives of others. Despite the fall in volunteering in formal settings, informal volunteering continues to thrive, often hiding in the shadows of sporting clubs, schools and charities.

The Queensland Volunteering Awards acknowledge and honour the astonishing contribution and spirit of service of all Queensland volunteers and volunteer involving organisations. The Awards are presented across six categories:

- Queensland Volunteer of the Year Award
- Queensland Youth Volunteer of the Year Award
- Queensland Lifetime Contribution to Volunteering Award
- Queensland Excellence in Volunteer Management Award
- Queensland Volunteering Impact Award
- Queensland Corporate Volunteering Award

Volunteering Queensland is privileged to present the Awards and encourage nominations from all members and sectors of the community.

"The power and spirit of volunteering is alive and well across Queensland and evidenced every day. Queenslanders are generous, compassionate, and supportive of one another and their local and wider communities," said Volunteering Queensland CEO Mara Basanovic.

To nominate, visit the Volunteering Queensland website. Nominations close 5:00pm Monday 6 March 2023.

DINOSAUR FEVER

MARNIE BIRCH

"The Titanosaur [Patagotitan] is one of the most extraordinary finds in the history of palaeontology."

- Sir David Attenborough

WHO isn't fascinated with dinosaurs, those huge creatures that walked the earth in the Cretaceous, Jurassic and Triassic periods between 66 and 252 million years ago?

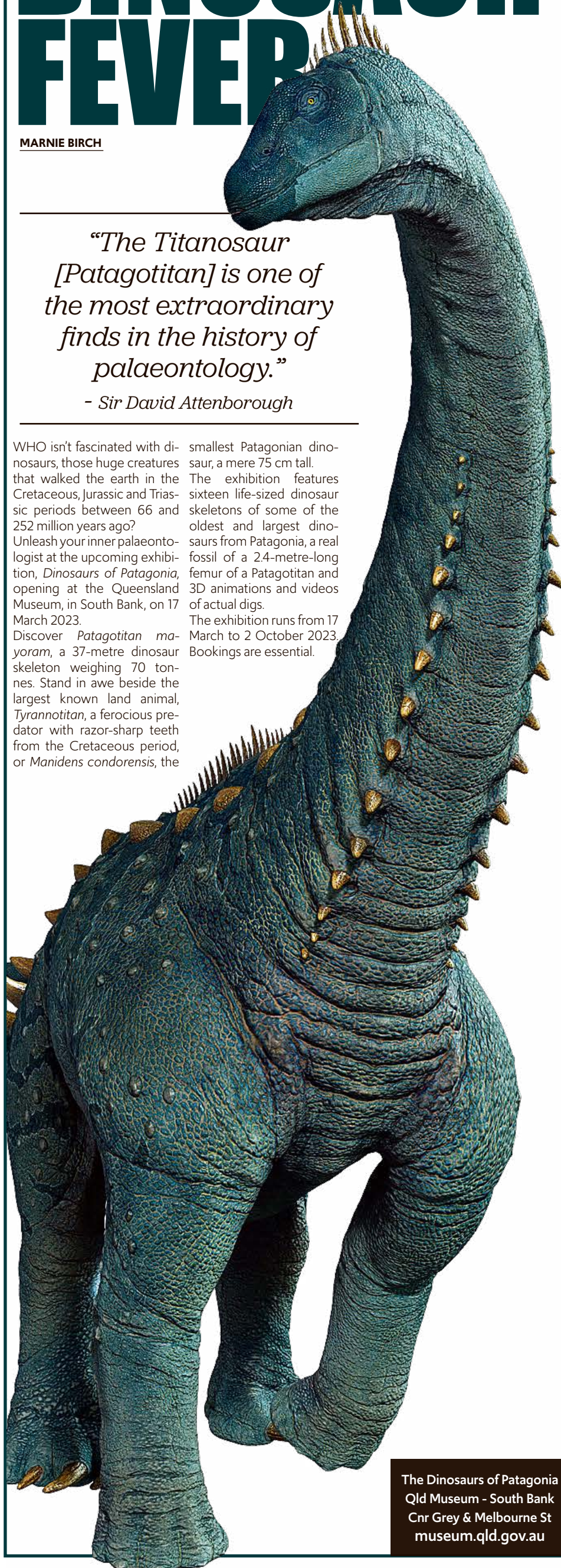
Unleash your inner palaeontologist at the upcoming exhibition, *Dinosaurs of Patagonia*, opening at the Queensland Museum, in South Bank, on 17 March 2023.

Discover *Patagotitan mayorum*, a 37-metre dinosaur skeleton weighing 70 tonnes. Stand in awe beside the largest known land animal, *Tyrannotitan*, a ferocious predator with razor-sharp teeth from the Cretaceous period, or *Manidens condorensis*, the

smallest Patagonian dinosaur, a mere 75 cm tall.

The exhibition features sixteen life-sized dinosaur skeletons of some of the oldest and largest dinosaurs from Patagonia, a real fossil of a 2.4-metre-long femur of a Patagotitan and 3D animations and videos of actual digs.

The exhibition runs from 17 March to 2 October 2023. Bookings are essential.



The Dinosaurs of Patagonia
Qld Museum - South Bank
Cnr Grey & Melbourne St
museum.qld.gov.au

FREE HPV CATCH-UP VACCINATION FOR ELIGIBLE YOUTH

YOUNG people aged 25 years and under are now eligible for a free HPV vaccine (raised from 19 years of age) to be protected against a range of HPV-related diseases, including cervical cancer, head and neck cancer, genital cancers, and genital warts.

With a national decrease in human papillomavirus (HPV) vaccination rates over the pandemic, parents are reminded their child is eligible for a free HPV vaccine if they missed their scheduled Year 7 School Immunisation Program clinic.

Queensland Chief Health Officer, Dr Lynne McKinlay, said the HPV vaccine is routinely offered to Year 7 students in Queensland through the School Immunisation Program, however national data has shown that there was a decrease in HPV vaccination rates across the country, including Queensland, between 2019 and 2021.

"We know some children did not receive the HPV vaccine when recommended due to school disruptions over the course of the pandemic," Dr McKinlay said.

"I want to remind parents that if their children missed this important scheduled vaccine, they are eligible for a free vaccine via catch-up school immunisation clinics or by a GP or other immunisation provider, however a consultation fee may be charged by providers outside of the School Immunisation Program."

According to National Centre for Immunisation Research and Surveillance Australia (NCIRS) data, 84.3 per cent of girls aged 11 to 14 years and 81.9 per cent of boys aged 11 to 14 years in Queensland who had their first dose of HPV vaccine in 2019 completed their vaccine course in the same year (as a two-dose schedule).

These levels dropped to 77.7 per cent of girls aged 11 to 14 years and 75.5 per cent of boys aged 11 to 14 years in Queensland in 2021.

Dr McKinlay said it is now even easier to be protected against HPV-related diseases with the recent vaccine schedule change from two doses to a single dose following advice from the Australian Technical Advisory Group on Immunisation (ATAGI).

"Children who received their first dose last year are now considered fully up to date and do not require a second dose. The exception is immunocompromised young people, who are still recommended to receive three doses of the HPV vaccine," Dr McKinlay said.

"HPV is a very common virus that can affect people of all genders and ages and may cause cancers and genital warts in some people, so it's really important to be protected."

Parents are reminded the HPV vaccine is more effective when given at a younger age. Research shows younger children create more antibodies when given the vaccine than older children do, so the vaccine is most effective when given as close to age 12-13 years as possible.

HPV vaccination is not routinely recommended for people 26 years and older because HPV infection generally occurs soon after sexual activity commences.

Parents are encouraged to make sure they complete, sign and return their child's vaccination consent form to allow administration of the HPV and diphtheria-tetanus-pertussis (dTpa) (whooping cough) vaccines through the School Immunisation Program.

Year 10 students are also eligible to receive a free Meningococcal ACWY vaccine through the School Immunisation Program.

Consent forms for the 2023 calendar year will refer to two doses of the HPV vaccine, however only one dose of the HPV vaccine will be administered. For more information on the School Immunisation Program visit the Queensland Government website.

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Chermside QLD 4032

INSIDE IMAGINARIUM

Imaginarium Early Learning has opened its doors in Burpengary and will now be a hive of activity as little faces make their way into the fresh new space for their daily fun.

SHEREE HODDINETT

WITH more than 30 years of experience in the early childhood sector, Dr Brenda Abbey (pictured) certainly knows a thing or two about working in childcare. Dr Abbey, along with daughter Tanya and son-in-law Arman, are the faces behind Imaginarium Early Learning which opened a new centre in Burpengary on 20 February. It's been two years in the making as the centre's building has slowly come to life and now stands proud and tall on Station Road. Soon the centre will be filled with the sounds of children laughing and playing.

The first Imaginarium opened at Bellbird Park in 2017 but the decision to open a centre in Burpengary came after Dr Abbey was asked by a developer who was keen to see a centre built locally.

"I absolutely love Burpengary," she says. "I've never seen anything like the shops and you have everything here, it really is a beautiful area."

"We've also been looking at the bush kindy, the environmental centre (CREEC) which is just up the road and the community is so ready, they have been watching it all happen for the last two years and they have been so welcoming already."

"I feel we've chosen a really lovely spot in a great area and we really look forward to watching everything grow and blossom."

While there are procedures and processes behind getting a centre up and running, Dr Abbey highlights the first day as the most exciting.

"When the children first come in, it's like a party and they start to lose any shyness they may have," she says. "They'll come in, they'll be excited and they'll get to see all these toys and books, it's a real privilege to watch it all unfold."

"I feel we've chosen a really lovely spot in a great area and we really look forward to watching everything grow and blossom."



With four children of her own (also a grandmother and great-grandmother), Dr Abbey's path into the world of childcare began as a teacher when her own children were young. Over time, Dr Abbey has held teaching positions in both Queensland and the Australian Capital Territory, furthered her studies, lectured in early childhood and children's services at university and TAFE, published articles in early childhood professional journals and so much more. She is passionate about what she does and it shows in the way she has brought her vision to fruition through the centre.

"For everyone that comes into the centre, I believe our job is to give their children an enormous sense of wellbeing because that carries over to when they go home," she says. "We know it can be a difficult situation for some children and parents in those early days, especially knowing every child and every family is so different, but our aim is to make it as enjoyable as possible for all of our families so communication is extremely important."

"We also know how much children thrive on routine, so we focus on keeping movement between rooms to a minimum,

eating and playing at similar times, those kinds of things are important to children. We want them to feel comfortable and be familiar and happy with the educators and the environment around them."

Dr Abbey also believes in the importance of looking after the centre educators (there will be a team of about 25) as they are the faces the children will see every day.

"We are a family business, so we look at the team and make a family of the educators as well," she says. "We want them to come to work and for it to be a place they want to be at. This

means making sure they have their breaks and they have all the resources and training they need to work with the children."

The new centre in Burpengary features two levels with inside and outside areas for up to 100 children including babies, toddlers and pre-school aged children. It has spacious rooms to allow children to play uninterrupted and to move freely between indoors and outdoors at their leisure. Children under two years have their own indoor and outdoor play areas at one end of the centre. Pre-school aged children are located at the other end of the centre, where

their playrooms are resourced with an extensive range of learning materials in preparation for school the following year. There is even areas for water play and gardens featuring newly planted fruit and vegetables for children to both learn about and even eat! Meals are also prepared fresh onsite with the menu including a variety of foods (more than just sandwiches and biscuits) for children to expand on their tastes!

With many childcare centres out in the community, what is it about Imaginarium that sets it apart from the others?

"Well, firstly it'll be clean, clear and uncluttered," Dr Abbey says. "It's a place of beauty where children will find something to interest them. And I think the physical environment is also an important component. Everything has its place, so children know where things are. It says they can go back and retrieve it the next day. And so that's really important."

"And then the other thing I think is the atmosphere, that it will always be an atmosphere of love and happy relationships. That's relationships between educators and children. Children and children as well as educators with one another."

"Another important aspect is about equipping children with the different ways of thinking and problem solving and of course fun. It'll be a fun place. It'll be a happy place."

The centre caters for children aged from six weeks to six years.

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Shane King MP

Spotlight on Small Business

Brave, fierce, determined and survivor are all words you can use to describe Romecca Sawers. Not that you need to put a label on this incredible woman. What Romecca has already lived through in her 43 years of life, including multiple facets of abuse, many of us could never even imagine. But rather than sit and wallow in her own self-pity (because she's already been there and done that) Romecca spends her time focussing on the importance of healing from her past trauma and moving forward as best she can while helping others in the community battling their own traumatic experiences.

Romecca grew up in Guam but also lived in other places in the United States before moving to Australia in 2006. As a child, Romecca experienced years of abuse including physical, sexual, mental, emotional and spiritual. In her early teenage years, she was manipulated into child prostitution initially with the exchange of candy but eventually with money. There has also been many episodes of self-harm, multiple attempts at suicide, anorexia, bulimia, drug and alcohol addiction.

Her own trauma follows that of generations before her including her mother who Romecca says never had any healing and functioned out of her own trauma which was expressed through her addictions to marijuana and alcohol as well as domestic violence with partners and physical abuse on her own children just to highlight a couple of issues. While it's been "quite the life" thus far for Romecca, she radiates a calming presence coupled with an outgoing personality that speaks volumes to the person she has become. Nothing fazes her and sharing her story is a big part of her healing process.

"I realised there came a point, I was looking at my kids (Skye born in 2003 and Andrew born in 2009) and they were still so young and I thought I could continue down that same path, same attitude, same habits, same beliefs and see them suffer," Romecca says. "I could take my life and then they would still suffer. I did attempt to take my life many times - I've done it all. I literally drugged myself through hell because I believed that's what I had to do.

"I had to work really hard to re-program, re-seed things, to re-love myself and reconnect to myself. I tell people, it's me first. I have to put me first or there's no them. You're no good to anyone else if you aren't functioning properly."

Wanting to help others, Romecca started a charity supporting survivors of child sexual abuse 'Meant To Rise' in November 2018. While she had to close it in 2022, that hasn't stopped her determination to be part of the change.

"I feel my purpose is to continue to walk my journey "in healing" because it is an eternal commitment," Romecca says. "I hope to inspire others in some way to continue or start their journey in healing, love themselves again, live the life they dream of and believe that anything is possible. The walk has been about finding, loving, forgiving, encouraging and allowing my true self to feel safe to be seen in all my ups, downs, and to truthfully share with the world the sufferings as well as the peace that comes from being in healing.

"I survived, and because of that I know that I am here to be part of the change around child sexual abuse and all other childhood traumas so that others may live a life in healing from their suffering too. We need to create that awareness to help others feel brave and accepted and encourage them to tell their story."

With March 8 marking International Women's Day, a day where we celebrate the social, economic, cultural and political achievements of women, does Romecca consider herself a role model to others out there?

"I'm role modelling something," she says with a laugh. I see my children giving me attitude and I see where they get that from.

"But without any pressure I'm just going to do the best I can. I would hope it inspires someone to think they can, whatever that looks like for them, to heal and not let anything rule or ruin their life and stop the repeat of the cycle.

"Do I consider myself a strong woman? Most days. But when I'm crying and lying in bed and I have to surrender my hands up the air, that's strong too

ROMECCA'S JOURNEY OF HEALING

SHEREE HODDINETT

Romecca Sawers has had a life full of abuse and trauma. But rather than let it continue to rule her life, Romecca is working on herself and with others to create a journey of healing.



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because I'm admitting I need to do that. Most of the time I carry on and it's all good but that leads to a volcano that's going to erupt and that's not going to help anybody. I believe there's strength in pausing and taking a breath, so as long as I'm breathing, I'm a strong woman."

As a wife and mum of two, Romecca has no secrets from her husband or children, they know absolutely everything that she has experienced and endured. She labels her husband as her biggest supporter since the day we met.

"He is such a strong man and nothing fazes him," she says. "But my kids also know everything. It was so important to share with them where their mother came from. As I'm building empathy in them, I'm helping them understand what others go through. In a way I trauma informed them. By telling them, I can't hide behind it.

"I know that by being aware they're going to watch me, but it is what it is. I knew that was a strategy I needed to protect myself and to stop the cycle from repeating. Addictive traits don't just start themselves, they pass on and become generational trauma."

Romecca has achieved quite a lot in a short space of time. She became certified as a life and wellness coach in February 2017, completed a graduate certificate in developmental trauma in June 2021, started her very own podcast called In Healing with Romecca Sawers in January this year, will be celebrating 13 years of sobriety this October, is a published author and hosts trauma informed workshops and sound sessions at no cost for others in the community.

Her first book is her story titled Because I was abused which was published in May 2019. It's available through Amazon and also at the Caboolture Library.

"Even though I've experienced all sorts of trauma, child sexual abuse was the biggest thing and I'm not afraid to talk about it," Romecca says. "I wrote it from the perspective of as it happened as I was aging, which wasn't easy going back into that headspace, but I felt it was necessary.

"Even though I have found ways to express myself and cope with things, it still is an everyday fight for me, every day isn't fantastic or perfect.

"I take it one day at a time. Up to this point, I am healed, what's to come I don't know. If something happens then I will find a way to get through it...we are eternally in healing."

So what's next for this warrior of a woman? She's currently working on her second book called Beyond Control which will be a guide for survivors. Then there's also another book called PIKA – The Fairy who found her sparkle, a children's book which is awaiting illustration completion and will be used as a way to inform, educate and support children, families, carers and those in support roles. If her plate wasn't already close to full, Romecca will be hosting an upcoming Healing and Wellness Expo for people who have experienced childhood trauma on April 29.

Given the road she has travelled and everything she has been through, it ponders one last question – we all know what if doesn't change anything, but have you ever wondered what if my life took a different path?

"Most definitely yessssss!" Romecca says. "What if is a big one. You're kind of like what if that didn't happen and I would be so smart. Because of the trauma, my brain has been affected so I have to learn when I shut down to bring myself back into the now. I had to teach myself to come back, to process and to remember the here and now to train my brain.

"But if I hadn't experienced all that, what would my life be like? I wouldn't be where I am now. I wouldn't be here in Australia. I wouldn't have my husband or my kids.

"This will probably sound strange to a lot of people, but I'm so grateful for what I went through. I'm grateful to be the woman I am today, to have the passion I do today, the empathy, to have the don't mess with me attitude because I've already been messed with, so I know I can use my strengths to my advantage."

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MORE ABOUT THE MORETON MOTORWAY

BRUCE GIDDINGS

THE first three stages of the proposed Bruce Highway Western Alternative (BHWA), now dubbed the Moreton Motorway, will carve a path between Bald Hills and Moodlu on the D'Aguiar highway near Caboolture, being a pressure release valve for the Bruce Highway and Old Gympie Road.

This relief will occur one section at a time as the four stages of the motorway are completed. But there is no money for a road yet.

The State and Federal government, jointly funding the project, have handed \$20m to the Transport and Main Roads (TMR) Department to spend on creating corridors, which is a very small part of the total project. However, TMR says there is no time frame for road building, and a starting date will depend on funding.

The Moreton Motorway will provide access to the future city-sized settlement of Caboolture West, which could be renamed 'Waraba'.

The new works will be critical to Caboolture West residents and commuters,

as the road will be the most direct connection to Brisbane for work, study and recreation. It will provide rail commuters increased accessibility to the recently upgraded Dakabin station and the Narangba and Burpengary stations, both of which will be upgraded soon with \$6m worth of new parking (Narangba) and a \$36m accessibility upgrade (Burpengary).

The fourth stage of the road project is shown as 'an indicative study area' on the map, a smudge indicating a future prospect, not a current plan. If approved, it would take the motorway from Moodlu up to Beerburrum, where it will join the Bruce Highway.

Despite years of speculation about the need for a second northern rail line into Brisbane, the Minister for Transport Mark Bailey recently described the lone line from the north as 'not sustainable' and no new rail line on the drawing board for Caboolture West.

The State Government says it is making progress on roads; however, the missing rail line is part of a larger picture of lagging road and rail infrastructure construction in North

Brisbane and Moreton Bay, whose residents are living inside a pressure cooker of booming land development and population growth.

Mr Shane King, State Member for Kurwongbah, acknowledges the pressure on Moreton Bay's roads and says his government is delivering 'the largest road upgrade infrastructure program the state has ever seen'.

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Q&A

Is there a name for the road yet? A better name than BWHA? Yes, Moreton Motorway - not set to inspire, but easier to say than Bruce Highway Western Alternative (BHWA)

The Stage 2 corridor runs through an important wildlife habitat. What about the wildlife that will lose their homes? The TMR will construct dedicated fauna passages and provide better locations for fish to cross waterways. Also, fences and other infrastructure to mitigate impacts on any environmentally sensitive areas.

How long is the road going to be? Between 50 and 60 km when complete. But they are only looking at the corridor right now. The road comes later.

How many stages are there if it won't be built all at once? Four stages, taking a path from Bald Hills up to Beerburrum.

Which stages have been approved so far? The stage one corridor, eight kilometres from Moodlu to Moorina, is approved and gazetted, and stage two, sixteen kilometres from Moorina to Narangba, is expected to be finalised by July this year.

What about stage three and four corridors? Planning and consultation for stage 3, from Narangba to Bald Hills, has begun, and stage four, Beerburrum to Moodlu, will follow.

When will construction of the actual road begin? Unknowable. The corridor comes first. There is no funding approved for construction yet. TMR advises that timeframes for more detailed planning, design and construction are unknown and will depend on government priorities and future funding commitments.

Will it be four lanes? Yes, four lanes all the way, with modern interchanges along the way.

Will the new road really be an alternative route to the Bruce Highway? Yes, but not till all four stages are built. The first three stages will take the road as far as Moodlu on the D'Aguiar Highway. The final stage to Beerburrum is designated an indicative study area and will come later.

If the fourth stage is some time away, is a road from Bald Hills to Moodlu beneficial? The Moreton Motorway will provide access to a city-sized settlement, Caboolture West, not far from Moodlu.

Will the new road be quicker than the Bruce Highway? This comes down to perspective. It will be longer by way of kilometres; however, when it comes to predicting distance using time, much of this depends on traffic and what speed you choose to drive. Each driver will have their own answer to this question once they have tried the new road.

Can I have a say about the proposed route? Comments have closed for stages 1 and 2 now, but you are encouraged to have your say on stages three and four at <https://www.your-say-projects.tmr.qld.gov.au/bhwa>

LAND ACQUISITIONS AND TRANSPORT NEEDS

Land Acquisitions: The Department of Transport and Main Roads has recently announced that the land acquisitions for the stage one and two corridors have been determined, and all landowners have been contacted.

There were around 85 properties affected in stage 2, the most recent to be finalised.

Two rounds of public consultation were held, closing on 12 February. The consultations attracted over 1,000 pieces of feedback with approximately 500 attendees combined.

The focus will now switch to Stage three of the BHWA corridor that runs from Narangba to Bald Hills. While over 220 pieces of early feedback have already been submitted to the TMR for stage three, public feedback is continuing at [your-say-projects.tmr.qld.gov.au/bhwa/stage-3](https://www.your-say-projects.tmr.qld.gov.au/bhwa/stage-3).

Missed Forecast on Transport Needs: There was scarcely a hint of urgency around commuter transport requirements for Caboolture West nine years ago.

The Caboolture West Structure Plan produced in 2014 for Moreton Bay Regional Council forecast that commuter links to Brisbane would be a secondary consideration for Caboolture West, as it would be further than a 45 minutes drive from Brisbane.

The forecast maintained that Caboolture-Morayfield was within a self-contained regional catchment and needed to look to its own regional opportunities.

Furthermore, the 2014 Caboolture West Transport Modelling Study Report predicted that only 21 per cent of trips would end outside the Caboolture West, Caboolture and Morayfield areas.

To strengthen links within the region, the report recommended the provision of a segregated bus transport corridor (a separate bus lane) from Caboolture West to the Caboolture town centre and railway station, a reflection of the expectation that the area would be largely self-contained. However, nine years later, information about dedicated bus lanes in Caboolture West is elusive.

MYTH: The new road will mean reduced traffic on the Bruce Highway.

FACT: Yes... in the short term, as it is likely that some people would choose to use the motorway over the highway moving forward. However,

one can logically assume that the highway will continue to be widened and upgraded as the population grows.

MYTH: All the Koalas will lose their homes

FACT: This is a possibility,

as conserving wildlife will always be challenging in areas where humans want to live. The TMR is using wildlife passages and other measures to help mitigate this. Council has just committed to more infill developments and a 25% urban footprint limit in the

Moreton Bay region, leaving the balance free of urban development.

MYTH: A lot of people will have their homes resumed.

FACT: The proposed corridors use government-owned land

where possible and avoid densely populated areas as much as possible.

MYTH: The new road will be ready to use soon.

FACT: No. The TMR and the government can't say when

the road will be started or finished.

MYTH: The new road will be a shortcut (less km)

FACT: No. It will be a longer distance (km) than the equivalent Bruce Highway.

PUTTING THE PITCH TO THE TEST



It's already proven to be a cracker of a season for the Caboolture Sports Cricket Club and the hits keep on coming. From the rising talent of their own club players to hosting championship events and Veterans matches and even a big milestone birthday (100!) fast approaching. With the 22/23 season soon coming to a close and finals fever kicking in, the countdown is on for next season.

SHEREE HODDINETT

SHOWING cricket isn't just a sport for the youngsters, those still feeling young at heart hit the Caboolture pitch for the O70's Veterans England Vs Queensland match on 31 January. Held by O70's Veterans Cricket Australia, it was the second match of the England Cricket Senior 70+ Ashes Tour of Australia.

Caboolture Sports Cricket Club administration officer Julianne Quirk highlighted the match as an amazing experience for their club, both on and off the field.

"This was an honour for our club to be selected as other highly regarded grounds selected during the Australian tour were Coogee Oval, Sydney and Redland Cricket Club, Birkdale," Julianne says. "Not only were they enjoying cricket competing to retain the Ashes and friendships,

they also spent some time outside the cricket ground touring all the charm and character of the local area including the Caboolture Historical Village and the Abbey Museum of Art and Archaeology.

"They were delighted with the stunning mountain scenery as they approached Caboolture via the gateway to the Sunshine Coast. The club is looking forward to being involved in hosting future events for the Veterans Cricket as it also helps bring tourism into our community."

Following from the success of the Veterans

match, the grounds will also come alive with action when the U16 State Championship comes to town from 3-5 April. Queensland Cricket approached the club and pathways operations manager said "this is a crucial element of our pathway programs in Queensland and I'm excited to bring these championships to your top-class facility. This competition recognises the top 48 players in the state in the age-group and is a crucial talent identification competition for selecting the Queensland U17 side".

"This means a lot to our club as our committee endorses the same junior pathway programs," Julianne says. "Carter Simpson played in this competition last year and off the back of his performances was then selected to represent the under 17 national championship winning side."

So what is it about the Caboolture club's grounds, located in Grant Road Morayfield, that are making them highly sought after?

"We have two turf wickets, outdoor warm-up and practice nets, an indoor training facility with dressing rooms, air conditioning and bowling machines," Julianne says. "There is also a sports hall with further dressing rooms and an equipped canteen plus we have two junior fields with artificial wickets."

"On top of that, the committee are working hard to further improve the facilities and infrastructure by actively applying for grant oppor-

tunities."

They currently have 252 registered players including senior men's and women's teams, nine junior teams including one exclusive girls team playing in the mixed competition and a successful Woolworths Blaster and Master Blaster Program for five to nine-year-olds - a program specially designed for kids to get active and have fun learning cricket.

Excitement is already building ahead of the club's 100th birthday coming up towards the middle of this year. Details for past and present players and members and those involved in the history of the club will be released soon.

"We are very excited about taking a trip down memory lane which will be led by renowned sporting journalist Robert "Crash" Craddock who will be guest MC for the event," Julianne says. "It is going to be a wonderful celebration of the past and the bright future and visions ahead!"

Anyone interested in attending this event or who may have memorabilia relating to the history of the club that may have lost contact are invited to make contact via email info@caboolturesportscricket.com.au.

With the 2022/23 wrapping up and finals kicking in, the next sign on campaign will start again in August for the new 2023/24 season. You can register your expression of interest via email listed above or visit www.caboolturesportscricket.com.au for further information.

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Authorised by Terry Young MP, Liberal National Party of Queensland, Unit 7, Level 1, 69 King Street, Caboolture QLD 4510



SUBBIES OR FULL TIME STAFF: WHICH IS BETTER?



LIFESTYLE TRADIE

THIS is a question that every business owner has pondered. Getting your staffing mix right at the best of times is tricky! So here's our short pro/con list!

Subbie Pro

- When you are *just* starting out, or in a growth stage of your business, then a subbie is a great way to 'test the water' without complete commitment.
- They're *awesome* when you feel you are ready for a new tradesperson but don't feel you have enough consistent work for full-time staff.
- You have no commitment with them, for instance: if you don't like them or work dries up, you're not in any binding agreements to give them work. They just don't work that week and you save *big* on wages!

Subbie Con

- The big one is consistency! Subbies can let you down, so having your business depending on subbies labour, can get you in hot water!
- For instance: If they get busy with their own work, they will prioritise theirs over yours and leave you high and dry!
- Subbies often don't follow your systems! They see themselves as their own business with their own processes, so the quality of work may differ.

Full Time Pro

- Certainty, control! They're your staff so you can train them to work the way you want them to.
- They can grow with you as you scale the business.
- You can rely on them to be involved and committed.

- You can build a relationship with them, and they can help you with the 'big picture' of your business and actually *help* your business to grow and succeed, feel like they are here for the long term.

Full Time Con

- You have to hustle for new work to keep up with enough work to keep full-time staff busy.
- Finding good full-time staff is one of the biggest headaches for tradies at the moment, we have a *huge* shortage of good tradies.
- Have to pay for sick leave, paid time off, personal days, deal with HR and flexible hours ... and all of this must be done 100%! You can't cut corners or you may end up in *big* legal issues, or a high turnover.

CRACK DOWN ON ESS TOOLS

KAY SAVAGE

OPERATION Flutter, a coordinated global crackdown by the Joint Chiefs of Global Tax Enforcement, has swooped into action in a national crackdown on businesses suspected of supplying and using illegal electronic sales suppression

tools (ESST) or software to avoid paying tax.

It has been illegal to produce, supply, possess, use or promote electronic sales suppression tools or software in Australia since October 2018.

The ATO strongly encouraged businesses using

electronic sales suppression tools to come forward voluntarily rather than hope they won't be discovered by ATO investigators.

Businesses that come forward voluntarily may be provided with an opportunity to receive a reduction in penalties.

Information about how to do this is on the ATO website.

Businesses that have used electronic sales suppression tools or software will need to review their past tax returns and activity statements to amend or correct them. Members of the community that

suspect a person or business is involved in producing, supplying, possessing, using or promoting electronic sales suppression tools or software are encouraged to, report this to the ATO at www.ato.gov.au/ tipoff or by calling 1800 060 062.

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SHOULD YOU BUY WHEN INTEREST RATES ARE HIGH?

VANESSA BRAGDON
VB HOMELOANS

THE Reserve Bank of Australia (RBA) has raised the cash rate significantly since May 2022 and stated that further increases may be necessary to return inflation to target. However, it still might be a good idea to buy now.

The gradual rise in interest rates has discouraged many homebuyers because it has reduced their power. The Australian Prudential Regulation Authority's (APRA) decision to raise the serviceability buffer for banks from 2.5% to 3% in late 2021 makes this problem even worse. For example, even if the interest rate is 5%, the lender will add a 3-point buffer, making the assessment rate 8% and greatly reducing the amount most people can borrow.

A higher interest rate means higher monthly repayments, which can reduce your savings and discretionary income. However, there are still some situations where buying in a rising-rate environment is feasible:



- You have a stable job that is recession proof
- You earn a high income that can support the high interest payments
- You're a property investor (or looking to invest), as your loan would be tax-deductible, and rents are increasing
- You're a first-home buyer with little debt

There could be a few silver linings when buying in a high-interest-rate environment:

FALL IN PROPERTY PRICES

The RBA increased the cash rate to cool down the property market. Since May 2022, property prices have gone down. A price reduction means you are borrowing less, which may be better than a rate reduction. For example:

1. Purchase price \$750,000k @ 2.5% = \$2963 p/m*
2. Purchase price \$650k @ 5% = \$3489 p/m*

* Principal & Interest Repayments

Would you rather shave \$100,000 off the loan balance or save \$526 a month in repayments? Reduction in sale prices differ in each location so make sure to do your research.

LOWER COMPETITION

The high interest rates have reduced the number of home loan-eligible individuals, leading to fewer people looking to buy the same property as you. With less demand, sellers may reduce their prices.

LESS BUYER RISK

In a high-interest-rate environment, you are less likely to overpay for a property. You will have more time to inspect the home thoroughly during open houses, negotiate a better price, and make a more informed decision.

WHY YOU SHOULD NOT FEAR RISING RATES

Don't be intimidated by rising interest rates. There are ways to manage your home loan and fulfil your dream of homeown-

ship or keep the home you have:

- If you're a mortgage holder, you can refinance to take advantage of lower rates on the market, and potentially consolidate debt to help lower your repayments.
- Start saving if you can, preferably in a term deposit account that offers a high rate of interest.
- Take the help of a financial adviser to see where you can reduce your monthly commitments and improve borrowing power.
- Get pre-approved for a home loan so you know what you can afford.
- You might qualify for various government schemes, grants, and benefits; they usually have a property price threshold.

If you're considering buying a property speak to your local mortgage broker to discuss your options.

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DOLLS ON DISPLAY

The Northside Doll Circle will feature the biggest trading display of dolls and bears in Qld at their upcoming show with ladies costumes from 1850 to 1880 and so much more.



Joyce Ross and Kerry Love present a club doll to Marjory Fainges (middle). | Image: Contributed

SHEREE HODDINETT

A MIXTURE of patience, time, care, research and most importantly, love, all go into the art of doll making. For Northside Doll Circle president Kerry Love it's a craft that has been a part of her life now for more than 35 years. Her own collection is vast, with dolls of all shapes and sizes filling cabinets, shelves and other spaces in and around her Strathpine home. Kerry and fellow Northside Doll Circle members are busily preparing for their annual show on March 12 where attendees will be treated to the biggest and best display of dolls, bears and other craft in Queensland.

When you think about dolls, forget everything you see in your local toy store. Instead, imagine porcelain, lace, glass eyes, historic clothing and shoes, hats, wigs, antique jewellery and even parasols. These are just some of the aspects involved in bringing a doll to life. For Kerry, who loves working on antique reproductions dolls, it's a much loved hobby and a big part of her life, one that has brought with it a more than she could have ever imagined.

"It's a lovely thing to do," Kerry says of the benefits of doll making. "It creates great friendships and I've been to places I never would have before or would never have gone to if I didn't have the people I have met through the group.

"It's also a good thing for women because we are very supportive of each other. It's something that is good for your well-being, your mental health and just gives you something else to focus on in your life."

The show is deep in history, sharing and showcasing a myriad of creations to the community for 35 years. After a

two-year hiatus thanks to Covid, this year's show is coming back bigger and better than ever. This year's theme is "Ladies on Parade" concentrating on the years 1850 to 1880. There will also be competitions and a large number of other displays including Barbie Dolls and miniature doll houses. For those taking part in the competition, \$100 will be awarded to Porcelain Doll of the Show and \$50 will go to the Bear of the Show.

"We are the only doll show in Queensland that has a competition. We've always had a high quality one and we're quite proud of that," Kerry says. "There's so much to come and see, because it is a mixture of dolls, bears and crafts. We used to only have dolls and bears but we found that people who do craft they don't really have places to display or sell it, so we decided to include that aspect as well. It's really a great day for everyone to come and see it as a family."

Given the large number of dolls in her home, Kerry can't even get close to putting a number on it (too many if you ask her husband), but doll making is something she hopes to see continue into the next generation.

"I've been making dolls for many, many years," Kerry says. "I used to make cloth dolls, when my kids were young just to make some pocket money and they weren't toy ones, they were good quality and adults bought them for themselves and it kind of grew from that.

"I had two sons which everyone thinks is hilarious because they aren't interested in it at all. It's more the art form for me, because it's quite a difficult thing to do.

"But sadly young people

these days aren't interested and it's a shame because when we older people disappear, it's going to die out, it's fast becoming a dying art. A lot of people haven't got the time either. It's sad to see it disappear because it really is a beautiful art."

Kerry has relished her role as the Northside Doll Circle president now for six years, one that she fell into by chance. She has been part of the group now for almost the entire time it has been in existence.

"We used to have a huge club but people pass away, they move, go into nursing homes or their lives change because we are part of the older generation," Kerry says. I feel a bit sad because if we manage another show next year, it could be the last one and we have a really good show. We love being able to show the community something a bit different and hope they enjoy it."

Although she's no spring chicken and starting to feel the effects of her much-loved hobby, you won't see Kerry putting down the tools of her art anytime soon.

"There's always a way to get things done," she says with a laugh. "But I have no plans of stopping anytime soon.

"There's a lot of research involved with older dolls with the clothing and hairstyle, it's a real challenge, but once it's done you can sit back and say "I did that". I love being able to do all that and help others with their creations as well, it brings about a real sense of achievement."

The Northside Doll Circle Doll, Bear & Craft Show is on Sunday March 12 (9am-3pm) at the Strathpine Community Centre (enter from Mecklem Street, Strathpine). Tickets are \$10 with children under 15 free.

As the group is not-for-profit, funds raised will go to local community charity groups including QCWA Rural Crisis Fund and LinC.

More Information
Kerry 0419 759 018
f: NorthsideDollCircle

Funding Arts and Crafts

GABRIELLE TURNBULL

AS a visual artist and an arts teacher, it has saddened me to see how poorly our arts and crafts communities are supported in funding. At the same time, Sport attracts enormous dollops of cash in sponsorships and grants from both the public and private sectors.

Images of the traditional artist living in a garret, struggling to survive, have been with us since the 16th century. Images of the brilliant van Gogh who hardly sold a painting in his lifetime, are even more graphic. Yet, his work nowadays commands tens of millions of dollars. Sadly too late for him!

However, I can understand why this happens. Sport attracts large sections of the wide community, so logically, government and businesses needing public support put their money and ours into where the people are!

So when I recently read that the Federal Government had launched 'Revive', a new cultural policy aimed at helping the arts to the tune of \$286 million over four years, my heart skipped a beat.

This is good news, but The millions would appear to be mainly going to modernising massive art organisations like

the Australia Council for the Arts into a new body called 'Creative Australia'. However, the thousands of suburban artists, craft-people, and their unpaid volunteer-run societies and groups appear to have missed out.

Now a valuable lesson for all politicians and business leaders- the grassroots urgently needs your support.

Sport learned this valuable lesson. The various sports leaders had paid far too much attention to what they saw as the main game- the NRL, the AFL, International Cricket and Tennis to the exclusion of their sports grassroots- the juniors, local clubs and the like. They changed, and their main sporting events and the player's statuses grew substantially.

Again, many parents will historically encourage their children to join the local football or netball club, not even considering an art or a craft club as an alternative. Why? Simply because there aren't any alternatives. There are no junior arts or crafts clubs for their children to join. And funding is absent from this important sector.

Is Australia to be considered only as a brilliant sporting nation? Or can we blossom into the creative wonderland that can be ours.

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RECOVERING FROM SOFT TISSUE INJURIES

SOFT tissue injuries are an unfortunate and annoying part of life which most commonly involve muscles and ligaments, e.g. strains and sprains. Knowing what to do when you hurt yourself is key to a quick and successful recovery. To help remember what to do the acronym of PEACE and LOVE has been created to summarise what the current evidence supports. So what does this involve? In the first 1 - 3 days, the body is in an acute state of injury, PEACE is used to help settle this down and begin the road to recovery.

Protection: avoid pushing into painful movements or activities in initial stages post-injury.

Elevation: Keep the injured area elevated above the heart as much as possible.

Avoid anti-inflammatories: Inflammation is the body's way of healing. Using ice and anti-inflammatories can positively impact pain but can negatively impact the healing process.

Compression: Use an elastic bandage or taping to reduce swelling.

Education: Listen to what your body is telling you, avoid unnecessary scans and passive treatments.

& After the initial PEACE stage LOVE is used to allow full recovery from injury. In this stage, it can be very beneficial to have a health professional to assist you with your recovery.

Load: Let pain guide gradual return to activity, optimal loading promotes repair, remodelling and builds tissue tolerance and capacity.

Optimism: Expectations are associated with outcome and recovery. Belief and emotion influence symptoms as much or potentially more than the actual severity of the injury.

Vascularisation: Find a pain free cardiovascular exercise to increase blood flow to the area.

Exercise: Restore strength, mobility and function by being active in your recovery and doing the work your body needs to recover and prevent re-injury.

For further advice or individualised help recovering from injury, contact Moreton All Body Care to book with one of their qualified health professionals.

ADHD AND EXERCISE



BEHAVIOUR and cognitive challenges are often experienced by individuals with Attention Deficit Hyperactivity Disorder (ADHD). However, studies show that exercise has strong effects on brain structure and function and can be effective for individuals with ADHD. In fact, individuals with ADHD are thought to receive greater cognitive benefit from exercise than those without ADHD.

Currently, behaviour modification and medication are commonly used to manage ADHD symptoms. Exercise and physical activity can be used to help support these treatment methods, in addition to having multiple physical and mental health benefits for children with ADHD. Exercise naturally

stimulates the brain, similarly to the way medications do, and can be particularly effective for individuals struggling with typical behaviour and/or medication interventions, due to the lack of negative side-effects. In addition to the cognitive benefits experienced by engaging in regular physical activity, behavioural improvements, general health benefits, increased self-esteem, and confidence have been noted. Regular physical activity also has benefits in relation to learning, both directly and indirectly.

Direct Benefits to Learning

- Improvement in memory
- Greater problem-solving ability
- Improved attention

- Improved brain processing speed

Indirect Benefits to Learning

- Reduced impulsivity
- Reduced anxiety

In accordance with the Australian Physical Activity Guidelines for children and adolescents, it is recommended that children should engage in at least 60 minutes of exercise per day. A few ways to keep kids active and engaging in physical activity include:

- Finding a sport/physical activity the child enjoys and wants to participate in
- Replace a portion of screen time with active games/activities

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The Marrying Kind?

WHAT AUSSIES LOOK FOR WHEN IT COMES TO LONG-TERM RELATIONSHIPS

eHARMONY

IT may be the case that 65% of Australians believe you don't need to be married to have a successful relationship, but that doesn't mean people feel marriage is an outdated concept. In fact, almost half (42%) of Aussies believe marriage still has contemporary relevance.

But, according to new research commissioned by eharmony, when you look at the traits both men and women consider make someone marriage material, it's factors like being honest (82%), trustworthy (79%) and respectful (74%) that come out on top. For eharmony psychologist Sharon Draper, this doesn't come as a surprise.

"When you're looking at the long term, these are the sorts of shared values that ensure people have the best chance of staying together," said Draper.

"When you consider the 21 factors on the list, being supportive at 73%, having similar values at 65% and being willing

to compromise at 63% also rated highly. It's a clear indication that people realise attributes like sexual compatibility (53%) and attractiveness (35%) might spark an initial attraction but may not guarantee rapport in a decades-long relationship."

WHAT MAKES SOMEONE MARRIAGE MATERIAL?

Right down the bottom of the list are attractiveness (35%), ambition (27%) and a history of civility in the relationship (22%).

If you're wondering how important 'the spark' is, 53% rated sexual compatibility as important, meaning it comes in at number 14 on the list.

While it was fairly even across the board between generations and genders, ambition seems to be the trait where men and women differ most, with women making up more than two-thirds (69%) of the group who said ambition makes someone marriage material, with men only making up 31%

of the group.

Women also considered someone's ability to get along with their family (59%) and their friends (58%). Only 14% of women would marry someone of whom their family disapproved, compared to 25% of men who would go ahead with the ceremony anyway.

FATH IN THE MATTER

It seems religious beliefs have little to do with marriage as we go into 2023, with more than half of those surveyed (52%) believing religion shouldn't influence someone's decision to marry a partner. A further third (33%) believes it depends on the situation.

Just 9% of Australians think weddings should take place in a church or other religious location. Of those, just a third (34%) were women.

Similar values, however, is seen as important by about two-thirds (65%) of respondents.

OTHER FACTORS

When it comes to wanting children, 30% would marry a partner who said they didn't want any, while 27% would not. A further 38% of those surveyed would weigh up the situation before making their decision, while 6% were unsure what they'd do.

Only a quarter (25%) of women think children are better off when their parents are married, compared to almost half (42%) of men.

When it comes to protecting what we've worked for as singles, only 30% of people believe couples should sign a prenuptial agreement, while 35% say nup to the nup.

Perhaps not surprisingly when you look at studies of who is happiest – single women without a spouse or children – a larger proportion of men (34%) believe there are more benefits to marriage compared to the single life than women (20%).



- More than half (55%) of men and women believe the most appropriate age for marriage is between 25 and 29 years old
- Almost two-thirds (62%) of people think one to four years of dating is appropriate before a couple ties the knot
- Nearly half (43%) of singles don't want to get married, while 28% are unsure. That leaves just 29% of singles keen to tie the knot
- For four-fifths (82%) of Australians, honesty is the most important factor in deciding whether a partner is marriage material; only a third (35%) think attractiveness is important
- Only one in five (18%) of women say a partner's income would influence their desire to marry, compared to, perhaps surprisingly, 23% of men

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ASK AN EXPERT

What Conditions Can Acupuncture Assist With?

ACUPUNCTURE can help ease pain, but did you know it can be effective for other health issues, like allergies, anxiety, and depression?

Three common conditions that acupuncture can assist with:

Digestive Complaints

Gas, bloating, constipation, diarrhoea, or bowel changes are signs that there is something going on in your digestive system. Acupuncture is known to regulate digestive functions. In fact, there is an entire school of thought in Chinese Medicine that treats the digestive system for any illness based on the belief that when the gut functions properly the entire system can maintain its balance.

Sciatic Pain

Sciatic is a painful disorder caused by the compression of the sciatic nerve – a very long nerve that begins in the lower back and branches down into each leg, continuing all the way to the feet. Those who experience it will know sciatic pain is challenging to calm with over-the-counter medication. The pain can be felt anywhere along the nerve and keep you from enjoying daily life. Acupuncture



can be incredibly useful in treating sciatic pain. It is worth a try.

Anxiety, Stress and Depression

Maintaining a stable emotional state can be challenging, and for those who all-too-often feel unsettled, acupuncture can help balance and regulate emotions. It stimulates the part of your

nervous system that promotes a calm state of being. It can help you feel settled, grounded, and positive. It also relaxes the brain and muscles, which reduces stress throughout the body as a whole.

MICHELE JOHNSON
ACUPUNCTURIST
ZEN CHI NATURAL THERAPIES



LANDSCAPE MATTERS

LAWRIE SMITH AM
LANDSCAPE ARCHITECT

2023 is a very auspicious year for Moreton Bay. In fact, it is an uncelebrated Bicentenary Year because it recalls the story of the first Europeans to 'settle' in the Moreton Bay area two hundred years ago, in 1823. When fleeing from Port Jackson (now Sydney), four escaped convicts had every intention of sailing south and away to freedom. Instead, Thomas Pamphlett, Richard Finnigan and Richard Parsons (John Thompson died en route) were blown far to the north by an extreme weather system and were finally castaway on Moreton Island – they never intended to come to Queensland!

Pamphlett and Finnegan were found and rescued by the Gubbi Gubbi people, then taken across Moreton Bay to Deception Bay. The local landscape would certainly have mattered very much to them at the time because of its bounty of food. Under the care of the First Nation's people, they survived to tell the tale! Richard Parsons was later found further north in 1824.

In September 1823, John Oxley sailed into Moreton Bay, discovered the Pine River and

in Deception Bay, rescued Pamphlett & Finnegan, who showed him around the surrounding locality.

Consequently, Oxley gave a glowing report on the Redcliffe Peninsula, resulting in the Redcliffe Penal Settlement being established in 1824. Later a more expansive and suitable landscape was found upstream along the Brisbane River, so in 1825, the Redcliffe settlement was moved to what is now the site of Brisbane city.

We are fortunate to live in Moreton Bay, a region with a diverse and attractive natural landscape strongly influenced by the varied coastal and hinterland topography. Perhaps the largest local foreshore area of original significance to the Gubbi Gubbi people, and still preserved in almost pristine condition, just as Pamphlett and Finnegan would have observed 200 years ago, is now also enjoyed by today's residents. This expansive crescent-shaped section of Moreton Bay extends as an Environmental Park along the Rothwell foreshore (off Gynther Road) between Scarborough and Deception

Bay – it preserves a mosaic of mangroves, salt flats, and wetlands, edged by littoral forest shading the grassy foreshore and escarpments.

Local members of the Native Plants Queensland group recently traversed the area following several kilometres of the linear bikeway/pathway and regularly diverging into the coastal forest along enticing narrow 'bush tracks' that meander to the edge of the tidal zone. They found and identified many of the native species listed for these coastal communities, including three distinctive, very large mature tree specimens, probably the largest that any of the group had seen elsewhere.

Fortunately, these forest areas are not yet severely infiltrated by exotic species. However, all of the usual weeds are there. They need urgent and continuing eradication to maintain the attractive and diverse plant communities in a natural state, thus preserving the Koala habitat. Why not enjoy a walk and explore this foreshore?

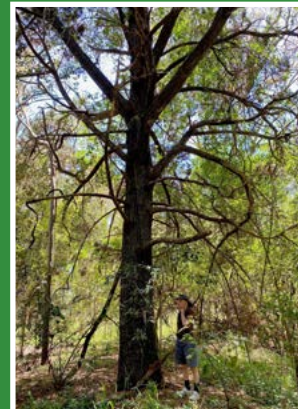
LAWRIE'S PLANTS OF THE MONTH: *March*

Three distinctive trees, very large mature specimens were observed in this extensive parkland by the native plant group, probably the largest of any seen elsewhere. These are only a few of the many attractive species of this coastal community that contribute to the flora diversity of the region.



'Tuckeroo'
Cupaniopsis anacardioides

The natural habitat of this attractive tree is along the coast in sandy moist soils, often in full exposure to sun and sea breezes, but will tolerate much drier conditions. Lime cream flower spikes, followed by yellow fruits are displayed attractively over the canopy in contrast with the shiny evergreen leaves. This tree has a dense globular form, and is often used in streets or home gardens, but rarely achieve the height of this specimen.



'Bribie Pine' or 'Coastal Cypress'
Callitris columellaris

This attractive upright tree is found naturally in the moist coastal sands of more protected bayside foreshores, once in extensive forests. There is a small grove in this reserve. Distinguished by the dense fine dark green foliage, it makes an excellent tall hedge or distinctive feature tree. Like all pine trees it does not flower but has small woody dark brown seed-bearing cones among the foliage.



'Strangler Fig'
Ficus obliqua

Fig tree species grow across a wide range of conditions from the coastal sands to the hinterland ranges. Birds deposit seeds in the upper branches of a tree, then the roots scramble down around the trunk to reach the soil below, then grow strongly to effectively strangle and kill the host tree. Too large for most home gardens and streets, native fig trees are excellent evergreen shade tree specimens in open parklands or major urban landscapes.



Lawrie Smith is one of Australia's more influential landscape architects. He has also designed sixteen botanic gardens throughout regional Australia and leads the Garden Design Study Group of the Australian Plants Society. If you have a question for Lawrie email editor@localtimes.com.au or write to The Local Times, PO Box 105, Narangba Q 4504.

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Eco Eve

Simple Tips for Home Recycling and Sustainability

Did you know cigarette butts contain microplastics, and disposable coffee cups are not recyclable? They are lined with plastic to make them waterproof.

Australians produce around 100 kg of plastic waste per person each year. Of this, only 13% of plastic is recovered, and 84% is sent to landfill.

Estimates of 130,000 tonnes of plastic leaking into the marine environment each year concern scientists at CSIRO. Seabirds are an excellent indicator of marine ecosystem health. By 2025, it is predicted 99% of seabirds worldwide will have ingested plastic. With up to 200 pieces of plastic found in a single seabird, the potential to affect marine biodiversity, especially penguins and albatrosses, is worrisome. Seek alternatives to plastics and make conscious purchasing choices.

WHAT YOU CAN DO

- Re-useable bread bags and mesh bags to purchase fruit and vegetables
- Purchase meat and deli items in containers brought from home
- Beeswax wraps for leftovers and to cover food – even make your own!
- Re-useable food covers or washable containers for leftovers
- Use Green Carry bags
- Use Keep cups for hot drinks
- Look for products carrying the Australasian Recycling Label on the packaging
- Purchase durable items that wear better and last longer
- Participate in local Cleanups



ZERO CARDBOARD

MEADE MURPHY

AFTER 40 years in the Australian Second Hand Goods & Antique Industry, I have witnessed many incredible things, but the resurgence in the antiques and mid century items in the last two years has been unbelievable.

This resurgence has also created a major boom in the restoration of furniture into a more fashionable/modern

look such as lime washing & 2 pack painting of old furniture and of course the now popular Hampton style. So what has created this boom? Looking back, it pretty much started when Brisbane came out of lockdown in early April 2020. It appeared that while people where in lockdown, painting their house etc, they also had time to Google antique furniture and do their research and math. It turns out antique

furniture is solid timber, already assembled, sturdy & sound and doesn't grow if it gets wet like painted cardboard furniture.... it doesn't come in a cardboard box either and can be moved from house to house without disassembling it for the fear of breaking it in transport – antique furniture will last for the rest of your life. So now, zero cardboard furniture is a very economical investment in this throw away world!

My industry also sees a lot of young ladies in their early 30's to mid 50's collecting crystal, green depression and uranium glass. It appears that crystal and depression glass have become an affordable collectable, as the elderly are downsizing into smaller premises due to the housing sector experiencing a boom in prices.

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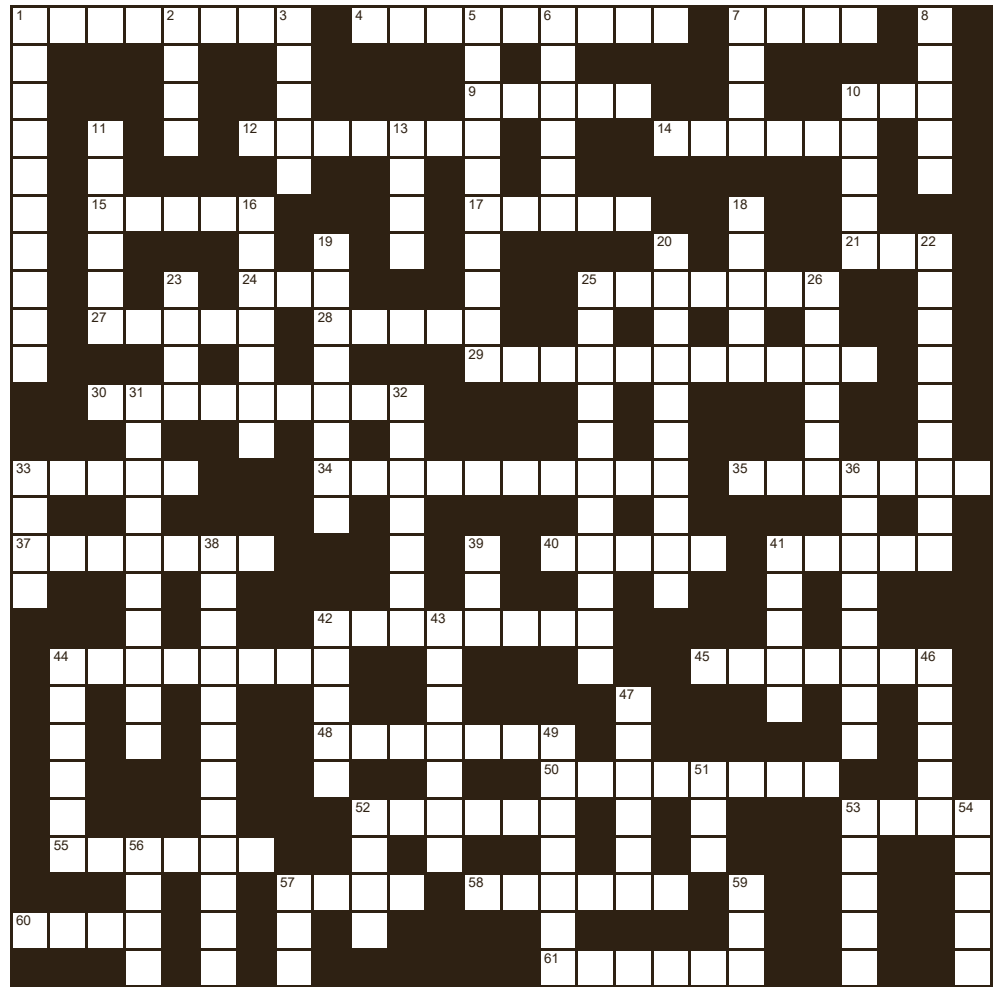
Across

- 1 Name of the White Rabbit in The Secret Life of Pets (8)
- 4 An insect whose name means 'hundred foot' in Latin. (9)
- 7 Phineas Flynn's stepbrother (4)
- 9 On Sesame Street, this character lives in a trashcan (5)
- 10 A magazine that focuses primarily on entertainment and celebrity news (3)
- 12 Fruit with three 'eyes' in outer shell (7)
- 14 The magical world that is entered through a wardrobe (6)
- 15 This famous person is nicknamed 'The Donald'. Donald ____ (5)
- 17 A type of bean and horse (5)
- 21 A male sheep is called a ____ (3)
- 24 The number of years in a decade (3)
- 25 If a group of people are carolling, they are ____ (7)
- 27 The name of Super Mario's brother (5)
- 28 A group of expert advisors is known as a brain ____ (5)
- 29 A triangle with three sides that are the same length (11)
- 30 Fast food chain with the slogan 'I'm lovin' it' (9)
- 33 Voice TV show has ____ auditions (5)
- 34 A group of owls (10)
- 35 The Blue Mountains are referred to as the three ____ (7)
- 37 A Minecraft monster that hiss before exploding (7)
- 40 The colour of a polar bear's skin (5)
- 41 A groom takes care of this kind of animal (5)
- 42 Tutankhamun died at this age (8)
- 44 Slang word for 'idly spend time' (8)
- 45 The country where Avatar: The Last Airbender was created (7)
- 48 We associate Mr Popper with this species of bird (7)
- 50 Ben 10 uses this to transform into alien creatures (8)
- 52 Takes place under the 'big top' (6)
- 53 Captain Hook's Bo'sun in Peter Pan. Mr ____ (4)

- 55 An animal also known as a burro (6)
- 57 Slingback is a type of ____ (4)
- 58 Cinderella's surname (6)
- 60 The flag of Great Britain is often called the Union ____ (4)
- 61 The Tower Bridge is located here. (6)

Down

- 1 A classification of turtle that resides only on land (10)
- 2 Famous sound of the Road Runner (4)
- 3 The name of a fruit which also describes a problematic car (5)
- 5 A product claiming to fight tartar (10)
- 6 A video game character who travels through a maze eating pellets (6)
- 7 The number of teeth an African Elephant has to eat it's food (4)
- 8 The colour hair of a person who is a brunette (5)
- 10 When dehydrated, you lack this. (5)
- 11 A company that makes Barbie dolls (6)
- 13 The number of times a whale's heart beats per minute (4)
- 16 The subject taught by Professor Snape at Hogwarts (7)
- 18 Killer Whales are typically black and ____ (5)
- 19 A reebok is this type of animal (8)
- 20 This continent is home to the fewest countries (10)
- 22 The Sidney Myer Music Bowl is in this Australian city (9)
- 23 The tawny frogmouth is this sort of creature (4)
- 25 Tennis player Roger Federer comes from this country (11)
- 26 Most wine is made from this fruit (6)
- 31 Disney classic featuring Lady Tremaine (10)
- 32 A sport that debuted at the Tokyo 2020 Olympic Games (7)
- 33 A famous saying from The Terminator movies, "I'll be ____" (4)
- 36 The animal which beat the speedy hare in a fabled race (8)
- 38 These reference books commonly have volumes that range from A to Z (12)
- 39 The only mammal that can fly (3)
- 41 Winnie the Pooh's favourite food (5)



- 42 A pharaoh is a ruler of this country (5)
- 43 Goulash is a famous dish from this country (7)
- 44 In Alice in Wonderland, Bill is this type of creature (6)
- 46 The name of the housekeeper on TV show The Brady Bunch (5)
- 47 The capital of Alaska (6)
- 49 A whale's blowhole is also referred to as a ____ (7)
- 51 Type of drum beaten with hands (3)
- 52 This breed of dog doesn't have a pink tongue (4)
- 53 Mike Myers is the voice of this ogre (5)
- 54 Ideograms used in electronic messaging (5)
- 56 Just do it' is the popular ad slogan for this company (4)
- 57 Number of points scored when a goal is kicked in AFL (3)
- 59 Earth's primary source of energy (3)

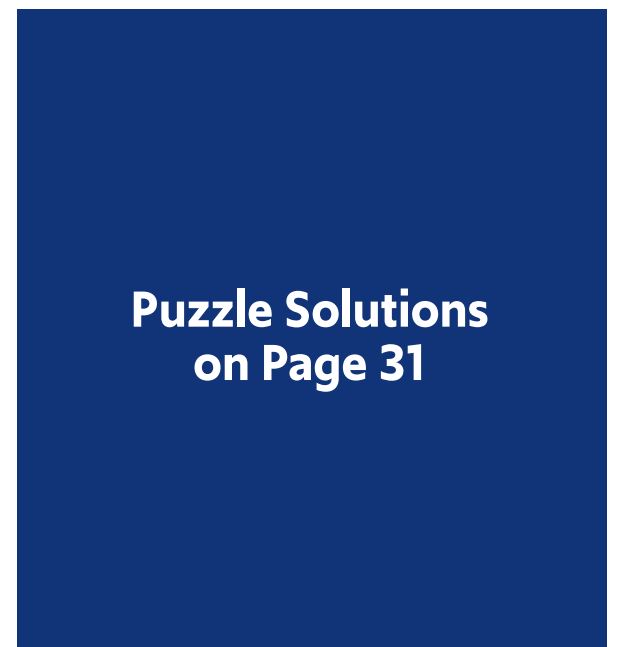
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North Lakes Laughter Club

North Lakes Library
10 The Corso, North Lakes



10 Great Reasons to Come Along

- 1. Reduces stress
- 2. Improves mood
- 3. Connects people
- 4. Reduces pain
- 5. Prevents burnout
- 6. Eases anxiety
- 7. Boosts immunity
- 8. Strengthens resilience
- 9. Injects joy
- 10. Feels GREAT

11. IT'S FREE

6pm – First and Third Thursdays of the month

More Info 0412 742 593

Lifting community spirits and wellbeing... seriously through laughter yoga. Laugh without jokes - feel great - feel connected

DATE CLAIMERS

DROP DEAD DISCO!

An Interactive Murder Mystery Event brought to you by Guys n' Dolls Revue. Watch closely for the clues and unravel the hustle. Come on down to 'Boogie Wonderland' between 5 and 25 March to find what motivates murder amid the music.

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

Every Friday & Saturday Night

Indulge your senses at the **Bite Markets** at North Harbour.

Featuring a container village of permanent flavour makers, this food market is sure to hit all the sweet, spicy and savoury spots! **Details:** A\$3|U12 Free, 4-10pm, Nolan Drive, Morayfield. Ph: 0408 123 408

1 March - 31 May

Superpowered on Tour is a fun and engaging interactive program. It has been developed by First Nations Australian artists in collaboration with QAGOMA. Join in the creative fun at the creation stations with the whole family. **Details:** FREE, Redcliffe Museum Ph 3480 6700

1 March - 12 March Taste of

Synaesthesia exhibition is a fantastic artistic extravaganza of how art and wood have been cleverly brought together by a talented marquetry artist Dagmar Maini. **Details:** FREE, Old Redcliffe Fire Station Arts Complex, 395 Oxley Ave, Redcliffe, Ph: 3883 5670

2 March

RADF Information Sessions Council is providing free 20-minute RADF information sessions with a Grants Officer to help applicants wishing to apply for funding for specific creative projects. **Details:** FREE, 5-8pm, North Lakes Community Centre, 10 The Corso, North Lakes Ph: 3205 0555

3 March

You'll love our **80s music trivia night!** All the songs and bands that made the 80s awesome - and one or two that will have us all slightly embarrassed that we loved them back in the day... Don't spend too long 'Making your mind Up' - this show will sell out! **Details:** from \$10, 6-10pm, Caboolture Sports Club, 19-27 Station Road, Morayfield. cabsports.com.au.

4 March

Bush Detective: Fauna Forensics is a wildlife

identification workshop facilitated by Geckoes Wildlife. During the workshop, kids will learn how to assess and categorise wildlife evidence. **Details:** \$10, 9.30-11.30am, CREEC, 150 Rowley Rd, Burpengary Ph: 3888 8751

5 -25 March

Drop Dead Disco An Interactive Murder Mystery Event brought to you by Guys n' Dolls Revue - a music variety/cabaret-style production group, formed to assist charities and community based organisations in their fundraising endeavours. Cabaret style seating with six seats per table. **Details:** A\$25|\$20|U12\$10, 6-9pm, Hamilton Town Hall Racecourse Road &, Rossiter Parade, Hamilton, Ph: 0408 782 182, www.guysndolls.net.au

5 March

Family Music Bingo Hosted by 'Jesse' From 'Pick the hit' Entertainment! Similar to traditional Bingo with one major difference... No numbers! **Details:** FREE, 12.30 - 3.30pm, Sports Central, Cnr Hasking St and Beerburum Rd, Caboolture. sportscentralcaboolture.com.

11 March

The **Blink 182 and Green Day Experience** is a full concert production that draws on all eras of both bands and is quickly gaining momentum as one of the most sought-after tribute shows in SE Qld. Get ready for a non-stop, hit after hit party that always leaves fans asking for more. **Details:** FREE, 8pm, Caboolture Sports Club, 19-27 Station Road, Morayfield. www.cabsports.com.au

11 March

Come on down and checkout **Cardigras car show** where all proceeds go to local organisations that assist the homeless or the local community. A morning To display your pride & joy, market stalls, trade stalls & music **Details:** From \$5, 5-9pm, Tullawong State School, 60-94 Smiths Road, Caboolture. Ph: 0416 257 586



12 March

Get ready for five worlds of fun at **Moreton Kids Festival**. Unlimited fun, excitement & adventure! Pine Rivers Park will be transformed into five huge worlds dedicated to kids. **Details:** \$5-\$40. 8am - 3pm, Pine Rivers Park, 125 Gympie Rd, Strathpine. Ph: 3453 1400 or visit moretonkidsfestival.com.au

12 March

For the young and young at heart, the biggest and best **Doll and Bear collecting and making craft trading display** held in Queensland, with over thirty five years of trading history and memory making. Five minute walk from Strathpine train station, easy access and parking, air conditioned comfort **Details:** \$10 | U15s Free, 9am - 3pm, Strathpine Community Centre, off Mecklem Street. Ph: 0404244183, for Trade Table bookings phone 0413036330

13 March

Terry Young MP and Triple P **Positive Parenting Program** is aimed to help parents support their child's emotional wellbeing. **Details:** FREE, 6-7.30pm, Caboolture State School, 12-16 George St, Caboolture, www.tripleparenting.net

18 March

Griffin's **Music in the Park** will feature performances by local musicians, great food trucks as well as a community BBQ ready to sell a few sausage sizzle sandwiches. Just bring a picnic rug, a camp chair, sun protection and enjoy a great

day out in the park. **Details:**

FREE, 1-5pm, Ultramarine Parade Park, 5 Evergreen

19-20 March

Test your endurance by taking part in the last race for the **2021-2022 Bribie Island Triathlon** series organised by Run Inn Promotions. This 4 race triathlon series has been running for 34 years, growing from its humble beginnings to become one of Bribie's biggest sporting events. **Details:** For more information contact the race organisers on 0481 134 054, or email raceevents@theruninn.com.au.

22-26 March

World Science Festival 2023

24 March

Queensland's Energy and Jobs Plan will be showcased at Mark Ryan's next **Small Business Network Coffee Catch Up!** The networking event will provide information on the State's renewable energy strategy and are benefits for all businesses, no matter the size or sector. **Details:** FREE but booking is essential, 7am, Caboolture Sports Club, 19-27 Station Road, Morayfield. Ph: 5343 5100 to secure your spot.

24 March

Don't miss this special opportunity to shop local and support the local artists and

GET INVOLVED IN:

Epilepsy Awareness
March in Yellow
Clean Up Australia Day (4th)
World Kidney Day (10th)
World's Greatest Shave (14-18)
Close the Gap Day (15th)
Harmony Day (21st)
World Oral Health Day (20th)
World Down Syndrome Day (21st)
Earth Hour (24th)

crafters at the **Arts & Crafters**

March Madness Market.

Details: FREE, 10am -2pm, Old Redcliffe Fire Station Arts Complex, 395 Oxley Ave, Redcliffe, Ph: 3883 5670, Free Parking, Dog Friendly.

25 March

A free night-time **guided Earth Hour walk**. Learn about owls and other nocturnal birds and meet Stefan's sweet owls, Puku and Barney. Then take a guided walk along a natural pathway beside Burpengary Creek. While the workshop is open to all ages, it may not be suitable for some young children. **Details:** FREE, Bookings Essential, 6-8pm, CREEC, 150 Rowley Road, Burpengary Ph: 3888 8751

26 March

Learn the basics of dryland sled dog racing at the **Northern Exposure Gig Raching Club Come and Try Day**. You don't need a dog (but please do bring your dog/s) or equipment to participate. **Details:** \$5, Brendale, Ph Amy 0458 004 991, www.info@negrc.org.au

30 March

Grab your favourite teddy for a **Teddy Bears Picnic**. Get ready to sing, dance, listen to stories at a jam-packed morning of family friendly entertainment perfect for kids under 5. **Details:** FREE, 9am to 12noon, John Oxley Reserve, 2 Ogg Road, Murrumba Downs Ph: 3453 1400

LOCAL CLUB MEETINGS

Rotary Caboolture

Meets every Tuesday 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

Meets the third Thursday of

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

Artisans' Guild

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

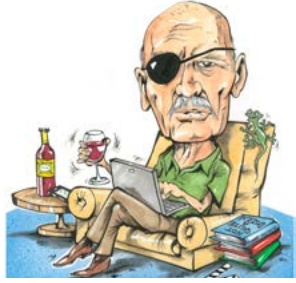
Pine Rivers VIEW Club

Meets the 3rd Wednesday of each month at 10.30am at Murrumba Downs Tavern, 232 Dohles Rocks Rd, Murrumba Downs. Ph: 0417 639 800 or email pinerivers.view@gmail.com

50s+ Club Kallangur

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

List your local event here!
email: events@localtimes.com.au



THE CRYPTIC CRITIC

YOUTH CRIME

They must understand that if you do the crime - then you will do the time.

RICHARD LANCASTER

IN a recent edition of *The Courier Mail*, there were calls for the government to get smarter, not tougher, in dealing with youth crime. The latest Crime Report shows that youth crime has steadily increased since 2015/16. Why?

The problem starts in our schools, where certain youth quickly learn that anti-social behaviour, such as abusing and assaulting fellow students and teachers and dealing drugs, is quite acceptable, and the resultant punishment, if any, is light on. This and a lenient Youth Justice Act are two ingredients for Youth Crime to flourish!

Surely it's common sense that if the penalties for stealing and wrecking cars, breaking into homes and shops and assaulting people are light,

often a slap on the wrist, the errant youngster will take the risk and commit the crime. To them, it's fun! A chance to big note themselves with an ever-widening audience on Instagram and Tik Tok. These social media sites are full of such examples.

By all means, get smarter by eliminating these offensive social media blogs, and ferret out the drug dealers and criminal gangs which help promote these teenage criminals. Start a crime prevention program in our schools.

When caught and sentenced, lock these young criminals up in isolation. Re-educate them for as long as it takes to properly rehabilitate them. But don't go soft on being tough. The young criminal must understand, 'If you do the crime- then you will do the time'.

The World According to Kate FAILURE TO LAUNCH



THERE was a time, not long ago, when children were taught about life at a young age. They learnt hard lessons and how to face real-life decisions as they worked with their family members on the land or in the household. Today we refer to this as a 'hard' life.

It was approximately forty years ago when firm discipline was acceptable. Discipline, not abuse. Perhaps we should call this the 'medium' life. We were taught life lessons a little later and with less pain, but in a way that we would mature to the point of finding independence from parental figures whilst still accepting guidance.

Today, discipline is scarce and, when executed, generates much gossip. This 'easy' life, where children are protected from realism, and fed fantasy through the entertainment industry, is not what it's all cracked up to be.

I have some close friends over sixty who live at home but are independent. Their choice to not marry and live under their parent's roof whilst carving their own identity has been deeply engrained in respect and interdependency. They help around the house without asking, contribute financially and are con-

siderate of their parent's limitations as they age. Sometimes even becoming their parent's carers until their death. That is the previous generation.

Introducing this generation - sometimes referred to as the alpha or disappointed generations. This generation seems to prefer staying at home for as long as possible, not contributing but rather feeding off parental figures like leeches. They have jobs and may even contribute financially, but only because they are told to. Deep down, they don't believe they should. Given half the chance, they won't.

Three in my family tree, all in their mid-twenties, are perfectly happy living in The Parents Hotel. They are provided with food, transport, financial loans on occasion, cleaning services and constant reminders about what they are forgetting to do. It is, indeed, all about them.

They will agree to anything whilst doing the bare minimum. They are masters of making you believe it is your fault. They do not intend to get a driver's licence or move out, although they speak about it to get you off their back. They won't agree to any form of 'tenancy' or 'roommate' agreement because

it is simply not family-like.

They believe that the money they give you for board entitles them to tell you what to prepare for meals, what to buy when shopping, or have you clean their toilet. Moreover, they never have any money until they want to buy the latest computer game or anime collectable. Then they have hundreds of dollars available.

The question is not how do I know this, but what do you do about it? How do you stop this failure to launch?

Experts say that their environment needs to be less comfortable so that they start seeking a move... out! I dare say those experts have never actually tried this and dealt with the family turmoil that follows.

Could it be that we, as a society, in our efforts to ensure our children don't experience the same discipline that we deemed unfair, have created our own monster? A monster that we then unleash on society? Or are we too scared of what might happen 'out there' that deep down, we are happy with them 'safe at home'?

At least at home, they are not getting into trouble, exposed to drugs, dealing with unwanted

pregnancies, getting in with the 'wrong crowd', raped, murdered or worse. They are 'safe' in our bubble of protection, and there is nothing wrong with that.

Yet when we enable addiction to screens, isolation and a life purpose of interacting online, we are doing them a disservice. How are they meant to meet their future partner? How are they going to learn those life lessons? How are they going to stand on their own and support their children?

One day we will die. We need to think beyond ourselves and never give up on pushing leech-like adults out of their comfort zone so that they can provide for future generations.

Life hurts. It's unfair. Sh!t happens. We need to step back and let them deal with it. If we don't, we are simply a storehouse, not a launch pad.

Side note: When I write this piece, I am writing about our children who are not facing mental and/or physical disabilities requiring them to be dependent in their adult lives.

SHOULD THEY DEMOLISH THE BRIBIE BRIDGE?

BRUCE GIDDINGS

THIS suggestion, heavily laden with a rebellious "V for Vendetta" vibe, popped up in a local social media group recently: Blow up the bridge and stop all the arguments right there.

Well, that could work. Go back to the 1920s when they used a ferry for visitors and commuters. It would need a large ferry though, because the bridge now carries between 24,000 and 48,000 vehicles a day, depending on the weather, the fishing, and how many medical appointments the elderly population have on any given day.

The idea of building a new bridge is familiar to all, a well-worn aspiration though badly weathered and tarnished by decades of public exposure.

Nonetheless, politicians continue to trot out the new bridge in an imagined form and tack on a few new thought bubbles and shiny bling in an effort to distract public attention away from the more important issues they could be working on.

It is disdain for Joe Average from those in power, who pull a nod and a wink as they send forth a smoke screen of pelican roosts, dedicated paths for electric scooters, and safe zones for fishing off an imagined new bridge, not funded yet.

The public consultation is fluff, a panadol for the public, while the planning process continues in the government offices.

The Transport and Main Roads Department, charged with building a new four-lane link onto Bribie, knows where they are going with the bridge.

The corridor was the subject of a study and was approved back in 2014.

The jigsaw of ongoing road widening works along the Caboolture Bribie past Ningi and Sandstone Point will be complete one day. As that project ends, a new one must join up with it, a

wider bridge over the passage. The two projects are already in progress.

As the build date for a new bridge draws closer, Joe Average can be assured that the important details have already been decided.

He should put forward suggestions during the game of public consultation by all means, but in the certain knowledge that the experts at the TMR will prevail. This is the job they are paid for.

It is time for people to start swimming between the flags, accept what is already certain, and watch out for red herrings around the bridge.



Possible New Look for Bribie Bridge, Artist Impression | Image: MBRC

THE LOCALTIMES

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LETTERS

FROM THE EDITOR

NUMEROUS people in our community experience a sensory processing disorder (SPD). This condition usually means a person is overly sensitive to stimuli, including what one sees, hears, smells, tastes or touches.

Considering this, many local shopping centres now provide a 'quiet hour', which provides a low-sensory environment by reducing noise and distractions. Primarily provided for individuals with hypersensitivities, sensory-friendly environments actually benefit everyone.

Judging those reacting to irritation from lighting, background music noise, barcode scanners, or a bothersome smell is easy. Attending a quiet hour can open your eyes to how much stimuli we are oblivious to being exposed to.

Vickie from Dakabin, my experience saw me walking away with increased empathy for those living with a sensory processing disorder.

Thankyou to those who take the time to provide these environments.

DRINK RESPONSIBLY

I'M SHOCKED at the amount of plastic litter on the roadsides in our community. Primarily, it seems to comprise single-use water bottles. We have clean water available. How hard can it be to keep a few stainless steel refillable water bottles in your car for use when you are out? It helps you keep hydrated in the heat and saves you money and helps the environment. Say no to single-use bottled water!

Amanda | North Lakes

WINE IS NEXT

GROCERIES, fruit and veg and clothing are up and so is petrol. And the Governor of the Reserve Bank, Phillip Lowe has increased the interest rate for the 9th time in these last 12 months. The Price Police have been busy searching high and low trying to find other items to put on the increase price list and Yes they found one! Let's face it Ladies and Gents, there are very few joys left for working humanity, but they found it. Yes, the price of beer has rocketed up. You wine drinkers don't smile either. You will be next on the list!

Pete | Caboolture North

DANGEROUS ROADS

Yet another bicycle accident recently on Mackie Road, a

dangerous place for any cyclist or pedestrian. All those roads linking Burpengary road and Old Gympie road are dangerous. They carry a lot of traffic, some of it heavy. The council should schedule these roads for proper maintenance. A slasher run along the edges occasionally is not good enough. Either fix the roads or install a separate bike path.

M E Wootton | Dakabin

THE NAME GAME

I READ an article in your paper about the so-called Satellite Hospital at Kallangur. How can a building with no overnight patient accommodation and only open limited hours per day be called a hospital? Could not the government be more accurate and just call it a GP clinic?

Imagine my surprise when I learn from another source that the satellite hospital in Caboolture is actually right next door to the real hospital. How can it be considered a satellite hospital? It's not a satellite, but in the same grounds.

Is this all a name game for political purposes? If I get sick enough to need a real hospital, I don't want to end up at a GP clinic by accident.

N Safreed | Burpengary

CHANGE THE FOCUS

THERE has been so much publicity around youth behaving badly in our area and I would like to give a shout out to all those young people who are achieving amazing things and giving back to the community. From award winners to innovators and volunteers, it would be wonderful if the media wrote more about these inspiring youths. Perhaps showing wayward youths that there is another way of life open to them as opposed to giving them poor examples to follow and new ideas for bad behaviour.

Sue | Murrumba Downs

RAPID URBANISATION

AS you may have heard, the rate of urbanisation in the Morayfield area is causing growing concern among residents, who feel that the Council is allowing far too many large residential developments. This is resulting in the mass destruction of many hectares of native vegetation, the loss of precious native wildlife, growing congestion of an already inadequate road system, increased noise and pollution, and a serious decline in the quality of life for those who live in the neighbourhood. While development projects provide huge additional income for the Council and developers, the effects are entirely negative for the people who live here.



A DOSE OF DORIN

Many residents feel that the semi-rural nature of their neighbourhood is rapidly being destroyed as the Council seems determined to turn Morayfield into one endless housing estate.

The most recent of these housing developments, which is currently under review, is the Pine Valley North project, covering 104 hectares (257 acres) of 'greenfield' countryside on Forest Hills Drive, Williamson Road and Oakey Flat Road. Local opposition to this plan allegedly resulted in 92 formal objections being lodged with the Council, compared to 2 submissions in favour of the project.

A public petition opposing the plan was lodged with the Council on 20 February 2023. This petition runs to 177 pages, contains 646 signatures, and is thought to be the largest petition against a development application ever to be lodged with the MBRC. One can only hope that this amount of local opposition will persuade Councilors (for once) to listen to the opinions of those who elected them and whose votes they will soon be asking for again?

Chris | Morayfield

QUIET HOUR

I RECENTLY experienced the Quiet Hour at Coles for the first time and whilst feeling ripped off at first, I'm now enjoying the absence of blaring music, the lower light and no PA announcements. It is a reprieve in my hectic, noisy world. I wouldn't describe myself as one who finds it challenging to shop in a heightened-sensory environment but I'm sure benefiting.

Vickie | Dakabin

CROSSWORD SOLUTION

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SUDOKU SOLUTIONS

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HARD

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8	9	5	4	7	6	3	2	1
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OUT AND ABOUT

NEW APP MONITORS BEACH EROSION

KAY SAVAGE

MORETON Bay residents and visitors can now help monitor beach erosion, tidal inundation and recovery at nine regional sites with the launch of the new community photo beach monitoring initiative, *CoastSnap*. The program is a collaborative effort between the council, residents and visitors aimed at recording coastline changes over time.

Mobile phone holders will be installed at Redcliffe, Scarborough, Deception Bay, Bongaree, and Woorim, allowing residents to become 'citizen scientists' with a simple button click. Photos taken at these sites and uploaded online will help the council monitor beaches in real-time and understand and manage coastal environments for years to come.

The program is part of the council's long-term Coastal Hazard Adaptation Strategy, which involves working with government, community groups, and coastal scientists from the University of New South Wales. The *CoastSnap* app uses photogrammetry, a specialised technique, to pinpoint the coastal position and forecast its potential change in the coming decades. The app maps the photo's location, date, and time, and the technology behind *CoastSnap* can compile the uploaded images into a time-lapse video to track changes to the shoreline.

Mayor Peter Flannery highlighted the importance of understanding the processes of erosion, accretion, and inundation in shaping the coastline and how they can become hazards when they impact coastal assets and values.

"Erosion, accretion and inundation naturally shape the coastline. However, they can become hazards when they impact coastal assets and values, and how we use and enjoy our coastal spaces," he said.

Encouraging residents and visitors to participate in the program by taking photos at the *CoastSnap* sites, Mayor Flannery said that the more photos taken, the better the understanding of how the coast is changing over time.

Similar initiatives are being conducted on the Gold Coast, Sunshine Coast, and Port Douglas.

THE BEAUTY SPOTS TOUR OF K'GARI (FRASER ISLAND)



SHELLEY WINKEL

I'm in the middle of a nine-hour Seinfeld binge, except this fast volley of jokes is being delivered live from the world's biggest sand island by Peter Meyer, a perfectly lanky Aussie who mixes decades of bush study with keen human observation.

He also tends to giggle like a girl, and usually at his own jokes. He's never had anyone attacked by a dingo - but he did have a German passenger bitten by a duck.

Cue the sniggers from a bus full of curious first-timers to K'Gari (Fraser Island) who range in age from 35 to 70 years old.

Welcome to the K'Gari Beauty Spots Tour.

The whole bus is laughing, a good thing as it takes our minds off the violent motions as we rock and roll along the tinder dry sand waiting for the tyres to find traction with the loamy road below. It's our third attempt to get up a steep hill, the last climb before hitting the beach.

"We haven't had rain for six or seven weeks and the roads are tough," says Meyer a K'Gari guide with 24-years' experience of explaining the wonders of this stunning place; that's three years short of the 27 years the island has just clocked up as a world-heritage listed site.

Meyer knows more about this place than just about anyone else and he's got my vote for world's best guide for negotiating the deeply grooved tracks in a vehicle that looks like it should be deployed for a Mars expedition.

"I've done it 10,000 times," he says. "They say to be an expert

you have to do something 10,000 times, so this must be my Mozart Concerto."

[Snigger. Snigger.]

While the tracks are tough right now, they are not as bad as the big dry of 2013 when eight months without a drop of rain saw many bogged bush bashers.

Like the Dad with three kids who had been stuck on a hill since early morning waiting for K'Gari tow truck. That's a big problem when you have 700km of tracks, no street signs, and intermittent phone reception. The rookie four-wheel roadie didn't know where he was, and Meyer lets us know that the \$250 per hour rescue would have paid the mortgage on an Ascott mansion.

"He was suspiciously relaxed," says Meyer who came across the bogged car late in the afternoon. "He was either on Valium. Or at the point of snapping."

Looking around it's hard to believe anyone could snap on such a candy-coloured tour that takes in pristine backdrops.

There's 75 Mile Beach, an endless (well, not quite, it's 75 miles to be exact) tract of pure white sandy highway best tackled at 80 km per hour, the cinnamon toned Maheno ship wreck, sparkly Ely Creek, Central Station with its towering capsicum green trees and Lake Mackenzie, the blue-eyed girl of the island.

Easily as memorable as the locations is the Congo line of pink-skinned blokes the bus passes as we whizz up the beach highway: their deck chairs are lined up in front of monster 4WDs, eyes are on the ocean and the ritual Aussie

salute is sent to all who pass. That's a two-finger tribute accompanied by a slight nod of the head, while the right hand connects with a fresh-from-the-esky stubby. This is not fishing. It's secret men's business for the newly retired.

Along the tour we learn much about the island's wildlife, such as the Banksia fruit once described by an Irish tourist as "a big, hairy potato thing".

This tree formed an important part in the diet of the original Bucha owners of the land. They dunked the flowers in water for a sweet beverage and ate the nuts - popped out after the heat of a fire rages through the island - for protein hits.

The island also has over 75 species of mammals but no kangaroos, wombats or platypus; a sad thing given Meyer holds kangaroos up as being the most perfectly engineered animal for the Australian environment.

"You would swear they (kangaroos) were built by a German. They run on two legs, bounce like a ball, can smell rain and can produce two different types of milk for different aged babies."

"God must have been a German. He thought of everything when he made the 'roo."

Our focus diverts to one of K'Gari's man made icons: the skeleton of the Maheno shipwreck, deeply beached on the eastern side of the island since 1935.

The story goes that on its final journey to an Osaka shipbreaker, the former WW1 floating hospital was hit by a huge storm that snapped its 17-cm towline. With no propeller



NEW LOOK FOR CONONDALE NATIONAL PARK

DEREK LONG

THE Booloumba Creek 1 camping area, a secluded campsite on the banks of Booloumba Creek and surrounded by the lush rainforest of Conondale National Park, is set to receive a major upgrade worth \$2.1 million.

Work is expected to commence on 6 February 2023 and be completed by the end of June, weather permitting.

The upgrades will include constructing two day-visitor parking areas, a new persons-with-disability campsite, and a new amenities block. Additionally, three new trailer/campervan/caravan camping sites will be built, increasing the site's overall visitor capacity to 150 people.

Access to the Booloumba Creek 1 camping area will be closed during construction. However, visitors can still enjoy Booloumba Creek 3 and 4 camping areas or the nearby Charlie Moreland camping area in Imbil State Forest.

"These capital works will ensure visitors have a safe and enjoyable experience in our parks and that our protected areas are well preserved for generations to come," said Environment Minister Meaghan Scanlon, revealing that national parks contribute \$2.7 billion to Queensland's economy.

For more information on Conondale National Park and the Booloumba Creek camping areas, visit parks.des.qld.gov.au/parks/conondale

and no towboat, the Maheno drifted for days before washing up on K'Gari where it is now the pinup for postcards sent back home.

Of course, we all want to know about that other K'Gari icon, the dingo. Somewhat notorious and a whole lot feared, Meyer reminds us that there are only 160 to 190 resident dingoes on the whole island and 90 percent of these are harmless.

The other 10 percent have been fed by humans and have come to expect tucker from a two-legged pantry.

"As pups, they are cute. They

all have white paws, wet noses, and signs that say 'feed me'."

said Meyer. "Don't do it." Still, he has some comic words of wisdom if you come across an assailing dog.

"Don't run from them. Stand your ground, be aggressive and yell abuse, like "Your mother is a chihuahua."

[Snigger, snigger.]

On reflection, Meyer is kind of crazy, and is possibly more Kramer than Seinfeld.

At the time of writing, the Beauty Spots Tour runs daily from Kingfish Bay Resort.

ADVENTURE AWAITS

AUTUMN FISHING!

MEADE MURPHY

AUTUMN is the best season to fish here in Queensland, from the Brisbane River to the Caboolture River. This is due to a change in water temperature which sparks a run of prawns out the front of Nudgee Creek, Saltwater Creek in Bramble Bay and the Caboolture River.

Bream has already schooled up on the northern rock wall at the mouth of the Brisbane River. For the best results, fish on the run-out tide. You will know when the prawns are on when you see 20 plus boats out the front of the Clontarf boat ramp and 50 plus boats out the front of Nudgee Creek. Fisherpeople from the South Queensland Amateur Fishing Club Association (S.Q.A.F.C.A) tend to use the large pro throw cast net designed by the local former Australian Fishing Champion, Mr Drew Argus (pictured).

Don't forget the bag/possession limit is a 10-litre bucket per person and a 20 litre limit on prawns for a boat with two or more people. Bream will move into the local inshore rocky reefs, feeding on these prawns. March to April is best to fish Doleys Rocks in the



Pine River, the wells out the front of Saltwater Creek and the Ribbon Reef that runs out the front of Ted Smout Bridge to the Clontarf boat ramp.

When you fish these small reef structures, it is best to fish them at night, the last two hours of the top of the tide. We actually get on top of these submerged reefs and cast up to the front of the boat with a 2/0 hook and a 00 ball sinker on top of the hook to avoid snags. The best bait to use are prawns, yabbies or cubed Mullet. Make sure you cover the barb of the hook well to prevent snags.

If you don't have a boat and are a

shore-based fisherperson, fish off the rock wall in front of the Clontarf boat ramp on the run-up tides at night in March. Then in April, the rock walls at Queens Beach. The bream will eventually school up at Scarborough Reef in May, waiting for their massive annual school of Mullet to escort them to their spawning grounds to the Caloundra end of the Bribie Passage.

The water temperature will then drop dramatically in winter, the bream will spawn, and their spawning run will be over. This also takes place at the Broadwater and Jumpinpin. If you are a shore-based Whiting fisherperson, the

run-out tide wading out the front of Nudgee Creek in April will catch you a quality feed of whiting.

Please get involved in Clean Up Australia Day on Sunday, 5 March and help clean up our creeks, rivers and all the waterways of rubbish.

We have picked a date to hold a post-pandemic Moreton Island Classic. This will be held at the newly refurbished Bulwer Rural Fire Station from 6 to 9 September 2023. You are the first to know! I will be the judge again, and the event will be run as a family-friendly competition under Q.A.F.C.A. Risk Management for safety reasons.



HOOKED ON RED CLAW

MARNIE BIRCH

RED claw is a native Australian crayfish that flourishes in freshwater creeks and lakes. While Red claw makes for delicious eating and tastes similar to

prawns or bugs, Steve Davies from Dakabin believes too many in unnatural waterways is not beneficial for the environment.

Queensland fisheries recently declared the Red claw a pest in unnatural waters. Spreading via floods, Steve says Red claw damage the banks of lakes and rivers, gorging themselves on vegetation, particularly after heavy rains. This may lead to erosion of the shoreline and diminished water quality as the vegetation collapses.

"At Somerset dam, the whole shoreline has holes in it... and we don't want a big muddy mess," says Steve, who advises Red claw have reached plague proportions in unnatural waters in Townsville, citing one fisherman who caught 425 Red claw overnight.

An avid fisherman who's won national sports fishing trophies and tagged freshwater fish for research, Steve, like most fishermen, has a tale or two. Such as when he ran a holiday houseboat aground while catching Trevally or catching an 89cm Flathead in the Gold Coast canals. Minutes after releasing the Flathead, he caught a second breeding female over 90 cm long.

Stories aside, Steve is looking to source government funding to educate people about Red claw. He considers Red claw fishing can offer social benefits. It's a relaxing outdoor activity and an excellent antidote for anxiety and loneliness, common problems among seniors.

He plans to offer camping weekends away. "People can come together, learn about Red claw and the latest products, cook up a massive big wok with a couple of my chef buddies, have some yabby races, see who can get the most [Red claw] in their pots and have a fun weekend."

For this retail sales manager turned fishing entrepreneur, posting educational fishing videos led to a massive following on social media. His videos about Red claw drew the most attention.

"People want to save money on the weekly food bill, and it helps control the pest," he says of fishing Red claw. Unless you are using a fishing line, no permit is needed. "In the old days, we used to catch them with meat and string," he says.

The popularity of Steve's videos led to the start of a home-based online business selling Red claw pots and fishing gear. In response to his customers asking similar questions, Ste-

ve compiled an E-book on Red claw fishing tips. But his innovations didn't stop there.

Utilising his engineering skills, Steve improved the standard Red claw pots, consulting with fisheries to ensure they met regulations. He incorporated robust struts and an upward-facing ring, meaning any crayfish entering the pot couldn't escape. Steve also developed a multi-purpose pot, suited to both lakes and river systems, for people who fish in differing locations. Ever the entrepreneur, Steve is continually looking to modify the design, saying he's still learning about Red claw and its habits.

"We try to look after the environment and reduce the pest," he says. "They've seen what the carp can do, and we don't want the same thing with the Red claw."

What's Steve's tip for anyone new to Red claw fishing? "Be wary of the claws. They cut like scissors," he says, advising to pick them up from behind their head.

BRISBANE BAR TIDE TIMES MAR 2023

Time	m	Time	m
1 0509	2.04	16 0420	2.15
1209	0.99	1116	0.89
WE 1734	1.50	TH 1646	1.60
2319	0.84	2243	0.75
2 0617	2.11	17 0544	2.26
1312	0.88	1241	0.75
TH 1845	1.59	FR 1811	1.72
3 0031	0.77	18 0007	0.65
0710	2.20	0652	2.42
FR 1357	0.78	SA 1344	0.60
1934	1.71	1917	1.88
4 0127	0.68	19 0118	0.52
0755	2.28	0748	2.55
SA 1435	0.71	SU 1435	0.47
2014	1.82	2012	2.04
5 0211	0.59	20 0218	0.40
0833	2.34	0838	2.62
SU 1510	0.65	MO 1519	0.39
2048	1.91	2100	2.17
6 0249	0.52	21 0310	0.33
0908	2.39	0922	2.62
MO 1541	0.61	TU 1600	0.34
2120	1.99	2145	2.29
7 0325	0.48	22 0357	0.29
0940	2.40	1002	2.56
TU 1611	0.58	WE 1635	0.33
2153	2.06	2226	2.37
8 0400	0.47	23 0441	0.36
1011	2.40	1041	2.44
WE 1640	0.54	TH 1708	0.35
2227	2.12	2307	2.41
9 0436	0.49	24 0524	0.46
1040	2.36	1117	2.27
TH 1708	0.52	FR 1738	0.40
2300	2.16	2346	2.40
10 0512	0.54	25 0605	0.59
1110	2.29	1152	2.08
FR 1736	0.51	SA 1807	0.47
2336	2.18		
11 0548	0.62	26 0026	2.35
1140	2.18	0648	0.74
SA 1803	0.53	SU 1228	1.87
		1835	0.57
12 0013	2.18	27 0107	2.26
0627	0.71	0736	0.88
SU 1214	2.04	MO 1306	1.68
1832	0.57	1908	0.70
13 0054	2.17	28 0154	2.15
0713	0.82	0837	0.99
MO 1253	1.89	TU 1357	1.53
1907	0.62	1952	0.83
14 0144	2.14	29 0255	2.05
0813	0.91	1006	1.02
TU 1346	1.73	WE 1524	1.44
1957	0.70	2100	0.94
15 0252	2.11	30 0415	2.00
0937	0.95	1132	0.97
WE 1507	1.61	TH 1712	1.49
2111	0.76	2236	0.96
		31 0531	2.04
		1231	0.88
		FR 1817	1.62
		2358	0.89

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DINING OUT with Marnie Birch



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Pet Friendly Rating: 🐾🐾🐾🐾🐾

IN time for the summer heat, the Zesty Lemon Café on the waterfront at Deception Bay has complemented its outdoor tables, renovating and expanding its indoor seating. Along with their trademark funky lemon yellow chairs, the new light and airy air-conditioned space is ideal for family and community groups, catching up with friends, or even a work lunch.

What hasn't changed is the quality of their modern and classic menu, prepared with fresh local and seasonal ingredients, cooked on the premises and the friendly customer service. With perfect Swiss rostis and pancakes, lovingly crafted home-made cheesecakes and slices, schnitzels, burgers and all-day breakfasts (gluten-free and vegan options), there is a reason why it is more than just locals who love this café by the sea. Hot Tip: A healthy raspberry and pomegranate frappe is a super-cool way to rehydrate when the temperature is soaring. Outdoor tables are dog friendly and have a view of the ocean.

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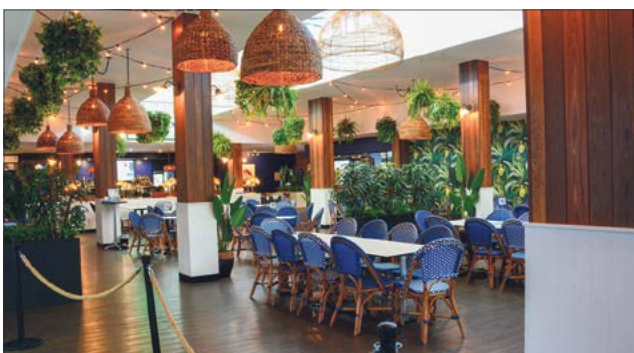
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