



NARANGBA | BURPENGARY | MORAYFIELD | ELIMBAH | WAMURAN

Caboolture

GUIDE

FREE SEPTEMBER 2024 | EST. 2024

MAKING A WEEK WITHOUT DRIVING FUN



BARNSTORMING WEEKEND
HONOURS OUR WAR VETERANS

GRINSPORN
BACK ON TOUR AT LAST!

**+PLUS
DINING,
TRADES &
SERVICES
INSIDE!**

Cover photo - Sally Eberhardt



Snoring? Tired?

You may have sleep apnea



Brand New!

Fisher & Paykel
HEALTHCARE **Nova Micro**
Our smallest and lightest mask yet

F&P Nova Micro™ was created for patients wanting a compact mask that doesn't compromise on comfort and performance. Less is best™.

Available Now!



Seen it cheaper?

Ask us for a deal



All Fisher & Paykel
CPAP MASKS

\$179

Sale ends 30th Sep 2024

Check out our range of **CPAP travel accessories**



✓ **Travel Batteries**



✓ **12 & 24V DC converters**



✓ **Solar charges**

CPAP DIRECT

Sleep Apnea Specialists

SHOP ONLINE > CPAP.COM.AU



Stores across Australia

Morayfield

(Behind Red Rooster)

☎ 07 5316 3327

Shop 3, 111 William Berry Drive
Morayfield QLD 4506

Chermside

(Cnr Hamilton Rd & Gympie Rd)

☎ 07 3350 4177

Shop 6, 832 Gympie Road
Chermside QLD 4032





YOUR NORTHSIDE

SOLAR SPECIALIST

- Residential & commercial
- New & system upgrades
- Inverter replacements
- Battery systems
- EV chargers
- Powerbill advice
- Insurance reports
- Bird proofing
- Panel cleaning
- System checks



GIVE ROB A CALL
0476 467 739

**35 Years electrical experience &
15 Years in the solar industry**

begoneenergy.com.au

A Note from the Editor

Welcome to the September edition of the Caboolture Guide.

All of us at the Caboolture Guide want to wish all the Fathers, Grandfathers and Father Figures in our children's lives a very special Father's Day on Sunday, 1 September. We hope you get spoiled!

Some of the great stories in this month's edition include the scoop on being part of the Wamuran Women's Shed on page 10, and all the details of a wonderful initiative honouring Veterans on page 16.

Don't forget to tune into this month's **GuideCast**. Simply scan the QR code below.

We also have a handy trades and services section inside so don't forget to help support our local businesses!

To keep up to date with other local events, exclusive giveaways and more, follow our **Facebook** page and sign up to our fortnightly **newsletter** here:

<https://theguidesbrisbane.myflodesk.com/signup>

Until next month, happy reading - and listening!

Jodie



Contents

- 08 **WELLBEING EXPO - FAMILY FUN WITH HEART**
School holidays can be stressful, especially this year as the cost of living has risen so much, but here is a chance to treat the whole family to some wonderful experiences for free.
- 12 **GRINSPORN - BACK ON TOUR AT LAST!**
Alt-rockers Grinspoon are back on tour with live gigs across the nation.
- 14 **MAKING A WEEK WITHOUT DRIVING FUN**
Here's your chance to step up to the mission of turning a week without driving your car into a fun family time!
- 32 **DINING GUIDE**
- 34 **WHAT'S ON** September Gigs & Events
- 46 **TRADES AND SERVICES**

ADVERTISING ENQUIRIES

Call Louise or Kristy
07 3518 0828

Advertising:

louiser@theguides.com.au

kristyy@theguides.com.au

Story Ideas:

jodiem@theguides.com.au

The Caboolture Guide is intended for informational purposes. The Publisher and other affiliated parties do not endorse and are not responsible for any third-party contributor information, nor do we endorse the content of any advertisement. Our editors take reasonable care in the development of this publication. However, we do not assume any responsibility for any errors or omissions this Guide may contain.



GET READY TO *Slam Dunk*
YOUR SCHOOL HOLIDAYS WITH
**BASKETBALL
WORLD**

MONDAY 16TH TO THURSDAY 26TH SEPTEMBER
10AM TO 2PM DAILY IN THE ATRIUM

Dribble on down to Morayfield Shopping Centre where we are bringing you a *hoop-tastic* experience that's nothing but *net*. Test your skills with *all-star* interactive games like Basketball Connect 4, Reflex Wall, Shoot the Sneaker, Basketball Arcade Machines, Hot Dog Catch, and more.

BIGW **coles** **iPlay** **Kmart** **LIMELIGHT** **Target** **Woolworths** **+** 150 SPECIALTY STORES

FOLLOW US ON SOCIALS! | @MORAYFIELDSC | @MORAYFIELDSHOPPINGCENTRE

WWW.MORAYFIELDSHOPPINGCENTRE.COM.AU



MORAYFIELD
SHOPPING CENTRE

WHAT'S HOT AROUND TOWN

STORY **SALLY EBERHARDT**



Images supplied for StreetFeast

LOOKING TO SINK YOUR TEETH INTO SOME TASTY BITES?

Queensland's biggest feast is arriving for one night only at Caboolture Showgrounds on Thursday, 26 September.

Dig into the delicious offerings from a large range of food trucks – from simple to fancy, savoury to sweet, and international cuisines to homegrown – there will be something to please everyone's palate.

Turn up hungry so you have room to try lots of tempting treats. Bring friends and family to share the love – and the food!

Singers and musicians will be performing live. Browse the boutique retail stalls and relax in the friendly atmosphere.

Entry is \$3 per person. Open 4pm until late.



Photos supplied by Totally Tina

THINK TINA TURNER WAS SIMPLY 'THE BEST'?

Then don't miss Totally Tina, the best Tina Turner tribute show you'll ever see, at Caboolture Sports Club on Saturday, 28 September.

Known as the 'Queen of Rock 'n' Roll', Tina Turner electrified audiences from the 50s through to the 90s and performer Lesley Hartz does her proud today with her power, energy and attention to detail.

Experience the passionate searing vocals of Lesley's faithful renditions of Tina Turner's greatest hits such as Private Dancer, What You Get is What You See and many more.

Take a trip with Lesley and her band of accomplished musicians to 'Beyond the Thunderdome', dance to 'Nutbush City Limits', and find out 'What's Love Got to Do With It'.

One thing is for sure – you will LOVE this free show!

Totally Tina Tribute Show runs from 8.30pm until late.



IS A PLACE FILLED WITH FOOD, ART AND MUSIC YOUR IDEA OF HEAVEN?

Bring the family for a great day out at the FREE Wamuran's F.A.M (Food, Art, Music) Festival at Wamuran Sports Complex on Saturday, 21 September.

Indulge all your senses as you listen to a talented lineup of local musicians, discover artistic creations and taste fabulous food.

Food trucks will be onsite for an instant delicious bite. And bring your shopping bags to fill as local producers and food vendors showcase the best of Wamuran's offerings including fresh fruit and vegetables, cheeses, honey and more.

Meet talented local artists and see their creations in a variety of different mediums, including painting and sculpture to jewellery and textiles. Support local and take home a piece of their art.

Open from 9am to 1pm.



red royalty

FREE REWARD
JUST FOR JOINING

SCAN & JOIN RED ROYALTY NOW



CHOOSE EITHER:
2 PIECES OF
FRIED CHICKEN

OR

LARGE CHIPS



**BENEFITS OF
RED ROYALTY**



EARN & REDEEM
ROYALTY DOLLARS
FOR FREE FOOD



GET FIRST DIBS ON OUR
LATEST PROMOTIONS
& NEW MENU ITEMS



GET EXCLUSIVE
REWARDS, BIRTHDAY
GIFTS & SECRET OFFERS



MORETONALLBOYCARE.COM.AU



MASSAGE



PILATES



PHYSIOTHERAPY



EXERCISE PHYSIOLOGY



PODIATRY



CARDIAC REHAB



medibank
Members' Choice



BEACHMERE

8/878 Beachmere Rd
07 5429 0298

beachmere@moretonallbodycare.com.au

BURPENGARY

1/5 Northshore drive (Behind Supercheap)
07 3886 6699

burpengary@moretonallbodycare.com.au

NARANGBA

228 Mackie Road (Across from the Community Hall)
07 3886 9470

narangba@moretonallbodycare.com.au



WELLBEING EXPO – FAMILY FUN WITH HEART

STORY **SALLY EBERHARDT**

PHOTO **CABOOLTURE NEIGHBOURHOOD CENTRE**

School holidays can be stressful, especially this year as the cost of living has risen so much, but here is a chance to treat the whole family to some wonderful experiences for free.

Not only is there a free sausage sizzle, soft drinks and lots of fun activities and entertainment at the Caboolture Neighbourhood Centre's Wellbeing Expo this month, but you can also meet the community groups who help those needing support.



Managing Director of Caboolture Neighbourhood Centre, Malcolm Thomson said that there were many people finding life a bit tough and they often didn't know what help was available to them.

"The day-to-day stresses of family and community life brings challenges that some families and individuals are unable to cope with, without some level of community support and/or assistance," Malcolm said.

"The purpose of the Wellbeing Expo is to raise awareness and to provide information to community members of the programs, supports and activities that are available to help them pursue wellbeing for their family and for themselves."

The young and young at heart can enjoy lots of free activities and entertainment, including face painting, a petting zoo, a reptile show, kids craft and a puppet show.

Feel your spirit lift with live music by Drevesen or raise your own voice at karaoke – there's no judgement here, just encouragement and lots of smiles.

Try your luck and support the great work done by the Neighbourhood Centre with lots of raffles for prizes donated by various businesses in the community.

While there is a lot of fun to be had, there is also the very important aspect of learning about types of assistance available for various circumstances including financial hardship, relationship help, domestic violence, caring for the elderly or those with special needs, learning work and life skills, and more. Many organisations that provide a myriad of services will have stalls at the expo and friendly staff for you to talk to.

For further information, visit the Caboolture Neighbourhood Centre page on Facebook.

Come and meet the people who care about you and your family while enjoying a lovely day out that doesn't cost you a thing.

WELLBEING EXPO

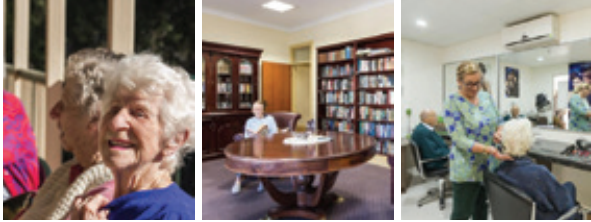
Thursday, 26 September, 10am-1pm
Caboolture Neighbourhood Centre
9 George Street, Caboolture.





SunnymeadePark

Care Community



ENQUIRE TODAY

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

Caron Groth

Phone 54954233 ext. 104

or by email on caron@sunnymeadepark.com.au

Respite Care

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

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

"Government subsidised" respite care

NEED A BREAK ??

Now could be a great time to explore respite care options for you and/or a loved one.

362 KING STREET, CABOOLTURE
www.sunnymeadepark.com.au



SUPA SHIELD DOORS
HINGED OR SLIDING
from

~~\$845~~
\$760

incl.GST & Install 846w x 2096h

✓ **TRIPLE LOCK**

10% OFF!

SUPA SALE!
SAVINGS

Offer valid until 29.11.24



3200 9152

f Find us on Facebook

sales@kbsecurity.com.au | kbsecurity.com.au



Ladies of Wamuran Women's Shed sewing Bright Bags for charity



Darlene Burton and friends making Decorative Hats

IT'S ALL IN THE SHED... FOR WOMEN

STORY **SHEREE HODDINETT** PHOTO **SALLY EBERHARDT**

Ladies! If you need some time out, a place to reflect or a spot to learn a few things, the Wamuran Women's Shed might be just what you're looking for.

It all began in 2022 when the founders realised a space was needed for women in the community who both want and need somewhere to gather away from the busy grind of everyday life.

Darlene Burton has been a member for nearly three years and speaks very highly of the welcoming atmosphere of the group.

"After a difficult time in my life, I found myself in a situation where I needed more interaction," Darlene said. "I came across some information about the group on Facebook and decided to join.

"You can either contribute or just take some time for yourself. You can go in there and just sit with other ladies and chat or keep yourself busy with activities, it's just such a warm, welcoming place. One of the things I've learnt from my time at the shed so far is that I'm not the only person in this type of situation and it's nice to know that you aren't alone."

Every Monday is a 'drop in' day to find out about upcoming events and activities. Members can also bring along projects they may be working on or join in the fun of helping with crafty items for fundraisers. Other activities include brunches, lunches, line dancing, gardening (they have a connection with Bunnings) or even group outings to

locations further afield. The group also has a coffee van named Wanda to use for functions.

For Darlene, knowing she has the support of the Wamuran Women's Shed has helped her continue her journey to finding her feet again.

"I think for me, I would have found myself feeling more depressed without this group," she said. "They were able to help me with a counsellor and it was great being able to reach out and have the support there.

"For anyone out there that's looking for a group like the shed, give it a go and if you find it works out for you, it truly is worth it."

Women of all ages are welcome to join the Wamuran Women's Shed. They meet at the Wamuran Sports Complex Hall at 84 Campbells Pocket Road, Wamuran.

For further information about the group and membership, visit www.wamuranwomensshed.com



Ladies of Wamuran Women's Shed

MARK RYAN'S

Small Business Network

**FREE
EVENT**

Hear about our
record Cost of Living
Relief Package

Coffee Catch-Up

Friday 6 September

7:00am - 8:30am | Caboolture Sports Club

Call 5343 5100 to book your place



Authorised by Mark Ryan, Upr. 07 May 2014, 08:00 AM, Caboolture, South QLD

Helen is an active community member of the Moreton Bay shire and always happy to help, **rehome, advise and educate.**

Helen is located at **Betta Produce, 202 Eastern Service Road Burpengary East,** every Saturday between 9 am and 1 pm.

Or just give her a call



HELEN'S HAPPY HENS

BACK YARD PETS



0404 265 628





GRINSPOON - BACK ON TOUR AT LAST!

STORY **SALLY EBERHARDT**

Hot on the heels of the release of their first album in 12 years, 'whatever, whatever', alt-rockers Grinspoon are back on tour with live gigs across the nation.

Grinspoon's live performances are legendary for their energy and excitement. The 'whatever, whenever, wherever' tour promises even more creativity with new music to thrill the fans. Supported by Melbourne band Press Club, Grinspoon are making a particular point of supporting regional venues, including our own local, the Dag Pub.

General Manager of the Dag Pub, Dana Mitchell said Grinspoon was the biggest name to be performing at the venue, with many fans looking forward to seeing them.

"Lots of people are excited to see Grinspoon, especially as it has been so many years since they toured," Dana said. "We feel very lucky to be included in their heavy tour schedule.

"We have done heaps of renovations to keep up with what is needed for the bands to put on a great show for audiences here."

Two songs have been released as singles from the latest album – Unknown Pretenders and Never Say Never. Grinspoon themselves said of Never Say Never on social media: "It's a little bit

surf/a little bit James Bond and a little bit magic mushrooms...turn it up loud."

Grinspoon formed in Lismore in 1995 with Phil Jamieson on vocals and guitar, Pat Davern on guitar, Joe Hansen on bass guitar and Kristian Hopes on drums.

The band enjoyed success with many songs charting well and their album Thrills, Kills and Sunday Pills winning the 2005 Best Rock Album Award at the ARIA Music Awards. Their song Champions featured in Gran Turismo 3 and Chemical Heart reached number 25 on the Australian Singles Chart.

Fans will rejoice at seeing the band back together, as in 2013 they had announced an 'indefinite hiatus' to pursue individual projects.

Grinspoon are supported by punk band Press Club, known for their raw energy and talent.

Tickets are \$79.90 and selling fast! Go to oztix.com.au, search 'Grinspoon' and look for Dag Pub on the tour schedule.

Gather your mates and don't miss this unique opportunity to see Grinspoon live and local.

GRINSPOON: WHATEVER, WHENEVER, WHEREVER AUSTRALIAN TOUR

Tuesday, 24 September, 7am-11pm
Dag Pub
2040 Wood Street, D'Aguiar

NEVER clean your gutters again

Install now and **SAVE!**

- Bushfire rated gutter guard!
- Stop Snakes, Rats & Possums!
- Protect against Jacarandas and Pine Needles!
- Bird proofing!
- Stop leaves from blocking your gutters!
- Now installing Solar Mesh!
- Improve the quality of your tank water!

Up to **20%** OFF
 *At time of quoting only.
 Expires 30.09.24

FREE
 GUTTER CLEAN WITH
 EVERY INSTALLATION



Choose from UV treated Poly or Aluminium and Stainless Steel Gutter guards.

FREE QUOTE ALL SUBURBS
1300 362 246



Manufactured for
 Australian Conditions

Installing since 1995

**ADVERTISE
 HERE**

Contact the team on

07 3518 0828

kristy@theguides.com.au or
louiser@theguides.com.au

To discuss your
 advertising opportunities

**THE
 Guides**

**Keep your
 business
 moving.**

BOQ Equipment Finance.

Looking to finance commercial trucks, trailers, excavators or forklifts? We've got a full suite of funding options to suit your needs.

**Drop into BOQ North Lakes or
 visit boq.com.au/business**



BOQ North Lakes
 Jeff Walls, Owner-Manager, 0419 642 906
 Terrin Walls, Commercial Lending Manager,
 0400 840 720
 07 3498 2300, northlakes@boq.com.au

Equipment Finance is provided by BOQ Equipment Finance Limited ABN 78 008 492 582 (BOQEF). BOQEF is a wholly owned subsidiary of Bank of Queensland Limited ABN 32 009 656 740 (BOQ). BOQ does not guarantee or otherwise support the obligations or performance of BOQEF or the products it offers. Full terms and conditions available at any BOQ branch or online at www.boq.com.au/business. Fees and charges are payable. BOQEF's standard credit assessment criteria apply.





Wendy Nash and her trusty bike

MAKING A WEEK WITHOUT DRIVING FUN

STORY & PHOTOS **SALLY EBERHARDT**

Here's your chance to step up to the mission of turning a week without driving your car into a fun family time!

The SnapSendSolve Scavenger Hunt Challenge is an exciting feature of Australia's inaugural Week Without Driving Challenge taking place from 30 September to 6 October. Other ways of making this week without your car a positive, uplifting experience are exploring your neighbourhood by bike or on foot and discovering what public transport is available (especially as Translink fares are now only 50 cents per journey).

You may be surprised by the advantages of the Week Without Driving Challenge – not only can you save money on fuel, but there are also health benefits of increased physical activity, greater connection to the community and benefits for the environment.

Founder of Get Around Cabo Carfree and Week Without Driving Challenge host, Wendy Nash,

said she was hoping for three outcomes from the challenge.

"Firstly, I'd like people to understand what it's like when you don't drive," Wendy said. "What is it like to have to ask other people for a lift? How do you find the bus stop? Where are the safe bike paths?"

"You don't know what it's like without a car until you live it. It can be very isolating and makes it tough to do pretty much everything. By building empathy and understanding, I'm hoping people help each other more and things like bus services are improved.

"Secondly, I hope people discover more people and places in their neighbourhood. For instance, I go for a bike ride around my neighbourhood, to the markets, to the gym and I've made friends and acquaintances that help me feel connected to the community. I also notice beautiful local parks.

"Thirdly, it's a chance to make your neighbourhood safer and more accessible for everyone by noticing and reporting issues that hinder car-free travel. The Scavenger Hunt is a fun way to increase repair requests for damaged footpaths, park equipment and ramps."

For more information about the WWD Challenge and to register for the Scavenger Hunt, visit www.GetAroundCaboCarFree.com.au



Keith McLean, Eddie Gray, Bridgette Gray and Elle Gray enjoying the park car-free

Challenge yourself to step outside your comfort zone and embrace a week without driving! Let's make it FUN!

Limited Vacancies



2025

St Patrick's College, Shorncliffe - The best kept secret on Brisbane's Northside.

60 Park Parade Shorncliffe

www.stpatricks.qld.edu.au

BARNSTORMING WEEKEND HONOURS OUR WAR VETERANS

STORY **SALLY EBERHARDT**

If you have a passion for vintage aviation, then mark your calendar for the Barnstorming Caboolture Fly-In!

The team from Brisbane Biplanes have invited vintage and historical aircraft owners to gather at Caboolture Airfield to celebrate the Golden Age of Aviation and honour our war veterans. Last year's event attracted an impressive lineup of aircraft and was enjoyed by all.

Operator at Brisbane Biplanes, Jordan Westerhuis said after last year's success they decided to host another event.

"For vintage aircraft owners and enthusiasts, there's nothing better than an old-fashioned, relaxed, grass-roots fly-in populated by attractive, mostly fabric-covered taildraggers, including many open biplanes," Jordan said.

"The line-up was impressive, dominated by de Havillands, including Tiger Moths, Chipmunks, Leopard and Gipsy Moths; the Australian Genairco; and a variety of US products including Boeing Stearmans, with a smattering of warbirds."

The idea for the barnstorming weekend came to Jordan and his brother Luke after they met World War 2 veteran and pilot Wally Dalitz on ANZAC Day in 2021 at the Caboolture Warplane Museum. Jordan said they were conducting their annual fly past in the Tiger Moths and Stearman for local RSLs when they got talking to Wally.

"After chatting about his time and experience during the war, we invited Wally for a fly in the Tiger," Jordan said. "At 100 years of age, Wally left his walker quick as a flash and jumped into the front seat like he was in his twenties. Post flight you couldn't wipe away his smile.

"Unfortunately, Wally passed away a few months ago. Luke and I feel this is a great way to help

keep the memory of our veterans like Wally alive."

On Saturday, there will be a BBQ Lunch and awards presented for best aircraft by Wally's family. Lunch is \$15 with proceeds supporting Wally's Beaufort restoration project.

Brisbane Biplanes operates two Tiger Moths, a Boeing Stearman and a T6 Texan, ensuring there are biplanes frequently in the air. You can even experience the thrill of taking to the skies yourself with bookings available for joy flights.

For more information search Facebook for 'Barnstorming Caboolture.'



Pilot - Jordan Westerhuis

BARNSTORMING CABOOLTURE CLASSIC AND VINTAGE FLY-IN

Saturday, 7 September, 9.30am-5pm;
Sunday, 8 September 8am-12pm
Caboolture Aerodrome
157 McNaught Road, Caboolture.

SCHOOL HOLIDAY FUN!



**Tuesday 17 September and
Wednesday 18 September**

Session 1: 10am - 11am

Session 2: 11.30am - 12.30pm

Session 3: 1.30pm - 2.30pm

Session 4: 3.00pm - 4.00pm



***Please scan QR or visit
www.mktdeceptionbay.com.au
to reserve your spot**



*Bookings are essential with tickets strictly limited. Cost \$10 per ticket (non-refundable) and includes: 1 x plush pre-stuffed bear (styles will vary), host for the duration of the activation, birth certificate, colouring in sheets and red heart for heart ceremony. Clothing/accessories are available for additional purchases.

Parents/carers do not require a ticket, however, must supervise their participating child(ren). The event is appropriate for children aged 4-12 years. See website for details.

FREE Magic Show and Workshop

**Tuesday 24 September
at 11.30am and 1pm**

Located near Coles

One 30 minute show + one 30 minute workshop per session. No bookings required for this event. Parental/guardian supervision necessary.



[mktdeceptionbay](https://www.facebook.com/mktdeceptionbay)

[marketsquaredeceptionbay](https://www.instagram.com/marketsquaredeceptionbay)

mktdeceptionbay.com.au

1-45 Bay Avenue, Deception Bay

Proudly owned by

MINTUS

MIKT
DECEPTION BAY

GENEROSITY SHINES THROUGH

STORY **SHEREE HODDINETT**

It all started with a social media post and is quickly growing momentum.

The Narangba Community Pantry may have only been open for a few weeks, but it is already filling up thanks to the generosity of kind-hearted locals.

Long-time Narangba resident, Katrina Bond, is the face behind the idea and feels she is just doing her bit to help others who may be facing a difficult time.

"Lots of residents in the Narangba and surrounding areas would likely be familiar with the community library that Michele and Greg started during Covid and I have dropped books off here before," Katrina said. "I had some thoughts about the idea of starting a community pantry with non-perishable items so those who need them can drop in.

"I put a post up on Facebook and it gained quite a lot of attention and I knew that it was worth developing. I chatted to Michele and Greg about it and they have generously allowed the use of the shade house for the pantry, which is now located right next to the library."

Within a week of sparking the idea, the pantry was in full swing, with Katrina dropping off items and containers and watching as donations started rolling in.

"We want people out in the community to know that it's okay to come in and get what you need, that's what the pantry is here for," Katrina said. "On the door, we have, 'Take what you need, bring what you can' and just know this is a place for everyone.

"It might be a family who just need a few snacks for the kids to get through the week or a single mum or dad who are doing it tough with other bills. We want people to know it's here, to come and use it and make the most of the generous donations."



Photos taken by Sheree Hoddinett

All donations need to be non-perishable pantry items that are not out-of-date and must be unopened. Other items can include feminine hygiene products, toothpaste, toothbrushes, body wash, and roll-on deodorant but please no aerosol cans or razors.

"While it may not seem like a lot, I feel every little bit can make a world of difference to someone, even if it's just one person out there," Katrina said. "If someone can come in and grab a couple of things and that feeds their family tonight, I know it's helped someone.

"But I also want to point out, you don't have to live in Narangba to come and access the pantry, it can be locals from other parts of the community as well."

The Narangba Community Pantry is located on Pioneer Drive, Narangba. For further information follow Narangba Community Pantry on Facebook.



Artist's Impression

Price Range
\$199,000 to \$295,000*

Discover retirement living with a little extra support

Affordable modern villas now selling

Located minutes from Morayfield Shopping Centre, **The Sanctuary** is a haven of convenience, surrounded by native gardens. With ongoing renovations, including a new outdoor pool, gym, revitalised dining areas, bocce court, and clubhouse, you'll be spoilt for choice. Choose from 1 and 2-bedroom villas and enjoy the flexibility to add services like meals as needed, for peace of mind now and into the future.



The Sanctuary
Retirement Living

Book your discovery tour today.
13 28 36 | aveo.com.au/thesanctuary
📍 23 Adelaide Drive, Caboolture South

aveo

*Price correct as at 04 July 2024. The entry payment and any other amounts payable depend on any available contract option you select. A regular general service fee will be payable and you may have to pay a departure fee when you leave the village. Furnishings not included. Services, facilities and activities vary between communities, and are subject to change.

Asbestos & Silica Related Diseases

Turn to Turner Freeman.

You may be able to claim a TPD (Total and Permanent Disablement) payment

3482 8500
turnerfreeman.com.au
NORTH LAKES

**Turner
Freeman**
LAWYERS

GET UP CLOSE AND PERSONAL WITH AUSSIE WILDLIFE

STORY **SALLY EBERHARDT**

What does a lizard feel like? Are koalas as cuddly as they look? How far can a glider fly?

Kids of all ages are fascinated by Australian wildlife and here is a great opportunity for your family to interact and learn lots of fun facts. At only \$5 per person for children and adults alike, this wonderful Wildlife Show brought to you by D'Aguiar Wildlife provides exceptional value as a school holiday treat with heart.

Director of D'Aguiar Wildlife, Ben Bawden said they looked forward to being back these holidays with a range of native animals.

"You will be able to see and interact with animals from lizards to crocodiles, gliders and even a koala!" Ben said.

"Our team will be there to guide your curiosity, answer your questions and of course educate and inspire the next generation of wildlife enthusiasts. Come and learn about what makes our wildlife such unique Aussies!"

There is no set list of which animals, birds and reptiles will be starring in the show, as the wellbeing of the wildlife is always put first. What can be guaranteed is a selection of creatures with fur, feathers, spikes or scales that will slither, hop, crawl or fly their way to bring you and your family much joy and wonder.

Ben also explained that part of the D'Aguiar Wildlife mission was to ensure they were educating and inspiring not just the next, but all generations with respect and admiration for our native species.



Hannah Gallagher with sugar glider

"The future of wildlife in Australia is multifaceted and it is important that we can balance the need of animals, industry and the environment for a cohesive approach to conservation," Ben said.

Come and be part of ensuring the future of wildlife is in good hands.

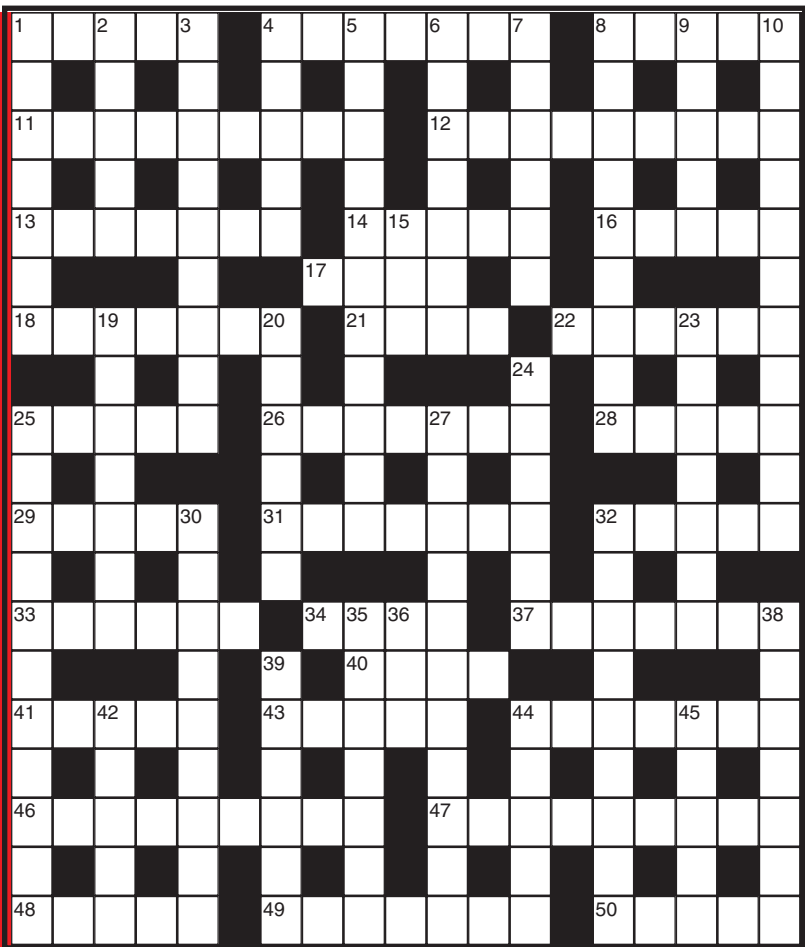
Stay around after the show for pats and some extra up close and personal experiences with the cast of winged, four-legged or legless stars. Remember to take lots of photos as the whole family will treasure this experience for a long time.

For more information and to book tickets, go to <https://1122.sales.ticketsearch.com/sales/sales>

WILDLIFE SHOW

Wednesday, 25 September, 10am-11.30am
Morayfield Sport and Events Centre
298 Morayfield Road, Morayfield.

THE BIG ONE CROSSWORD



ACROSS

- 1 Plunged
- 4 Constructor
- 8 Synagogue official
- 11 Something built
- 12 Heavenly
- 13 Assisted
- 14 Worries
- 16 Endow
- 17 Wreaths
- 18 Australian parrot
- 21 Barrel
- 22 Increase (4,2)
- 25 Complete reversal (1-4)
- 26 Hindu sect, Hare _____
- 28 Raise objections
- 29 Thalophytes
- 31 Observe closely
- 32 Excavated
- 33 Eagerness
- 34 Cautious
- 37 Make the final row in knitting (4,3)
- 40 Cuts grass
- 41 Heathen
- 43 Diving waterbird
- 44 Blew up
- 46 Widened
- 47 Showy
- 48 Mischievous
- 49 Quietened
- 50 All

DOWN

- 1 Gloom
- 2 Gusto
- 3 Athletic contest
- 4 Leap
- 5 Useless
- 6 Noblewoman
- 7 Enjoy
- 8 Admired
- 9 Window shade
- 10 Grumpy (3-8)
- 15 Submerged valley
- 19 Astonished
- 20 Joints of the legs
- 23 Allspice
- 24 French
- 25 Not easily upset
- 27 Boxing division
- 30 Dinosaur
- 32 Make a mess of
- 35 Rectified
- 36 Plunder
- 38 Restless
- 39 Brokers
- 42 Deteriorate (2,3)
- 44 Plait
- 45 Plural of that

Solution Page 39

SWING INTO A FASHION PARADE WITH A CAUSE

STORY **SALLY EBERHARDT**

Gather your friends, dress up in your best 1940s-inspired outfit and treat yourself to a fabulous morning tea and fashion parade while supporting your community.



Image by Jo Justino from Pixabay

This month, the Zonta Club of Caboolture is hosting their biggest fundraising event of the year and you are invited!

Enjoy the 40s style swing music and dance, delicious food, a fashion parade by Portofino and the chance to win prizes and raffles – all in the company of big-hearted women.

Events Chairman for Zonta Club of Caboolture, Patricia Clunes said they hold a fashion parade each September with a different theme every time.

“This year it is in the theme of ‘Get in the Mood’ with the swinging music of the Glen Miller Band from the 1940s,” Patricia said.

“Our morning tea events are well received as we have some wonderful home cooks in our club.

“The money raised supports our projects, including the Banksia Awards (for girls in Grade 11), breast cushions for those undergoing breast surgery, birthing kits for babies being born in developing countries and hampers or vouchers for several organisations helping women in our community.”

Dress to impress in 40s style and have fun while making a difference!

Tickets are \$25. For information and bookings go to events.humanitix.com/fashions-and-morning-tea

1940'S SWINGING FASHION PARADE

Friday, 6 September, 10am-1pm
Morayfield Community Complex
298 Morayfield Rd, Morayfield.

HOW TO HELP YOUR AGEING PARENTS

STORY **SALLY EBERHARDT**

Are you worried about your parents as they get older? Are you struggling with caring for them, your own family and yourself? Are you concerned with what the future holds as your parents become less capable and more dependent on others?

You are not alone. The good news is there is more help available than you realise. Come along and hear from experts providing practical advice, resources and support to assist you in ensuring your loved ones age with dignity and care.



Jay Richters
of Together We Care

Founder and CEO of Together We Care, Jay Richters said we may suddenly notice our parents are ageing and not quite coping like they used to.

“It could be housework isn't being done, they are repeating themselves, or completely forgetting to shower or pay bills anymore,” Jay said.

“You need to be armed early with information about what to do when this happens. As it takes time to get assessed, then waiting for funding allocation before even being able to access a service to help them.

“Come along and learn the steps you should take now before a crisis happens. You will also hear from a guest speaker who shares her very personal journey caring for her father who had dementia.”

Don't miss this opportunity to empower yourself with knowledge and support, connect with others facing similar challenges and have your questions answered.

This is a FREE event but bookings are essential.

For more information and to book your spot, go to [Eventbrite.com.au](https://www.eventbrite.com.au) and search 'my parents are aging'.

MY PARENTS ARE AGEING, HELP! WHAT DO I DO NOW?

Thursday, 19 September, 8pm-10pm
Deception Bay Community Hall
2 Raymond Terrace, Deception Bay.

Save on quality care this Spring

Thoughtfully designed, our stunning and modern apartments remain affordable, with prices starting from \$335,000 for a one bedroom unit.

There is no better time than now to invest in your future, with an exclusive care transfer bonus available for residents this Spring.

Terms and conditions apply. Offer excludes nursing, clinical and allied health services. Available for new care clients only. A minimum commitment of six months applies. Cannot be used in conjunction with any other promotion. Valid until 31/11/2024.

Select or change your care provider to Seasons and save **\$500** in care credit



seasons

To find out more call Julie on **0411 654 026** or scan our QR code.



LICENCED CASH BUYER

ALL GOLD & BROKEN JEWELLERY, ANTIQUE & OLD JEWELLERY

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

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

All Antique China, Glassware and Bronzes
 Sovereigns, All Gold Coins, \$200 Gold Coins

Antique Furniture
All Sterling Silver Items
 War Medals, Military Souvenirs, Swords, Bayonets,
 Daggers, Muzzle Loaders, Flintlocks.

Oriental and Indo Persian Antiques. All Small Antiques
 Vintage Toys, Coins, Bank Notes, Clocks, Gramophones, Postcards,
 Cigarette Cards, Old Starwars Memorabilia, Cameras & Lenses.

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

CABOOLTURE CONNECT - EVENTS IN AND AROUND YOUR AREA

STORY **JULIA LEWIS**

EXPERIENCE THE BENEFITS OF CHAIR YOGA

This yoga class is ideal for those who prefer not to get down on the floor, offering adapted poses that focus on stretching, movement and breathing while seated. Classes are held on Tuesday, 3 September, and Tuesday, 10 September, from 09.30am to 10.30am. Please bring a water bottle and wear comfortable, loose clothing. The class is free of charge. Caboolture Senior Citizens Centre, 24 Hasking Street, Caboolture.

For more information, contact Yoga with Lenora at 0449 141 290 or email hello@yogawithlenora.com.au

REJUVENATE WITH MUMS & BUBS FITNESS

Come and experience Mums & Bubs Fitness, a class specially designed for postpartum mums looking to regain their strength and mobility while bonding with their baby (less than 18 months old). Sessions will be held on Tuesday 3, 10 and 17 September, from 10.30am to 11.15am. Before attending, make sure your doctor has cleared you for exercise, typically at least six weeks postpartum. Please wear enclosed shoes and suitable clothing and bring your own water bottle and towel. The class is free of charge. Allied Health Hub Morayfield, Level 1, 19/31 Dickson Rd, Morayfield.

For more information, contact email support@ahhm.com.au or call (07) 2141 7848

EVER WANTED TO EXPLORE CONVICTS AND CRIMINALS?

Join researcher Shauna Hicks on Tuesday, 10 September, from 11am to 12pm for an insightful session on researching convict and criminal ancestors. This session will focus on South-East Queensland resources and examples, offering a wide range of materials to help you delve into your family history. The session is designed for adults and is free of charge, but bookings are required. Caboolture Library, 4 Hasking Street, Caboolture.

For more information and bookings, contact Caboolture Library on 5433 2000 or email caboolture.library@moretonbay.qld.gov.au

CORNHOLE NIGHTS AT THE BIG FISH TAVERN!

Ready to test your cornhole skills? Games take place every Wednesday night at The Big Fish Tavern. Games start at 6.30pm but arrive by 6pm to participate. All skill levels are welcome. Members of the Caboolture Cornhole League will be on hand to provide coaching and tips, ensuring everyone has a great time while improving their skills. It's free to play, so come and enjoy the fun. The Big Fish Tavern, Pumicestone Road, Caboolture.

For more information, call 5499 4040 or email admin@thebigfishtavern.com.au

DIVE INTO THE EXCITEMENT OF UNDERWATER HOCKEY

Discover the thrill of underwater hockey on 8 September from 9am to 11am at the Burpengary Regional Aquatic and Leisure Centre. This unique sport involves moving a 1.2kg puck along the bottom of a pool and scoring in the goal tray at the opposite end. All equipment is provided, though you're welcome to bring your own mask, fins and snorkel. Participants under 18 are welcome but must be accompanied by an adult. The cost is \$5.

For more details and bookings, contact Healthy & Active Moreton at 3205 0555 or visit umbrc.sales.ticketsearch.com/sales/salesevent/136886

TRY YOUR HAND AT CLAY TARGET SHOOTING

Test your aim and experience the thrill of clay target shooting on 7 September from 08.30am to 10.30am. Join the Caboolture Clay Target Club to learn the correct and safe use of firearms in a supportive local club environment. Each participant is legally required to show ID (physical or digital). Participants under 18 must be accompanied by an adult. Please wear enclosed shoes, bring photo ID, and a long-sleeve shirt is recommended. Caboolture Clay Target Club, 558 Uhlmann Rd, Burpengary. The cost is \$20.

For more information, contact Healthy & Active Moreton at 3205 0555 or email healthyactive@moretonbay.qld.gov.au

CREATE STUNNING RECLAIMED JEWELLERY AT BURPENARY

Discover the art of metalsmithing and create unique pieces of jewellery with reclaimed materials at this Reclaimed Jewellery Making workshop. Join Jemica from Meez Contemporary Jewellery on Friday, 20 September, from 2pm to 4pm at the Burpengary Library. You'll learn to texture and shape metal to craft your own earrings, key chain, or ring to take home. This free workshop is designed for ages 12-17. Bookings are required.

For more information or to book your spot, contact Burpengary Library at 5433 2215 or email burpengary.library@moretonbay.qld.gov.au

Would you like to contribute to Caboolture Connect?

Is there something happening around Caboolture, Naranga, Burpengary, Morayfield, Elimbah and Deception Bay you'd like to share? What are you talking about on social media, at the local café, or the school gate? Email Julia to be included in the next Caboolture Connect: jodiem@theguides.com.au



Photo from Pixabay

TEEN GIRLS BENEFIT FROM TIME WITH HORSES

STORY **SALLY EBERHARDT**

Our teenage girls face a lot of choices and challenges!

There is no doubt that being a teenager in this modern world is more confusing than ever and many struggle in the face of pressure from all directions. But where do you go for help that your teen girl will fully embrace?

The special relationship between girls and horses is well known but not everyone has a horse. However, thanks to the support of the Bribie Island Lions Club, two groups of teenage girls (aged 14-18) can experience an equine-assisted learning workshop with Herd Together Inc at Bellmere free of charge this month.

President and Head Facilitator of Herd Together Inc, Katrina Nicol said the donation from the Lions Club would help assist young ladies who could then start conversations within their friend groups about turning their challenges into strengths.

"The horses foster safety, trust and making connections," Katrina said. "Being in their presence helps with social awareness, calms anxiety and improves problem-solving skills.

"At this school holiday workshop, the girls will experience beautiful equine interaction, mindfulness, body language awareness, the power of non-verbal communication and social building skills.

"They learn some personality profiling so they can understand themselves and others better, and use this knowledge to improve their communication. This can make all the difference in equipping a young lady with the confidence to stand up for herself and say 'No' to some situations, rather than follow the crowd into a situation that puts her at risk."

Being in the presence of horses, and present with the horse, naturally develops mindfulness. There is no past or future to worry about – there is simply the peace, beauty and joy of the special connection between horse and human.

The Teen Girls Workshop is specifically designed to help participants build self-confidence, embrace their unique strengths and cultivate resilience. Participants also learn emotional regulation, natural horsemanship skills and safety around horses.

For more information, visit herdtogetherinc.org

Limited spaces are available. Reserve your spot now for either September 18 or 25 by emailing bookings@herdtogetherinc.org

This is a wonderful chance to give the young lady in your life the precious gift of time with horses.

TEEN GIRLS WORKSHOP

Wednesday, 18 September or Wednesday, 25 September, 9.30am-12.30pm
Herd Together Inc Equine Assisted Learning Centre
25 Bells Lane, Bellmere.



1800 245 955

www.coochie.com.au

FOR A BEAUTIFUL GREEN HEALTHY LAWN

LOOK NO FURTHER THAN COOCHIE HYDROGREEN

What does our lawn care program include?

- Regular liquid fertilising for thicker, green healthier lawns
- Liquid organics and conditioners for healthier soils
- Broadleaf, Bindi, Nutgrass and general weed control
- Soil wetters and moisture retainers to reduce watering and increase drought tolerance
- Lawn grub and army worm control to eliminate attack and damage
- Free callback and redo policy
- Pay as you go with no lock in contracts
- Free advice regarding general care and maintenance
- Cost effective solutions for positive visual results

**ALL PRODUCTS ARE
PET FRIENDLY**



Why choose Coochie?

- No 1 industry leader with over 35 years experience
- Coochie Hydrogreen services over 40,000 regular clients nationally on our lawn care program
- Our commercial grade products are unique and not available to the general public
- Aussie owned and home grown

From
as little as
\$1.90
a day

**Have you booked your
Free on-site lawn
inspection?**

**WE DO NOT
MOW LAWNS**



Are you one of the thousands of people who would love a nice healthy lawn but don't know where to start

OR MAYBE YOU:

- Have tried all the retail products and not getting results
- Are sick of wasting time and money on products that don't work
- Have spent too much time trolling the internet for solutions and getting mixed

advice from all the comments

- Are at the point of replacing your lawn which will cost \$1000's of dollars knowing that you will still get weeds and lawn pests

HERE'S WHAT THE CUSTOMERS HAVE TO SAY:



Toni

Thank you for making our lawn the best looking in the street. Every time I asked you a question you were only to pleased to share your knowledge to me in a kind way.



June

Amazing service and amazing results. My lawn was just weeds and prickly, Coochie Hydrogreen fixed this with a couple of visits and now with the regular visits it's all beautiful green grass. Much cheaper than I thought the fees would be. Extremely worth contacting Coochie Hydrogreen, so glad we did.



Rom

I have been using Coochie Hydrogreen and this business for a number of years now and have to say the time saving alone for not having to weed my lawn is worth the money. His products are absolutely fantastic: it keeps all the weeds out of my lawn, all the weed grubs are gone, and my lawn just looks absolutely fabulous now. I would highly recommend this to anybody.



Adrian and Carla

Coochie Hydrogreen has been looking after our grass for 6 months now and there has been a complete turn around with our lawn. Killing off unwanted weeds and bringing back healthy grass. Coochie Hydrogreen uses products that do not harm my dog. Reasonable pricing and prompt. Thanks Coochie Hydrogreen.



For your free on site lawn inspection, advice and quotation

FRECALL 1800 245 955 • www.coochie.com.au

A WORD FROM OUR REPRESENTATIVES

The City of Moreton Bay is on the brink of significant growth over the next 25 years, with the current population of 520,000 expected to soar by almost 300,000 people. This rapid expansion presents both challenges and opportunities,

particularly when it comes to housing.



WITH CR MARK BOOTH

With changing demographics indicating a rise in single-person households and an ageing population, the demand for diverse housing options is greater than ever. It is crucial for the region to increase housing supply, offering a variety of options such as

apartments, townhouses, and terraces to meet the needs of different residents.

By supporting housing diversity, Moreton Bay can ensure a sustainable future, where residents have choices that suit their lifestyle and life stage. Right-sizing, rather than downsizing, is key to unlocking housing stock and creating connected communities.

As the region plans for growth, public support for diverse housing developments will play a pivotal role in shaping the future landscape of Moreton Bay. By advocating for housing diversity and actively engaging in the planning process, residents can help build a resilient and inclusive community for generations to come. It is our collective responsibility to champion diverse housing options and create a vibrant and sustainable future for our growing City.

Booth

The cost-of-living good news just keeps coming from the Miles State Labor Government.

Last month the Premier announced that a re-elected Miles Labor Government will take on the multinational oil companies to take pressure off household budgets.



WITH MARK RYAN MP

The plan is to:

- Establish 12 publicly-owned fuel stations to increase competition in the market
- Ban all petrol stations from raising the price of fuel more than once a day
- Limit daily fuel price increases to 5 cents per litre

- Require petrol stations to release price changes a day in advance
- Use state planning powers and government land for independent and smaller retailers to increase competition

That great news comes on top of the cost-saving measures already introduced by your State Government.

50-cent fares have been in place for a month and proved to be a massive hit with commuters. If you've travelled to work five days per week from Caboolture to Central Station over the past month, you will have already saved \$218!

Add in \$1300 off your electricity, 20% off your rego and \$200 towards kids' sport, and the result is considerable savings to the household bottom line.

ADVERTISE HERE

Contact the team on

07 3518 0828

kristy@theguides.com.au or
louiser@theguides.com.au

To discuss your
advertising opportunities

**THE
Guides**



FEE-FREE

VOCATIONAL EDUCATION & TRAINING

Better Together offers no-cost training programs that are designed to equip you with the skills and knowledge that you need to kickstart and thrive in the following careers: Retail, Hospitality & Individual Support

Contact us now for a start date

0449 696 558

kate@bettertogether.net.au



This training is proudly funded by the Queensland Government through its Skilling Queenslanders for Work initiative.



SHAPING THE FUTURE OF HOUSING

STORY **SHEREE HODDINETT**

With a rapidly growing population, residents in City of Moreton Bay are showing an increasing demand for diverse infill housing options.

This demand for medium and high density housing is supported by the Draft Shaping SEQ Regional Plan, which shows there is a requirement for a shift towards greater consolidation in urban areas. This brings with it a need for a focus on new homes, high amenity areas, high density residential zones and “gentle density”, particularly infill housing.

City of Moreton Bay recently endorsed the findings of an expert infill panel, which was established in 2023 to better inform how Council could utilise infill housing options within the city.

Division 2 Councillor Mark Booth highlighted the importance of utilising infill housing options to help plan for the future.

“Increasing the achieved density of infill development is prudent to support changing demographics, maintain land supply, slow urban sprawl and protect the native vegetation that supports our native wildlife,” Cr Booth said.

“Put simply, we can’t keep going the way we have been, we haven’t had enough of a mix in housing and now we are paying for it.

“By supporting better housing choices, more people will be able to find a home that meets their needs, life stage, budget and family size – even as these change throughout their life.”

Council commissioned the Housing Needs Investigation (HNI) to better understand and plan for the future (Choice, Diversity & Affordable Living). This is one of several foundational investigations that will inform a new planning scheme.


The HNI has examined where and how we live now, as well as what we need to do to maintain our liveable suburbs as the region grows and changes. Increasing the density of infill development is advisable to meet changing demographics and land supply.

Read the Infill Housing Expert Panel Recommendations Report online by going to www.moretonbay.qld.gov.au/Council/Meetings scroll to the 24 July 2024 General Meeting and click on the relevant link (1.7.1).

ALLIED HEALTH HUB 

Accepting NDIS self & plan managed clients, Workcover, DVA, Medicare & Private Patients. 

OUR SERVICES

-  Exercise Physiology
-  Psychology
-  Occupational Therapy
-  Dietetics
-  Speech Pathology
-  Podiatry
-  Diabetes Education
-  Physiotherapy

LOCATED ON LEVEL 1, HEALTH HUB MORAYFIELD
19-31 Dickson Rd, Morayfield QLD 4506

Ph: 07 2141 7848 Fax: 07 2141 7849
www.ahhm.com.au

Shane King MP

Getting it done for Kurwongbah

232-236 Young Rd Narangba Q 4504
e: kurwongbah@parliament.qld.gov.au
PH: 3448 9100



@ShaneKingMP



A LOVE FOR THE AGES

STORY **SHEREE HODDINETT**

Love, family and lots of laughter are key to the success of a long marriage.

Jack and Joan Myerscough share a bond that has seen them move countries, have a family and “put up with each other” for more than 75 years.

While not spring chickens anymore, this beautiful couple (Jack, 97 and Joan, 96) marked their 75th wedding anniversary on 23 April and celebrated with family and friends. Jack and Joan, who now reside at Regis in Caboolture, first met at a dance in England, but if you ask Joan, it wasn't exactly ‘love at first sight’.

“It was a New Year’s do for a place I’d been working at for only a few weeks,” Joan said. “And his (Jack’s) mother worked there. So she’d given him her ticket to go to this big dance, but she wouldn’t be going.

“Jack and his friend that had gone along with him were about to leave because apparently, they didn’t see any nice girls or anything...and he was about to turn away when he saw me standing there. So I danced with him.”

Their daughter Rosemary has a different take on the story.

“The way Dad tells the story is quite different to Mum,” Rosemary said with a smile. “Of course, he was about to leave, but when he saw Mum that was it. He knew she was it for him and this was the woman he was going to marry.”

During the first two years of their relationship, Jack did national service and Joan wrote him letters. Once they married, family was next on the cards. Despite a couple of stillbirths, Joan went on to have five more children, although the last one also died at a young age.



Gladstone.

So, what is the secret to a long and happy marriage?

“You just shut your eyes and pray,” Joan said with a laugh.

“I said to Mum they were married so young and then not long after that she had my older siblings, so she couldn’t have been much more than 25 when they uprooted from England and moved to South Africa with three small kids and she had no one but Dad,” Rosemary added. “So she must have had faith and trust in him that he would look after them. Because that’s one hell of a move with young kids where you’ve got no family support.”

They certainly have lots of family around them today, with eight grandkids, 11 great-grandkids

and one great-great-grandchild.

“Before he had his stroke a few years ago, Dad used to drive from Caboolture to Stafford every Saturday to roller skate for two hours – that was until he turned 93,” Rosemary said. “I think it’s really

great they’ve made it to this age and until quite recently they have both been as fit as a fiddle. They were living independently right up until 12 months ago.

“So, it’s fantastic, but really the work ethic and the ethics that they’ve passed down to all of us, it is amazing. They’ve produced some really amazing people because they are amazing people themselves.”

COWBOY STEW

INGREDIENTS

- 500g Frankfurts, cheerios or cooked sausages
- 1 large tin baked beans
- 1 x 440g tin 3 or 4 bean mix
- 1 cup mixed vegetables-corn, peas, carrots (frozen or left overs cut small)
- 1/4 cup onion (chopped)
- 2 cups of water (more if needed)
- 1/2 cup bbq sauce (more if you like a stronger taste)
- 1/2 cup tomato sauce (optional) (can use instead of b-b-que sauce)
- 1/4 cup chilli sauce (optional)
- 1 garlic clove (crushed-optional)
- 150g small shell noodles (can use potato instead of shell noodles)
- salt and pepper to taste
- parsley fresh (finely chopped) for garnish

"This was made by my mother in the cold months of the year when we were young. It was our favourite dish in the winter months, and kept us full. I made a few changes so my children got their fair amount of fibre from the types of beans and vegetables.

It was always called cowboy stew, the saying was that real cowboys eat their beans and vegetables."

METHOD

In a pot add all together the ingredients, except the sausages. Cook until vegetables and noodles are soft. Make sure the bottom does not stick. Cut up the sausages into bite size pieces and add to the pot.

You can use other sausages but have to cook first in a separate pan to remove the fat, then cut into bite size pieces and add to the pot. Adjust seasoning as needed, add more water if the stew is too thick. Serve with fresh parsley.

FOR A POTATO SUBSTITUTE: Use 1 large potato (peeled, chopped into small cubes), will have to add a thickener of 3 tablespoons of plain flour, make sure you cook out the flour, add more water if too thick.

Serves a family of 5.

Local DINING GUIDE



34-47 Golden Wattle Dr,
Narangba

Casual Dining

Ph 07 3491 1000

NARANGBA VALLEY TAVERN

Feature: Dining in Restaurant 37/47 is a treat for the entire family. We offer a wide range of tasty dishes while also keeping with our classic pub favourites. A variety of midweek deals are also available. Check our website for details. Bookings recommended. Open 7 days. Lunch from 11.30am and Dinner from 5.30pm

www.narangbatavern.com.au



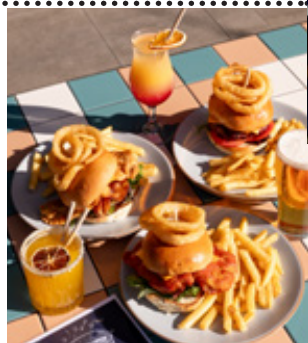
10 Henderson Road,
Burpengary

Casual Dining

Ph (07) 3465 3300

BURPENGGARY COMMUNITY CLUB

Feature: Indulge in the Spring's freshest flavours with our new Bistro Menu. From ploughman's boards to burgers to salt & vinegar calamari, each dish is crafted to celebrate the tastes of spring. Come savour the season. Reserve your table now! Stay tuned on our socials @burpengarycommunityclub



19-27 Station Road,
Morayfield

Casual Dining

Ph 07 5497 9711

CABOOLTURE SPORTS CLUB

Feature: Taste the Variety! Caboolture Sports Club caters for everyone with a spread of dining choices.

Enjoy relaxed, casual dining at The Mill Restaurant or grab a bite anytime at Laneway Cafe.

There's something delicious for everyone!



Crn Hasking Street &
Beerburum Rd, Caboolture

Casual Dining

Ph 07 5495 1699

SPORTS CENTRAL

Feature: Indulge at Sports Central Caboolture! UPSTAIRS restaurant now open, complemented by our bars and Grounds Café.

Dive into a world of flavours and fun. Eat, drink, and play at the heart of Caboolture's dining scene. Join us today!





NEW MENU DELIGHTS AT NARANGBA VALLEY TAVERN

STORY **ALYSSA MACKAY**

Head chef, Kai Hampel and venue manager, Glenn Spence.

Discover the latest culinary creations at **Narangba Valley Tavern, your go-to dining destination in the heart of Narangba.**

With its newly launched menu, this local hotspot is ideal for any occasion, whether it's a family lunch, a casual drink with friends or a cosy dinner.

Venue manager Glenn Spence said the revamped menu was a collaborative effort led by head chef, Kai Hampel and sous chef, Nathan Foss, with valuable input from the kitchen team.

"The menu is developed in a seasonal fashion, with the new menu featuring some definite winter favourites that have been making a comeback, such as the lamb shank," Glenn said.

Steak and schnitzels also remain popular, featuring premium cuts sourced from one of the local butchers in the City of Moreton Bay area.

"As a company, we always try to source from the local Moreton region, including our meats, fruits and vegetables," Glenn said.

The beverage list is as diverse as the menu, boasting a wide selection to suit every taste. The new house wine from Tatchilla has quickly become a favourite, while the cocktail menu offers everything from old-school favourites to inventive creations like the Milo Martini.

To celebrate their new menu, the Narangba Valley Tavern has rolled out a series of special nights. Mondays now feature a Pizza and Pasta Night.

Families will love the \$59 Family Meal Deal, which includes garlic bread, two main meals, two kids' meals and a jug of soft drink. Wednesdays offer a Members' Dinner for Two at just \$45 and Thursday's Schnitty Night, priced at only \$17, is a hit with regulars.

The tavern offers an inviting atmosphere with versatile dining options. The main restaurant, 37/47, accommodates 250 guests and includes an external climbing playground and an internal games room.

"These playgrounds and the ability to provide for large groups make the Narangba Valley Tavern very popular with families," Glenn said.

For sports enthusiasts, the Sports Bar features large LED screens, while the Lounge Bar offers a quieter environment for relaxed drinks and conversation.

The function room is perfect for private events, whether a seated dinner, business meeting or cocktail-style celebration.

Visit narangbatavern.com.au or follow Narangba Valley Tavern on Facebook for updates and special events.

NARANGBA VALLEY TAVERN

37-47 Golden Wattle Drive, Narangba.

P 07 3491 1000

SEPTEMBER What's On.

01 SUNDAY

NARANGBA TAVERN - FATHER'S DAY LUNCH

Don't forget to book your table!

MORAYFIELD TAVERN - FREE POOL SUNDAYS

BURPENGARY COMMUNITY CLUB - FULL HOT AND COLD BUFFET BREAKFAST FOR FATHER'S DAY.

Book in early so you don't miss out!

DECEPTION BAY TAVERN - SUNDAY POOL COMP

1:00 pm - 6:00 pm

CABOOLTURE SPORTS CLUB - SOLOIST SUNDAYS

5:30 pm - 9:00 pm

03 TUESDAY

SPORTS CENTRAL CABOOLTURE - LIVE MUSIC TUESDAY

5:00 pm - 9:00 pm

BURPENGARY COMMUNITY CLUB - TUESDAY NIGHT TRIVIA

6:00 pm - 9:30 pm

04 WEDNESDAY

BURPENGARY COMMUNITY CLUB - MUSIC BINGO WEDNESDAYS

6:00 pm - 9:00 pm

05 THURSDAY

NARANGBA VALLEY TAVERN - THURSDAY NIGHT TRIVIA

8:00 am - 5:00 pm

CABOOLTURE SPORTS CLUB - FREE TRIVIA THURSDAYS

6:00 pm - 10:00 pm

06 FRIDAY

SPORTS CENTRAL CABOOLTURE - LIVE MUSIC FRIDAY

5:00 pm

CABOOLTURE SPORTS CLUB - LIVE MUSIC FRIDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN - KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

NARANGBA VALLEY TAVERN - WITH DJ JOHNNIE

8:30 pm



Grove father's day

07 SATURDAY

SPORTS CENTRAL CABOOLTURE – LIVE MUSIC SATURDAY

10:00 pm

GREAT NORTHERN GARDEN – GREAT NORTHERN GARDEN OF REMEMBRANCE OPEN DAY

10:00 am - 3:00 pm

CABOOLTURE GALLERY – MAKING TIME: ART WORKSHOP SERIES

1:30 pm - 3:30 pm

CABOOLTURE SPORTS CLUB – LIVE MUSIC SATURDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN – KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

08 SUNDAY

MORAYFIELD TAVERN – FREE POOL SUNDAYS

DECEPTION BAY TAVERN – SUNDAY POOL COMP

1:00 pm - 6:00 pm

CABOOLTURE SPORTS CLUB – SOLOIST SUNDAYS

5:30 pm - 9:00 pm

10 TUESDAY

CABOOLTURE LIBRARY – BEHIND BARS: CONVICTS AND CRIMINALS FREE EVENT BUT BOOKINGS REQUIRED

11:00 am - 12:00 pm

SPORTS CENTRAL CABOOLTURE – LIVE MUSIC TUESDAY

5:00 pm - 9:00 pm

BURPENGARY COMMUNITY – TUESDAY NIGHT TRIVIA

6:00 pm - 9:30 pm

11 WEDNESDAY

BURPENGARY COMMUNITY CLUB – MUSIC BINGO WEDNESDAYS

6:00 pm - 9:00 pm

12 THURSDAY

NARANGBA VALLEY TAVERN – THURSDAY NIGHT TRIVIA

8:00 am - 5:00 pm

CABOOLTURE SPORTS CLUB – FREE TRIVIA THURSDAYS

6:00 pm - 10:00 pm

13 FRIDAY

SPORTS CENTRAL CABOOLTURE – LIVE MUSIC FRIDAY & SATURDAY

Sept. 13 @5:00 pm - Sept. 14 @ 10:00 pm

CABOOLTURE SPORTS CLUB – LIVE MUSIC FRIDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN – KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

NARANGBA VALLEY TAVERN – FRIDAY WITH DJ JOHNNIE

8:30 pm



14 SATURDAY

CABOOLTURE GALLERY – SPIRITS IN THE INK

This exhibition showcases the extensive archive of the Djumbunji Press, a hub for print making by Aboriginal and Torres Strait Islanders in Far North Queensland that was active from 2009 to 2014. Sept. 8:00 am - Nov. 23 @ 5:00 pm

CABOOLTURE LIBRARY – ROALD DAHL EXPLORATORIUM

Discover a world of pure imagination with science experiments inspired by the wonderful world of Roald Dahl. Ages 8-11. Facilitated by our friendly library staff. Free. Bookings required. This event is also available at other venues at different dates and times.

10:30 am - 11:30 am

CABOOLTURE SPORTS CLUB – LIVE MUSIC SATURDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN – KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

NARANGBA TAVERN – NATHAN WILLIAMS IS BACK!

Nathan's a local artist bringing an exciting flavour of many old-school hits to recent releases along with a modern country influence. Sports Bar from 8:30PM - LATE No Cover charge



Nathan Williams

15 SUNDAY

MORAYFIELD TAVERN – FREE POOL SUNDAYS

DECEPTION BAY TAVERN – SUNDAY POOL COMP

1:00 pm - 6:00 pm

CABOOLTURE SPORTS CLUB – SOLOIST SUNDAYS

5:30 pm - 9:00 pm

17 TUESDAY

SPORTS CENTRAL CABOOLTURE – LIVE MUSIC TUESDAY

5:00 pm - 9:00 pm

BURPENGARY COMMUNITY CLUB – TUESDAY NIGHT TRIVIA

6:00 pm - 9:30 pm

18 WEDNESDAY

CABOOLTURE GALLERY – PATTERN PRINTED TOTE BAGS

Get creative this school holidays in this patterned printmaking workshop with potato stamps. Learn how to draw repeating shapes to make a playful pattern. Then cut your creative designs into a potato to print onto fabric. Take home a fabulous potato printed tote bag!

10:30 am - 12:00 pm

BURPENGARY COMMUNITY CLUB – MUSIC BINGO WEDNESDAYS

6:00 pm - 9:00 pm

19 THURSDAY

NARANGBA VALLEY TAVERN – THURSDAY NIGHT TRIVIA

8:00 am - 5:00 pm

CABOOLTURE SPORTS CLUB – FREE TRIVIA THURSDAYS

6:00 pm - 10:00 pm



20 FRIDAY

**SPORTS CENTRAL CABOOLTURE –
LIVE MUSIC FRIDAY & SATURDAY**

Sept. 20 @ 5:00 pm - Sept. 21 @ 10:00 pm

**CABOOLTURE SPORTS CLUB –
LIVE MUSIC FRIDAYS**

5:30 pm - 11:30 pm

**MORAYFIELD TAVERN –
KARAOKE FRIDAYS & SATURDAYS**

7:30 pm - 9:30 pm

**NARANGBA VALLEY TAVERN –
THURSDAY NIGHT TRIVIA**

Sept. 20 @ 8:30 pm - Sept. 21 @ 1:00 am

21 SATURDAY

**SPORTS CENTRAL CABOOLTURE –
LIVE MUSIC FRIDAY & SATURDAY**

Sept. 21 @ 5:00 pm - Sept. 22 @ 10:00 pm

**CABOOLTURE SPORTS CLUB –
LIVE MUSIC SATURDAYS**

5:30 pm - 11:30 pm

**MORAYFIELD TAVERN –
KARAOKE FRIDAYS & SATURDAYS**

7:30 pm - 9:30 pm

22 SUNDAY

**MORAYFIELD TAVERN –
FREE POOL SUNDAYS**

**DECEPTION BAY TAVERN –
SUNDAY POOL COMP**

1:00 pm - 6:00 pm

**CABOOLTURE SPORTS CLUB –
SOLOIST SUNDAYS**

5:30 pm - 9:00 pm

24 TUESDAY

**SPORTS CENTRAL CABOOLTURE –
LIVE MUSIC TUESDAY**

5:00 pm - 9:00 pm

**BURPENGARY COMMUNITY CLUB –
TUESDAY NIGHT TRIVIA**

6:00 pm - 9:30 pm

25 WEDNESDAY

**BURPENGARY COMMUNITY CLUB –
MUSIC BINGO WEDNESDAYS**

6:00 pm - 9:00 pm



Art social

28 SATURDAY

CABOOLTURE REGIONAL ART GALLERY - ART TASTERS

These introductory sessions take you through the process of each art type. Learn about the different art mediums from a local artist each month and create your unique art.
10:30 am - 1:30 pm

SPORTS CENTRAL CABOOLTURE - LIVE MUSIC FRIDAY & SATURDAY

Sept. 28 @ 5:00 pm - Sept. 29 @ 10:00 pm

CABOOLTURE SPORTS CLUB - LIVE MUSIC SATURDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN - KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

26 THURSDAY

NARANGBA VALLEY TAVERN - THURSDAY NIGHT TRIVIA

8:00 am - 5:00 pm

CABOOLTURE SPORTS CLUB - FREE TRIVIA THURSDAYS

6:00 pm - 10:00 pm

27 FRIDAY

SPORTS CENTRAL CABOOLTURE - LIVE MUSIC FRIDAY & SATURDAY

Sept. 27 @ 5:00 pm - Sept. 28 @ 10:00 pm

CABOOLTURE SPORTS CLUB - LIVE MUSIC FRIDAYS

5:30 pm - 11:30 pm

MORAYFIELD TAVERN - KARAOKE FRIDAYS & SATURDAYS

7:30 pm - 9:30 pm

NARANGBA VALLEY TAVERN - THURSDAY NIGHT TRIVIA

Sept. 27 @ 8:30 pm - Sept. 28 @ 1:00 am



Kids symbols

29 SUNDAY

MORAYFIELD TAVERN - FREE POOL SUNDAYS

DECEPTION BAY TAVERN - SUNDAY POOL COMP

1:00 pm - 6:00 pm

CABOOLTURE SPORTS CLUB - SOLOIST SUNDAYS

5:30 pm - 9:00 pm

SHOULD I PAY DOWN MY HOME LOAN OR INVEST?

To pay more off your home loan or invest in another property? It's a question many homeowners face. Ultimately, it depends on your financial situation and long-term goals as to whether you funnel your funds into your home or an investment property.



WITH VANESSA BRAGDON

Here are some of the key considerations to think about before deciding what's suitable for you.

How much do you owe on your home?

If you still owe a fair amount on your home loan, you may need to put plans for an investment property purchase on ice, at least for the time being.

If your mortgage is more than 80 percent of the current value of your home, it may be worthwhile working towards paying down your home loan and increasing your equity. Equity is the difference between the value of your property and the loan balance.

The case for paying down your home loan

There are all sorts of benefits to making extra repayments and paying off your home loan sooner. For one, you'll pay less interest over the course of the loan, while at the same time increasing your available equity. You may even use your available equity to do renovations on the property and increase its value.

- You may consider paying down your home loan if you:
- Tend to spend money on things you don't need and want to ensure you put any extra funds towards something useful, like paying off your home,
- Are close to retiring and still have a way to go to pay off your mortgage,
- Hope to release guarantors on your mortgage, or
- Want the peace of mind of being debt-free sooner rather than later.

Remember, if you do focus on paying off your home loan before investing, you can always revisit property investment down the track.

The case for investing in property

Some people decide that investing in property is more important to them than paying off their mortgage faster.

There are many perks to buying an investment property. Some people go into it for the capital growth – the potential for the property's value to increase over time. Others invest for the rental returns or the tax benefits.

If you owe your lender less than 80 percent of your property's value, you may even be able to use your equity as a deposit to buy an investment property.

Determining what's right for you

It's important to consider what your long-term goals are before deciding what's right for you.

It's a good idea to speak to a financial adviser or accountant about the best big-picture financial strategy for you.

And when it comes to the finance side of things, get in touch with a mortgage broker. They can suggest ways to pay off your home loan sooner or line you up with the right investment loan for your needs, depending on what you decide.

To speak with Vanessa, call 0413 377 917

THE BIG ONE

CROSSWORD

ANSWER KEY

D	I	V	E	D	B	U	I	L	D	E	R	R	A	B	B	I	
E	E	E	O	N	U	E	E	L	L								
S	T	R	U	C	T	U	R	E	C	E	L	E	S	T	I	A	L
P	V	A	N	F	H	I	P	N	T								
A	B	E	T	T	E	D	F	R	E	T	S	E	N	D	U	E	
I	H	L	E	I	S	H	C										
R	O	S	E	L	L	A	C	A	S	K	S	T	E	P	U	P	
	T	O	N	T		G	E	I	E								
U	T	U	R	N	K	R	I	S	H	N	A	D	E	M	U	R	
N	N	N	L	V	E	L	L	E	E								
F	U	N	G	I	E	Y	E	B	A	L	L	M	I	N	E	D	
L	E	G	S		V	I	I	T									
A	R	D	O	U	R	W	A	R	Y	C	A	S	T	O	F	F	
P		A		A		M	O	W	S		H					I	
P	A	G	A	N	G	R	E	B	E	B	L	A	S	T	E	D	
A	O	O	E	N	I	R	N	H	G								
B	R	O	A	D	E	N	E	D	G	R	A	N	D	I	O	S	E
L	F	O	T	E	H	I	L	S	T								
E	L	F	I	N	S	E	D	A	T	E	D	E	V	E	R	Y	

REMEMBERING THE PAST: THE BEERBURRUM SOLDIER SETTLEMENT

STORY **JULIA LEWIS**

In the wake of World War I, the Australian Commonwealth Government embarked on a noble initiative to provide land to servicemen who had served in the Australian and Imperial armed forces. This endeavour, known as the Beerburrum Soldier Settlement, was administered by the Queensland State Government and spanned from 1916 until the late 1920s. While the official program ended in the 1920s, many settlers remained on the land, and some of their descendants still reside in the region today.

The Beerburrum Soldier Settlement spanned 56,000 acres, stretching from Elimbah in the south to near Landsborough in the north and from the Pumicestone Passage in the east to the D'Aguilar Range in the west. This vast expanse of land was centred around the North Coast Line railway station of Beerburrum.

Upon receiving their plots, the settlers faced the daunting task of clearing untouched



Pineapples for Shipping, Beerburrum, January 1920
Queensland State Archives, Digital Image ID 2650

Dedication of Elimbah Soldiers Memorial Hall, 1922

Image courtesy of www.elimbah.org/



bushland. They had to establish their landholdings, build their own homes and cultivate pineapple crops. These pineapples were harvested and sold to a state cannery, eventually reaching consumers.

One of the significant landmarks from this period is the Elimbah Soldiers Memorial Hall, which was erected to honour the memory of fallen comrades who lost their lives in World War I. This rustic timber building was opened on ANZAC Day in 1922 and was attended by a large gathering of residents from Elimbah and surrounding districts. The weather was perfect, adding to the solemnity and significance of the day. Backing onto a serene bushland setting, the hall serves as a perfect venue for community and private functions.

Mr RJ Warren MLA was the guest of honour at the ceremony. Greeted with applause, he expressed his deep sense of honour at being chosen to perform the ceremony. Mr Warren emphasised the sanctity of ANZAC Day, a day dedicated to honouring the men who had bled for Australia. He praised the committee responsible for the hall, particularly Mr J English, who had constructed the building free of charge.

The Beerburum Soldier Settlement and the Elimbah Soldiers Memorial Hall stand as enduring testaments to the resilience and dedication of Australia's servicemen and the community that supported them. These historical landmarks continue to remind us of the sacrifices made and the enduring spirit of those who served.



Beerburum Soldiers Settlement in 1917
Image courtesy of City of Moreton Bay,
Reference Number CLPC-P0604

PODCAST OF THE MONTH

ESCAPE THIS PODCAST

STORY **NICK ALLFORD**

I thought I'd heard it all (at least when it came to podcasts).

We've covered every genre you can think of - true crime, fiction, mystery, comedy, film and more film. However, after much rummaging around on Spotify, I've found something new - an escape room podcast - aptly named...**Escape This Podcast**.

What's that I hear you say? Escape rooms are predominantly a visual medium! I would have agreed with you until my curiosity got the better of me. Please keep in mind that in search of recommendations for you, I have to listen to a few frogs before I can find my podcast prince.

Aussie comedians Dani and Bill invite guests to enter a world of make-believe, solve riddles and beat the clock. It's like Dungeons and Dragons, except the dungeon is locked and you have to find the key in a combination lock in a bathroom cabinet.

If you'd like to try their escape rooms out for yourself, Dani and Bill are generous enough to share their notes, script and clues in the podcast show notes so you can put your mates to the test. Lovers of puzzles and humour - this is the escapism you need.

Escape This Podcast is available wherever you find your podcasts.

SEPTEMBER TIDE TIMES

TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1	0256 0.52 0832 1.80 SU 1430 0.44 2050 2.37	7	0541 0.45 1149 2.04 SA 1758 0.67 2345 1.97	13	0445 1.45 1041 0.70 FR 1743 2.12	19	0425 0.18 1015 2.29 TH 1630 0.23 2229 2.46	25	0245 1.41 0834 0.69 WE 1544 2.09 ☉ 2300 0.83
2	0330 0.50 0908 1.87 MO 1508 0.42 2124 2.36	8	0607 0.49 1225 2.01 SU 1835 0.78	14	0037 0.74 0602 1.58 SA 1156 0.58 1844 2.29	20	0500 0.18 1100 2.36 FR 1718 0.32 2309 2.27	26	0430 1.39 1002 0.76 TH 1702 2.09
3	0400 0.49 0941 1.92 TU 1543 0.43 ☉ 2155 2.34	9	0015 1.81 0636 0.55 MO 1305 1.97 1920 0.88	15	0132 0.57 0702 1.74 SU 1300 0.44 1935 2.45	21	0535 0.22 1146 2.38 SA 1807 0.46 2350 2.04	27	0012 0.74 0549 1.50 FR 1129 0.72 1807 2.14
4	0426 0.47 1012 1.97 WE 1615 0.45 2223 2.29	10	0050 1.66 0710 0.62 TU 1354 1.93 2019 0.97	16	0221 0.43 0754 1.91 MO 1358 0.32 2022 2.56	22	0610 0.30 1234 2.34 SU 1900 0.62	28	0103 0.64 0645 1.65 SA 1234 0.64 1859 2.19
5	0450 0.45 1043 2.01 TH 1648 0.50 2249 2.21	11	0141 1.51 0759 0.70 WE 1501 1.92 ☉ 2147 0.99	17	0305 0.31 0843 2.05 TU 1451 0.24 2106 2.60	23	0034 1.79 0647 0.42 MO 1327 2.26 2004 0.77	29	0145 0.55 0730 1.79 SU 1326 0.55 1941 2.23
6	0515 0.44 1115 2.03 FR 1722 0.57 2316 2.10	12	0304 1.42 0913 0.74 TH 1627 1.97 2325 0.89	18	0345 0.23 0930 2.18 WE 1542 0.21 ☉ 2147 2.57	24	0128 1.57 0731 0.56 TU 1429 2.16 2129 0.85	30	0219 0.49 0807 1.90 MO 1408 0.50 2017 2.25

DON'T BE A TANK TIPPER!

Unfortunately, our local creeks and ponds are full of feral fish species and aquatic weeds. Most of these have been released by people or overflowed from ponds in heavy rain.

Your local creek or pond is not the place to dump unwanted aquarium fish, weeds or snails. They could introduce diseases into the environment. They also compete for food, eat juvenile native fish and eggs, uproot and eat plants and can completely take over waterways, leaving virtually no native fish at all. Humpybong Creek and Dowse Lagoon are prime examples of areas where feral fish have taken over.

You should rehome your fish by:

- Taking them to your local aquarium specialty store or pet shop
- Giving them away to a friend
- Advertising them for free on social media.

Consider stocking one of the many interesting and colourful species of native Australian fish in your aquariums and ponds. They present less risk to our environment if they escape during flooding events.

FISH OF THE MONTH



"Pete's Fishing and Underwater Videos" on Youtube and Facebook

Redcliffe Musical Theatre
presents

THE
**LOVELY
BONES** SEPT 6 to 15

<https://www.trybooking.com/CUFXZ>

NOW IS THE TIME TO SEIZE THE DAY !!



BOOK NOW 3480 6280

<https://www.redcliffeentertainmentcentre.com.au>

**NEWSIES
JR.**



**TRADES
& HOME
SERVICES**

DIRECTORY



WHY ADD YOUR TRADE HERE ?

Top 5 reasons to include your trade business in this section

1 EXCELLENT ROI

Get an excellent return on your investment.

2 THE RIGHT MARKET

Be seen by highly valued target markets in the local community.

3 BE EXCLUSIVE

We feature only one business per category.

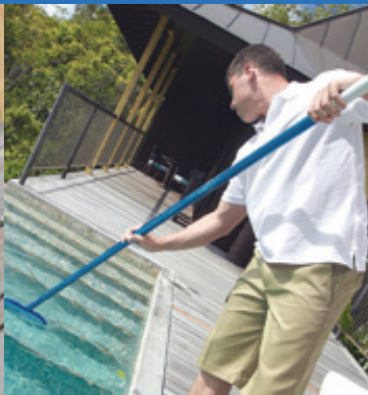
4 GO ONLINE

Appear in both print and online for a wider reach.

5 THE PERFECT FIT

Reach excited, new clients looking for someone they can trust.

Phone: 07 3518 0828





ROOF RESTORATIONS

Transform your tired old roof with a **value boosting makeover**

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

- Repair Broken Tiles
- High Pressure Clean
- Re-point Ridge Capping
- Sterilise Surface (if required)
- Apply 1 coat of Primer/Sealer
- Apply 1 coat of Roofbond Membrane
- Apply 1 coat of Roofbond Membrane /Nano Clear Protect Coating

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

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

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

Tile & Metal Roofs

See customer reviews at: g.page/MrHighlights



ROOF PAINTERS
ROOF RESTORATION & REPAIRS

MR HIGHLIGHTS PTY LTD

QBCC Lic no.1278416 Fully Insured

M: 0402 469 801 • P: 3203 1133

www.mrhighlightsroofing.com.au



Richard Gabriel

5% Seniors Discount

THE FLOORING SHOP

From concept to complete,
we've got you covered



Your flooring experts for **over 16 years.**

At The Flooring Shop, we are committed to providing you with exceptional service, product knowledge and unparalleled trade experience which sets us apart as trusted professionals in the industry.

TIMBER • HYBRID • VINYL • CARPET



Pop in and see us at 1/149 Sutton Street, Redcliffe QLD
(07) 3883 2622 | 0402 128 472
info@theflooringshop.com.au
www.theflooringshop.com.au

LOCAL DIRECTORY

AIR CONDITIONING

ABN 29 172 257 255
BN 19619017

Lic No. L009367

AIR QUICK AIRCONDITIONING

Over 25 Years Experience

Specialising in
Split System Airconditioning
Installation | Design | Sales | Service

John Gray

0410 206 244
johngray0505@gmail.com

BATHROOMS/BATHROOM RENOVATIONS

Bathroom Renovation Specialist

Complete Bathroom Renovations
All work completed by qualified tradesmen

Steve Froggatt - 0402 730 177

Office - 3863 3089

e: stevefroggatt@hotmail.com

www.stevefroggatt.com.au

40 Years Experience | QBCC Lic No 1177107



MELTDOWN AIRCONDITIONING

QBCC - 1001563 Arctick - L094286 ABN 40 965 686 854

Shayne Melton

Mobile: 0408 357 043

Repairs - Installation - Sales - Service

Ph: 5495 4095

e: meltdownairconditioning@gmail.com

CARPENTRY

CHRIS'S CARPENTRY

- All types of carpentry
- Repair & Maintenance
- New Exchange
- Windows, Doors & Locks
- No job too small



Call Chris 0419 792 510

Chrissh1109@gmail.com

QBCC is 47407

ANTIQUE / VINTAGE ITEMS WANTED

WANTED TO BUY:

Vintage & Antique Furniture, Bric-A-Brac, Collectables,
Curios, Old Shed Items & Deceased Estates.

Cash Paid Ph: 0400 749 454

CLEANING SERVICES

ATF SERVICES GROUP 0455738130

We provide home and business services in Brisbane

A2Z TOTAL CLEAN 0404788990

Window cleaning & external house washing

HJ'S PRESSURE CLEANING. 0418213300

Pressure cleaning on the Northside of Brisbane

BATHROOMS/BATHROOM RENOVATIONS

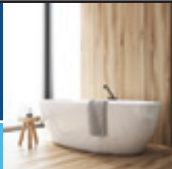
SLA
INSTALLATIONS

bathroom specialists
Complete Renovations

darren houston

0413 964 459

slainstallations@hotmail.com



CONCRETER



QBCC:71589

ph: 0418 989 392

FOR ALL YOUR
CONCRETING NEEDS

PLAIN • EXPOSED
COLOUR • COVERCRETE

DRIVEWAYS • SHED SLABS
PATHS • PATIOS

HIGH PRESSURE WASH
SEALING • COLOUR TINT

www.nickbuiltconcreting.com.au

ELECTRICAL/ELECTRICIAN



Lic. No. 73554

Family owned and locally operated in the Moreton Bay Region for over 15 years

- ✓ Residential
- ✓ Commercial/Industrial
- ✓ Property Management

07 3155 2249



office@northlakeselectrical.com
www.northlakeselectrical.com

RL ELECTRICAL CONTRACTORS

Electrical • Air Conditioning • Security Cameras • TV & Data

Family owned. Licensed & insured.

0431 147 889

LIC. #84889 ARC #L158054 SEC. #4319462

FINANCE

Do You Need a Home Loan Checkup?

We will

- ✓ Review Your Current Rate
- ✓ Help You With Planning & Strategy
- ✓ Show You Lender Options
- ✓ No Cost to You

Credit Representative 493517 of Connective
Credit Services Australian Credit License 389328



Vanessa Bragdon
0413 377 917

vbbhomeloans.com.au
vanessa@vbbhomeloans.com.au

FUNERALS & WEDDINGS



Rita-Marie Lenton
Celebrant - Soul Crystal Work

Rita-Marie Lenton – Marriage/Funeral Celebrant
Bringing family and friends together to celebrate and honour special moments in your life!

www.rita-marielenton.com.au • 0411 084 524
admin@soulcrystalearth.com.au • rita-marie@rita-marielenton.com.au

HANDYMAN

MAN WANTS WORK AROUND THE HOUSE



**Gardening & Weeding
Pruning Trees & Shrubs
Anything Considered
Honest & Reliable
Reasonable Rates**

Ph 3285 6128

LAWN CARE AND MAINTENANCE

COOCHIE HYDROGREEN



WEED SPRAYING & LAWN CARE SPECIALISTS



- Best Lawn Advice & Service in Town
- FREE on-site inspections & quotations
- FREECALL 1800 245 955
- Book Direct Coochie.com.au
- We do not mow lawns

1800 245 955 | www.coochie.com.au

LOCKSMITHS



PREFERRED LOCKSMITHS

Locked Out?
Call NOW for
HELP!

- > Emergency Lockout Service
- > Fully Equipped Mobile Vans
- > Quick Response
- > Safe Opening and Servicing
- > Automotive Locks
- > Burglary Repairs

Email: info@preferredlocksmiths.com.au

0476 155 450 • 07 5495 6997

MINISTRY

Caboolture Healing Rooms prays for the sick and hurting every Tuesday between 10 am and 2 pm. No appointment needed. Ministry held in the Uniting Church building, Cnr. King St. and Smiths Road.

LOCAL DIRECTORY

PEST CONTROL



FLASH
PEST CONTROL

Family Owned & Local
Your Local Pest & Termite Specialists

Our Services include:

- General Pest Treatment — \$195
- Termite Inspection — \$230
- General Pest Treat & Termite Inspection — \$410
- Free onsite Termite Quotes

07 5428 6952 • FLASHPESTCONTROL.COM.AU



Scarborough Pest Control
INCLUDING TERMITES
Ph: 3203 8378
Local and Family Owned

QBCC#15047832

Sunstate Pest Reports

Performing an inspection today could save you thousands in the future.

- Pre-Purchase Building and Pest Inspections
- Pre-Sale Building and Pest Inspections
- Termite Control and Barriers
- Pest Control
- Termite Inspections
- Annual Inspections
- Fully Computerised Written Reports with Photos



Call us today

1300 793 311

Andre Peters 0412 770 275

www.sunstatepestreports.com.au
sunstatepestreports@yahoo.com.au



PLUMBERS

Professional Day-To-Day Plumbing Services

ESTABLISHED SINCE 2000

CLEAR FLO
SPECIALISED SERVICES

No Dig Pipe Repairs

Drain Camera Inspections

High Pressure Drain Cleaning

Taps, Toilets, Hot Water Systems

Burst Pipes and Drainage Repairs

QBCC 1011243

FREE CALL:

1800 643 024 or 0409 598 905

- All Plumbing & Gas Works
- Maintenance
- Alterations
- Renovations
- New & Old Homes



Call today **FREE Quote**

Reece Jones | 0439 644 483

ABN 73987322060 | QBCC 1318487 | Plumbing License 29629

SECURITY SCREENS

A&A
SCREENS & SECURITY

Invisi-Gard, diamond grill, blinds & shutters. Best prices, call
NORTH LAKES **0409 645 163** QBCC 1006709

ADVERTISE HERE

Contact the team on

07 3518 0828

kristyy@theguides.com.au or
louiser@theguides.com.au

To discuss your
advertising opportunities

THE
Guides



CAN YOU VOLUNTEER 1 hour per fortnight

to visit an elderly person
in your area?



The Aged Care Volunteer Visitors Scheme (ACVVS) aims to reduce feelings of social isolation and loneliness in older adults.

We recruit volunteers and match them to like-minded recipients for face-to-face social visits where the volunteer will provide companionship and friendship.



What is involved?

- 1 hour per fortnight commitment with flexible time arrangements
- Support older people to feel less lonely
- Either chat, go for a walk or complete an activity together
- Make a new genuine friendship

Email us your expression of interest to

ACVVS@footprintscommunity.org.au or call us on

1800 FOOTPRINTS

(1800 366 877)



ENJOY Together



Carmen the Maltese

DOORS OPEN - 7:15PM | SHOW STARTS - 8PM

FRIDAY 20 SEPTEMBER 2024

BLUE PACIFIC ROOM, KEDRON-WAVELL

MELINDA SCHNEIDER

A Farewell to Doris

DOORS OPEN 7PM, SHOW STARTS 7:30PM

SATURDAY 21 SEPTEMBER

BLUE PACIFIC SHOWROOM

RELIVE ALL THE MAGICAL SONGS THAT MADE
THE WORLD FALL IN LOVE WITH DORIS DAY.



DIRECT FROM THE USA!

An American TRILOGY

PRESENTS: ALOHA FROM HAWAII

DOORS OPEN 1:15PM • SHOW STARTS 2PM

SUNDAY 15 SEPTEMBER 2024

BLUE PACIFIC SHOWROOM

Kw
KEDRON-WAVELL

TO BOOK VISIT
KEDRON-WAVELL.COM.AU

