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GUIDE

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FROM THE EDITOR

When we think of August, most of us think of the Ekka and the westerly winds! Many of you may know that our eighth month was named after Augustus Ceasar, the first Roman Emporer, but did you know that August was once the sixth month in the original Roman calendar? It wasn't until about 700BC that August became our eighth month when January and February were added.

As we celebrate our official last winter month of the year, The Chermside Guide once again has your entertainment sorted. Grab a cuppa and plan your activities for the month. There is much to do for the whole family!

There are also some great community events not too far from home you can find out about inside this month's edition.

This month, read about how buying a famous strawberry icecream at the Ekka has been helping fund medical research since the 1950's, check out Boss Boxing's new home and see the difference local funding is making to our community groups like Aspley Little Athletics. Plus many more great local stories. And don't forget to scan the QR code below to listen to this month's GuideCast.

Until next month, happy reading - and listening!



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WHAT'S ON AROUND TOWN



ROARING LION'S BOB MARLEY TRIBUTE

A fabulous night of reggae hits The Royal at Nundah this month with Roaring Lion performing on Saturday 5 August. See Brisbane's premier 10-piece Bob Marley tribute band playing all your favourites including Could You be Loved, Buffalo Soldier, Three Little Birds and One Love.

Grab your family and friends and be sure to book your tickets at tickets.avdive.com.au/outlet/event/4471e825-51bc-4690-b5f0-8c1b5939a549

TIE DYE WORKSHOP

Looking for something a little different to do this Ekka public holiday. The folks down at Happy Valley Brewing Co are hosting a Tie Dye workshop - probably the last for this year! You will be taken through a guided workshop to Tie Dye your own Happy Valley Tee! The cost includes your Tee plus a schooner of tap beer. You can also BYO snacks! The event is Wednesday 16 August and runs from 10am til 12pm.

For more information www.happyvalleybrewingco.com.au/event-details/happy-valley-tie-dye-workshop

VEND'S FAMILY FUN DAY

Step right up to VEND's Family Fun Day on Saturday 12 August! The perfect place to entertain your kids, or just a way to have a good day out and spend your weekend the right way.

There will be kids activities including a jumping castle, free face painter, colouring in competition, kids playground, kids games and more!

Do some shopping at the indoor marketplace which has over 130 small, local businesses to shop at, and a greenhouse to explore. There will also be showbags available!

If you are feeling hungry, don't fear - there will be pop up food stalls with some tasty treats, as well as an ice cream truck. VEND is a dog friendly venue with free parking and free entry.

For more information virginia.vendmarketplace.com.au/whats_on/family-fun-day/



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Sammy Leone and Frankie Pearson

BOSS BOXING BREAKING BARRIERS

STORY **PIPER ZUINO** PHOTO **JOHN PIRES**
PHOTOGRAPHY

Excitement was high as Boss Boxing, a cultural safe space and gym, opened its new location in Zillmere, bringing the community together.

Boss Boxing aims to be a pillar of the community, providing a cultural safe space, especially for First Nations members.

Boss Boxing Founder and community leader Sammy Leone said Boss Boxing helps to improve social outcomes and the emotional and physical wellbeing of its patrons.

“As a First Nations Boxing academy it is a place that can bring people together from all cultures to learn from First Nations people and culture with the sport of boxing as the connector for people from all walks of life,” he said.

The gym was originally opened due to cultural conflict in their local community, with the idea to

create a place to help get youth, ‘off the streets and into the gym.’

They facilitate programs during the day within local State Schools and offer workshops to the elderly, NDIS and at-risk youth.

“The Boss Boxing has been contracted over the years to work for many companies and entities throughout the community including QLD Government funded services, Youth Justice, Health, Education, Social Services and the likes,” Sammy said.

Boss Boxing was also nominated as a 2023 Queensland Reconciliation Award Finalist after winning the Health and Wellbeing category in 2022.

“To be acknowledged by our community and the government for our work was a massive achievement in this year’s community award nomination, and to make it through to the final round has meant a lot, giving us inspiration to work harder to get positive outcomes for our community,” he said.

Sammy and his team at Boss Boxing enjoy helping their community reach their health and fitness goals by embedding the philosophies of Boss Boxing into everything they do.

“We believe that this gives the foundation and fundamentals that are missing in today’s society and building character and resilience within our communities.”

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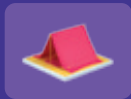
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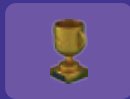
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LEGENDS OF AUSSIE MUSIC SING THE SONGS OF PAUL SIMON

STORY **ALYSSA MACKAY**

PHOTO **A WOMANS TOUCH PHOTOGRAPHY**

Two of the most celebrated singers in Australian music have teamed up to showcase the works of one of the greatest singer-songwriters in history.

Wendy Matthews and Grace Knight are bringing their cabaret show, *We're Going to Graceland – The Songs of Paul Simon* to Kedron-Wavell on Friday, 29 September, presented by Wild Goat Entertainment.

Founder and director of Wild Goat Entertainment, Melanie Evans said she was thrilled to present two of Australia's most cherished artists to Brisbane audiences.

"These are two of my favourite artists, and it's an absolute pleasure watching them perform this show," Melanie said.

Both award-winning musicians with several platinum albums between them, Grace and Wendy will delight the Kedron-Wavell audience with their interpretation of Paul Simon's songbook, including his 1986 album, *Graceland*. The record sold more than 16 million copies worldwide, with hits like *You Can Call Me Al* and *Diamonds on the Soles of Her Shoes*.

Grace is well-known as the lead singer of the band Eurogliders and as one of Australia's leading jazz singers. She said that after 20 years of talking about doing a show together, she and

Wendy were finally on stage and having a blast.

"I just love singing with Wendy and it's great to be able to take this show around the country and hang out with my pal," Grace said.

Wendy, a Canadian-born singer of *Aria* chart-topping hits like *The Day You Went Away*, added that the songs and band were wonderful and it was a lot of fun.

"Grace and I find much joy in performing together and I think that's infectious," she said. "Like Grace, I've done many tours of Queensland and it's always nice to head north to such fun and appreciative audiences."

The duo will also sing songs by Simon and Garfunkel, including *The Sound of Silence*, *Homeward Bound* and *Bridge Over Troubled Water*.

Wendy said it was Grace who suggested the pair perform the music of Paul Simon.

"Paul Simon is such a wonderful lyricist and the stories in his songs are humorous, profound and everything in between," she said.

Grace agreed the biggest challenge was which songs to leave out.

"Paul Simon has written so many great, well-known songs that the show would go for days if you tried to include them all," she said.

Tickets start at \$57. To book go to kedron-wavelltd.iwannaticket.com.au

Wendy Matthews & Grace Knight: *We're Going to Graceland – The Songs of Paul Simon*
Friday, 29 September, 7:30pm
Kedron-Wavell (Blue Pacific Room)
Kittyhawk Drive, Chermside.

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[^]Drink voucher can be redeemed for pot of tap beer, glass of house wine or schooner of soft drink.

LITTLE ATHLETICS CENTRE AWARDED COUNCIL GRANT



STORY **ALYSSA MACKAY**

PHOTO **JOHN PIRES PHOTOGRAPHY**

Aspley Little Athletics Centre (ALAC) are making improvements to the equipment at their community facility in Geebung, thanks to funding from a Brisbane City Council grant.

The not-for-profit, volunteer-run athletics organisation was awarded \$11,000 last month under the latest round of the 2022-23 Lord Mayor's Better Suburbs Grants.

Lord Mayor Adrian Schrinner said the centre had been instrumental in training future athletes from across Brisbane for over 40 years.

"The club will use the \$11,000 awarded to them to replace the safety netting on their throwing cage at Bowden Park," Cr Schrinner said. "This will make sure that members of the club and the wider community will have the facilities for training and development, as current athletes prepare to be the future Brisbane 2032 Olympians and Paralympians of tomorrow."

ALAC centre manager, Jeff Bayley, said the ALAC Committee was very relieved and excited to hear the centre had been successful in their application for new safety nets under the Better Suburbs Grant.

"The safety nets cost a significant amount of money and without the financial assistance that this grant has provided, ALAC would either have to wait and hope for a successful result in future applications, or risk closing the throws facility for the safety of users and spectators," Jeff said.

"The safety nets on our current multi-use throws cage are around 20 years old, and while this throws cage has provided athletes and the community with a safe place to practice discus, shotput and hammer throw for the past 20 years, the safety nets have reached the point where costs of continual repairs is no longer sustainable and the safety of the community is at risk."

The centre has seen a growth in membership and an increase in the number of athletes training at their venue.

"Without grant programs like this, ALAC would not be able to provide the level of services and quality of facilities to young athletes and the community," Jeff said. "With the Commonwealth and Olympic Games coming up, it is crucial that young athletes are provided with every opportunity that they can get to help them improve not only their athletic ability, but also their social skills that come with being part of a passionate and supportive athletics community."

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Your August Garden

STORY **SALLY EBERHARDT**

Cold and flu season is in full force! Nurture and heal your body with the life-giving goodness of your own fresh produce. **From vegetable soup to ginger tea - whether a cure or preventative - treat yourself to nature's medicine from your own backyard.**

August is the month to dig up your potatoes, ginger and turmeric. You may have carrots and pumpkins, winter greens like cabbage and celery, and onions and garlic. Any vegetable can go in soup to nourish your body and soul. Non-vegetarians can add a chicken frame for a boost of minerals.

Ginger tea is a delicious flu-fighter. Finely slice a piece of fresh ginger about the size of your thumb. Boil for 10 minutes, strain into a mug and add honey and lemon to taste. No fresh ginger? This is a good time to plant ginger, ready for harvest next year. Cut ginger into 3cm wide pieces with 'eyes', leave them to cure for a few days, then plant 10-15cm deep in well-drained soil.

Check soil isn't drying out in the Ekka winds. As temperatures rise towards the end of August, summer vegetables can be sown. Plant tomatoes, capsicum, eggplants, cucumber, zucchini, beetroot, cabbage, carrots, lettuce, and corn.

DO YOU HAVE A STORY IDEA?

If you know any noteworthy businesses, people or events happening in the community, please drop us a line!

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ICE CREAM FOR A BERRY GOOD CAUSE

STORY **ALYSSA MACKAY**

E kka is just around the corner and we've got the scoop on the popular ice cream that's been a must-have treat for show-goers since the 1950s.

The beloved Ekka strawberry sundae is not only a local icon, but each one sold helps to fund medical research for The Common Good (formerly the Prince Charles Hospital Foundation).

The Common Good's general manager, Chloe Nguyen said she hoped to see many community members at one of their five stalls at the annual agricultural show from Saturday, 12 to Sunday, 20 August.

"Whether it's a sense of nostalgia from Ekkas gone by, or a chance to finally try this iconic ice cream, there's something so special about the Ekka strawberry sundae," Chloe said. "What makes it particularly special is the heart of it – the strawberry ice cream. Over 16 tonnes is produced right here in Brisbane by family business Lick Ice Cream.

This particular flavour is only produced for Ekka, and the team works for three months to produce the volume needed to serve Brisbane its favourite treat."

All profits from sundae sales support research into heart disease, lung disease, mental health and dementia, providing funding opportunities for researchers who undertake groundbreaking work to help people live healthier for longer.

"These researchers work out of the humble labs at Australia's leading heart and lung hospital, The Prince Charles Hospital – right here in Chermshire," Chloe said. "Earlier this year, we unveiled two state-of-the-art ICU bed spaces at The Prince Charles Hospital, which use the latest technology and innovations to reduce the environmental factors like light and noise that can lead to delirium and other mental health conditions for patients."

Scooping more than 100,000 sundaes annually would not be possible without the help of thousands of volunteers. Chloe said The Common Good needed around 400 more volunteers to help chop, scoop and serve this year.

"Many of our amazing volunteers have their own personal and special connection to The Prince Charles Hospital and the incredible work which our researchers do," she said.

"Volunteer shifts are only 4.5 hours long, and you will receive free entry to the Ekka on the day of your shift and a free Ekka strawberry sundae."

To register for a volunteer shift, go to tcg.org.au/chermside-guide before 31 July.

Ekka 2023
Saturday, 12 – Sunday, 20 August
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REST EASY EXPO COMING TO CHERMSIDE

STORY **NADIA CHAPMAN**

A unique event focusing on sleep, relaxation, and self-care is coming to Chermiside this month with a full day that will leave you feeling refreshed.

The Rest Easy Expo is a first-time free event taking place on Sunday, the 13th of August, to provide sleep and relaxation support to attendees.

Organiser Holly Allen said the event aims to create a haven for tranquility and rejuvenation.

"Attendees have the chance to explore new ways to enhance their well-being and prioritise self-care. With stallholders, group sessions, speakers, activities, and relaxation areas, this inaugural event in Chermiside promises to be truly special," Holly said.

The Rest Easy Expo will offer a diverse range of stallholders, from sleep aids and holistic therapies to self-care products and essential oils.

Not only will there be stallholders, but attendees will be able to rest easy after being in the presence of massage therapists, holistic health specialists, and Holographic Kinetics practitioners.

"These experts will create a vibrant and immersive experience, offering attendees a wide array of options to explore to enhance their overall well-being."

Stallholders aren't the only thing attendees can look forward to, though, as the expo is adding a list of influential guest speakers to the mix.

I spoke with one of the guest speakers, Louise Macgregor, owner of Emmaus Health and Wellness, to discuss the importance of an expo such as this one.

"After experiencing health challenges with breast cancer and mastectomy, I was introduced to Medkey neurostimulation technology as part of my healing journey. I wanted to help others facing their own health challenges, so I trained as a Practitioner," Louise said.

Louise specialises in treating acute and chronic pain through non-invasive pain relief technology, which she hopes to discuss at the Rest Easy Expo.

"I love presenting to the public because it allows me to raise awareness about innovative holistic treatment options that use the body's innate healing capabilities while also providing individuals with hope and fresh insights into reducing pain and stress, improving sleep, and enhancing their overall well-being."

Find out more by visiting www.resteasyexpo.com.au

Rest Easy Expo
Sunday 13 August, 10am-3pm
Burnie Brae Auditorium
60 Kuran St, Chermiside.

REST EASY EXPO

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Sunday 13th August

Burnie Brae Auditorium, 60 Kuran Street,
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10am - 3pm

www.resteasyexpo.com.au



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'GOLDEN MEMORIES' CELEBRATE 50 YEARS

STORY PANAYIOTA

Music lovers know so well that music entices their hearts and memories to dance with an abundance of joyful anticipations.

It's nostalgic! Now that's the word the Brisbane City Pops Orchestra (BCPO) knows so well as it presents 'Golden Memories.' Conducted by Neil Flottmann, a long-time conductor for BCPO, this performance is a true celebration of this orchestra's 50th anniversary.

Huzzah! What a milestone to achieve!

"Founded in 1973, we are proud to be celebrating our 50th anniversary," said Rita West, Events Coordinator and Vice-President of BCPO. Every concert this year will commemorate this auspicious occasion.

BCPO are honoured to be joined by guest choir, the Gumnuts Choir, of Our Lady of the Angels Primary School.

"This Choir is all children from Year 3. They will be singing a repertoire of children's songs by Australian composers," said Debra Todhunter, Gumnuts Choir Conductor and Music Specialist.

"It's an immersive experience for the kids, to

understand how to be in a choir and work as a group."

Can you imagine how excited these kids will be as they venture out into their first public performance?

As one can imagine, it takes many hands to have a choir of this calibre run smoothly.

"Our members give their time freely and we congratulate everyone for our success across the 50 years," said Rita.

A special mention goes out to all Conductors, plus the Concert Master, Richard Clegg and this concert's Conductor and Compère, Neil Flottmann, who are all professionals in their own right and have selflessly served with the orchestra for many years.

Where would the BCPO be without their audiences, who are like family and friends and their numbers keep increasing over time. "We couldn't be more grateful for their ongoing support," said Rita.

This evening's repertoire includes such favourites as 'Golden Memories,' 'Mancini Magic,' and 'Salute to the Big Bands.'

The BCPO welcomes everyone to join in the fun. Tickets are sold by phone bookings on (07) 3359 0239 or 0493 636 632. Anyone interested in joining the BCPO, contact us via our website, www.bcpo.org.au.

Golden Memories Concert
Friday 18 August, 7pm
St Paschal's Catholic Church
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Tickets: \$35pp (includes light supper)



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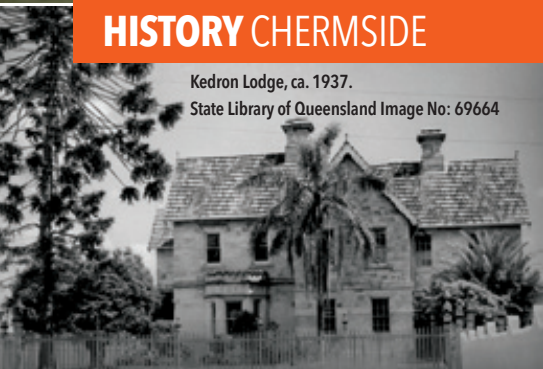


Kedron Park Racecourse, 1922
State Library of Queensland Image No: 6813-0001-0001



Bridge over Kedron Brook, ca. 1925.
State Library of Queensland Image No: 57690

HISTORY CHERMSIDE



Kedron Lodge, ca. 1937.
State Library of Queensland Image No: 69664

KEDRON'S FOUNDING YEARS.

STORY **JULIA LEWIS**

Kedron was named after Kedron Brook, a creek that runs through the northern suburbs of Brisbane. An important watercourse with its source in Ferny Grove, Kedron Brook flows into a wetland near the airport in Toombul. In 1838, German Moravian missionaries established a settlement there to protect Aboriginal people, and they named the watercourse after the biblical Kedron River.

In 1856, the land along Kedron Brook was divided into farm lots, and Judge Alfred Lutwyche purchased two lots near Gympie Road in 1859. The area, now the location of Kedron High School and an emergency services complex, was named Kedron Lodge

by Lutwyche. Lutwyche then donated land to the south for St Andrew's Anglican church in 1866.

The population in the area was scattered, but Gympie Road served as a primary access route. The Edinburgh Castle Hotel opened on Gympie Road around 1868, and in the 1870s, bridges were constructed over Kedron Brook to replace the previous river crossings.

It was the Kedron Park Hotel in 1880 that brought vibrancy to the district. The hotel owner organized horse races, polo matches, and sports days at Kedron Park with the cooperation of those who benefitted from Lutwyche's estate. The majority of the Kedron district consisted of farms and tanneries lining Kedron Brook and the intensity of the hotel's operations resulted in complaints regarding pollution of the brook.

In 1911, the notorious Melbourne figure John Wren acquired Kedron Park as an unregistered horse racing track. Wren provided gambling facilities for the working class, and a park named after him was established next to Kedron Brook.

The Catholic Church expanded its presence in Kedron by obtaining Delamore House on Turner Road for the Missionary Sisters of St Francis. Furthermore, Kedron Shire was incorporated into Greater Brisbane in 1925.

Pony racing at Kedron Park ended in 1931, but harness racing and dog racing continued until 1956. The population of Kedron reached its peak in the 1950s, with a large number of students at the primary school and the opening of secondary schools by the Catholic Church. Kedron State High School and an adjoining teacher's college were established in 1957 and 1961 respectively.

We integrate senior schooling and industry training

Apply now for Year 11, 2024

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With a range of industries to choose from, our integrated curriculum combines hands-on and classroom learning for years 10, 11 and 12. School weeks comprise two days of hands-on trade training and three days of regular school – all at our state of the art Scarborough campus. Nail the connection between academic studies, nationally recognised qualifications, practical work experience and pathways into school-based apprenticeships. In 2022, 100% of our Year 12 students graduated with their QCE and 90% commenced an apprenticeship.

Our range of courses include:

- Automotive
- Commercial Cookery
- Construction
- Information Technology
- Cabinet Making
- Electrotechnology
- Hairdressing and Barbering
- Metal Engineering
- Plumbing
- Health Services
- Early Years Education



Information Event and Campus Tour
5 September and 24 October 2023 at 6pm

📞 **07 3880 4331**

info@tradecollege.com.au

tradecollege.com.au



TRAVEL EXPO 'JUST THE TICKET' FOR DREAM HOLIDAY

STORY **ALYSSA MACKAY**

Covid restrictions have eased and now there's a new bug in town - that's right, the travel bug.

Before you start packing, make sure you get all the information you need to plan your dream trip at the APT and Travelmarvel free travel event, taking place at Kedron-Wavell on Tuesday, 5 September.

State sales manager of APT Travel Group, Karen Newbury said attendees would hear from travel experts who would guide them through an extensive range of tours, cruises, travel styles and unique experiences, both overseas and in Australia.

"We will also share our exclusive insights to help our guests find their dream destination," Karen said. "Myself, Marlene, Camille and Katrina have all travelled extensively and will be sharing our personal experiences and favourite holiday destinations."

The event includes sessions such as The Best of Europe, Australia and New Zealand (featuring the Kimberley), Asia Holidays, and Bucket List Holidays.

"Our Amsterdam to Budapest River Cruising session is always very popular," Karen said. "It's one of my favourite trips of all time, visiting quaint medieval towns with pastel-coloured buildings and cobblestone streets.

"Canada and Alaska is another sought-after destination and our session will enchant our guests with itineraries featuring one of the

world's most spectacular rail journeys through the Rocky Mountains, unique and stunning hotels in Canada, and the most memorable coastal scenery of Alaska's iconic Inside Passage.

"Internationally, Antarctica is my favourite destination and I think our guests will be mesmerised by photos from my trip. I don't believe anyone can truly imagine the beauty of Antarctica if they haven't been there."

The travel expert team will offer tips about the best time of year to travel and the advantages of travelling in certain seasons, as well as practical advice like the differences between cabin types on river and small ocean ships.

Karen said demand to travel internationally had been exceeding airline capacity for 12 months.

"More people have wanted to travel than there have been aircraft able to take them," she said. "With airlines now increasing to pre-Covid levels, we have seen a huge jump in sales for popular destinations like Europe and Canada. Sales trends indicate that 2024 will be our biggest year on record."

Don't wait until the ship has sailed - view the full schedule and register your interest by visiting www.eventbrite.com.au and searching for 'APT and Travelmarvel Chermiside'.

**APT and Travelmarvel's Free Travel Event
Tuesday, 5 September, 9:30am-3pm
Kedron-Wavell
21 Kittyhawk Drive, Chermiside.**



LUXURY TRAVEL

TRAVELMARVEL

Freedom to Explore

PLACES ARE LIMITED

YOU'RE INVITED TO ATTEND OUR FREE TRAVEL EVENT

We are delighted to showcase our vast range of touring and cruising holiday options at our upcoming travel event. Join our experts who will guide you through our range of tours, travel styles and unique experiences, as well as share their exclusive insights to help you find your dream destination.

EVENT 9:30AM - 3:00PM

Tuesday 5 September

Kedron-Wavell Services Club

21 Kittyhawk Drive, Chermside, QLD, 4032

Amsterdam to Budapest River Cruising	9:30am
The Best of Europe	10:15am
Canada & Alaska (Featuring USA)	11:15am
Australia & New Zealand (Featuring the Kimberley)	12:15pm
Asia Holidays (Featuring Vietnam & Cambodia, Japan, South Korea & India)	1:15pm
Bucket List Holidays (Featuring South America, Antarctica, Africa, Egypt, Jordan and Israel)	2:05pm

REGISTER NOW



Scan here to register your place.
Visit www.aptouring.com.au/events
or speak to your travel agent



"In 2015, we all came together in a car park in downtown LA and hosted a small BBQ with a clothing donation and live music and we ended up serving over 800 people."

The following year saw 2000 guests receiving services from optometrists, doctors and mental health workers. Since then, the Altru Festival has evolved to include one-on-one mentoring and tutoring programs.

Jessie said while Nike, Netflix and Uber were major sponsors in the States, they hadn't received as much support for the Australian festivals.

"We need financial donations and financial support," she said. "We have little to no admin costs and 100 per cent of the money raised is given back to the community. The biggest cost of the event is infrastructure and safety."

They also need more volunteers.

"When you volunteer at the event you actually see where your dollar donations have gone in real time and not a lot of charities can show you the path to that," she said. "You will see the positive impact you are having on someone's life and that's pretty profound to be part of that human experience."

In the lead-up to the Altru Festival, Jessie has been reaching out to people in Musgrave Park where the event will be held.

"A lot of the homeless people I'm meeting, the majority of them have jobs, and meeting children, that's horrifying," she said. "The odds are already stacked against them. We can solve a lot of these things by coming together as a community, to create a secure, safe society for our children and our children's children."

Register as a volunteer at <https://events.humantix.com/altru-fest-brisbane>

Donate by visiting www.wearealtru.com and clicking 'Dopamine Hit'.

For festival updates, follow Altru on Facebook and @wearealtru on Instagram.

Altru Fest Brisbane
Saturday, 11 November
Musgrave Park
91 Cordelia Street, South Brisbane

CALL TO SUPPORT LOCAL FESTIVAL FOR HOMELESS

STORY **ALYSSA MACKAY**
PHOTO **JOHN PIRES PHOTOGRAPHY**

Local medical student **Jessie McLachlan** is the **CEO and co-founder of Altru**, a charity which helps thousands of homeless people at an annual festival in Los Angeles.

The one-day event sees a homeless person (guest) paired with a volunteer tour guide as they receive essential health and wellbeing services before connecting with others in a festival atmosphere with food and live music.

Now Brisbane is set to hold its own Altru Festival in November.

"Altru is more than an event but the event is the catalyst for forming the bond with individuals within the community," Jessie said. "It's a fun spin on charity, because you have fun donating your time and seeing the joy it created."

Jessie was living in New York when she was hospitalised with an illness. Despite having medical insurance, she spent more than two years fighting a \$586,000 bill. She then discovered the impact medical bankruptcy had on homelessness in the United States.

"I couldn't not do something," Jessie said. "My birthday was coming up and my friends thought, how about we throw a birthday party for people in the streets?"

Redcliffe Kitefest

16-17 SEPT

PELICAN PARK, CLONTARF

"IT SMELLS LIKE A BIRTHDAY"
- ELI, 3 YEARS OLD, 2019 -



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TICKETS ON SALE NOW

REDCLIFFEKITEFEST.COM.AU

THE BACKYARD BONANZA RETURNS

STORY **NADIA CHAPMAN**

PHOTOS **PAUL NEIL PHOTOGRAPHY**

Calling all North Brisbane families looking for a day full of fun, visit Bracken Ridge this month and see how our communities celebrate in style.

The Bracken Ridge Backyard Bonanza is returning to McPherson Park on Sunday, the 27th of August, to showcase a variety of activities and local talent.

Cr Sandy Landers, Councillor for the Bracken Ridge Ward, said the event has become a local tradition for all.

“BYB has become a local tradition growing bigger and better every year. Based around the Bracken Ridge Lions Train Day, which is a rite of passage for children growing up in the area, the August Train Day is much much more,” Sandy said.

Cr Landers has always enjoyed being a part of the Backyard Bonanza event, as she loves that it brings the community together.

“Like most train days, I will be driving one of the miniature trains to support the other volunteers who do so for the Bracken Ridge Lions Club. The Schrunner Council is a proud supporter of BYB and giving locals more to see and do in our suburbs.”

This year’s Backyard Bonanza event is all about our community and showcasing local talent. Locals can expect to see the St John Fisher Rock Band, Norris Road State School Choir, Soundwave Community Choir, and of course, the Aussie Aussie Aussie Rock Band.



“There will also be community groups like Scouts, Girl Guides, Bald Hills Bushies, Bracken Ridge Cricket Club, and Ridgettes Netball Club. The much-loved Paw Patrol is back again this year to entertain the kids, as well as the Animal Farm and Reptiles. We are also very excited to have the revamped Brisbane City Council 1939 Chevrolet half-tonne truck, which was part of the Council’s fleet during World War II on display,” Sandy said.

Because of our community’s generous sponsors, including BCC, Bracken Ridge Plaza, Bracken Ridge Tavern, and Coronis Real Estate, this entire event is free. However, Bracken Ridge Lions will have their trains running for \$2 per person, with all funds going towards Breast Cancer Research and Guide Dogs QLD.

Backyard Bonanza
Sunday 27 August, 9am-2pm
McPherson Park
146 Denham St, Bracken Ridge.



ELVIS

AN AMERICAN TRILOGY

**KEDRON WAVELL SERVICES CLUB
SUNDAY 17TH SEPTEMBER**





Support for People Living with Arthritis

Geraldine Keating, a peer-mentor for Arthritis Queensland's Arthritis Assist program

"Often younger people diagnosed with arthritis feel very alone as they don't know anyone else their age with the condition," she said. "Having someone to speak with who knows exactly what you're going through, and who is a similar age now or when they were diagnosed, can help people feel less alone, better understand and cope with their condition, and to learn more about treatment options and who can help.

"Early treatment can help to slow or prevent the condition from worsening and can help limit the impacts of the condition on day-to-day life. With the right treatment and support, most people with arthritis can continue to live a healthy life."

Peer-mentor, Geraldine Keating was diagnosed with osteoarthritis in her late thirties. She experienced a flare-up in her fifties before having a hip replacement in her sixties.

"Callers with a new diagnosis are usually in shock and feel overwhelmed with too much conflicting information or not enough medical guidance," Geraldine said. "They want to know how to ease the pain so their condition doesn't affect their ability to work, earn income, care for their family, enjoy their social and recreational pursuits. They ask questions around operations, medications, natural alternatives, ways of managing weights, mobility, strength, staying social and enhancing wellbeing.

"Being anonymous and on the end of a phone provides a freedom to just be ourselves and say things and ask questions others may not understand. People feel listened to and understood and leave with options they can use. They leave feeling more uplifted and with a sense of hope."

For more information about the program or to apply to become a peer-mentor go to www.arthritis.org.au/how-we-can-help/arthritis-assist-arthritis-support-with-a-peer-mentor/

STORY **ALYSSA MACKAY**
PHOTO **JOHN PIRES PHOTOGRAPHY**

A diagnosis of arthritis can be an overwhelming and lonely experience, particularly for younger people, which is why an understanding ear makes a big difference.

Arthritis Queensland operates a free, phone-based peer support program called Arthritis Assist, where people living with arthritis can have a confidential chat with a fully-trained, peer-mentor.

Health promotion manager, Jessica Neri said speaking with someone who also lived with the condition could be reassuring and empowering.

"While family and friends can be well-meaning, many people with arthritis report a lack of understanding among their loved ones about what arthritis really is," Jessica said. "While health professionals play a very important role in helping people manage their arthritis, they often don't have a personal experience with the condition and the day-to-day challenges people may experience."

She added there was a huge misconception that arthritis only impacted older people.



GIDDY UP! SANDGATE BAYSIDE

AUGUST 14th - 20th 2023

Catch the country fever and join us for a toe-tapping, boot-stomping extravaganza at Sandgate Bayside! Immerse yourself in the perfect blend of country charm and beach vibes.

GiddyUp! Sandgate Bayside Country Festival is the ultimate family destination for music, dancing, mouthwatering food, and a celebration of all things country.

Scan below or visit sandgatebayside.com.au
for full program



Proudly brought to you by





The Beauty of the Foreshore Close to Your Door

Laurie Jeays was a Sandgate local who always had a deep connection to the Sandgate foreshore and its fascinating creatures. His love and enthusiasm for the area led him to start Laurie's Beach Walk in 2006, a guided tour that allows participants to discover and learn about the hidden inhabitants of the foreshore.

Growing up in Sandgate, he understood the interconnectedness of the wetlands, lagoons, foreshore, and their diverse flora and fauna. This realisation inspired him to co-found the Keep Sandgate Beautiful Association (KSBA) 50 years ago. The association aimed to protect these natural areas from proposed developments that would have altered the landscape.

You can enjoy all that the foreshore has to offer just as Laurie did. Laurie's Beach Walk welcomes participants of all ages to explore the foreshore. The walk is not challenging, with just a few stairs leading down to the sandflats. Participants can expect to encounter snails, worms, crabs (including the beloved soldier crabs), shells, and other fascinating creatures.

The walk lasts for 60 to 90 minutes and provides a unique opportunity to appreciate the wonders of the Sandgate foreshore. It is important for participants to wear shoes with sturdy soles that can get wet.

If you are looking for something a little different to do that isn't too far from home, Join Laurie's Beach Walk and immerse yourself in the natural beauty and intriguing creatures that call Sandgate their home.

Laurie's Beach Walk, 25 August at 9.30am
For details and to book call 0410 327 095

Volunteer Mentors Needed!

Brisbane Seniors Online (BSOL) is a not-for-profit community group that has been helping seniors and over 50s in the Greater Brisbane area for over 20 years with mastering their computers and the internet and has an active presence in the Chermshire and adjoining areas.

Volunteer mentors are always welcome to join to provide home lessons to local seniors and over 50's wanting with computers and to safely use the internet. BSOL specialise in home tuition in Windows, Android, Apple and smart phones. This is a quite unique service to the community. Digital photography, Apple and Linux groups operate in Brisbane Seniors Online.

A Mentor Support Group also allows them to bring up problems and seek resolution from other mentors. Of course, to continue this valuable work, we need more volunteer mentors who can relate to seniors and over 50s and confident in technology to teach these devices. People who are retired or semi-retired with some availability to assist are encouraged to apply.

The average age of learners is 74. Tutoring can be fun and it also improves mentors existing skills. Tutoring is provided on the learners own device by voluntary empathetic mentors of around the same age. Male and female mentors are sought.

Whilst class tuition has benefits, home tutoring is conducive to confident, faster learning in the comfort of the home environment. With more transactions and activity needing to be done online, seniors are vulnerable to scams and fraud. BSOL can assist learners on how to identify these risks and avoid them.

Brisbane Seniors Online is appreciative of the support from Cr Fiona Hammond, Marchant Ward including funding through the Lord Mayor's Community Fund.

For more information, contact BSOL at 3393 2225 or see www.bsol.asn.au or through [Facebook.com/BrisbaneSeniorsOnline](https://www.facebook.com/BrisbaneSeniorsOnline)



BRISBANE SENIORS ONLINE ASSOCIATION INC.

BRISBANE SENIORS ONLINE REQUIRES VOLUNTEER MENTORS.

We are seeking retired and semi-retired computer and internet literate people to volunteer in a satisfying and fun role as a mentor to teach over 50s computers and the internet in home lessons.

Windows, Android, Apple and smart phones are taught so if you have any or all of these skills, you are welcome to join Brisbane Seniors Online as a volunteer mentor.

There are also some special interest groups that meet monthly face-to-face or by Zoom or both. These are digital photography, Apple, Linux and Mentor Support.

New learners also welcome to join.

Contact 3393 2225

www.bsol.asn.au • facebook.com/BrisbaneSeniorsOnline



Dedicated to a better Brisbane

Supported by Cr Fiona Hammond, Marchant Ward and Lord Mayor's Community Fund.

Local DINING GUIDE



Small Batch Coffee Roasters

18 Corrie Street, Chermside

Cafe

0406 200 019

DARK TONIC

Feature: Dark Tonic Roasters is a hidden gem. Family run cafe that roasts 2 different blends plus a Single Origin and their own decaf. We sell bags of beans. If you dont have a grinder, no stress we can grind for your home needs.

Open 7 days text ahead of time 0406200019

Instagram/Facebook @darktonicroasters



323 Newman Rd, Geebung

Restaurant/Club

Ph 3265 3711

GEEBUNG RSL

Feature: Enjoy a delicious meal from our a la carte menu featuring good old favourites or try one of our Chef's Daily Specials. Not a member? Join now for \$5 for life.

Book online at www.geebungrsl.com.au or phone 3265 3711



21 Kittyhawk Dr, Chermside

Casual Dining

Ph 3359 9122

THE KITCHEN

Feature: Come in to relax and enjoy dining on our gorgeous al fresco deck! Conveniently located inside Kedron-Wavell in Chermside, pop in for a cuppa, a sweet treat, or something from our all-day dining menu.

Open 7 days a week from 10am



Carseldine Central, 4/735
Beams Road, Carseldine

Casual Dining

Ph 3263 2379

5 BOROUGHS

Feature: Indulge in a mouthwatering feast at 5 Boroughs Carseldine with our \$20 Meatlovers Monday offering! From 4PM, choose from our 200g Rump Steak, Fried Chicken Waffle, Stone & Wood Snapper or Chicken Parmy. Complete with fries, slaw or salad. Book now and satisfy your cravings!





Great Rock Variety

Your local community station more info: 997fm.com.au

Tune in & you'll never tune out

AUGUST What's On.

01 TUESDAY

🎵 **SIMONE CUTTING**
Geebung RSL 10:30am

🎵 **TRIVIA TUESDAY'S**
Aspley Hornets 7pm
Quiz Meisters Trivia every Tuesday night from 7pm in the Hornets Premiers Bar! Free entry, club vouchers, beer jugs and pizzas to be won!

02 WEDNESDAY

🎵 **BILLY GUY AT SOUNDBITES**
Kedron-Wavell 11am

04 FRIDAY

★ **60 YEARS OF ASPLEY STATE HS**
Aspley State High School 4pm

🎵 **CASSI MARIE IN BRAVO BREWHOUSE**
Kedron-Wavell 6pm

🎵 **KELSEY BERRINGTON**
Aspley Hornets 6:30pm

🎵 **MARCO**
Geebung RSL 7pm

🎵 **DJ BITZA AT BRAVO BREWHOUSE**
Kedron-Wavell 9pm

05 SATURDAY

🎵 **JOSH NIXON AT BRAVO BREWHOUSE**
Kedron-Wavell 6pm

🎵 **BIRD ON A WIRE**
Aspley Hornets 6:30pm

🎵 **BRAD DJ IN BRAVO BREWHOUSE**
Kedron-Wavell 9pm

06 SUNDAY

🎵 **TRACY LEIGH AT THE SHACK**
Kedron-Wavell 2pm

🎵 **MICHAEL GANT**
Geebung RSL 5pm

08 TUESDAY

🎵 **TRIVIA TUESDAY'S**
Aspley Hornets 7pm

Quiz Meisters Trivia every Tuesday night from 7pm in the Hornets Premiers Bar! Free entry, club vouchers, beer jugs and pizzas to be won!

09 WEDNESDAY

🎵 **MORNING MELODIES W/ ROB ROSENLUND**
Aspley Hornets 10:30am

🎵 **TRACY VAUGHN AT SOUNDBITES**
Kedron-Wavell 11am

11 FRIDAY

🎵 **MATT DICKERSON IN BRAVO BREWHOUSE**
Kedron-Wavell 6pm

🎵 **JOHN WILKINSON**
Aspley Hornets 6:30pm

🎵 **GORAN SEDLAR**
Geebung RSL 7pm

🎵 **DJ BITZA AT BRAVO BREWHOUSE**
Kedron-Wavell 9pm



06 SUNDAY
🎵 **TRACY LEIGH AT THE SHACK**
Kedron-Wavell 2pm



12 SATURDAY

🎵 **JASON TOWERS IN BRAVO BREWHOUSE**

Kedron-Wavell 6pm

🎵 **BAWDO & THE BEAR**

Aspley Hornets 6:30pm

🎵 **TRACEY VAUGHAN**

Geebung RSL 7pm

🎵 **LINDA STREET**

Geebung RSL 7pm

🎵 **BRAD DJ IN BRAVO BREWHOUSE**

Kedron-Wavell 9pm

13 SUNDAY

🎵 **BRAD WILD AT THE SHACK**

Kedron-Wavell 2pm

🎵 **MIKE WHITMORE**

Geebung RSL 5pm

15 TUESDAY

🍷 **TRIVIA TUESDAY'S**

Aspley Hornets 7pm

Quiz Meisters Trivia every Tuesday night from 7pm in the Hornets Premiers Bar! Free entry, club vouchers, beer jugs and pizzas to be won!

16 WEDNESDAY

🎵 **BILLY GUY AT SOUNDBITES**

Kedron-Wavell 11am

17 THURSDAY

🎵 **VARIETY GALA SHOW WITH DEANA PEHER**

Geebung RSL 11am

18 FRIDAY

🎵 DJ BITZA AT BRAVO BREWHOUSE

Kedron-Wavell 9pm

25 FRIDAY

🎵 DJ BITZA AT BRAVO BREWHOUSE

Kedron-Wavell 9pm



18 FRIDAY

🎵 MURRAY LLOYD IN BRAVO BREWHOUSE

Kedron-Wavell 6pm

🎵 BRETT WHITMORE

Aspley Hornets 6:30pm

🎵 RAFF DE

Geebung RSL 7pm

🎵 DJ BITZA AT BRAVO BREWHOUSE

Kedron-Wavell 9pm

19 SATURDAY

🎵 CHANDLER JAY AT BRAVO BREWHOUSE

Kedron-Wavell 6pm

🎵 FAT CHANCE

Aspley Hornets 6:30pm

🎵 BRAD DJ IN BRAVO BREWHOUSE

Kedron-Wavell 9pm

20 SUNDAY

🎵 FORTUNATO

Geebung RSL 12:30pm

🎵 VIC KENA AT THE SHACK

Kedron-Wavell 2pm

🎵 CRAIG SHAW

Geebung RSL 5pm

🎸 MUSIC BINGO

Aspley Hornets 7pm
Join us at the Hornets Premier's Bar every 3rd Sunday of the month for a night of Music Bingo fun!

22 TUESDAY

🎸 TRIVIA TUESDAY'S

Aspley Hornets 7pm
Quiz Meisters Trivia every Tuesday night from 7pm in the Hornets Premiers Bar! Free entry, club vouchers, beer jugs and pizzas to be won!

23 WEDNESDAY

🎵 DAVE GRAY AT SOUNDBITES

Kedron-Wavell 11am

25 FRIDAY

🎵 HAYDEN JOHN IN BRAVO BREWHOUSE

Kedron-Wavell 6pm

🎵 CRYSS COLEMAN

Aspley Hornets 6:30pm

🎵 DARRIN LEIGH

Geebung RSL 7pm

🎵 DJ BITZA AT BRAVO BREWHOUSE

Kedron-Wavell 9pm

26 SATURDAY

🎵 FREE AGENTS

Aspley Hornets 4:30pm

🎵 SARAH ALICE IN BRAVO BREWHOUSE

Kedron-Wavell 6pm

🎵 DAVE CLAYTON

Geebung RSL 7pm

🎵 BRAD DJ IN BRAVO BREWHOUSE

Kedron-Wavell 9pm

27 SUNDAY

🎵 JAMES SCOTT AT THE SHACK

Kedron-Wavell 2pm

🎵 TOBY TYLER

Geebung RSL 5pm

29 TUESDAY

🎸 TRIVIA TUESDAY'S

Aspley Hornets 7pm
Quiz Meisters Trivia every Tuesday night from 7pm in the Hornets Premiers Bar! Free entry, club vouchers, beer jugs and pizzas to be won!

30 WEDNESDAY

🎵 CHRIS BENT AT SOUNDBITES

Kedron-Wavell 11am



LIONS TRIVIA NIGHT SUPPORTS WOMEN'S LEGAL SERVICES OF QLD

STORY **PANAYIOTA**

It goes without saying, Lions Clubs across Australia support many worthy causes within all their communities.

Jo McDonald, member, Lions Club of Brisbane Inner North (LCBIN), is coordinating a Trivia Night fundraiser to assist the tireless work done by volunteers at Women's Legal Services of Qld (WLSQ).

"WLSQ specialise in domestic violence work as well as anything to do with women escaping all kinds of abuse," said Debbie Williams, president, LCBIN.

"Lions Club is particularly keen to support other organisations that do amazing work

in their community," said Williams. This fundraiser will raise \$3,000 towards Jo's registration to walk the Walk for Change, an incredible 5-day Tasmanian trekking adventure this October at Bay of Fires.

Trivia Nights are always a hoot, so bring your family and friends. Start your evening with dinner and/or drinks from 6pm.

The main event opens at 7pm. Door prizes and raffles are on offer so bring your gold coins and \$5 notes.

To RSVP or make donations; contact Jo — jomcdonald871@gmail.com or brisbane-inner-north@lionsq3.org.au.

For more information on LCBIN, check their website: www.brisbaneinnorth.qld.lions.org.au.

Charity Trivia Night
Saturday 5 August, 7.30-9.30pm
Club Chermide
468 Rode Road, Chermide

SIT UP AND TAKE ACTION FOR MENTAL HEALTH

STORY **PATRICIA HIGGINS**

It's time to sit up and pay attention, as the Mental Wheels Foundation's Sit Up Challenge is coming soon to help improve mental health in Australia.

JCommit to the challenge of 66 sit ups every day for 21 days, with the goal of making a difference for those in need within your community.

Michael Grey, Director of MKG Events, said that the challenge centred around the number 66 because, sadly, every six minutes someone will try to take their own life in Australia.

"If you are able to get six people to join you and raise 66 dollars, this will equate to funding an assessment and an eight week mental health program for someone who is

experiencing depression," Mr Grey said.

Once you register, you get your own fundraising page, which you can share with your family and friends so they can make donations.

The challenge launches on September 1 and culminates in an activation day 21 days later—an in-person attempt to get more than 2005 people doing sit-ups at the same time.

For sponsoring information, contact via www.mentalwheelsfoundation.org/pages/contact-us.

Sign up and/or donate to the challenge by visiting www.the-situp-challenge.raisely.com.

Mental Wheels Foundation Sit Up Challenge
Friday 1 September to Friday 22 September (in person activation day 22 September)

Activation day event in Chermide - exact location for activation day TBC (follow the website for more details)

TRADITIONAL MARKET

Every Sunday

KEDRON – WAVELL SERVICES CLUB

21 Kittyhawk Drive, Chermside QLD 4032

Open 6:00 am to 12:00 noon



**STALL HOLDER ENQUIRIES,
PLEASE PHONE COLLIN: 0418 721 751**



You never know what you will find...

A WORD FROM OUR REPRESENTATIVES

July was a big month in the electorate. I spent a lot of time out in the community discussing the budget with locals and in particular the actions the Palaszczuk Government have taken to address cost of living pressures.



WITH **JIMMIE SULLIVAN MP**

I urge seniors and concession card holders to check their electricity bills to ensure that they are receiving the \$1072 electricity bonus on bills received from this month. If you are in doubt, please contact your provider.

The budget also includes a record \$17.8B record investment for education and early childhood which includes \$4M for infrastructure in local Stafford schools.

Congratulations also to 4 wonderful local organisations who have received funding for "Skilling Queenslanders for Work" projects – Down Syndrome QLD; Life Church; Skills Hub; Multicultural Community Centre (MCC's)

This initiative assists disadvantaged Queenslanders to gain skills, qualifications, and experience to enter and stay in the workforce. You can see the real outcomes of this investment by visiting MCC's Technicolour Multicultural Festival on Saturday, 26th August at 23 Foster Street, Newmarket.

As always please contact my electorate office should have any State Government enquiries or issues. Phone 3554 8100 or email Stafford@parliament.qld.gov.au

With the mighty Maroons beating the Blues for the Origin series win, and many exciting announcements made during the June State Budget, it is truly a great time to be a Queenslander.



WITH **BART MELLISH MP**

Statewide announcements such as a new \$550 electricity rebate for all Queenslanders, with eligible seniors receiving up to \$1074, and free Kindy from January 2024 are only some of the

many targeted policies that aim to curb the enduring cost of living pressures.

I am also pleased to see that Aspley is receiving a \$35 million investment proposal for a tunnel beneath Gympie Road. Stretching between Kedron to Carseldine, this proposed tunnel will link the Bruce Hwy to Legacy Way, Clem 7, M1 and Centenary Hwy. This exciting project will connect with the existing toll road network and give Gympie Road back to the locals in the simplest and least disruptive way.

Although the tunnel's proposal is only in its early stages, this project has the potential benefit of reducing peak commute times by 30 minutes daily, through skipping 19 sets of traffic lights. Community consultation is due to be undertaken later this year.

The Australian Government is providing a year's free broadband services to up to 30,000 families with school-aged children as part of the School Student Broadband Initiative.



WITH **ANIKA WELLS MP**

To be eligible, families must have a child living at home who is enrolled in an Australian school in 2023, and have no active NBN service.

The initiative will provide 50 megabits per second (Mbps) fixed-line services, Fixed-Wireless Plus and Sky Muster Plus services, depending on where the family lives, with

large or unlimited data quotas.

The School Student Broadband Initiative is an affordability measure to narrow the digital divide

and boost education opportunities for students without access to home internet.

Given the cost-of-living pressures impacting so many Australian families I want to make this assistance accessible as widely as possible.

To apply, please contact the Lilley electorate office on 3266 8244 or email anika.wells.mp@aph.gov.au

Separate from the School Student Broadband Initiative, the Albanese Government is also investing in full-fibre upgrades so that homes, schools and businesses can access higher speeds and additional capacity.

This will see up to 90 per cent of premises in the NBN fixed line footprint able to access 500 Mbps to close to world-class gigabit download speeds by 2025.

It's good to see that cost-of-living pressures are at the forefront of the 2023-24 Budget with many benefits for you.



WITH CR FIONA HAMMOND

This year's Brisbane City Council Budget presents an \$80 million cost-of-living package to radically reduce or waive fees and charges for local event organisers and slashing the pool entry fees to just \$2 per person over summer.

The green waste recycling bins cost has been more than halved to less than \$1 per week with the annual fee dropping from \$93 to \$45 for almost 140,000 Brisbane households who already have green waste recycling bins and residents who adopt them.

The Schinnerer Council also continues to provide a \$70 rebate for the purchase of home composting equipment, with more than 11,500 households receiving the rebate since it was introduced in 2020. We will continue to provide free off-peak travel for seniors, and we will maintain the cheapest rates in south east Queensland, along with on-time payment discounts and generous rebates for pensioners.

The new Growing Old and Living Dangerously (GOLD) programs have been released for July to December, free or low-cost activities to keep you active and healthy. Please call into my office if you would like to pick one up.

Don't forget the new 24/7 library lockers to make it easier to borrow books and other items for free. I am looking forward to seeing this installed at the Grange library in the near future.



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The Louis Theroux Podcast Review

STORY **NICK ALLFORD**

My money don't jiggle jiggle - it folds." Wise words uttered by Louis Theroux on his viral social media jingle.

Although don't hold that against him, he's actually a very talented journalist and investigative reporter, who has recently added podcasts to his list of achievements.

If you're not familiar with Mr Theroux, his credentials are pretty extensive. He's responsible for some of the most insightful and controversial interviews in the last 30 years.

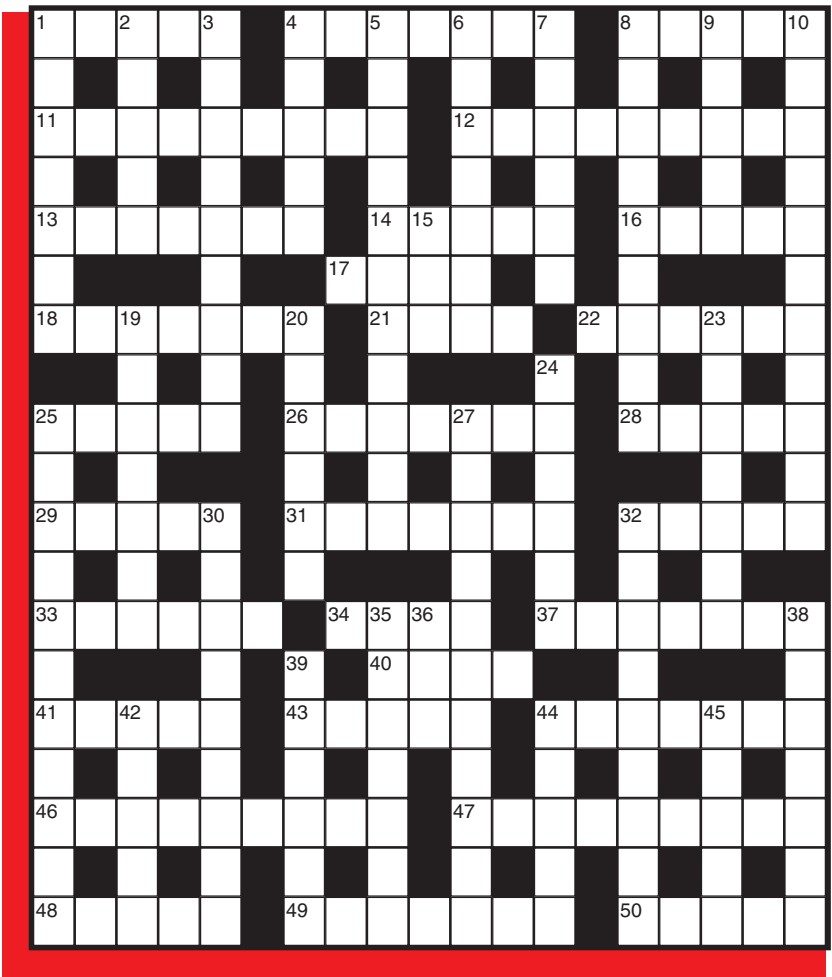
And if you're already a fan of the several thousand different TV shows and docs that Louis has made then you're going to love this podcast - simply because it's more of the same. When 'the same' includes captivating interviews and insightful perspectives with entertaining and thought-provoking guests, then count me in.

His guest lists often include a mixed bag of controversial figures but his podcast so far hosts more mainstream celebs such as Shania Twain, Nick Cave and Craig David. Asking them questions that most people wouldn't have the guts to ask.

He has skill for lulling his interviewees into a false sense of security with his unassuming tone and mild-mannered attitude. Helping expose the soft venerable underbelly of his guests.

Available exclusively on Spotify now.

THE BIG ONE CROSSWORD



ACROSS

- 1 Broadcast again
- 4 Simple card game (3,4)
- 8 Hastened
- 11 Carpentry joints
- 12 Certainly
- 13 Hide
- 14 Large farm
- 16 Sharp ridge
- 17 Pound (slang)
- 18 Bounding
- 21 Pincer
- 22 Hired guns (3-3)
- 25 Action
- 26 Brief view
- 28 Eat like a horse
- 29 Emotional aura (coll)

- 31 Not strict
- 32 Ankle, elbow, etc.
- 33 Espionage
- 34 Secluded place
- 37 Tumbling
- 40 Speed
- 41 Viewpoint
- 43 Cheek cosmetic
- 44 Cut glass
- 46 Founder
- 47 An offering to a god
- 48 Bold (coll)
- 49 Hospital attendant
- 50 Water bird

DOWN

- 1 Extremist
- 2 Black bird
- 3 Chattering
- 4 Bay window
- 5 Decimation
- 6 Supplements
- 7 Half-baked
- 8 Going back over
- 9 Thin pancake
- 10 Acumen
- 15 Be ill
- 19 Friendly
- 20 Flock of geese
- 23 Gin and vermouth cocktail

- 24 Warming device
- 25 Disastrous
- 27 Forerunner
- 30 Seriousness
- 32 Stinger, or box ____
- 35 Goaded
- 36 Delay
- 38 Spanish vessel
- 39 Artificial cave
- 42 Regret
- 44 Arrogant (coll)
- 45 Tester

Solution: Page 51



MEG 2: THE TRENCH

Get ready for the ultimate adrenaline rush this summer in "Meg 2: The Trench," a literally larger-than-life thriller ride that supersedes the 2018 blockbuster and takes the action to higher heights and

even greater depths with multiple massive Megs and so much more!

Main Cast: Cliff Curtis, Jason Statham, Sienna Guillory, Jing Wu, Skyler Samuels

Genre: Action, Science Fiction

Release Date: 03 August 2023

Rating: CTC



ASTEROID CITY

The itinerary of a Junior Stargazer/Space Cadet convention (organized to bring together students and parents from across the country for fellowship and scholarly competition) is spectacularly disrupted by world-changing events.

Main Cast: Tom Hanks, Scarlett Johansson, Tilda Swinton, Fisher Stevens, Liev Schreiber, Tony Revolori, Steve Carell, Jeffrey Wright, Bryan Cranston, Rupert Friend, Edward Norton, Hope Davis, Willem Dafoe, and more

Genre: Comedy, Romance

Release Date: 10 August 2023 **Rating:** M



STRAYS

They say a dog is a man's best friend, but what if the man is a total dirtbag? In that case, it might be time for some sweet revenge, doggy style. When Reggie, a naïve, relentlessly optimistic Border Terrier, is

abandoned on the mean city streets by his lowlife owner, Doug, Reggie is certain that his beloved owner would never leave him on purpose.

Main Cast: Will Ferrell, Will Forte, Jamie Foxx, Isla Fisher, Randall Park, Hannah Alline, Tinashe Kajese

Genre: Animation, Comedy

Release Date: 17 August 2023 **Rating:** MA



METALLICA M72 WORLD TOUR LIVE

Broadcast live from Arlington, TX, Metallica's M72 World Tour bursts onto the big screen in cinemas worldwide. This unprecedented global theatrical event will see the band playing two nights with two completely different setlists, with songs from across the group's

40+ year career, ranging from 1983's classic Kill 'Em All to 2023's new release 72 Seasons. You won't see the same song twice for a total of over 30 songs across both nights. The M72 tour will feature a bold new in-the-round stage design that relocates the famed Metallica Snake Pit to center stage so that fans will have a complete 360 view of the show.

Main Cast: Metallica

Genre: Music

Release Date: 19 & 21 August 2023 **Rating:** CTC

About My Father Chevalier 3rd	Brand Bollywood Downunder 18th
On The Wandering Paths Meg 2: The Trench The Miracle Club		Metallica M72 World Tour Live 19th & 21st
Dracula: Voyage of the Demeter 10th	Dream Girl 2 (Hindi) 23rd
Asteroid City Gran Turismo		Mr Ex (Arabic) 25th
Animal (Hindi) Bhola Shankar (Telugu) 11th	Andre Rieu's 2023 Maastricht Concert: Love is All Around 26th
Strays Sanctuary 17th	Past Lives Ego: The Michael Gudinski Story Haunted Mansion 31st
Godland Force of Nature: The Dry 2		Mercy Road My Sailor, My Love The Equalizer 3	



August Releases

WHAT'S ON THIS MONTH IN



Our DBOX release titles for August will include

**Meg 2: The Trench,
Gran Turismo,
The Equalizer 3 and
Haunted Mansion.**



TRADES & HOME SERVICES

DIRECTORY





Warwick and Peita

Think Local for Plumbing and Gas Needs

Story Alyssa Mackay

Locally owned and operated plumbing and gasfitting company Plumaround has more than 15 years' experience in the industry, assisting clients with stress-free plumbing solutions.

The business has offices in Chermside and Albany Creek and services all of Brisbane in residential and commercial plumbing, draining and gasfitting.

Owner Peita Royal said she and her husband, Warwick, started Plumaround when their youngest daughter was born in 2015 and have worked hard to grow the business over the past eight years.

"We enjoy our variety of work in the community with residential clients and also servicing many commercial clients in and around Brisbane city," Peita said. "We have recently finished larger projects with Planet Fitness at Chermside and currently Caboolture as well. Our team is like a big family and we often celebrate many milestones, such as birthdays, together."

The Plumaround team consists of 13 staff members, including office staff, qualified tradesmen and apprentices.

"We value service and culture," Peita said. "We are a local business, employ locals and work with local schools to take on school-based apprentices and work experience students."

Plumaround is fully equipped with the technology to clear blocked pipes quickly and safely.

"We specialise in drain clearance services, including clearing and cleaning blocked drains with the drain machine or hydro jetter, and sending a camera through the drain to inspect broken pipework for rectification," Peita said. "From there, we replace sewer and stormwater pipework, as required."

The team understands plumbing emergencies can (and do) happen at any time, day or night, which is why they offer a 24/7 service for people who find themselves with a plumbing issue like a burst pipe or backed-up drain. They pride themselves on happy and satisfied customers and have formed many friendships over the years.

"We have many lovely clients who we have the pleasure of helping," Peita said. "Chris is a great guy who we helped years ago on Christmas Day to clear a blocked drain, and to be honest, he's been a great client and a great friend ever since. We have the honour of helping people when they need us and that is a great privilege to us."

For more information, visit www.plumaround.com.au and follow Plumaround Pty Ltd on Facebook for plumbing-related hints and tips.



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BRAD'S BUSINESS TIPS

Why multitasking is a lie

So, try this for yourself... Next time you go to brush your teeth, make sure you leave your socks on (no shoes just socks).



Put the toothpaste on, run your brush under the tap (if you do this), then start brushing.

Now keep brushing and, at the same time, reach down and take off one of your socks.

What happened?

WITH BRAD FLYNN

Were you able to keep doing both tasks without missing a beat, or were

you like me and flip flopped between the 2 tasks, not doing either of them that well? (Or am I just a little bit special and just uncoordinated?)

So often I hear the multitasking mantra helps efficiency, (yes you too ladies), but that is not the truth.

Even the term multitasking, which comes from computer processors and was invented in the 1970's is misleading. The processors could only do one thing at a time, but they were able to switch between these tasks incredibly fast, giving the impression it was multitasking.

My suggestion to get more done with the time you have?

Do one thing at a time, do it well and don't start your next task until you have completed your current task and see how much you will get done in a day.

THE BIG ONE CROSSWORD ANSWER KEY

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