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A Note from the Editor

Contents

Welcome to our very first edition of the North Lakes Guide!

The North Lakes Guide is your local *Voice of the Village* and we are very excited to be able to bring you true local stories and events that will connect you to your community.

There are some great events on this month in and around the community for us all to enjoy and you can find these in our gigs and events pages. Keep your North Lakes Guide handy all month so you can plan your weekends!

You will also find inside a handy trades and services section so don't forget to help support our local small businesses!

Visit our website - www.northlakesguide.com.au - for more stories and information and click on the Podcast Tab to hear this month's podcast.

I interview Kylie Payne, an inspiring local mum fighting to save lives on and off the road after her son Harry was killed in a 4WD crash in 2021.

Find us each month in stands around your community!

Until next month, happy reading - and listening!

Jodie

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THE
Guides



Meet author Victoria Purman at North Lakes Library

STORY **ALYSSA MACKAY**

AUTHOR'S NEW BOOK SHINES LIGHT ON GOLDEN YEARS OF RADIO

Bestselling author Victoria Purman is appearing at North Lakes Library this month to discuss her latest novel *The Radio Hour*. The novel is set in 1956 and follows the story of Martha, a secretary working on a new radio serial.

Victoria said she couldn't wait to meet local readers to share the history of radio serials in Australia and the behind-the-scenes women who played a huge part in telling stories to listeners all over the country in the golden years of radio.

"My characters in *The Radio Hour* were inspired by the women writers, producers and creators of some of the nation's best-loved serials like *Blue Hills* and *Portia Faces Life* but who were forced to remain behind the scenes," Victoria said. "It's time to bring them into the light!"

To book go to www.moretonbay.qld.gov.au/libraries/Events/WAMB/Victoria-Purman

Meet the Author -

In Conversation with Victoria Purman

Monday, 10 June, 10.15am-11.30am

North Lakes Library, 10 The Corso, North Lakes.

QUEEN TRIBUTE SET TO ROCK NORTH LAKES WITH KILLER PERFORMANCE

Internationally renowned Queen cover band, Killer Queen Experience, is coming to Thirsty Chiefs for the first time.

Lead singer John Blunt, who has been impersonating Freddie Mercury for over two decades, has even appeared as the legendary frontman on international television programs.

Blink-182 & Green Day Experience



HAVE THE TIME OF YOUR LIFE AT THE BLINK-182 & GREEN DAY EXPERIENCE

Pop-punk fans are in for a treat as the Blink-182 & Green Day Experience is set to rock the stage at Kallangur Tavern this month.

The tribute show will feature two live sets with music from these iconic bands, as well as tracks from Good Charlotte, Sum-41, Fall Out Boy, My Chemical Romance and more.

Director of Live Programs Michael Geeves, who sings and plays guitar in the show, said the show celebrated the music that had been the soundtrack to our lives.

"So often at shows, we see parents with their adult kids and even the grandparents, as they have all experienced the music together in their lives," Michael said. "We love playing the songs as it's an opportunity to remind people and celebrate the inner pop punk skater kid in all of us that refuses to grow up."

Tickets start at \$24.50. Book online: liveatyourlocal.com.au/event/blink-182-green-day-experience

Blink-182 & Green Day Experience

Saturday, 8 June, 8pm

Kallangur Tavern, 1517 Anzac Avenue, Kallangur.



Killer Queen Experience

The two-hour live show features Queen's greatest hits, like *Bohemian Rhapsody*, *We Will Rock You*, *We Are the Champions*, *Somebody to Love*, *Another One Bites the Dust* and many more.

Tickets start at \$38.50. To book go to tickets.oztix.com.au and search for Killer Queen Experience.

Killer Queen Experience

Friday, 14 June, 7pm

Thirsty Chiefs Brewing Company, 4/4 Wills Street, North Lakes.

SCHOOL'S OUT - Holiday Idea Feature!



MyFirstGym Holiday camps are coach-led and focus on movement and exercise, if you're looking for a healthy way to keep your kids moving and having fun at the same time, there is no better holiday program.

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Camps run 9am-3pm with Early Bird pricing to save 20%. Ages 5+ and spaces are limited.

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June & July Holiday Camps

 Monday 24th 9am-3pm Sports, Ninja & Nerf	 Wednesday 26th 9am-3pm Ninja & Nerf
---	--

 Thursday 27th 11:30am-2:30pm Pirates Vs Ninja	 Friday 28th 9am-3pm Sports, Ninja & Nerf
--	---

 Tuesday 2nd 9am-3pm Ninja Warrior	 Thursday 4th 9am-3pm Ninja & Nerf
--	--

\$80 Members or \$90 Guests
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More School holiday Ideas

Don't miss your last chance to see Jurassic World at the Queensland Museum before it closes on 14 July. Ryan 'Brickman' McNaught has used over six million LEGO bricks to create an amazing exhibition featuring dinosaurs, props and scenes from the blockbuster franchise. Visit www.museum.qld.gov.au

The Glowing Galactic Mini Golf Expedition at Albany Creek Village is set to take place from 1-5 July, offering participants an out-of-this-world adventure. Running from 10am to 2pm each day, this interstellar experience requires no booking. For more information visit Albany Creek Village on Facebook.

Brisbane City Council offers a variety of free and affordable activities for kids who love STEAM, fishing, football, bike-riding, scooters, arts and crafts, Bluey, netball, basketball and more. Visit www.brisbane.qld.gov.au/things-to-see-and-do/whats-on-and-events/school-holiday-events

Roma Street Parklands hosts a free kids event, Playtopia, on school holidays. From 28 June to 5 July, children aged 5-12 can enjoy a variety of activities promoting creativity and social interaction. See visit.brisbane.qld.au/inspiration/playtopia





STORY **SHEREE HODDINETT**

Rides, musical performances, stalls and food, what better way to spend a Sunday than with some fun for everyone?

Mark Sunday, 16 June in your calendar for the Kurwongbah State School Fete, the biggest fundraising event on the school calendar.

Held every two years, the fete – which is well-known within the local community as being a fun-filled, old-school style fete – is solely run and organised by school staff and P&C members, as well as the extremely hardworking Fete Executive Committee (Tiffanie, Geoff, Amy and Elise).

In the lead-up to each fete, the committee discuss a goal for fundraising, with previous funds used to purchase and install air conditioning in the main hall, value pencils (as seen on the green Astro turf area opposite the tuckshop) and the spider web climbing frame in the Adventure Playground area, just to name a few.

“This year, our fundraising goal is to purchase and install two refrigerated water fountains to provide our students with cold drinking water and to have an undercover shelter installed at our main entrance/front gate area for the safety of our students during hot and rainy days – this would give them somewhere protected to wait in the afternoons for pick up,” Fete Executive Committee member Tiffanie Harris said.

There will be a range of stalls, food and games run by volunteer parents and school staff, and you can't miss the school's very own musical groups performing throughout the day, plus a

special performance from senior students who are holding their very first musical Matilda Junior later this year.

Try your hand at a round of games including Duck Pond, Darts, Knock-Ems, Grocery Gamble and Putt Putt or see what else is on offer from face painting, sample bags, books, plants and much more.

“We also have a Dunk Tank, run by our platinum sponsor Blac Property Group, which will feature staff from their office along with teachers from our school,” Tiffanie said. “There will also be a walk-through Haunted House, with a flash-free and not-so-scary version for the littles and those who have sensitivities, so they aren't excluded from the fun.”

Platinum sponsor Lotus Fire Martial Arts will host a talk and demonstration and Generation Dance will have their own special showcase. There will also be an Art Union raffle, silent auction and Jubilee Entertainment is bringing loads of fun with rides such as Round Up, Storm, Super Slide, Tea Cups, Rock Climbing Wall, Laser Skirmish, Jungle Fever Toddlers Bouncer and a Kids Petting Zoo. Ride tickets are \$7 on the day or you can purchase an Unlimited Ride All Day Wristband for \$40 from the ticket office.

For more details, visit www.facebook.com/KurwongbahFete

Kurwongbah State School Fete
Sunday, June 16 10am-3pm
Kurwongbah State School
Eacham Street, Petrie.



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The Phosphenes

STORY **KATY MORE**

On Thursday, 27 June from 4pm to 8pm, the vibrant sounds of young, emerging artists will fill the halls of The Space, YMCA, as local band The Phosphenes curate an all-ages gig.

This exciting event promises to showcase the incredible talents of Moreton Bay's young musicians, providing a platform for solo artists and bands across all genres to shine.

For young performers eager to showcase their skills, this gig presents a perfect opportunity to step into the spotlight. Local acts are invited to submit their interest to perform alongside The Phosphenes and other talented artists. Simply email tphosphenes@gmail.com to register your interest and seize the chance to share your music with a live audience.

Whether you're a music enthusiast or simply looking to enjoy a night of free entertainment, bring your picnic rug and book your spot at The Space, YMCA, located at Cnr Lakefield Drive and Endeavour Boulevard, North Lakes and look forward to an evening filled with live music, delicious food, and drink options.

The Space North Lakes is a vibrant community hub that offers indoor and outdoor spaces for

young people and the broader community to express themselves through music, dance, recreation, and social interaction.

"By hosting events like the all-ages gig, The Space aims to promote a sense of ownership and freedom of expression among young people in the region," a spokesperson for The Space said. "This event is part of Make Music Month, a celebration that sees all 16 of Council's galleries, museums, and libraries come alive with rhythm and tunes in June."

Don't miss out on this opportunity to support local talent and immerse yourself in the vibrant music scene of Moreton Bay. Mark your calendars for Thursday, 27 June and join us at The Space, YMCA, for an unforgettable evening of music and community spirit.

Book your spot at the live performance through The Space North Lakes Facebook page.

**Young Musicians Open Mic
Thursday, 27 June, 4-8pm
The Space, YMCA North Lakes
Cnr Lakefield Drive and
Endeavour Boulevard, North Lakes.**

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UNISC MORETON BAY CAMPUS A THRIVING HUB



STORY **SHEREE HODDINETT**

When it comes to progressive growth, the University of the Sunshine Coast Moreton Bay campus at Petrie continues to shine.

In just four years, the campus has almost doubled its floor space, with the official opening of three new buildings in April. The new buildings sit opposite the campus's foundation building, with the \$100 million project culminating in the completion of stage 2 of campus construction.

UniSC vice-chancellor and president Professor Helen Bartlett said the new buildings would provide students with more areas to study, collaborate and socialise.

"Ever since we decided to build our university campus here, we have had an ambitious vision for a comprehensive modern campus and it's wonderful seeing that come to life," Professor Bartlett said.

The modern buildings include additional teaching and learning spaces, research laboratories, an industry hub and event space, a student gym and sports hall, a sports science facility, student social spaces, an Indigenous engagement and success space, outdoor spaces and amenities as well as multi-level parking. Scientists based at the campus will continue their local research from the new state-of-the-art laboratories.

Other research being conducted at the campus includes partnering with City of Moreton Bay building entrepreneurial talent in Moreton Bay, resilience building, economic development and building reputation in this space.

Professor Bartlett said that with 4700 current students studying close to 90 programs at Moreton Bay, the campus growth had exceeded expectations.

"There was enormous demand for a university campus at Moreton Bay before UniSC arrived and we continue to see many non-school leavers enrolling as well as the traditional school leaver cohort from local secondary schools," Professor Bartlett said.

Member for Bancroft Chris Whiting couldn't speak more highly of the local university campus, noting its central location and what it offers as highlights to the community.

"UniSC Petrie is our university – that's what locals tell me when we talk about the range of study options available at the campus," Mr Whiting said. "If you're from North Lakes, Deception Bay, Burpengary East or Mango Hill, people now know they can truly aspire to a university education within our own community, without the need to leave home to do it."

Some of the popular programs at UniSC Moreton Bay include Nursing Science, Primary Education, Social Work, Biomedical Science and the university's introductory program Tertiary Preparation Pathway.

Visit www.usc.edu.au/ to find out more.





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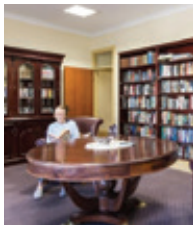
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The Smashing Bumpkins

TOE-TAPPING ADVENTURES

STORY **KATY MORE**

Looking for a Sunday adventure that's a little out of the ordinary? Look no further than the Pine Rivers Heritage Museum, where lively beats will get your toes tapping and your spirits soaring.

Get ready for a good time with The Smashing Bumpkins, a rock covers band with a knack for luring all ages onto the dance floor.

"We're all about getting people up and dancing," band member Ben King said. "We want everyone to have a great time and enjoy the music."

"This is our 20th year together, and we've played hundreds of shows, including The Birdsville Races, The Ekka, The Gympie Country Music Muster, Breaking a mass dance participation Guinness world record in 2014 and regular gigs at live music institution Lefty's music hall."

But the fun doesn't stop there. After the shindig, check out the exhibition, *The Keeper: Collectors*

and their Collections. This exhibition offers a peek into the personal collections of fascinating local collectors.

"People are curious beings, and the world is full of curious things," a museum spokesperson said. "The exhibition invites visitors to let their imagination take the lead as they explore the eclectic collections on display."

So, whether you're a fan of lively dance beats or curious about local collections, Pine Rivers Heritage Museum is the place to be this month. Join in the fun and experience something truly unique.

These free events are suitable for all ages. For more information email Cultural Activation at cultural.activation@moretonbay.qld.gov.au

The Smashing Bumpkins
Sunday, 16 June, 10-11.30pm
Pine Rivers Heritage Museum
Old Petrie Town
901-949 Dayboro Road, Whiteside.

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STEP INTO THE WORLD OF A COLLECTOR

STORY **SHEREE HODDINETT**

There's a little bit of history and quirkiness hidden behind every closed door.

Whether they're displayed in a cabinet or even boxed up and packed away, more often than not those who choose to collect items of interest keep them far from wandering eyes and hands. Now, they have a chance to showcase their wares to the community, as part of the City of Moreton Bay exhibit *The Keeper: Collectors and their Collections*.

From items relating to the celebrity domain through to a touch of history or even general pieces of collectable 'treasure', who knew that so many residents throughout the City of Moreton Bay were part of the weird and wonderful world of collectors?

"Since putting the call out to our community to display their collections, we've discovered that Moreton Bay has many more hidden gems than we thought possible," Mayor Peter Flannery said. "My personal favourite is the out-of-this-world PEZ dispenser collection featuring more than 1000 quirky candy dispensers from all around the world.

"Carrie Fisher once said, 'You're not famous until you're a PEZ dispenser' and this collection is a testament to that with a collection that spans Star Wars, Disney, The Muppets and heaps more."

Her southern charm has been entertaining audiences for years, but you can reminisce in the world of Dolly Parton with one part of the collection dedicated to the vivacious performer.

"Dolly Parton fans will be ready to break the 9-5 for a collection of more than 50 memorabilia items, including Dollywood relics, vintage movie posters, rare records and more," Mayor Flannery said. "History buffs will also be mesmerised by a unique collection of historical Chinese paintings and stone rubbings from the Mao era that have been saved from destruction.

"And for the thrifters, we've got you covered with a wardrobe straight from the past! Gloves, handbags, lapel pins – you name it, we've got it."

It seems that's just a touch of what's on offer at this unusual exhibition!

You can even learn how to create your own wacky collection by booking a spot to learn from a heritage conservation expert on 15 June from 11am.

For more information and exhibition hours visit www.moretonbay.qld.gov.au/Galleries-Museums/Events/PRHM/The-Keeper-Collectors-and-their-collections

The Keeper: Collectors and their Collections
Wednesday, 5 June - Sunday, 12 August
Pine Rivers Heritage Museum
Old Petrie Town, 901-949 Dayboro Road, Whiteside.





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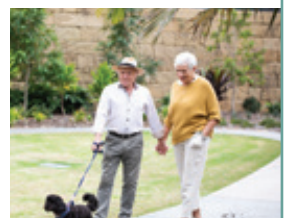
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MAINTAINING THAT COUNTRY FEEL

STORY **SHEREE HODDINETT**

t all started in local rural communities for the care and welfare of women and children in the country.

Today, the Queensland Country Women's Association (QCWA) stands for so much more and is an organisation encompassing more than just the rural parts of our state. The QCWA Pine Rivers branch is a friendly group of women who come together and do what they can to help others in the community.

This month (Saturday, 29 June), they are hosting a fundraiser in the form of a cent auction and encourage everyone to get involved. There are plenty of great prizes to be won, bottomless tea and coffee and raffles aplenty.

For QCWA Pine Rivers branch secretary Anna Mead, being part of the CWA is something that provides her with great fulfilment.

"The CWA is all about friendship and working for the community, as well as trying to bring awareness of the country to the city and vice versa," Anna said. "I feel the CWA is such an important part of the community

because it maintains a link with the country and the issues they face, which is often overlooked in the cities.

"People often express their amazement that the CWA has city branches and you often hear stories of a family connection and fond memories of the CWA. We also embrace local community issues as well."

Over the years, CWA branches have worked tirelessly to raise funds and assist hospitals and other medical facilities, schools, community groups and so much more. The CWA women have been initiators, fighters, lobbyists and all-round role models. They meet to connect with others in their local area, fundraise and take part in other activities including cooking, sewing and craft.

If you're considering being part of a QCWA branch like Pine Rivers, you'll be pleased to know, there's always room for more!

"We are always happy to welcome new members and would love to encourage younger members to consider joining, even if they are unable to attend meetings," Anna said. "We often have social or craft get-togethers, as well as fundraising events where we're always looking for an extra pair of hands. You participate as little or as much as you choose, depending on your circumstances."

QCWA Pine Rivers branch meets at 9.30am on the first Wednesday of the month at the QCWA Kallangur Hall, 1431 Anzac Avenue, Kallangur. For more information about the branch and what they do, please email pineriversbranch@qcwa.org.au

Tickets for the cent auction are \$10.

Visit www.trybooking.com/CQOYS

QCWA Pine Rivers Branch Cent Auction

Saturday, 29 June, 12.30pm start (doors opens 10.30am)

Show Hall, Pine Rivers Showgrounds

757 Gympie Road, Lawnton.



Where? **QCWA PINE RIVERS BRANCH**

Where? **SATURDAY 29TH JUNE - 12.30pm START**

DOORS OPEN 10.30am

Where? **SHOW HALL, PINE RIVERS SHOWGROUNDS, LAWNTON**

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JDSMITH**

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JAZZ AMONG THE SHELVES



Leena Salim

STORY **KATY MORE**

If you're looking for a unique musical experience that combines the ambience of a library with the soulful tunes of jazz, mark your calendar for Tuesday, 11 June as the Strathpine Library invites you to enjoy an evening of live music with jazz musician Leena Salim.

Leena's musical journey is as fascinating as her melodies. Born in Singapore, she was raised surrounded by the enchanting tunes of her homeland. Now based in Brisbane, her voice has evolved into a soulful and elegant resonance, establishing her as a contemporary jazz vocalist of unique calibre.

The youngest award-winning comedy actress at the Asian Television Awards, Leena's passion for the stage was evident from a young age, foreshadowing her rise to stardom. Her career is a symphony of diverse experiences, including captivating performances in stage musicals, hosting TV programmes, leading comedy sitcoms, and headlining prestigious cabaret clubs around Asia.

Her foray into jazz was ignited by a profound love for the genre's freedom of expression, relishing the musician's ability to interpret a song with an authentic voice.

"I have been strongly influenced by legendary female vocalists such as Diana Krall, Shirley Bassey, and Ella Fitzgerald," Leena, whose music conveys hope, determination and triumph, said.

Leena's presence on stage is not merely a musical interlude but a captivating narrative, weaving together the rich threads of her diverse experiences into a tapestry of jazz that is uniquely hers.

This event is free and suitable for all ages, so bring your friends and family along for this opportunity to chill out among the shelves with Leena Salim.

For more information, contact Cultural Activation at cultural.activation@moretonbay.qld.gov.au.

**Leena Salim at Strathpine Library
Tuesday, 11 June, 5.15-6.15pm
Strathpine Library
1 Station Street, Strathpine.**

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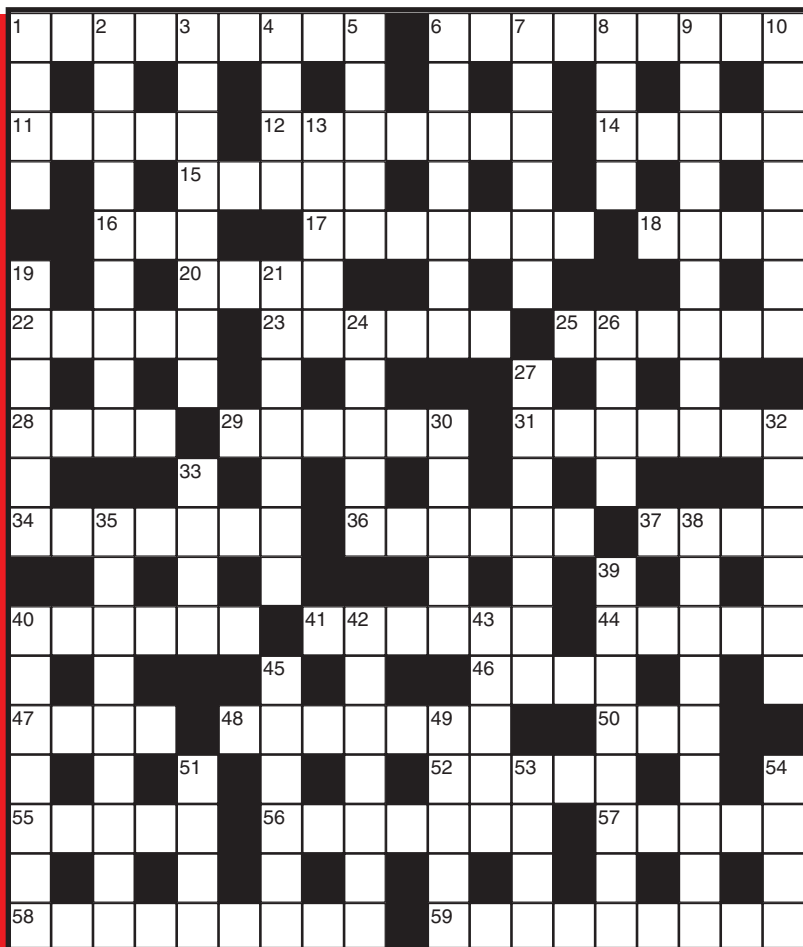
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THE BIG ONE CROSSWORD



ACROSS

- 1 Extremely confidential (3,6)
- 6 Magazine
- 11 Grasp firmly
- 12 Disregarded
- 14 Buffoonery
- 15 Peanuts' character
- 16 Also
- 17 Inflated
- 18 Fellow
- 20 Currency of China
- 22 Hoard
- 23 Delivered a cricket ball
- 25 Startles
- 28 A temporary quiet
- 29 Swiss city

- 31 Erasers
- 34 Town on a harbour
- 36 Absconded (3,3)
- 37 Entrance
- 40 Secret code
- 41 Science of light
- 44 Young dog
- 46 Try judicially
- 47 Sound of a horn
- 48 US singer Frank
- 50 Conditions
- 52 Inert gas
- 55 South American animal
- 56 Unpleasant person (coll) (2-3-2)
- 57 Two-masted vessel
- 58 Quickly
- 59 Corrected

DOWN

- 1 Bloodsucker
- 2 Realistic
- 3 Staff member
- 4 Wreck
- 5 Strained
- 6 Service charge for wine
- 7 Boat's steering apparatus
- 8 Collar of lace
- 9 Outsider (4,5)
- 10 Excuses
- 13 Bird manure
- 19 Burns, as with steam
- 21 Kidnaps
- 24 Buzzing sound
- 26 Square block

- 27 Abundant
- 30 Vietnam's capital
- 32 Waifs
- 33 Hemispherical roof
- 35 Sanctions
- 38 Totally different people
- 39 Scatter or spray
- 40 Animal entrance (3-4)
- 42 Mollify
- 43 Makes black
- 45 Washes
- 49 Detection device
- 51 Potato dish
- 53 Virtuous
- 54 African republic

Solution Page 31

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KIDS ACTIVITIES . SEQLD BEST FOOD TRUCKS . PLUS MORE!**



THE LOCAL FAMILY HELPING THE HOMELESS

Isaac Haywood (5), Kane Haywood (18), Zion Haywood (16), Jenny Ignacio, Beau Haywood and Nourish Street mascot, Mack

STORY **ALYSSA MACKAY**

Beau Haywood is a local on a mission to help those in need through his not-for-profit initiative, Nourish Street.

With the assistance of his partner, Jenny Ignacio and three children, Kane, Zion and Isaac, Beau has been providing food, meals, tents, blankets and camping equipment to those without homes in the Moreton Bay area.

He said the idea for the family-run initiative came to him during a drive through Redcliffe earlier this year.

"I was shocked to see how many homeless people there were," he said. "I said to my partner, 'I'm going to do something about this'. She responded, 'What?' I said, 'I don't know.' And eight weeks on, here we are!

"The need out there is huge, with five to seven new faces weekly, on average. I started off helping 80-odd and now at approximately 110 people.

"I know almost all by name and everyone is extremely grateful for the personalised assistance we give."

Nourish Street relies on community donations and their own savings to provide freshly cooked meals like spaghetti bolognese, sausages and stir-fries. They receive donated food from licensed outlets and recently welcomed a chef who contributes 100 meals every Saturday.

"This week we have made over 250 meals ourselves and provided approximately 350 meals

and countless loaves of donated bread, over 50 bags of groceries, countless blankets and around 10 tents and four gas stoves," Beau said.

Beau's personal experience with addiction and homelessness drives his passion for helping others in similar situations. He said he reached rock bottom before realising something had to change and he checked into a rehabilitation facility.

"My partner took me back and she is very shocked and supportive of what I'm trying to achieve," he said. "She really is the backbone of this cause. She's an angel and really deserves any credit as I'm not in it for recognition. I just want to help."

Nourish Street is currently seeking corporate sponsorship to continue providing the service to the growing homeless community.

"Until then, we are relying on community donations, which is tough as we know it's a tight time for everyone at the moment," Beau said.

Donations of perishable and non-perishable food items, camping equipment, blankets, cat and dog food, canned food and toiletries can be dropped off at Bray Park or collected by Nourish Street. To make an online donation visit <https://gofund.me/e94a24b1>

For more information follow Nourish Street - Brisbane on Facebook or contact Beau on 0412 336 628.

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OVER
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advice from all the comments

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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, Paul 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 Paul, so glad we did.



Tom

I have been using Paul 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

Paul 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.

Paul uses products that do not harm my dog.

Reasonable pricing and prompt. Thanks Paul.



For your free on site lawn inspection, advice and quotation

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HEALTHY SAUSAGE ROLLS

Serves: 10

Prep time: 15 minutes

Cook time: 20-30 minutes

Ingredients

1 small carrot, grated
¼ butternut pumpkin, peeled and grated
1 small zucchini, grated
½ small brown onion, finely diced
3 cloves garlic, crushed
½ cup walnuts, finely chopped
500g lean beef mince
Cracked pepper, to taste
2 tablespoons Italian herbs
5 sheets puff pastry, reduced fat
Milk, to brush
Sesame seeds

Method

PREHEAT oven to 180°C.

SQUEEZE excess liquid out of carrot, pumpkin and zucchini and add to a large bowl.

ADD onion, garlic, walnuts, lean mince, pepper and herbs to the vegetable mix and combine well.

CUT the five sheets of pastry down the centre to make 10 pieces.

PLACE a lengthwise sausage shape of mixture in the centre of each piece of pastry. Roll the pastry over meat and use the milk to stick edges together.

BRUSH milk over the pastry and sprinkle with sesame seeds on top.

CUT each sausage roll into bite sized portions and place on a baking tray, lined with baking paper.

BAKE for 20-30 minutes, until golden brown and mince is cooked through.

Note: These work well as meatballs too! Simply add an egg to the mixture then roll into balls. Either bake in the oven until golden and cooked through, or fry with some olive oil in a pan.

Recipe courtesy of the Country Kitchens team



Our recipe this month is provided by Anna, the Pine Rivers Branch Secretary. Anna said that after they meet each month there is always a delicious morning tea provided. These healthy sausage rolls are perfect as the weather starts to cool down.

The Pine Rivers Branch of the QCWA meets at 9.30am on the first Wednesday of the month at the QCWA Kallangur Hall, 1431 Anzac Avenue, Kallangur.

For more information, please email pineriversbranch@qcwa.org.au.



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STORY **MARNIE BIRCH**

SNOW4KIDS FESTIVAL

1 June -7 July, 9am-6pm

Do you want to build a snowman? Experience fresh snow and winter activities at Westfield North Lakes these school holidays. You can build snowmen, throw snowballs and play in fresh snow every Saturday and Sunday in June. There's snow-themed mini golf to play with family and friends and at night, enjoy the beautiful characters in the winter lights along the winter snow path.

For more information and costs, go to www.snow4kids.com.au

FISH WISE

Sunday, 9 June, 1-4 pm

**Deception Bay Dog Beach,
Captain Cook Parade, Deception Bay**

Learn the basics of shore-based fishing, including knots, bait hooks and casting. There are plenty of tips provided so that your next fishing adventure is fun and successful. All equipment is provided. Participants under 18 years must be accompanied by an adult.

Cost is \$5. To book call 2 Bent Rods on 0403 713 820 e or email sam@2bentrods.com.au

GROW MAKE BAKE - DECEPTION BAY

Sunday, 30 June, 9am

Deception Bay Neighborhood Centre

Is your garden overflowing with lemons or tomatoes, but you want some herbs or jam? Perhaps you have a cupboard full of completed craft projects or too many garden plants? Swap excess garden produce and products and build friendships at a new community group, exchanging homegrown, homemade, and home-baked items with no money involved. Monthly meetings feature guest speakers focusing on topics including The Richmond Birdwing Butterfly Project, growing flowers for our climate, waterwise gardening and permaculture. Meetings are held on the last Sunday of every month.

For more information go to facebook.com/groups/874552547423237

CHIC FOR CHARITY: PRE-LOVED CLOTHES SALE

Saturday, 8 June 9am-1pm

38 Torres Cres, North Lakes

Fashionistas, parents, and charity supporters join forces at the pre-loved clothing and accessories sale to aid Bravehearts' work against child sexual abuse. Men's, women's, and children's clothing, shoes, backpacks, handbags, and hats are available. Donate clean and tidy items to any Sesame Lane location until Friday, 31 May. Unsold items are donated to Save the Children Fund Op Shop, Margate.

Entry is free.

MUSICAL INSTRUMENT PETTING ZOO

1-30 June (Wed-Sun), 10am-3pm.

Old Petrie Town, Pine Rivers Heritage Museum

Celebrate Make Music Month at the Pine Rivers Heritage Museum. Kids and adults alike can turn up the volume as they beat the drums and try a violin or guitar in an interactive musical experience.

This is a free event. For more information contact the museum on 5433 2710 or head to their website at www.moretonbay.qld.gov.au/Galleries-Museums/Events

MY SMALLBIZ EXPO

Wednesday, 5 June, 11am-4pm

**North Lakes Community Centre
10 The Corso, North Lakes**

Starting your own business? Need support or mentoring? Experts, local industry leaders and successful entrepreneurs showcase local products and services at a free expo by ETC - Employment and Training. Light refreshments provided.

To book go to etctld.com.au/mysmallbiz-expos/

ART COLLECTION UP CLOSE

Tuesday - Saturday until 15 June, 10 am-4 pm

Pine Rivers Gallery, Strathpine

Meet artists from the City of Moreton Bay's Art Collection. Learn about their homes, families and communities and about making art. This

is a family-friendly exhibition that will have you thinking about art and why artists create.
Free entry. Find out more: moretonbay.qld.gov.au/pine-rivers-gallery or call (07) 3480 3905

CALLING ALL MOUNT CARMEL COLLEGE STUDENTS

Mount Carmel College, Wynnum Central is having a 50-year reunion. The school is searching for past students who may have moved away. The event will take place at the Wynnum Manly Leagues Club on 15 June, celebrating students from the years 1968, 1969 and 1972. If anyone attended Mount Carmel College, Wynnum Central during that time or knows someone who did, please contact Chris on 0413 602 982.

Is something happening around North Lakes, Petrie, Rothwell, Kallangur, Mango Hill or Griffin you'd like to share?

What are you discussing on social media, at the local café or school gate? Email Marnie to include your event in the next edition at marnieburch@gmail.com

THE BIG ONE CROSSWORD ANSWER KEY

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

REVOLUTIONISING SLEEP: ADVANCEMENTS IN CPAP THERAPY

Recent advancements in CPAP therapy have transformed the landscape of sleep apnea management and overall sleep quality. At CPAP Direct, we're thrilled to introduce cutting-edge products that epitomise these advancements.

The AirSense 11, crafted by ResMed, stands as a testament to the evolution of CPAP technology. Its wireless connectivity enables seamless software updates, ensuring users benefit from the latest features effortlessly. With whisper-quiet operation and integrated humidification, it offers a comfortable sleep environment, fostering better adherence to therapy. The device's standout feature is its intelligent sleep coach, which interacts with users to enhance comfort and adjust therapy settings through a user-friendly interface and mobile app. Cloud data upload facilitates remote adjustments by CPAP Direct clinicians, optimising comfort and efficacy.

Meanwhile, the Solo Mask from Fisher & Paykel Healthcare redefines CPAP mask design, prioritising both comfort and performance. Its innovative 'stretch and fit' headgear eliminates elastic straps and velcro, reducing facial pressure while maintaining a secure seal. Available in nasal cradle or nasal pillow configurations, this lightweight, minimalist mask ensures a leak-free experience without leaving marks on the face.

At CPAP Direct, we're committed to leveraging technological progress to empower individuals with sleep apnea. Explore the AirSense 11 and Solo Mask today to experience firsthand how innovation can revolutionise CPAP therapy. For personalised guidance and expert advice, reach out to our team of experienced CPAP specialists at CPAP Direct. With clinics across Australia, we're here to support you on your journey to restful sleep. Visit cpap.com.au for more information, including our price-beat guarantee and clinic locations.



Local DINING GUIDE



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Casual Dining

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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!



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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!



JUNE What's On.

01 SATURDAY

NORTH LAKES SPORTS CLUB -
KT MAREE
at 5.30pm

NORTH LAKES SPORTS CLUB -
SHADES DUO
at 9pm

02 SUNDAY

NORTH LAKES SPORTS CLUB -
LUKE DICKENS
at 3pm

05 WEDNESDAY

NORTH LAKES SPORTS CLUB -
STATE OF ORIGIN GAME 1 LIVE AND LOUD
12m2 screen with surround sound.

MANGO HILL TAVERN -
ROUND 1 LIVE AND LOUD.
Meal deals, giveaways and more

07 FRIDAY

NORTH LAKES SPORTS CLUB -
MIKARA
at 5.30pm

NORTH LAKES SPORTS CLUB -
JUNCTION ROAD DUO
at 9pm





08 SATURDAY

DINNER TO DAZZLE
AT NORTH LAKES HOTEL

WORLD OCEANS DAY WITH OCEAN
LIFE EDUCATION AT OSPREY HOUSE AT
GRIFFIN

NORTHSIDE SOUL SISTERS AT NORTH
LAKES LIBRARY

NORTH LAKES SPORTS CLUB -
LLOYD SANIEL
at 5.30pm

NORTH LAKES SPORTS CLUB -
ALEXIS & SUZIE DUO
at 9pm

KALLANGUR TAVERN - BLINK 182 AND
GREEN DAY EXPERIENCE FROM 8PM.
**TICKETS FROM \$24.50 ON THE
KALLANGUR TAVERN WEBSITE.
THIS IS AN 18 PLUS EVENT.**

09 SUNDAY

NORTH LAKES SPORTS CLUB -
CHRISC
at 3pm

MANGO HILL TAVERN - ROUND 1 LIVE AND LOUD.
Meal deals, giveaways and more

14 FRIDAY

NORTH LAKES SPORTS CLUB -
MURRAY LLOYD
at 5.30pm

NORTH LAKES SPORTS CLUB -
DUELLING PIANOS
at 9pm - 2 Piano Players, No Waiting! The
Duelling Pianos has been keeping Australia
entertained since 2005 with its own brand of raw
talent and sense of fun. A request based piano
party, the Duelling Pianos will have you singing
and clapping along with your favourite songs for a
night you won't forget.

15 SATURDAY

NORTH LAKES SPORTS CLUB -
CASSI MARIE
at 5.30pm

NORTH LAKES SPORTS CLUB -
POCO LOCO
at 9pm



16 SUNDAY

SOUL DAY - PAMPER DAY BY SOUL
SPECTRUM AT NORTH LAKES

NORTH LAKES SPORTS CLUB -
BRETT WHITMORE
at 3pm

KURWONGBAH STATE SCHOOL FAMILY FETE
10 am- 3 pm, Eacham Street, Petrie
Rides, Food stalls, Entertainment Side-show Alley
and Raffles.

21 FRIDAY

NORTH LAKES SPORTS CLUB -
MATT DICKERSON
at 5:30pm

NORTH LAKES SPORTS CLUB -
CHAMPAGNE JAM DUO
at 9pm

NORTH LAKES HOTEL
FRIDAY NIGHT JAZZ BY THE LAKE
4.30pm to 7.30pm Boardwalk Cafe,
North Lakes Hotel



22 SATURDAY

NORTH LAKES SPORTS CLUB -
AMBER WORTHINGTON
at 5:30pm

NORTH LAKES SPORTS CLUB -
SPECTRUM DUO
at 9pm

26 WEDNESDAY

NORTH LAKES SPORTS CLUB -
STATE OF ORIGIN GAME 1 LIVE AND LOUD
12m2 screen with surround sound.

MANGO HILL TAVERN -
ROUND 1 LIVE AND LOUD.
Meal deals, giveaways and more

23 SUNDAY

NORTH LAKES SPORTS CLUB -
SIMONE CUTTING





29 SATURDAY

NORTH LAKES SPORTS CLUB -
SHANE WILKINSON
at 5:30pm

NORTH LAKES SPORTS CLUB -
BLACK 'N' RED DUO
at 9pm

30 SUNDAY

NORTH LAKES SPORTS CLUB -
TONY BOYD
at 3pm



A WORD FROM **OUR REPRESENTATIVES**

The Federal Budget is an opportunity for the Government to demonstrate their priorities to the Australian people and outline an action plan to address some of the most pressing concerns for our country. Our responsibility as the Opposition is to communicate and consider these budget measures back to the local people we represent and offer alternate policies that will help our constituents and all Australians get ahead.



WITH **LUKE HOWARTH MP**

I will always work hard to deliver locally.

At the time that I have written this article, the Federal Budget has not yet been announced. By the time you read this, the Budget would have been released. If you have any feedback on the Federal Budget, or any questions relating to how this impacts you, please contact me on 07 3284 8008 or email me at luke.howarth.mp@aph.gov.au

I would also like to acknowledge and congratulate some groups in the electorate that have received Federal Government funding through the Volunteer Grants Program. Clubs include the Lions Club, Mango Hill Progress Association, the North Lakes United FC and Blues Netball Club. Thank you to everyone who applied.

TFrom 1 July, the Queensland Government is taking \$1,000 off every Queensland household's power bill.



WITH **PREMIER STEVEN MILES**

Queenslanders tell me that national inflation pressures and rising mortgage payments, rents and grocery prices are their biggest concern.

Our upcoming budget will include \$1,000 off every Queensland household's power bill – the biggest direct energy

rebate to Queensland households, ever. These rebates will be applied to bills in the first quarter of the next financial year (2024-25).

Many Queenslanders won't pay a cent for their next power bill and some won't pay a bill until 2025.

Eligible seniors, pensioners and concession card holders will receive \$1,372 off their power bills.

Queensland Government-funded support of \$325 off power bills will continue for small businesses.

This is only possible because we're making multinational mining companies pay their fair share and because we've kept Queensland's energy assets in public hands.

There will be even more cost-of-living relief in this month's budget. We will deliver the biggest cost of living relief package in Queensland history to back Queenslanders in the fight against rising costs and inflation.

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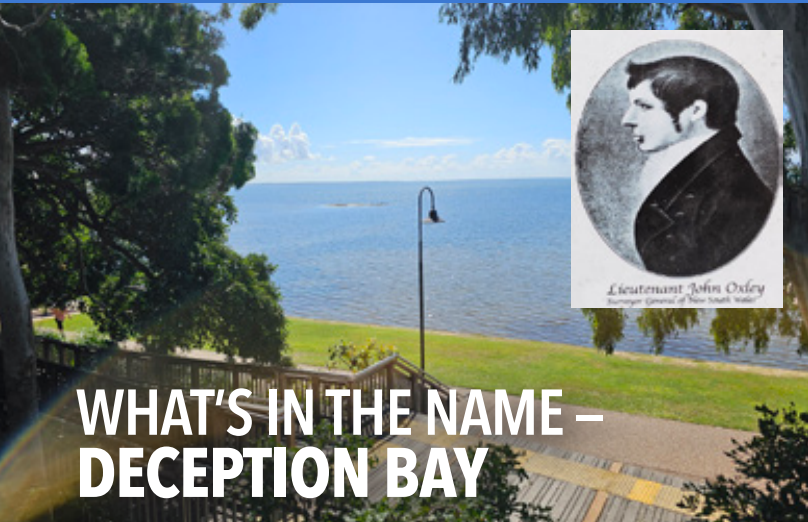
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WHAT'S IN THE NAME – DECEPTION BAY

Photo credit: John Oxley Surveyor - General NSW; Deception Bay Heritage Trail plaque; Deception Bay foreshore

STORY **MARNIE BIRCH**

The Gubbi Gubbi (Kabi Kabi) people are the traditional custodians of Deception Bay and its surroundings, but who was the first to coin the name, 'Deception Bay'? Was it Cook, John Oxley, or an early settler? Determining the origin of this unusual name proves as deceptive as the name itself, adding a layer of intrigue to its history.

In 1770, Captain Cook sailed past the area we now call Deception Bay, naming it 'Glass House Bay' after the distant mountains. At that time, speculation was rife on board his ship, Endeavour, regarding the possible existence of a river, indicated by differences in the seawater's colour. Matthew Flinders also landed at Woody Point in 1800 but it wasn't until 1823 that John Oxley, the Surveyor General for New South Wales, arrived and Moreton Bay was explored in further detail.

Oxley was searching for a suitable site for a new penal settlement. When he reached Bribie Island, he encountered and rescued two shipwrecked ex-convicts, Pamphlett and Finnegan. Finnegan spoke of a large river (the Brisbane) that might fit Oxley's requirements. By mistake, Finnegan actually led Oxley to the Pine River. The party then travelled upstream, landing at Oxley's inlet and continuing to Sweeney's Reserve in Petrie. Sources suggest Oxley called this waterway the 'Deception River' because of Finnegan's mistake.



However, Britannica.com states that the river John Oxley named the 'Deception River' was, in fact, the Caboolture River and it was called so because of "the numerous shoals at its mouth." This led to the Deception Bay area being so named after the river that flowed into it. When settlers arrived in 1861, the community adopted the name – Deception Bay.

To complicate matters further, library records and Blake

and Osborne's book, *Deception Bay – The History of a Seaside Community*, attribute the suburb's naming to early settler Andrew Petrie. An 1841 journal written by a German missionary, Christopher Eipper, states:

"We went to the sea-coast, to the place where the natives gather oysters and catch fish; it was part of the bay, apparently quite enclosed with land, but we afterwards ascertained that it has an outlet into the sea to the northward - Mr Petrie calls it Deception Bay."

So, who really named Deception Bay? Only history knows for sure.

Oxley's landing site is commemorated at the John Oxley Reserve in Ogg Road, Murrumba Downs and the Heritage Trail plaque in Deception Bay.





Marj has spent the past year putting together packages for others experiencing domestic violence.

SHOWING KINDNESS TO OTHERS

STORY **SHEREE HODDINETT** PHOTO **SHEREE HODDINETT**

If you ever have the chance to meet Marj Huskisson, you'll experience nothing but kindness and gratitude.

A survivor of domestic violence, Kallangur-based Marj is now helping others going through similar experiences by putting together packages for them.

The packages include items such as tea towels and hand towels, pillowcases, tea/coffee/sugar in a reusable container and a notebook to write down everything they can. Each notebook also comes with a handwritten note of encouragement from Marj and each package is beautifully wrapped in bright coloured paper.

And on top of it all Marj purchases every piece herself.

"I understand their pain, I understand their fear, I understand the emotions that go with it," Marj said. "It's sad to see these women go through it and these men need to learn that violence or abuse is not the answer to their anger. If you're going to get mad or whatever, go out into the backyard or something and hit a tree or something else. But do not put your hand on a lady, a girl or daughter or anyone for that matter!"

It's been about a year since Marj embarked on this journey, with packages going to places including Redcliffe, Lawnton and other local surrounding areas, with some making it as far as Bundaberg when Marj travels there to visit her son.

There is also a big reason why she included pillowcases in her packages.

"If he sees you packing your clothes into a port (bag), he will know that you're going to leave him," she said. "If he sees you packing things in a pillowcase, he doesn't have any idea. So pack things in a pillowcase and then go and move it as fast as you can."

Although she has been through a great amount of trauma in her life, which also includes the loss of a child, Marj continues to smile.

"I nearly had a breakdown," Marj explains. "But then I decided I had to do something. So many women are experiencing domestic violence and find themselves homeless and they have nothing.

"When I first left my marriage, I went to a refuge and I had nothing, I know what it's like. But instead of going down a bad path, I worked hard to turn things around.

"I'm in a safe place now. I'm here doing what I'm doing for others. And I do go to church, I've been going to church all my life, that's another place of comfort for me."

If you want to get in touch with Marj or to find out more about the packages, you can reach out to her through the Redcliffe Uniting Church.



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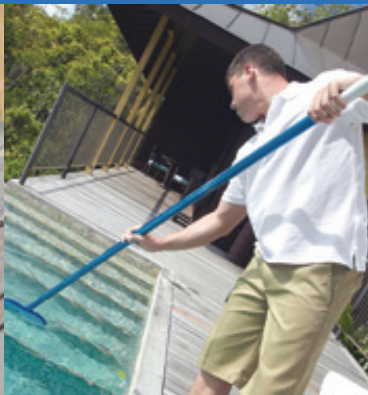
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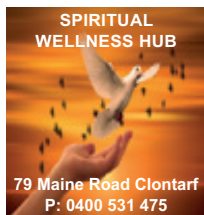
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ORGANIC GARDENING IN JUNE



STORY **SALLY EBERHARDT**
PHOTO **ALEXA FROM PIXABAY**

WINTER-FLOWERING PLANTS TO FEED BEES AND BUTTERFLIES

Honey bees, Australian native bees and butterflies all need flowering plants to survive, and these can be scarce over the colder months. One of the easiest ways to help is by having winter-flowering plants in your garden.

Bees see colours at the yellow and blue ends of the spectrum most easily, so are attracted to white, yellow, purple, and blue flowers. Butterflies have similar vision but taste with their feet. Both are also lured by fragrance.

Plant your flowers in clumps, so they are readily visible to pollinators.

Here are some easy-to-grow options to feed bees and butterflies over winter.

Daisies, both native species e.g. rice flowers and introduced e.g. sunflowers and African daisy, have long flowering periods including winter.

Lavender produces high-quality pollen. Look for those that bloom over colder months e.g. French lavender.

Grevilleas are loved by birds as well as pollinators.

Correas, aka native fuchsia, are very attractive to birds and insects.

Westringias, or native rosemary, are hardy shrubs with delicate blue flowers attractive to pollinators all year round.

With a tiny effort, you can save our tiny friends from starving over winter.



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STORY **MARNIE BIRCH**

As bathrooms are humid and steamy, they attract mould and mildew. Why pay for branded cleaners when products around the home are cheaper, less harmful to the environment and work just as well?

DIY POWDER CLEANSER FOR SHOWERS, SINKS AND TILES

Bicarb-soda works beautifully as a powder cleanser in the kitchen and bathroom. Sprinkle it on a wet sponge and wipe over. Rinse with water. As a bonus, the bicarb will freshen drains as well. Add a few drops of essential oil (e.g. lemon, ylang ylang or lavender) for a sweet scent.

Tip: A large car sponge can save time and energy when cleaning shower walls and screens.

STUBBORN STAINS ON TAPS AND SHOWERS

Using a sponge, wipe shower glass over with white vinegar, then rub over with a damp sponge sprinkled with bicarb-soda. Rinse well. Squeegee the glass for a streak-free screen.

Stubborn stains from hard water or scale deposits around taps are challenging to shift.

Instead of reaching for chemical cleaners:

- Mix bicarb-soda and vinegar into a fizzy paste and brush on with an old nail or toothbrush.
- Leave for 30 minutes, then rub over gently and rinse.
- Add a little shampoo, shower gel or dishwashing detergent if you like.

MOULDY SHOWER CURTAINS

If your shower curtain isn't machine-washable, soak it regularly in warm water in a bath or sink with five tablespoons of bicarb-soda. Slosh the curtain around, then hang outside to dry. Lay or hang flat to dry to prevent mould from recurring in the folds.



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