

Durack Ambulance station opens its doors

Durack Ambulance Station is opening its doors to the local community. See page 7 for details.

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FOREST LAKE RSL Sub-Branch Update

by Alan Greig



Did you know two Australians were awarded the Victoria Cross for their actions in the North Russia Campaign? An Allied expeditionary force including about 250 Australian volunteers, was landed in March 1918 to support the weakening Russian front against Germany. In supporting the White Russians, the force became involved in operations against the Bolsheviks. To extract the force after the Armistice and after the Russian winter, the North Russia Relief Force (NRRF) was raised in the UK. No Australian units were engaged in the operation but some of the AIF who were still in England in 1919 awaiting repatriation to Australia volunteered and joined the NRRF. Their motives were varied (eg newly arrived reinforcements wanting to see some action, some veterans wanted to see more action) but few if any, volunteered for political/ideological reasons.

To join the NRRF, the Australians had first to obtain their discharge from the AIF in the UK. They were then enlisted into the British Army and were allotted to the 45th Battalion, the Royal Fusiliers and the 201st Battalion, Machine Gun Corps.

Australians comprised two companies of the 45th Battalion. The NRRF arrived in North Russia in June 1919. Two of these were awarded the VC for their subsequent actions.

Corporal Arthur Sullivan had arrived in Europe too late for the fighting on the Western Front. On August 10, 1919 at Shieka River in North Russia his platoon, after fighting a rearguard action, had to cross the river on a narrow plank during which an officer and three men fell into a deep water. Without hesitation Sullivan jumped into the river under intense fire and rescued all four, bringing them out singly. The men would have undoubtedly drowned as all four were exhausted and the enemy was less than 100 metres away.

Known as 'the shy VC' Sullivan died in 1937 as a result of a fall sustained in London while he was a member of the Australian contingent attending the coronation of King George VI.

On August 24th, 1919, north of Emsta in North Russia, Sergeant Samuel Pearse MM (a veteran of Gallipoli and the Western Front) cut his way through enemy barbed wire under very heavy machine-gun fire and cleared a way for the troops to enter the enemy battery position. He then charged a blockhouse which was harassing the advance and causing casualties and killed the occupants with bombs. A minute later he was killed but it was due to him that the position was carried with so few casualties. His English widow and daughter later migrated to Australia. All British forces were evacuated by September 1919.

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Personally Speaking[®] with Susannah Friis

One of our favourite things to do as a family is to see the fireflies in September in a certain spot in Brisbane. Even though the remaining children in the house are pretty much grown now, we take along our neighbours children who are aged four and three. And really, it's just an excuse for the rest of us to see the fireflies and not feel out of place among all the families with little kids.

They almost seem magical, fireflies. They flit about and light up like something from a fairy tale and we love it! There's something about being in the bush at night time and being surrounded by lots of tiny glowing lights while hearing all the squeals of delight from those around us.

One of the things that I love about fireflies is that they are almost impossible to photograph (well, for non photographically skilled people like me it is!). It might seem strange that that's one of the things I love about them but I like that we just have to enjoy them in that moment and then the only place they live on is our memory. As a result, none of us are desperately trying to get the perfect shot or concentrating on anything except appreciating them for the joy they give in that moment of time.

Obviously, I'm not against taking photos of things and people we love. I strongly believe in having a visual record of places we've been, people we've spent time with and occasions we've celebrated with others. It's just nice to have the chance to simply be present with a thing of beauty and not be focused on trying to capture it. We can get a bit obsessed with trying to hold onto the moment through taking photos; the cameras on our phones have proved to be a blessing and a curse!

Once we realise that the moment is what's important and not the photo, we can begin to just simply enjoy it for what it is. Life is full of 'moments' and they will come and go regardless of whether we try to capture them or not.

I remember a birthday party of mine when, for one reason and another, not many photos were taken, yet, strangely, I still remember the event! Sometimes I wonder whether I remember events themselves or if I only really remember the specific people or things in the photos. Without the photos, I'm free to remember all sorts of things about that birthday party that maybe I wouldn't remember if there were lots of photos. Of course, photos can jog our memories and bring back feelings associated with the occasion but I do find it interesting that about that particular night, I remember lots about the atmosphere of the night and how I felt seeing the people who were there.

I know it sounds like I'm against taking photos, and I'm really not! If anything, I'm the one wanting to take pics when I catch up with people and trying to immortalise moments and occasions. So I guess this is also a reminder to myself to not be so caught up with 'documenting' things that I miss the moments altogether. And I'm happy to be reminded of that by the cutest insect around, the firefly. If you haven't been to see fireflies before, do some research and find somewhere near you and go enjoy lots of tiny flashing moments this September.

**Letters & feedback are
always welcome**

email Susannah Friis at: editor@LNP.net.au

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Annastacia Palaszczuk MP
 State Member for Inala
 PO Box 75
 Inala 4077



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The Lake News is always interested in local, good news stories. Maybe you or someone you know has received an award or come back from the trip of a lifetime.

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Queensland Pops Orchestra comes to Corinda



To celebrate the 100th Anniversary of the founding of the Corinda RSL Sub-Branch (now the Sherwood-Indooroopilly RSL Sub-Branch) the Queensland Pops Orchestra, featuring some of the State's finest musicians, will perform at the St Aidan's School Auditorium, Corinda on Saturday 21 September.

Tickets are only \$45 per person or \$140 for a family of four (ie Mum, Dad and two school children) and each ticket includes a free drink per person on arrival. Doors open from 2.30pm.

With strictly limited seating, residents can buy tickets online at www.trybooking.com/BCCVY (a small online booking fee applies) or from the Sherwood-Indooroopilly RSL Sub-Branch, 2 Clewley St, Corinda opposite Sherwood Services Club.

For more information, please call the Sherwood-Indooroopilly RSL Sub-Branch on 3278 6786 between 10.00am and 3.00pm, Monday to Friday.

FINANCE CORNER

WITH **DAVE JOHNSON** B.COM.C.A.

Dave is a Chartered Accountant with a keen interest in personal finance issues

There was an unusually high early lodgement of tax returns this year with some reports mentioning an additional 600,000 in the first week compared with similar statistics for the previous year. The reason is obvious—taxpayers wanted to claim their \$1,080 low and middle income tax offset, or LMITO, which was recently legislated. The ATO has gone to some lengths to caution early lodgement with the sole purpose of claiming the LMITO, as it may mean that some income details or even deductions are not fully accounted for, thereby necessitating an amendment at a later stage.

It has been estimated that some 4.5 million taxpayers will be eligible for the full offset this year, whilst 5.6 million will receive a partial LMITO. However, taxpayers can be forgiven for thinking that everyone will receive the full \$1,080, as much of the hype surrounding this has tended to indicate this full windfall.

However, only taxpayers with a taxable income of between \$48,000 and \$90,000 will receive the full \$1,080. Taxpayers whose income is less than \$37,000 will receive \$255, whilst those above this level but up to \$48,000 will receive \$255 plus 7.5% of every dollar in between. Taxpayers earning above \$90,000 will see a gradual phase-out at the rate of 3% for each dollar between \$90,000 and \$126,000, at which point the LMITO becomes zero.

For example, the LMITO for someone earning \$42,000 will be \$630, whilst someone with a taxable income of \$100,000 will benefit by \$780.

It is also important to remember that the LMITO is a non-refundable tax offset. Don't go 'techno' on us Dave, what on earth does that mean I hear you ask! Basically, the LMITO can reduce your tax payable to nil, but it cannot result in a refund if it exceeds the amount of normal tax payable. On the other hand, refundable tax offsets, such as franking credits and private health insurance rebates, can result in any excess being refunded. Similarly, the LMITO cannot be applied to reduce any Medicare levy payable.

No doubt the LMITO has, or will, provide a nice little cash supplement to many hard-working Australians. However, for those who might not see the full benefit of this recently legislated initiative, hopefully this article might go some way to explaining why.

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Spring Fest Forest Lake on next month



Spring Fest Forest Lake is now an annual event on the Forest Lake State School's P&C's calendar. This year's much anticipated event will be held on Saturday 12 October from 2-8pm. This is the major fundraiser for the school with all profits going towards a fantastic new playground and sandplay area for the students.

Come and celebrate what Spring Fest has to offer with rides galore including Dodgems, Super Whizzer, Super Swings, Cartoon Roller Coaster and more. You'll also find an animal farm for the young ones and jumping castles too!

This year there will be an 18+ bar that will keep the parents refreshed and relaxed whilst the kids run a muck. With over 50 market stalls and food trucks to satisfy all palettes, there is something for everyone. Stay until 7.45pm and watch the night sky light up with a fireworks extravaganza! This year plans to be the best yet.

Save the date and like the facebook page for more info Spring Fest - Forest Lake S.S. The P&C would like to say a big thank you to the sponsors onboard at the time of print: One Agency Forest Lake, Councillor Charles Strunk, Milton Dick MP, Empire Security Services, BOQ Forest Lake, Premier Annastacia Palaszczuk and Woolworths Forest Lake.

Durack Ambulance station opens its doors

The Durack Ambulance Station is excited to invite members of the community to an Open Day to view the inner workings of an ambulance station.

The Open Day will be held on Saturday 14 September from 10am - 2pm with the station located at 495 Bowhill Road, Durack.

Queensland Ambulance Paramedics will be on hand to show people around the station and vehicles and answer any questions. There will be free CPR Awareness and First Aid sessions for adults and children, as well as a free sausage sizzle and soft drink courtesy of the Durack Local Ambulance Committee. A coffee van will also be onsite with hot drinks available to purchase throughout the day. Kids will be kept entertained with a free jumping castle and free interactive marine wildlife display.



The day will be one of fun and education for the whole family to enjoy and is also a great opportunity for anyone considering a paramedic career to ask questions and get answers. So why not take the whole family down to the Durack Ambulance Station Open Day on Saturday 14 September for a free sausage sizzle and a great day out.

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Inala Art Gallery offers workshop for beginners



(Above) *Broken Angel* by Jennifer Ngo, Year 12, Ceramic Tile, Acrylic Paint, Glitter, Linoleum cuts - print on board.

(Right) *Self Portrait* by Jackson Luong, Year 8, collage.

Already having held successful exhibitions throughout the year, the most recent being a display through August of artworks from Glenala High State School students, the Inala Art Gallery is gearing up for a new exhibition this month.

Featuring the artwork of local artist Priya Gore, the Gallery is open Tuesday, Wednesday and Thursday from 10am-3pm and has free entry. Located on Corsair Avenue, Inala, near the Council buildings, the Gallery is under a new committee this year that plans to further provide an art space for artists and art appreciators alike.

The Gallery offers both adult and children's classes, as well as a social art group called Brushstroke Friends where people can bring their work and materials along and enjoy creating in the company of other artists. This group meets on Tuesdays from 9am-noon and costs \$10 for non gallery members, \$7.50 for members.

The children's class is held on a Thursday afternoon from 3.30-5pm each week and caters to children aged 7-13 years old. The children are exposed to a wide range of medium and techniques for a cost of \$10 a week. The adult class is held on Thursday mornings from 9am-noon when Helen Ridgway will teach on the use of acrylics. The cost is \$10 for non-members and \$7.50 for members.

In addition to the current classes running, a soft pastel workshop will be held on Saturday 7th September. The day will begin at 9.30am for a complimentary morning tea, with the workshop starting at 10am and going through until 2.30pm. Participants are asked to bring their own lunch as well as paper and pastels. The workshop costs \$25 for members and \$35 for non-members with an extra \$5 payable if wanting to use the gallery's material supplies.

Bookings are essential and can be made by calling the Inala Art Gallery on 3372 8208 during the Gallery open hours or Shirley on 0434 374 970.

Membership to the Gallery is just \$5 for the remainder of the year with renewal due in January 2020 at a cost of just \$11 for annual membership.

If you'd like to book for a class or make an enquiry, contact President Anne on 0422 843 390 anytime or the Gallery on 3372 8208 during open hours (Tuesday, Wednesday and Thursday from 10am-3pm).

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Relay For Life turning state purple to create cancer free future



Queensland – it's time to put one foot in front of the other and walk for a cancer free future at Relay For Life!

Cancer Council Queensland has officially launched its Relay For Life season with two events last month – and is encouraging communities across the state to sign up for the one-of-a-kind fundraiser.

There are 23 Relay For Life events set to be held between July and November for season two, from Tablelands in Far North Queensland right down to the Gold Coast in the South.

Cancer Council Queensland CEO Ms Chris McMillan said support of Relay For Life would help ease the burden of cancer across the state.

“Every step taken, and every dollar raised at Relay For Life helps fund lifesaving cancer research, prevention and education programs and support services for those who need it most,” Ms McMillan said.

“With 27,800 people diagnosed with cancer each year across the state, we need every Queenslander to rally behind their local Relay For Life, so we can continue this vital work.”

Relay For Life is a volunteer-led, fundraising initiative where teams fundraise in the lead up to an overnight event, where they then take turns walking around a track through the night.


“Relay For Life signifies that cancer never rests – so neither do we,” Ms McMillan said. “After a successful season one, we’re hoping communities will rally together and raise more funds to help us reach our goal for 2019 of \$1.8 million. These funds will enable us to be here for Queenslanders affected by cancer every minute, every hour, every day.”

Participants also take part in on-the-day fundraising activities and ceremonies, like a candlelight ceremony to remember loved ones lost and a ceremony to celebrate survivors and carers.

“Relay For Life is an emotional, empowering community event for a community cause,” Ms McMillan said. “Hundreds of locals fundraising and walking for a cure can have an incredible impact on someone affected by cancer and provide hope for a cancer free future.


“Get your friends, family and colleagues together and join the Relay For Life movement today – together, we are stronger than cancer!”

To register, volunteer or find out more about your local Relay For Life, visit relayforlife.org.au or call 1300 65 65 85. More information about Cancer Council Queensland is available via cancerqld.org.au or 13 11 20.



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50+ Club Monthly Update

by Les Brooks

On Wednesday 7th August, members of the Forest Lake Fifty Plus Club, headed off full of joy on-board their bus to Strawberry Fields at Palmview. There they enjoyed a delicious morning tea and a video presentation on strawberries—from ground preparation through to the way the wonderful red fruit is picked and packed. Time to go into the field and pick your own strawberries or go to their shop and take the easy way out and buy the ones that were packed.

With everyone back on the bus, we made our way to The Glasshouse Mountains Tavern for our delicious two course meal washed down with a couple of quiet drinks served by their friendly staff. It was then time to make our way back to Forest Lake with lots of chatter on the bus. It was another wonderful day out.

The Clubs 'Extra Activity' was a lunch at Blue Fin, Inala. As usual the Club had a wonderful variety of meals to choose from. Everyone who attended enjoyed their lunch and a couple of relaxing refreshments, all-resulting in another wonderful gathering of Club members.

The Forest Lake Fifty Plus Club wishes to acknowledge the ongoing support from the Heritage Bank Community Branch, Forest Lake.

The Forest Lake Fifty Plus Club meet on the third Friday of the month at The Lion, Pine Road, Richlands at 10.30am. Date claimers for the next three meetings are 20th September, 18th October and 15th November.

For more information on the Club and its activities, please contact Leonie (President) on mob 0427 846 057 or Les (Activities Officer) on 3279 9449 or mob 0466 377 618 to register your interest, email fl50plus@gmail.com. New members are always welcome.



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Contact Rev Russell on 0429 472 567 or Lorraine on 0419 336 081



Forest Lake Lions Club update



by Michael Janz

Each year the Lions Club of Forest Lake honours local 'Children of Courage'. This year St Johns Anglican College Leos led this special event.

Children of Courage recognises a very special group of young Australians and their families. There are many awards that recognise the achievements of young people, however, children with 'special needs' are not catered for. These awards are especially designed by Lions Clubs to recognise the courage and bravery shown by these amazing children every day.

Members of the Leos, Forest Lake Lions, family and friends welcomed Aimee Umuhoza, Sebastian Potter, Dakota McLaughlin, Zane Rounds, Levi Arakua and Bryce Williams. These awards were for special needs and sibling recognition.

While we missed Dalton Fleming on day, all the wonderful children received teddy bears, knitted hats and socks, medals and certificates.

We would like to say thank you to sponsors MP Milton Dick, Councillor Charles Strunk, Melissa Alexander, Scouts' Tanya McLaughlin and Grand Avenue State School's Lauren Miranda. Support was also provided by Mission Possible and Forest Lake Mr Minit.

Leo Advisor, Lion April Lindel said, "This was the first time St Johns Anglican College held the award ceremony. The children receiving their awards had so many smiles and such excitement with every child a winner."

As the youngest members of Lions Clubs International, Leos embody the best qualities of our incredible organisation. They are devoted young people who realise the power of action. Together, Leos and Lions form a powerful partnership—one of mutual respect, where Lions learn from the innovative insights of Leos, and where Leos gain access to the proven strategies of those who have successfully served the world for decades.

Would you like to get more involved in your community and play a role in determining the Lions' activities in 2019/20? Forest Lake Lions creates this opportunity.

If you would like to find out about becoming a Forest Lake Lion, contact our incoming Membership Chairperson Penny Powell by email: lion.pennypowell@outlook.com or by calling 0417 734 971.

Let us know of any local needs that we could support. Contact us via our website: www.forestlakelions.org.



centenary evening VIEW club update

Brian Herd is recognised as one of Australia's leading experts in the areas of elder law, retirement, disability and aged care. He will be the entertaining and informative guest speaker at the September dinner meeting of our club.

This meeting will be held at McLeod Country Golf Club, 61 Gertrude McLeod Crescent, Middle Park on Monday, September 9 at 6.30pm and the cost is \$35. Interested ladies are invited to try out our club by attending a dinner or some of our social activities. We need to know numbers for the dinner by Friday, September 6 for catering purposes. Please ring Di on 0408 725 542 if you would like to attend or if you would like to find out about a different social function.

Our members (numbering between 40 to 50) enjoy fun, friendship and fundraising for disadvantaged students in The Smith Family's Learning for Life program. This year we are proudly supporting nine students. Together VIEW clubs sponsor more than 1,360 students. Ours is the only VIEW club in the Western Suburbs that meets in the evening so is suitable for those who find daytime meetings inconvenient.

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Veterinary News

by
Dr Natasha Taylor



August is the beginning of paralysis tick season as ticks awoken to feed on blood. For the next six months we need to be extra vigilant to protect our furry family members.

The Paralysis Tick (*Ixodes holocyclus*) is native to the eastern seaboard of Australia; it is not found anywhere else in the world. Here in Forest Lake we have four different types of ticks including the Paralysis Tick (the others being Brown dog, Cattle and Bush Tick).

Ticks climb onto your pet by brushing against plants. The Paralysis Tick needs to feed on blood for three days before it starts to inject its toxin into your pet. The first sign of tick paralysis is paralysis of the larynx which results in not eating, drinking and vomiting as food and water can go into the lungs. Dogs will also lose their bark. The symptoms quickly progress to hind leg weakness, inability to stand and death within 12 hours.

If you find a tick simply pull it out and keep it for identification. If your pet has any signs of paralysis, please seek veterinary help immediately as it is an emergency.

Regular body checks, poisonous tablets, shampoos and tick collars used to be the mainstream for tick protection. However, new spot-ons and chews are on the market to protect our dogs and cats. Your local veterinary staff will be able to assist you in selecting a product to suit your family.



Forest Lake Men's Shed Update

by Steve Bruford

Our new building is now operational. Some members are painting on Mondays, as we have a couple of accomplished artists in our group and they are helping others learn the skills of painting.

On Tuesdays, a group are playing 500, while we continue to make things in the other shed.

We will be having an official opening when the local politicians get back to me with a date, then I will let everyone know.

Along with our recycling of cans and bottles which we thank the community for donating to us, we are now collecting plastic bottle tops for Lids4kids. This is an initiative where the plastic lids from milk and soft drink and water bottles are turned into prosthetic hands for kids. We have several of the local coffee shops saving their lids for us to pass on. This is a great cause and we are pleased to be involved.



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Forest Lake Rotary Club update



by Alan Greig

Our Rotary Club was graced by the presence of our recently installed District Governor (DG) for D9630 Ros Kelly at our August 12 meeting.

Ros joined the Rotary Club of Woolloongabba, Queensland, after moving back from Canberra, so she could continue her love of working with the community.

Ros has two sons, a daughter and two grandsons. She has worked in the public safety/emergency services arena as an IT account and project manager and organisational change management. This means she is lucky enough to work for and with the Queensland community every day, while furthering her community involvement through projects and friends in Rotary.

Her years within Rotary encompassed six different management roles which equipped her with the knowledge and experience to manage her position as DG. One of these positions included Rotary Foundation Director. She is also a member of the Board that manages the Gabba Senior Citizens and Community Centre.

In speaking to members about the Foundation, she reminded us that the Rotary Foundation has six areas of focus. One of these areas incorporates water and sanitation recognised as necessities for a healthy environment and a productive life for people globally. Through water, sanitation and hygiene programs, Rotarians are mobilising resources, forming partnerships and investing in infrastructure and training to yield long-term change in communities around the world. The other areas of focus are basic education and literacy, economic and community development, disease prevention and treatment, maternal and child health and peace and conflict prevention/resolution.

From July 2018 to April 2019, 229 grants were made totalling more than US \$86 million for more than 1118 worldwide projects.

The Rotary Club of Forest Lake makes a meaningful contribution to the Rotary Foundation each year. Personal tax deductible donations are always most welcome. Personally I have no trouble making an annual donation to the Rotary Foundation as I know that every dollar reaches a Rotary project without administration and management charges being deducted along the way.



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Forest Lake Girl Guides *update*

by Lisa Charman

Welcome to Spring! Your local Girl Guides are gearing up for the warmer months to do some more outdoor activities and adventures. Not that the colder weather has stopped us!

Recently we took a trip the Queensland Museum to see the NASA exhibition as part of earning the Outer Space badge. This was the first excursion with Girl Guides for some of our members and although a little nervous to begin with they had a great time. It's always fun catching the train in and watching the world go by. It's great to hear the girls chatter about what they are excited about and seeing them gain confidence in their own independence with the support of their Guiding sisters. The girls learnt some great facts about space, especially how to eat and use the bathroom! Let me say there were some shocked little faces.



We have also recently been to Skyzone for a session of jumping and ninja warrior course. Thanks to Skyzone for being so accommodating and welcoming to our girls. They all had a fabulous time - as did our Leaders who also jumped! At the heart of every activity we do there is always the element of fun, friends and adventure. I believe this was certainly the case this night and generally in our programming.

Our Guides continue to work on their achievement awards of Junior BP and BP as well as one Guide working toward her Queens Guide Award. We are incredibly proud of these girls and the effort they put into everything they do. Whilst Guiding is not all about what badges and awards you can achieve, it is one element girls can choose to embark on and they are well supported by their Leaders and Guiding sisters.

We would like to extend a very big 'thank you' to Cr Charles Strunk for his donation of a banner to go up on the Forest Lake Boulevard from time to time to remind our community we are here. We've been looking forward to having a larger presence in the community and we think being more visible will help. We continue to meet at the Forest Lake Uniting Church Tuesday evenings and Saturday mornings. Just send us an email if you're interested in finding out more (forest.lake.girl.guides@gmail.com).

Until next month, take care of your family and friends and think about what fun and adventure you can put into your life this month!

Forest Lake Probus Club Update

by Publicity Officer, David Grant



At our August meeting, the members welcomed three new members with another three guests to be inducted at our September meeting. We had quite a few members away sick this month – the flu season is certainly catching up with our seniors.

We celebrated Senior's Week with a coffee bus trip to College's Crossing followed by a luncheon at the Forest Lake Tavern where we had lots of raffles which were supplied by our local politicians and local businesses.

There are around 6,500 community and social clubs around Australia and astonishingly, about 30% of those are Probus Clubs.

One of the issues with retirement is what do you do with your time? Some of us find renewed vigour for old hobbies, like gardening or crafts, both things we could do on our own and in our own homes. But what if that's not enough?

Well, over the years around 125,000 retirees have taken to Probus Clubs with absolute gusto and have been spending much of their retirement time simply socialising and having fun with friends. They're always happy to tell you how much Probus has brightened their lives and rekindled their zest for fun and friendship in retirement, and they're equally happy to welcome new members into their Clubs.

You'll find Probus Clubs are a mix of socialising, morning teas or lunches sometimes with interesting guest speakers, and both small and large group activities arranged by fellow Club members. Probus Clubs have a great choice of activities every month, whether its day trips, playing cards, crafting, dining out or helping arrange even more activities for your friends.

Your participation as a Probian is an important part of someone else's social activities, and as you make more friends, your circle of social influence gets wider and wider, meaning more of your fellow Members look forward to seeing you and doing something together. You become a part of their lives just as much as they do yours, and it's this bond of friendship that has seen Probus become the major social group it is.

We all look forward to seeing our friends but how nice is it to realise that they look forward to seeing us just as much?

Your Forest Lake Probus Club meets on the second Tuesday of each month at The Lion, Richlands at 10.00am for 10.30am. If you are interested in joining in the fun, please phone our Membership Officer, Ellen on 3879 7784 or Barbara on 0422 817 924.

St John's Students Making Change for Good

St John's Anglican College Year 10 Digital Solutions students, Lucy Rose & Joshua Sutton attained second place in the state finals in the coveted Education Change Makers and Microsoft QLD AI for Good Challenge!

Held in late July at the Microsoft Headquarters, the AI for Good Challenge is a powerful learning opportunity for Australian high school students to learn about Artificial Intelligence (AI), understand the ethics behind this technology and then dream up an AI solution to make the world better.

"Working in teams of two, students develop an AI concept and submit their ideas that makes a difference under the categories of AI for Earth in terms of helping to solve global climate issues by improving environments, Accessibility or Humanitarian Action" explained Mrs Sharon Singh, Head of e-Learning and Innovation at St John's.

Students Lucy and Joshua identified the problem of water wastage in rural farms where water supply is extremely limited and costly. Their AI solution was the Hydronator. This uses moisture probes that displays the level of moisture in the soil where the sensors send data to an app which displays the level of moisture in the soil in each zone which then triggers the sprinkling systems accordingly.

Artificial Intelligence has been a key focus of the St John's Year 10 Digital Solutions class with students learning all about AI, why AI ethics matter and what it is good for.

St John's Principal, Mrs Maria McIvor said, "this design thinking challenge has been a wonderful learning experience for our students, and we are very proud of the achievements of both Lucy and Joshua."





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September 2019 at Hillstone St
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Hello and welcome to the September edition. Is there a spring in your step? Hope the dads enjoyed a celebration for Father's Day 2019.

Coming up at this month's Branch meeting on Thursday 12 we have our Branch Meeting, followed by the AGM and installation of the new Management Committee for 2019-2020. We have invited a very well known guest speaker for your enjoyment too.

Meeting Place - The Lion (Soccer Club), 133 Pine Road, Richlands, please note new start time is 10am sign in, 10.30am start. You are welcome to join us for lunch at the Lion after the meeting.

If you are age 50 or over, come along, bring a friend and enjoy a calendar of great meetings, trips and activities to suit both singles and couples.

I would like to share with you a summary of the important advocacy work of National Seniors Australia: nationally, a retirement income review, deeming rates and aged care, as a priority. NSA have been campaigning on the issue of a review of retirement incomes for some time and the Federal Government has announced it will do just that. National Seniors has had a win with the deeming rates, and there is a Royal Commission into safety in Aged Care Facilities.

Our 8th Birthday meeting in August was a fabulous celebration and it was wonderful to have students from St John's Anglican College perform for our members. Thank you to Mrs Natalie de Jager who co-ordinated this concert which was received with much applause from the seniors in the audience, many of which were grandparents of students at St John's.

From all accounts the four day Fraser Island trip was a fantastic time away.

It's September and time to enjoy a trip up to Toowoomba for the Carnival of Flowers. Our group of travellers are really looking forward to it.

In August our Branch provided much needed support in the form of a donation for the Farmers in drought. Pray for rain.

In October we are cruising on the Brisbane River aboard the Kookaburra Queen for a High Tea.

Our Branch are extremely grateful for the ongoing support from Forest Lake One Community and the Heritage Bank. Our Branch Bank Account is with the Forest Lake Branch of Heritage Bank where we receive excellent service.

To our members who are unwell or recovering from surgery, our best wishes for a return to good health.

Check out our Branch website www.forestlakenationalseniors.org.au/. Look up Facebook for the National Seniors Page. Forest Lake Branch now has a Facebook page for members. For further information contact Julie 3278 7274 or Peter 3372 9432.



Local business expo to be held in Forest Lake

The Brisbane West and Surrounds Small Business Expo will be held on Friday 25 October, Lighthouse Community and Events Centre, 65 Woogaroo Street, Forest Lake, 10am to 4pm.

This is the region's biggest business networking, speaker program and exhibition space event – to be held incorporating Brisbane West, Springfield, Forest Lake, Logan West and Ipswich – roughly 64,000 businesses.

The Expo is open to all businesses, big and small, and is sales focused. So if you need more customers, you need to be there.

The Expo is run by Paula Brand and her Small Business Expos team who professionally deliver six business expos for established businesses

There will be three target areas on the day: Main business exhibitor area – for established businesses; Start-up exhibitor area – for businesses trading under 12 months; and Women in Business exhibitor area.

This expo is for you if: you are new to business or thinking of starting a business; you are in business – regardless of if you are a big or small operation; or are a business professional interested in extending their business networks.

For businesses wanting more customers and wishing to exhibit please visit www.smallbusinessexpos.com.au. To register to attend go to brisbanewestbusinessexpo.eventbrite.com.au. For all enquiries about the expo please send an email to paulabrand@smallbusinessexpos.com.au.



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Forest Lake Area

Garden Group

by John Prout

Welcome to spring and yes it's now spring and all gardens are showing the wonderful colours that only Mother Nature can produce. The majority of the flowers in our gardens are about to reveal their true colours and wonderful display. It is easy to be inspired by the colour and perfume of annuals and bulbs in flower and vegetable gardens continue to soldier on.

Also as the days are getting longer, we have time to relax in the garden before the sun sets and do some pretty serious fertilising, both with our homemade compost, liquid manure or one of the organic products on the market. I must admit a few more rainy days would be helpful. How is your water tank? I mentioned to a friend my tank was 'half empty' and he replied it's 'half full'. Whichever way you look at it, the tank is at 50% capacity.

Our bus trip to the Carnival of Flowers in Toowoomba is full. We travel west along the Warrego Highway to the top of the Great Dividing Range taking in the patchwork quilted farming landscape of the Lockyer Valley. Our first stop will be the famous Picnic Point where you can experience the breathtaking views while enjoying morning tea. From here we will visit a variety of locations including the grand champion gardens. Lunch will be at the City Golf Club with dessert and tea and coffee included. After lunch there may be a few more gardens and parks to view including Laurel Banks Park. Wow, what a trip I can hardly wait to view the displays of the winning gardens.

Last month, Margaret Taylor and Chattur and Maya Singh opened their gardens for members to view as well as enjoy afternoon tea. Maya's award winning geraniums were impressive or should I say pelargoniums. That's another story—the difference between a geranium and a pelargonium.

Also last month, we held our Annual General Meeting. Although two members stood down, we now have five new committee members and a big welcome to Pauline Allen, Robeyne Britles, Ann Kitching, Karen Nielsen and Errol Tweedie.

One problem over recent years is the lack of bees coming into our gardens. Bees are essential for many vegetables. Our guest speaker this month will be Ingrid Dimock talking about keeping stingless bees. I know some members with a large garden do have a native bee hive in their yard.

Happy Father's Day to all the dads, grandads and the great grandads.

We are not fanatical gardeners, just friendly enthusiasts. Please join us!

**Next meeting Tuesday, 3rd September at 10am. Uniting Church Community Life Centre,
528 Waterford Rd, Ellen Grove. For more information call John Prout 0419 634 699 or Jill Lowe 0403 002 143.**



News from the 19th Hole

Forest Lake Social Golf Club update by Patrick Ayling



The Club held its second championship game at Oxley on the 11th August on a beautifully clear but extremely windy 'Ekka' day. At times the wind was that strong it was blowing balls off the green! Nevertheless, several golfers managed to handle the challenging conditions.

This August, the Australian golfing community across Australia dedicated their games to the memory of Jarrod Lyle to help raise important funds for the Challenge Foundation, who support kids living with cancer. In support of this wonderful charity, our club raised nearly \$150 in fines and donations 'Doing it for Jarrod'. Thanks to all of our members who gave so generously.

Results from Oxley were: Winner A Grade, Bob Brose Net 70; Runner Up A, Dan McKay Net 74; Winner B Grade, Brett Williams Net 71; Runner Up B Grade, Liam Dvornicich Net 74 (four way count back); Bradman, Alan Corless Net 91; Long Drive A, 16, Daniel Lee; Long Drive B, 16, Gavin Robinson; Approach 6, Dan McKay; Approach 14, Dan McKay; NTP 3, no winner; NTP 5, Stephanie Corless; NTP 9, John Stephan; Eagles Nest 17, no winner.

The next game will be on 15 September at Carbrook Golf Club, 653 Beenleigh-Redland Bay Rd. Carbrook, at 6.30am for a 7.00am tee-off.

If you play golf and are interested in joining our social club, please contact Pat on 0417 213 659.

Thanks go to our Club Sponsors, Heritage Community Branch, Forest Lake, and the Jindalee Golf Club Professional.





I was moved by Susannah's August article about thanking our community and staff, and I find that The Lake News is such a wonderful way for me to continue to connect with residents. I'm grateful that I can keep you up-to-date with what I have been doing in and around the ward, invite you to take part in local activities, and most importantly express my gratitude to our community and our council workers, who go above and beyond to work to make our community a great place to live.

I would like to convey a huge 'thank you' to Grand Avenue SS Ekka Day organisers Donna and Naomi and all the volunteers who got behind the Ekka Day Fun Day to make it the great success it was. I had a fantastic time working the BBQ alongside my staff and volunteers. The fireworks and the fire twirlers were truly incredible!

I was also delighted to receive my very own copy of *Cooking around the World with Grand Avenue State School P&C Cooking Book*. This 20th anniversary cookbook includes 99 recipes from 71 different countries that the students, parents and teachers have put together. If you would like to support the Grand Avenue State School P&C, the cookbook is available for only \$10, and will go a long way to helping Grand Avenue State School. Please contact me for more information or the P&C for your copy.

The Lake Parklands now has an extra set of toilets with lights which have been installed at the Alexandrina Circuit end of the park. I have received so much positive feedback from the Forest Lake National Seniors and locals who regularly use the parklands. I was proud to host a picnic in the park for our local seniors groups to celebrate seniors week here, too.

More than 140 volunteers participated in one of the biggest Forest Lake Litter Clean-ups this month. A MASSIVE thank you to SWMV members for organising this local event which was supported by Brisbane City Council Litter Prevention team and myself.

If you need information about what is happening in the ward, please contact my office on 3407 1211 or visit my Facebook page at <https://www.facebook.com/CharlesStrunk4ForestLakeWard>.



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RICHLANDS - FOREST LAKE SCOUT GROUP UPDATE

BY ROSELLA

September is a time for celebration. With the onset of spring and warmer weather, we start looking forward to more outdoor activities, watching the world refresh around us and planning ahead. Our group kicked off the celebrations with a family fun night to celebrate the fathers, father figures and mums who double as dads.

Following this, our Joey Scouts and Cub Scouts headed out for their annual trip to Redcliffe to participate in Skillorama - a day packed full of fun, hands on activities and a huge favourite with our younger sections. Sadly this event is age restricted so our Scouts had to make other plans. Luckily for us we were once again invited to participate in the South West Progress Association's 'Welcoming the Babies' event on that day.

This September we also celebrated a significant milestone in the Scouting calendar with the Centenary of Wood Badge. When new Leaders complete their advanced training they are presented with two sculpted wooden beads on a leather cord. These beads represent the completion of years in service and online learning and hours dedicated to training as a Leader of Youth or Adults. The Centenary of Wood Badge saw many celebratory dinners being held all over Queensland with Leaders past and present coming together for this wonderful milestone.

2019 also marks the 10 year anniversary of the foundation of our own Scout Group. Our Group has seen many changes over this time. Changes in leadership, youth coming and going, the implementation of our New Youth Program. All of these things and more that have helped shape our Group and keep us involved in our community. We would like to take this opportunity to thank our community partners and members of the community who have supported us over this time and we look forward to the next 10 and more.

One of our key supports is of course the parents and families of our youth who are responsible for helping to manage the Group. Thanks to our parents and supporters our annual trivia night - this year Disney themed - was another great night of fun and fundraising, with lots of laughs and prizes galore taken home. Thanks to all who participated. Your support is most welcome.

Our term ended with a visit to Urban Extreme for a night of indoor skiing and snow boarding. What a fantastic end to the term, and a great celebration of the achievements of our youth. This was such a unique place to invest the newest members to join our Group, and celebrate with our Cub Scouts, Marcus and Troy, as they head up to Scouts after successfully achieving their Grey Wolf Awards - the highest Award in the Cub Scout section. Not to forget Dakota who has successfully achieved her Promise Challenge - the highest Award in Joey Scout section.

While this was the official end of our term, Scouting never really stops. Some of our dedicated youth and Leaders have been rehearsing for months and are just putting the finishing touches on ready to perform in the Rochedale Revue at Clairvaux McKillop College from October 3-6. This is a very entertaining, family friendly show with a cast full of Scouts and Guides. Tickets are still available from TryBooking.

We hope everybody has a safe, enjoyable and relaxing school break and we can't wait to see what Term 4 brings.

If you have been thinking about Scouting for your kids, why not check out our facebook page - Richlands-Forest Lake Scout Group - to see what we do, or call us on 0402 308 182 for more information.

Forest Lake Photography Club winner

John Blackburn, the winner of the Heritage Bank Slideshow Award for June, received a printed copy of his photo from Forest Lake Photography Club President Pat Wilson.

The club meets in the Forest Lake Community Hall on the second Tuesday of every month, at 7.30pm. The members send in photos during the month, which are shown as a slideshow at the beginning of the meeting. During the following month, members vote on the entries and the winning photograph is printed and presented to the winner at the next meeting.

The group members welcome photographers of all levels from beginner to advanced and any one is welcome to come along and try out a meeting. For more information, see their website www.forestlakephotographyclub.com.



**Deadline Date for the October issue
is Thursday 12 September**



Forest Lake Magpies Club Update

by Communications Officer, Tammy Davis.



By the time you're reading this, our normal 2019 fixture season will be officially over. Our u15's have made it through to the finals series, so hopefully they will play for a couple of weeks yet. Good luck guys, you made it through to the Grand Final last season, we know you have what it takes to do it again.

The last day for under 7's was a Gala Day that was held our club Sunday 11th—a nice sunny day that was windy enough to have all shade tents well and truly pegged down but still looking like they would take off at any minute.

As you can see by the photo there was a lot going on. We had 32 teams from 13 clubs descend on us. That's quite a lot of people on its own, add to it the families and friends who came to support them. On top of this we had five other games running on the top field and our u15's finishing off the day on the lower field once all the little ones were done. It was a very busy day indeed but all the little u7's had a great time competing against clubs they wouldn't usually compete against.

I'm extremely pleased to say that the day ran very smoothly thanks to the tireless efforts of the committee and some parents who volunteered in the canteen. There is just no possible way these types of days can be successful without our wonderful volunteers.

Now we will focus all of our efforts on making our End of Season Celebration/Presentation Day a fun filled day with many members receiving their first ever trophy and others being rewarded for their efforts on the field all season. It's guaranteed to be a great day.

Family Focus

with Mark Mackay



"Handle them carefully, for words have more power than atom bombs," said Pearl Strachan Hurd. Consider the power of words in people like Winston Churchill or Martin Luther King. However, for most of us, the words that have the most impact are the short sentences - "I hate you," "I love you."

As the Bible says, "The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark." (James 3:5) On the one hand, we can build people up with words. On the other hand, we can tear them down—and that can be in the same conversation!

Our kids deserve to be built up and reminded of their potential. We have the opportunity to instil in them the desire to improve our world, to remind them that they are valuable, to inspire them to rise above the apathy that typifies so much of our society.

Instead of joining with the thought that "If a teenager isn't doing something wrong, they're planning to do something wrong," we can say "I believe in you," "I have faith in you," "I'm here for you" or "You can do it!"

Jesus turned social expectations on their heads. He spoke to children, to the sick and to women—three classes of people that his society disregarded. Jesus showed that every human life is inestimably valuable by what he did and what he said.

So, use your words in a powerful way to value young people you know—your family, your neighbours, the young people of Forest Lake. Words are more powerful than atom bombs and they are available to each of us to make a substantial and positive difference in someone else's life.





Queensland Seniors Week and Multicultural celebrations were held in August and I want to thank everyone across my community who took time to engage, learn and celebrate along with me.

I would like to encourage everyone to continue to approach building a positive attitude towards older people and ageing with the vision of building an age-friendly society together as a community and celebrate our very multicultural community.

I would like to acknowledge the wonderful work of the Forest Lake National Seniors Branch who have gone from strength to strength by hosting a range of events throughout the year and especially during Queensland Seniors Week. They have done a wonderful job engaging with seniors from different backgrounds. I encourage anyone looking to make a difference in the community to contact them.

Last month, I celebrated Multicultural Queensland Month with many local and regional events being held around the State. This year's theme is "We all belong". I'm proud to have been raised in a diverse multicultural community that continues to value the beauty of tradition, culture, diversity and unity. Well done to all our community groups that celebrated this years theme by hosting an event in the community.

I would like to congratulate President, Steve Bruford from the Forest Lake Men's shed Inc. for taking up the challenge to be part of the Lids for Kids project. The plastic lids can be recycled to make prosthetic limbs for disabled children using 3D Printing. My Inala Electorate Office is donating all our plastic lids to the Forest Lake Men's Shed to help them make a difference and I encourage schools and residents to donate their plastic lids as well.

This initiative helps the environment while helping members of our community with disabilities.

Let's continue to come together. If there are any State Government matters you would like to know about or raise with me, please contact me at the Inala Electorate Office on 3737 2100.



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building better communities through communication

Clubs & Groups

50 Plus Club
Les 0466 377 618
Kay 3278 9406
Meets 3rd Friday of the Month

Community Events Association Forest Lake
Linda 0402 061 907

Community House
Gaye 3279 9111

CWA Oxley Branch
Pat: 3379 1318 Norma: 3375 5160
New members welcome to a caring group.

Elorac Women's Group
Meet Tues from 9.30am. All women welcome
11a Sth Hampton Rd, Carole Park.

Forest Lake One Community Ltd
Ron 3879 4912

Forest Lake Men's Shed Inc
Steve 0421 520 804

Forest Lake Toy Library
Tuesday 9.30am - 11am
25 High St, Forest Lake
fl.toylibrary@gmail.com

Friendship Group, Forest Lake
Carolyn 0408 796 260

Garden Group, Forest Lake Area
John 0419 634 699

Girl Guides - Forest Lake
Lisa 0412 767 708
tamba@forestlakeguides.org.au

Inala & District Pensioners Affiliate Inc
Meet every Wed from 9-12 for Bingo and carpet bowls at the Inala Community Hall
Anne 0419 750 829

Labor Party, Forest Lake Branch
Melanie 0414 802 734

Lake Litter Group, Forest Lake
3407 1211

Liberal Party, Forest Lake Branch
Steve 0402 893 105

Lions Club of Forest Lake
Membership - Lion Del
0408 783 586

Motoring Club - Southwest Brisbane
Secretary: Collin Head 0457 051 152
swbmc@mail.com

National Seniors - Forest Lake Branch
Julie 3278 7274
Peter 3372 9432

Neighbourhood Watch - Homestead
Meet at Homestead Park: 6th April, 4pm;
1st June, 3pm; 3rd August, 3pm;
5th October, 4pm. No meetings in
December or January.
nhw.homesteadvillage@gmail.com

Obedience Dog Club of Brisbane
0411 017 454

Probus Club of Forest Lake
President Barbara 0422 817 924
Membership Officer Ellen 3879 7784

Richlands, Inala and Suburbs History Group
Angela 3372 2358
secretary@rihghistory.org.au
www.rihghistory.org.au

Rotary Club - Forest Lake
Jeff Jones 0417 003 336
www.rotaryforestlake.com

RSL Sub-Branch, Forest Lake
Meets 3rd Tuesday at Dogs Qld
Function Rooms, 247 Kings Ave, Durack
Ph Kevin 0488 220 002

Richlands - Forest Lake Scout Group
Rosella 0402 308 182

Skylarkers 60 & Better
Leah 3879 0046

Clubs & Groups

Southwest Progress Association
Margaret 3271 4867

Toastmasters
Mad Chatters Oxley
Dee 3379 2002
madchatters-vppr@toastmastersclubs.org

Trefoil Guild - Centenary
Merril 3372 2735

Sport & Fitness

AFL: Ages 6 - 15, Girls & Boys Forest Lake Junior AFL (Dragons)
Anna O'Donohue 0434 533 194
forestlakedragons@gmail.com
www.forestlakedragons.sportingpulse.net
www.facebook.com/ForestLakeDragons

Balancing Gentle Exercise to Music
Jenny 3879 4020

Baseball Clubs, Western Districts - The Bulldogs
Laurie 0421 137 406
www.wests.baseball.com.au

Basketball Club, West Brisbane Falcons
0450 105 252
westbrisbanebasketball@hotmail.com

Cycling Group, Forest Lake
Reg 0412 155 295

Golf Club, Forest Lake Social
Patrick 0417 213 659

Indoor Bowls
Bert Wigchert 0404 503 286

Line Dancing Forest Lake
At Forest Lake Community House
Ph Ringi 0416 310 930

Little Athletics, Forest Lake
forestlake_littleas@hotmail.com

Netball Club, The Lakers
lakers_netball@hotmail.com
www.lakersnetball.com

PCYC, Inala
3372 2222
www.pcy.org.au/inala

Rowing Club, Centenary (Youth)
enquiries@centenaryrowing.com.au
www.centenaryrowing.com.au

Rugby League, Forest Lake Junior
Email: admin@forestlakejrflc.com.au
www.forestlakejrflc.com.au

Rugby Union Club, Lakes Wasps
0412 560 143
info@forestlakewasps.com.au
www.forestlakewasps.com.au

Softball, Raiders
raidersips@hotmail.com

Swimming, Lake's Swim Club
Paul Mason (President) 0447 720 636
lakesswimming@ymail.com
https://lakes.swimming.org.au

Western Cougars Gridiron Club
cougars@gridironqld.asn.au
www.cougarsgridiron.com.au

Hobbies, Arts & Craft

Crochet Group
Sue 3279 9561

Forest Lake Crafters Group
Lynsay 3372 4938
Wendy 3879 1323

Inala Art Gallery
Anne 33728208 or 0422 843 390

Lake Lovers of Literature
Elli 3879 6326

Photography Club, Forest Lake
Peter 3372 2835
info@forestlakephotographyclub.com

U3A
www.u3abrisbane.org.au

Wine Makers Guild, Western Suburb Amateur
Tony on 3379 1048

Government Representatives

Federal Member
Milton Dick MP (Oxley)
Ph: 3879 6440
Milton.Dick.MP@aph.gov.au

State Member
Annastacia Palaszczuk MP (Inala)
Ph: 3737 2100
inala@parliament.qld.gov.au

Brisbane City Council:
Cr Charles Strunk (Forest Lake)
Ph: 3407 1211
forestlake.ward@bcc.qld.gov.au

Education

Forest Lake State High School
3714 2333

Forest Lake State School
3714 1222

Grand Avenue State School
3372 0555
P&C
pandc@grandavenuess.eq.edu.au

Pallara State School 3727 4222

Serviceton South State School
3714 0222

St John's Anglican College
Yrs Kindy-6 3372 0888
Yrs 7-12 3372 0111

Health

Alcoholics Anonymous
Ph: 3255 9162 or visit www.aa.org.au

AI-Anon Family Groups.
For friends & family of alcoholics or problem drinkers Ph: 1300 252 666 or
Email: afgsq@bigpond.com

Asperger Services Australia West Brisbane Region Support Group
Phone Jane 0448 909 863

Australian Pituitary Foundation
Ph 1300 331 807

Australian Breast Feeding Assoc
www.facebook.com/abacfl

Emotions Anonymous(EA)
A self help group for emotional wellness.
Scherelle 0403 821 152
Meet every Wednesday, 10am at the Hub
Community Centre, Corsair Ave, Inala

Heart Foundation Walking Group (Inala/Forest Lake group)
Tues-Fri, 6am Boulevard Carpark.
Liz 0434 843 639

Meals on Wheels - Inala
Jasmin 3372 5276

Overeaters Anonymous
12 Step Program Ph: 3030 3619

Playgroup Australia
1800 171 882
playgroupaustralia.org.au

Churches

Anglican Church of Australia
St Hugh's Inala 3372 1216
sthughs@bigpond.com

Baptist Church, Forest Lake
FLSS PAC 8.30am, 10.15am and 5.00pm
Pastor Mark Mackay 0403 772 990
mark.mackay@forestlakebaptist.org.au
www.forestlakebaptist.org.au

Church of the Nazarene
Inala - 3372 2192

Church of Jesus Christ of Latterday Saints - Forest Lake
Meets every Sunday at 9.00am
Ph 3372 5330 or 0411 600 264

Christian Reformed Church of Inala
Meets every Sunday at 9.30am & 5pm
at 44 Poinsettia St Inala
Ph:0403 025 700 (Pastor Craig)
www.inalacrc.org.au

Churches

Citipointe Church West
26 Rosemary Street, Durack
Service Times: 8.30am, 10.30am & 5pm
Contact: 3879 6833
citipointechurch.com.au/west

Cornerstone Bible Church
Meets every Sunday at 9.30am at
Forest Lake S.H.S Ph 3136 3386
www.cornerstonebible.org.au

Elevate Church (AOG)
Meets every Sunday at 9.30am at
Grand Ave School. Ph 0407 177 117
www.elevatechurch.org.au

Elim Foursquare Gospel Church
8 Julie Rd, Ellen Grove (Carole Park)
Ps Victor Wright 0449 761 960
www.elimfoursquaregospelchurch.org.au

Great Hope Baptist Church - Inala
Pastor Mike Mills 0406 911 078
greathopebaptist@gmail.com
www.greathopebaptist.com.au

Hosanna Church Brisbane
65 Woogaroo St, Ellen Grove @ the
Lighthouse Event Centre
8.30am Samoan
10.00am English/Multicultural
1.00pm African
Ph: Joshua 0447 676 618 or 3372 6766

New Life Church
60 Thrush St, Inala - Ps Chad
Sunday service & Children's church 9.30am
Evening service last Sunday 6.30pm
Ph: 3879 7185
Email: admin@newlifeinala.com.au

Presbyterian Reformed Church Pallara
Meets Sunday 10am
282 Ritchie Rd Pallara - Old School Hall
Ph: 0490 972 786
www.pallaraprc.org.au

Salvation Army Lake Community Church
25 High Street, Forest Lake
3714 0777 or office@lakesalvos.org.au
salvos.org.au/lakesalvos/

St Mark's Catholic Church - Inala
3372 5658
stmarks@bne.catholic.net.au
www.stmarksinala.com

Uniting Church - Forest Lake
528 Waterford Rd, Ellen Grove 9.30am
Rev Russell Reynoldson 0429 472 567
3372 2299 rev.russell@bigpond.com

Westside Multicultural Baptist Church
Every Sunday @ 9.30am
Ps Lyndon Sison 0403 135 540
sisonfamily5@tpg.com.au

Local JP Contacts

JP (Qualified)
David Armstrong
Bank of Queensland - Forest Lake
3000 4580
Reg Connelly
Heathwood
3879 9397 or 0403 167 121

Mr E G Harper
Homestead Village
3372 9242

Allan & Tania McLaughlin
3372 9408

Kathleen Maree Neehouse
Pallara
0408 365 333

Mandy Nicholls
Homestead Village
3372 8723

Kathleen Wooler 3879 1652

Commissioner for Declarations

John Saunders
Centennial Park
3372 9827 or 0478 965 064
Robyn Campbell (No. 57170)
The Terraces
3271 2908

GET INVOLVED

MAKE NEW FRIENDS

BE ACTIVE

Groups & organisations listed are not for profit and run by volunteers.
If your group would like their contact information listed, please send your request
to lakenews@Lnp.net.au

Forest Lake Friendship Group



If you're new to Forest Lake,
or just want to extend your social network,
this is a great opportunity to meet new people,
make friends and enjoy some friendly conversation.

- 3rd September:** Morning Tea at Wendy's,
Forest Lake 10am
- 10th September:** Morning Tea at DC's
Forest Lake 10am
- 17th September:** Lunch at Red Chilli Thai, 11.30am
RSVP by 16/09/19
- 24th September:** Morning Tea at Coffee Club,
Forest Lake 10am

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BOOKINGS - 3279 9111

MONDAY - FRIDAY Tutoring before & after school contact www.JanineRyan.com

- MON 9:30AM** Zumba Gold for Active Older Adults Sandra 0407 596 067
6:00PM Moon Lee Tae Kwan Do Wayne 0419 713 907
7:30PM ALP Board Meeting (4th Mon, Feb-Dec) Chas 3278 9805

- TUES 9:15AM** Balancing gentle exercise to music for seniors 3879 4020
11:30AM Indoor Bowls Bert 0404 503 286
6:00PM Yogalates & Meditation Class Barb 0433 963 414

- WED 5:30PM** Yogalates & Meditation Class Barb 0433 963 414
7:00PM Yogalates & Meditation Class Barb 0433 963 414
7:00PM Lions Club Business Meeting (2nd Wed) 3040 6622

- THUR 9:30AM** Zumba Gold for Active Older Adults Sandra 0407 596 067
7:00PM Lady Marlene's Burlesque Contact Lena 0414 278 802

- FRI 9:00AM** F'Lake Crafters Group
Lynsay 3372 4938 Wendy 3879 1323

- SAT 8:15AM** Tiny Tutus School Ballet 3279 9111
3:00PM Open for Bookings

- SUN 8:30AM** Greater Mercy Christian Church
Pastor Patrick 0432 592 848
5:00PM Pound Fun Fitness Workout Text Kylie 0414 155 367

OPEN FOR HALL & ROOM BOOKINGS

a message
from the
desk of

Milton Dick MP
FEDERAL MEMBER FOR OXLEY



Small businesses are the backbone of our local economy. In our community there are almost 10,000 local small businesses from bakers, to graphic designers, hairdressers and everything in between. Together they are part of more than 2 million Australian small businesses who represent 83 per cent of Australian companies.

As the local Federal Member, one of my key priorities is to support small businesses any way I can. This includes working closely with the Centenary and Districts Chamber of Commerce and the Greater Springfield Chamber of Commerce. The chambers provide advocacy and support, particularly for new members who join our growing local economy.

Another initiative which I'm proud to support is the upcoming Brisbane West and Surrounds Small Business Expo at the Lighthouse Community Centre in Forest Lake on Friday 25th October.

After holding many other events in surrounding areas, the Small Business Expo will be coming to our community for the very first time with a huge turnout of local businesses expected to attend.

Small Business Expos are a one day pop up B2B marketplace focused on creating networks and leads for small business owners.

I'm excited to see what the first Small Business Expo holds for our community and am encouraging local small businesses to sign up and get involved.

More information is available on their website at www.smallbusinessexplos.com.au or by calling Paula on 0475 411 793.

As always, if there's ever anything I can assist with please don't hesitate to get in touch with my office by sending an email to Milton.Dick.MP@aph.gov.au or by phone on 3879 6440.

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