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Councillor Charles Strunk

Forest Lake Ward Councillor



I am proud to have delivered three new exciting playgrounds in Forest Lake recently. These playgrounds are located in the Lake Parklands at Alexandrina Circuit, Laracina Circuit Park and in Collingrove Street Park, opposite Forest Lake Community House. Collingrove Street Park playground will also have a new shade sail installed in the coming month. A new BBQ has been installed at the Lake Parklands next to the Wivenhoe Circuit playground and rotunda.

It's wonderful to see so many children enjoying the new playgrounds since they have opened and great to see locals and families meeting up and connecting with each other in these great park spaces.

I'm very excited to announce that Brisbane City Council will be introducing a water rebate for our local sports clubs. We have great sporting fields in my ward that will benefit from this rebate and this will keep the fields in a better condition through these dry times. I encourage residents to contact me at the Forest Lake Ward office for more information or by visiting the following link: www.brisbane.qld.gov.au/things-to-see-and-do/council-venues-and-precincts/community-leasing-and-resources/water-rebate-program.

As always, there are so many wonderful local events being hosted in and around Forest Lake. I would like to thank the owners of *Simple Bliss*, Denise and her husband, for hosting the first 'Kids fun day at the Lake', local families enjoyed a great cup of coffee while the kids enjoyed free activities including a jumping castle.

Our new Forest Lake Habitat group had its first tree planting event this month. Hancock Park near the Forest Lake State School now has dozens of new plants that will improve the bushland area. Our local Habitat Brisbane groups consist of volunteer community members who work with Council officers to remove invasive weeds, plant local native species and do a range of other tasks to enhance habitat value in our local parks and bushland areas. If you are interested in joining the Forest Lake or Inala Habitat groups, please contact the ward office for more information.

I'm proud to be your local Councillor and will continue working hard for my community, as Forest Lake Ward residents deserve the best! If you would like more information about what is happening in the ward, please contact my office on 3407 1211 or visit my Facebook page at www.facebook.com/CharlesStrunk4ForestLakeWard.



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Dr. Farron Young (MBBS, FRACGP)

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Personally Speaking[®] with Susannah Friis

Some of you will know the story of Luke Toki of Australian Survivor fame, who, after being voted off the show, had a gofundme page started by a fan which raised over \$500 000 for him and his family, the same amount as the prizemoney that Luke was hoping to win.

The Luke Toki story is one that does pull at the heartstrings—working class family doing it tough with three young children all with disabilities. The money was raised in a matter of days, with people from all over Australia and overseas donating relatively small amounts that all added up to a great big number.

We've been discussing in our house the phenomena of the whole event. I'm not begrudging the Toki family the funds that were raised, nor do I think it shouldn't have been raised. It just makes me wonder why.

Conservatively, there are 3.2 million Australian households that have at least one child with a disability in their family. So, the Toki family are, technically, just one family in 3.2 million. So why did 16 100 people feel compelled to give them money?

My husband hit the nail on the head when he wondered if it was our collective connection to Luke. We feel like we know him and that makes his situation more real and his disappointment at not winning the money for his family feel like a personal disappointment to us all.

If we then think about the times we've given to causes or given someone we know money to help them out, it's almost always because we have a personal connection to that cause or the person going through something. When we know other people's stories, we are far more likely to have empathy and a desire to help.

I don't think there's anyone on the planet who doesn't think we should find the cure to cancer but that doesn't mean everyone donates. Usually, we donate when we have a personal experience that gives us greater motivation to ease the pain of others. And the amount of donations that the Cancer Council receives each year is also a reflection on just how many of us know or have known someone who has received a cancer diagnosis.

Because I have worked in the disability sector, and still do occasionally, I have been wondering a lot lately about how all those other families who have kids with disabilities are feeling about the very public outpouring of emotion and money towards the Toki family. Many families struggle under the implications a diagnosis of disability can bring; they face possible limits on their income, changes in family dynamics, the loss of social inclusion and the list goes on. I think the Toki family would agree, they are no more worthy of this money and support than any other family who has children with disabilities.

I guess the take-away from it all for me is that reminder of why and when we give to others. If we most often given once we know someone's 'story', maybe we need to take more time to find out other's stories which will lead us to live a more generous and others-centred life. After all, isn't connection to others really what life is all about?

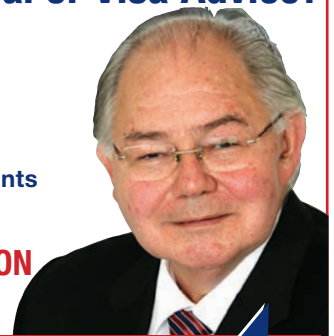
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Charles Strunk

Councillor for Forest Lake Ward

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Forest Lake Men's Shed Update

by Steve Bruford



Leanne Enoch MP for Algester a key supporter of the shed upgrade came along to celebrate the completion of the project, along with Milton Dick MP for Oxley and Cr Charles Strunk and many of the Shed members.

By the time you read this, our new social building has been opened. We celebrated with a free sausage sizzle, and enjoyed the company of local business owners, Leanne Enoch member for Algester, Milton Dick Member for Oxley and Charles Strunk Councillor for the Forest Lake Ward, as well as many friends and supporters.

Many thanks to Trans Urban for their donation, Milton Dick for his help in obtaining a grant from the Federal Government and Charles Strunk and BCC for their donation.

The members are enjoying new endeavour's in the new building and over the past two months we have been pleased to welcome 10 new members to the Shed, so we must be doing something right.

Any men in our community who are feeling isolated or lonely are welcome to come and see what we have to offer at our men's shed. We have a great group of members who enjoy a range of activities in the company of others, such as woodwork in the main shed, art on Mondays and on Tuesdays, cards are played, with more activities to come soon.

Thank you to everyone in the community for supporting what we do and a big thank you to everyone supporting us with the Lids4kids program, which turns plastic lids from milk, soft drink and water bottles into prosthetic hands for kids.



Owner/operator of ROH Building, Richard, who was an integral part in the Men's Shed project with Steve Bruford, President of the Forest Lake Men's Shed.

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Heart stopping win for Forest Lake Dragons



The Forest Lake Dragons JAFC played against Morningside JAFC at Yeronga JAFC last month securing a Grand Final win.

It was a very close game and they were tied at full time. They then played into extra time 5 minutes each way, with the girls pulling it together as a team and winning the Grand Final 23-19.

Three players this year have achieved playing 100 games this season. The Dragons are proud of coach Sebastian Galafrio and the U13 girls for the season that they have had and look forward to 2020 season.

The Forest Lake JAFC U13 girls are made up of AFL players from Forest Lake Dragons and Ipswich Eagle's Players. The team is made up of girls who have played for many years in the junior competition U8's and up as well as girls playing for the first time to make a team for the Dragons. The coaches have been working on developing the girls skills and confidence to come together on game day to play as a team, which has resulted in the team finishing on top of the ladder for the 2019 season.

The Forest Lake Dragons first U13 girls team that played in the first ever girls competition in the 2016 season in the AFL Brisbane Juniors successfully finished on top of the ladder and won the Flag for the 2016 Grand Final U13 Girls. Having the Forest Lake Dragons U13 Girls being so successful again in 2019 it's exciting times for the club.

The girls AFL Competition has grown over the last three years to now having three teams in each division in the 13, 15, 17 girls competition.

If you would like to know more about girls and boys AFL teams (Auskick, Roy's Juniors, U8's-15's) at the Dragons for the 2020 season, please send an email to either forestlakedragons@gmail.com or forestlakejuniors@afblj.com.

Welcoming the Babies 2019 another successful event!

Hundreds of residents were welcomed at this year's 'Welcoming the Babies' ceremony, now in its 12th year. Families from across the multicultural community joined in the celebration which was held at Durack State School. This annual, family-friendly, free fun day is proudly hosted by the South West Progress Association with the support of Premier and local Member for Inala, Annastacia Palaszczuk MP, Milton Dick MP for Oxley and Councillor for Forest Lake Ward, Charles Strunk.



Families with babies from newborns up to 18 months of age were presented with a bounty bag that contained baby items and gifts, a native Bottlebrush tree provided by Brisbane City Council and a 'Welcome to Our Community' certificate. Pikachu, Pooh Bear, Elmo, Mini and Mickey Mouse and Elsa and Woody dropped in to make this year's event a memorable one.

There were a range of information stalls including the Australian Breastfeeding Association, Carol Park Swimming School, Kids Safe Queensland, Brisbane South First Aid Volunteers, Forest Lake branch of the Bank of Queensland, Brisbane City Council's Pop-Up Library and Elorac Place.

A huge hit with families were the ponies, donkeys and goats provided by Firehorse Inspirations, as well as Anna's Cupcakes, Lisaluv's Pick Face Painting, Cavy Owners & Breeders Society Guinea Pigs (COBs), Smarty Pants the Clown, and Jumping for Joy Jumping castles.

Ms Palaszczuk was delighted that so many families attended the event including several sets of twins, with 300 in total joining the fun throughout the day.

"I would like to thank all the babies, parents and families, the stall holders and hard-working volunteers who ensure this is an inclusive and welcoming celebration. This event is dear to me and I look forward to hosting the 13th Welcoming the Babies event next year."

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Appreciation shown for teacher aides at Forest Lake SHS



*Teacher Aide Margaret Danziger with
Principal, Denise Kostowski.*

Staff at Forest Lake State High School showed their appreciation for their hard working teacher aides and especially teacher aide Margaret Danziger.

Margaret Danziger was nominated for Australian Teacher Aide of the Year by her fellow teacher aides for her outstanding contribution to working with students with special needs.

Margaret's passion for supporting students with additional needs is evident in her relationships with all students who believe she makes a real difference in their lives.

Upon receiving her nomination, Margaret said, "I feel so honoured to be nominated by my friends and colleagues at Forest Lake State High School."

Principal, Denise Kostowski said, "The schools PRIDE expectations - Prepared, Respectful, Inclusive, Dedicated and Engaged - are practiced not only by our students but by our staff and Margaret certainly ticks all of these boxes - every lesson of every day."

"The Teacher Aides at our school are so committed to our students and their dedication to the work they do is an inspiration to all the staff at Forest Lake State High School."

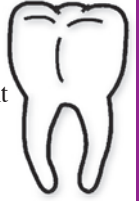
Margaret is one of 32 Teacher Aides at Forest Lake State High School who celebrated Teacher Aide Day on 6 September.



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This new system makes it simple to take your medication in the correct dose, at the correct time, anywhere you happen to be. The medications are packed into packettes, which are small, clear pouches that can hold up to 10 medications for each dosage time. They are personalised so your medication is packed to suit your needs and schedule. The pharmacy can even include your vitamins with your medications.

Each individual packette displays all essential information, including your name, date and time to take the medication, details of all medicines including name, strength and quantity and the date the packette was packed. Customers have peace of mind knowing that their medication is securely packed to the highest standards then checked, double checked and triple checked.

Many customers who are already taking advantage of this free service have reported that the packettes make travelling much easier, ensuring your medicines are with you anywhere you go and simple to take the right dose, at the right time.

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Pharmacist Peter Dieckmann said, "Anyone who is taking multiple medications or has trouble remembering when to take their medication would benefit from this service. It is free and with our discount prices, we ensure our customers save money on their medicines. I would encourage anybody who thinks they may benefit to come to see our friendly team."



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50+ Club Monthly Update

by Les Brooks

The Forest Lake Fifty Plus Club's September activity was a day trip to Cleveland Point. The weather was perfect as we departed Forest Lake Shopping Centre and on arrival at Cleveland Point, there was only a slight breeze from the bay as we set up for our day. Following a wonderful morning tea, some members decided to head over to the shopping centre for a little retail therapy while our wonderful volunteers were preparing the BBQ lunch. With everyone shopped out and back at the picnic area, our lunch was served. The sea air must have given everyone an appetite, because lunch and desserts were soon devoured, and it was all washed down with a great selection of refreshing wines.

With everyone suitably fed, watered and fully relaxed in the warm sun, we reluctantly packed up and headed back home. Thank you to all those members who provided the morning tea, BBQ selections of salads and desserts and wine, also to everyone who helped with the cooking, preparation and serving.

The Clubs 'Extra Activity' was a lunch at Hotel Monier, Darra. 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 18 October, 15 November 2019 and 17 January 2020.

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



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Forest Lake Lions Club update



by Michael Janz

District Governor Donna Hedges recently visited our Club. She outlined her direction for the year and thanked the Forest Lake Lions for their 26 year commitment to the community.

District Governor Donna also thanked retiring Lion Sharon Hartig for her years of outstanding service as a Lion. Sharon was awarded the District Governor's Distinguished Service Award. Congratulations Sharon and best wishes from all your friends at Forest Lake Lions.

The August Dinner Meeting also saw several members presented with Service Pins. DG Donna Hedges presented Pins to Alex and Carmen (eight years) Sharon (11 years) and April (21 years).

Father's Day Visit The Club plays a role in supporting a broad cross-section of our community. Each year members visit the Lodge Nursing Home on Christmas Day, Mother's Day and Father's Day. The friendly Lions' faces, as well as providing a gift, helps make these days very special for the residents.

We recently had our lovely annual visit at the Forest Lake Lodge for Father's Day. Thank you everyone for your help.

Lions Trivia Night Get your teams ready for a roaring good time at the Forest Lake Lions Trivia. The night will be held at 7.00pm on Saturday 9 November at Forest Lake Community House. It's our major fundraiser for the year.

This event helps raise funds for a nominated cause. In our first two Trivia Night's, funds raised went to two local children with the rare condition, apraxia, as well as helping purchase a Hart Walker for a child suffering from cerebral palsy.

There will be lots of prizes to be won. A licenced bar will operate with snacks for sale. Keep your eyes open on our Facebook page for more details: <https://www.facebook.com/LionsClubForestLake/> Bookings will be essential!

Join Us 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. Would you like to get involved?

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 phone 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

The VIEW National Convention was held at Novotel Twin Waters Resort, Maroochydore from September 13-15. Ladies from around Australia celebrated their joint interest in supporting The Smith Family and their efforts to help disadvantaged Australian children via The Learning for Life Program.

The ladies from Centenary Evening VIEW Club enjoyed getting into the spirit of a beach party and thoroughly enjoyed the weekend.

Monday, 14 October is the date of the next dinner meeting of the Centenary Evening VIEW Club. Meetings are held at the McLeod Country Golf Club, 61 Gertrude McLeod Crescent, Middle Park, 6.30 pm for 7pm. The cost is \$35 and bookings are essential. Please phone Di on 0408 725 542 to make your booking and for more information.

This meeting's guest speaker will be Kate Stringer who is a breast surgeon. Ladies are invited to be creative by concocting a fashion accessory out of a bra and bring it to the meeting.

VIEW stands for Voice, Interests and Education of Women and women of all ages are invited to attend. So come along and enjoy a meal and listen to an interesting speaker. We also have coffee mornings and various other outings and activities to entertain you. Fund raising events support the nine children that the club sponsors through The Smith Family's Learning for Life Program. Nationally, VIEW proudly supports more than 8000 students.

You are invited to find out more about our club by checking out our Facebook page and/or by consulting the web page for VIEW.



Celebrating Father's Day at St John's

Father's Day is always a wonderful time at St John's celebrating the importance of fathers, uncles, grandfathers, guardians and father figures in the lives of our students. On Friday 30 August, St John's met this occasion with much enthusiasm as the Primary school hosted a BBQ Breakfast with students in Prep to Year Two showcasing their work and hosting activities in their classrooms. Special Father's Day Chapel Services for Primary and Secondary students and their families were also held to mark the event.

St John's Principal, Mrs Maria McIvor said, "It is always such a joy to welcome the community into the College on these special occasions. It provides a wonderful opportunity for our students to recognise and give thanks to the loved ones in their lives with our supportive staff."

St John's will once again open its doors to the wider community this October. Saturday 12 October will be the first St John's Kindergarten Open Day. Children will be able to explore the indoor and outdoor spaces designed to nourish curiosity, ignite creative thought and build confidence. St John's expert and nurturing educators will be on hand to answer any questions during the morning.

On Wednesday 16 October families will have the opportunity to experience the *St John's Way* during the Prep-Year 12 business as usual Open Day. To find out more and to register your attendance visit stjohnsanglicancollege.com.au or phone 07 3372 0106.





St John's Anglican College
Forest Lake



OPEN DAY

KINDY | Saturday 12 October
9am-11am

PREP-12 | Wednesday 16 October
9am-2pm

REGISTER ONLINE

New season starts this month for Lakes Swimming Club

The first club night for Lakes Swimming Club is set for Friday 11 October at 6.30pm. 'Come and try' races for new members will be held at the first two club nights.

The aim of Lakes Swimming Club is to encourage swimming confidence and introduce children to the fun of racing in a supportive environment that focuses on participation and personal improvement. Lakes Swimming Club is a great way for kids to make new friends, keep fit and learn good sportsmanship.

Lakes Swimming Club has a focus on self-paced improvement, and at the same time promotes a caring and family-based social and sporting environment.



Club nights for members are held on Friday evenings throughout the swimming season, which is during school terms 4 and 1. The purpose of these nights is to introduce swimmers to a competitive environment while enjoying the social aspect with family and friends. Club Nights start at 6.30pm and usually conclude by 8.00pm with events ranging from 12.5 meters, 25 meters to 100 meters. For the younger swimmers who may not be confident in completing 25m, a special 12.5m race is held where swimmers can be assisted by senior members to complete the race.

The club also has an active competition schedule against other clubs, with meets held away. Club members are encouraged to participate in meets, but participation is optional. There is at least one home carnival each year, to give those children who have not been to a carnival the chance to compete and the opportunity to be part of a competition team against other local clubs.

For more information about the club, send an email to lakeswimming@ymail.com or phone 0444 585 219.



Forest Lake Girl Guides

update

by Lisa Charman

It was another month of celebration here at Forest Lake Girl Guides with another two of our Guides receiving their Junior BP Awards at the Region Awards Ceremony held at Holland Park.

Huge congratulations to Veronica and Celicia who have worked incredibly hard to earn this award over the past 18 months. Some girls from our District went along to support and celebrate with them. Also to be congratulated were our hard working Forest Lake Leaders who received long service awards. Congratulations to Acacia for one year of service, Elanora for five years, Ankarli for 10 years and Tamba for 25 years of Leadership service to Girl Guides. That's over 40 years of combined Guiding skills helping young girls and women grow into confident, self-respecting, responsible community members.



We'd also like to recognise the dedication of Cindy who is on our management team. Cindy is the mum of our Junior Leader and our biscuit convenor and all-round support person. Cindy is always there to lend a hand when we need it. Thank you!

Our Guides are looking forward to camp shortly which is being organised and run by our Junior Leader, Emily, as part of her Queens Guide award. She is being assisted by some of our senior Guides who are working on their BP Award. What an opportunity for these girls—to decide a theme, plan the entire weekend, run the activities and cook! Leadership and teamwork skills will be in action the entire weekend.

Welcome to our new Guides who have joined us over the last month and many of whom will be enjoying their very first camp. We hope everyone enjoys their school holidays and we can't wait to welcome new girls and see our current girls after the holiday break. Keep safe everyone.

SMALL BUSINESS EXPOS



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Chamber of Commerce

Brisbane West and Surrounds

Friday, 25th October 2019



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with 145 exhibition stands and 1000
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Entry is Free But You Must Register Prior at

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Venue - Lighthouse Community & Events Centre, 65 Woogaroo Street, Forest Lake
Friday 25 October | 10am-4pm

Questions - email: paulabrand@smallbusinesssexpos.com.au or call 0475 411 793

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- Free childminding area
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- Sausage sizzle
- Free massages and brow waxing
- Free head shot hub
- Free Tina X Talks – 8 dynamic speakers for 8 minutes each

FROM THE DESK OF **Annastacia Palaszcuk** MP

STATE MEMBER FOR INALA



Our community thrives when we come together to help one another. I was reminded of this last month when a family in the Inala Electorate lost everything as a result of a house fire. Fortunately, no lives were lost, nor injuries sustained. Despite some precious memories and photos being damaged or destroyed, many possessions can be replaced in these situations. I wish to acknowledge the kindness and generosity of the whole community who have reached out to ease the family's loss and to help them to start over. I especially wish to thank the school communities who have assisted the children to return to school with uniforms, shoes, books and bags. To those who have donated household items, clothing and food, your generosity has helped the family get back on their feet quickly.

Last month was very busy for our community. I had the pleasure of hosting a Senior's Morning Tea and was joined by some special guest speakers who outlined the various rebates and concessions available to seniors as well as safety in the home and community. I enjoyed talking with residents and was pleased to let everyone know what my government is doing to ensure we support our ageing residents by making information more easily available and implementing initiatives that seek to support seniors both in their home and when out and about.

I was delighted with the feedback I have received from residents who took part in the Senior's Savings Pop-up Roadshow held at the Forest Lake Shopping Centre. It was great to hear that visitors enjoyed having the opportunity to chat one-on-one with staff from the department about their circumstances and needs. If you would like more information on Queensland Government discount cards, concessions and rebates go to: www.communities.qld.gov.au/swe/seniors-savings-pop-ups.



Well done to Forest Lake State High School who are an active supporter of domestic violence prevention campaigns. Participating in the White Ribbon Rugby League match for the second year, players will again pledge their commitment to raising awareness to end domestic and family violence in front of friends and family attending the match to be held this month. Community members are encouraged to contact the school to find out how they can take part or support the event by selling white ribbon merchandise in the leadup to the match. For more information please contact Cameron Webb (Head of School FLSHS) on 3714 2333. Please support the students of Forest Lake State High School by attending their Breaking the Cycle through Rugby League match at Forest Lake State High School, High Street, Forest Lake on 17 October from 1pm to 8pm.

Finally, the Forest Lake Men's Shed make a wonderful difference in our community. Following three months of construction, a second shed and new walkway was recently completed. I wish to congratulate everyone involved at the Men's Shed for the community focused work that they do!

I am looking forward to continuing to work together, so 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.

Community anticipates first small business expo

As excitement and anticipation mounts for the upcoming Brisbane West and Surrounds Small Business Expo to be held on Friday 25 October at Lighthouse Community and Events Centre, local businesses are gearing up for a big day.

If your small business needs more customers, register for the biggest business expo, speaker program, and networking event in the region. There will be the opportunity to network with 1000 business owners from the Forest Lake, Springfield, Centenary, Brisbane West, Ipswich Regions.

On offer on the day, there will be 140 exhibitor stands to explore, four main speaker sessions - with some great offers included, free corporate massages and brow bar - for men and women, free live entertainment in the food truck dining area and heaps of prizes to win at the exhibitor stands.

A highlight of the day is the TINAx Talks for Women in Business when eight speakers each speak for eight minutes, addressing common business pain points. There will also be a free Speed Networking session from 2.30 to 3.30pm where there is the opportunity to go head to head with 100 business owners. A free head shot hub will be there for participants to have a free professional photo taken to use for social media sites.

With free kids activities, including a jumping castle, and free childminding, it will be a day not to be missed for the whole family. Parking on the day is free and a gold coin donation for entry that goes directly to Rotary.

Registration is compulsory and can be made by going to www.brisbanewestbusinessexpo.eventbrite.com.au. To receive an exhibitors pack, go to www.smallbusinesssexpos.com.au. For more information, send an email to paulabrand@smallbusinesssexpos.com.au or call 0475 411 793.



Hello and welcome to the October edition. Coming up at this month's Branch meeting on Thursday 10 October we have our Branch Meeting, followed by a planned event. Meeting Place - The Lion (Soccer Club), 133 Pine Road, Richlands. Please note the 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 aged 50 or over, come along, bring a friend and enjoy a calendar of great meetings, trips and activities to suit both singles and couples.

The guest speaker for our September meeting was Nick Earls, author of the bestselling novels *Zigzag Street* and *Bachelor Kisses*. He talked about his 2015 prize winning work the *Wisdom Tree* novellas – described as 'a triumphant and extraordinary piece of fiction' by the Sydney Morning Herald. Nick shared his personal experiences as a writer. Nick's presentation was entertaining and full of interesting stories and humour.

The September AGM saw the retirement of our President for the past eight years, Dan Baldwin. Dan thanked his Committee for their great support over the years and to all the membership for many happy years of forming great friendships. Dan has made a great contribution to the overwhelming success of our Branch. Well done. How time flies. Peter Dunell is our brand new President and is very much looking forward to getting to know everyone. Peter has a good supportive management team behind him and we thank those members who are on the new committee for 2019-2020. With the many willing volunteers, there promises to be more great times ahead for our Branch.

This month we are cruising on the Brisbane River aboard the Kookaburra Queen for a High Tea. How delightful.

We have our Melbourne Cup function coming up in November and then our final event for 2019—Christmas Lunch, which is always full of fun and everyone has a great time.

Our Branch is 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.



FOREST LAKE RSL Sub-Branch Update

by Alan Greig



While going through some papers recently, I came across a copy of RSL News dated Spring 2005. Browsing through it, I found an article called 'Churchie answers the call 60 years on.' Now I only know one Churchie and it is local identity George Churchward. Yes the former President and incumbent Board member of Forest Lake RSL Sub-branch talking about his time in the Army and his time in Papua New Guinea (PNG) during WWII. I think it is worth repeating in precis form.

George still shakes his head at the fact that he was one of seventeen veterans and one war widow, selected to attend the international commemorations in Hawaii in August 2005. This marked the 60th anniversary of Victory in the Pacific and the signing of the Japanese surrender in WWII.

The mission was to represent the Australian servicemen and women who served in the Pacific and South East Asian theatres of WWII, from December 1941 to August 1945. During this time, more than 19,000 Australians were killed, 15,000 were wounded and 22,000 taken prisoner of war.

It is little wonder that George still feels humbled by the honour and experience of representing all of those who played their part in such a tumultuous time in Australia's military history.

George's road to PNG began when he enlisted as an 18 year old at Leongatha, Victoria in February 1942. He wanted to join the RAAF, but was called up into the Army instead. Following completion of basic training, George was posted to C Platoon, 152 General Transport Company, 15th Brigade, 3rd Division, Australian Army Service Corps, and sailed to PNG in Mar 1943.

He was flown to the mountain base at Wau (from personal experience one of the most difficult air strips to land at) in the Owen Stanley Range. There, George's unit supported the Australian offensive to drive the Japanese back over the mountains to coastal Salamaua, by transporting supplies and ammunition from Wau as far along the tracks as the jeeps could go, and returning to base with wounded Australian servicemen for transportation to hospitals.

In April 1944, George was posted back to Australia to be trained in jungle warfare. He vividly recalls the day news of the Japanese surrender came as he was preparing for a posting to Bougainville. "We were on the last two days at Canungra when we heard the news," George said. "One day we were training for fighting in the jungle and the next day it was all over."

Standing on the deck of USS Missouri Memorial in Pearl Harbour on 2 September some 60 years later, George's service in PNG must have seemed like a lifetime ago.

Forest Lake Probus Club Update



by Publicity Officer, David Grant

Now that we are getting close to Christmas, I would like to reflect on the terrific year we have had at the Forest Lake Probus Club. Even at the September meeting we had six guests and two new members were inducted into the Club and this makes six new members since March this year. Our club has a diverse membership which includes ex policemen, teachers, business owners, tradesmen, public servants and housewives etc.

On reflection, some of the day trips we thoroughly enjoyed were the bus trip to the Ferny Grove Tramway Museum (which was taken in conjunction with the Sherwood Probus Club), the bus trip to the Gold Coast and a Canal Cruise, the bus trip to College's Crossing (a beautiful spot close to home) and our next trip is to the Mt Coot-tha Gardens including a look at the Planetarium and a show at the Cosmic Sky Dome with coffee and lunch at the Café.

Our guest speakers have also been diverse but very interesting and humorous including Brisbane's own Hugh Lunn, Michael Beattie, Professor Roly Sussex to name a few.

Having purpose is really important for mental wellbeing. It gives you a reason to get up in the morning and makes your days feel meaningful. There are a lot of ways to feel you have purpose. Just because you're not going to your day job anymore does not mean you can't have purpose in your life. You may feel like you have purpose when you're engaging in 'purposeful activities'. Purposeful activities help you feel like you're contributing something to the world, whether that contribution is just for you, your family, friends, community or the broader population. What counts as a purposeful activity will be different for everyone.

Finding your purpose can be fun! If you're not sure what gives you purpose now that you're not at work, try something new and see how it makes you feel. If you're a member of a social group like Probus, you'll find that new ideas and activities within your Club may inspire you to find a new purpose and enjoy life.

Connection with others, including your family and friends, a Probus Club, with pets, or with nature, is a vital part of the human experience. Developing healthy relationships with others can decrease levels of anxiety and depression and improve self-esteem. When you retire from work, you might feel like you've lost a lot of connection all at once. Finding ways to connect with others beyond work can be an effective way to promote your mental wellbeing.

Our next Probus Club meeting is on Tuesday, 8 October, commencing at 10.30am at The Lion, Richlands, so please give it a thought and if interested please contact our Membership Officer, Ellen, on 3879 7784 or Secretary Barbara on 0422 817 924.

BABY NURSE IN-STORE Every Friday 9am-1pm

Being a new mum can be as overwhelming as it is exciting.
Often you'll have questions that don't require a visit to
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Daffodil Day stall a success for a worthy cause

Local resident and fundraiser, Lorraine raised just shy of \$4000 over the three days of the stall in Forest Lake Shopping Centre.

"I would like to firstly thank all the wonderful residents and businesses who did not hesitate to help—by either purchasing daffodils and merchandise, as well as buy raffles tickets over the three days or by providing a service. The support of the local community is nothing short of amazing.

"I also had some lovely people volunteer who had never volunteered before and they thoroughly enjoyed the experience.

"Coles kept my daffodils in their cold room, as they have done in previous years, for me to access as I needed them.

"The Forest Lake Crochet Group gave me a lovely rug to raffle which raised about \$100 and was won by a lady from Durack.

"Andre from the Coffee Club gave all my volunteers a free coffee at the end of their shifts.

"The Bank of Queensland, after seeing the article in the August edition of The Lake News, offered to sell daffodils and merchandise in the bank so they set up a table and I provided them with two volunteers and merchandise and daffodils which added \$450 into my final total which was much appreciated.

"All in all it was a very successful Daffodil Day from a small but very friendly shopping centre. I am so grateful for the kindness of the shoppers and business owners."



Forest Lake Area

Garden Group

by John Prout

Yes, spring is in the air, however, we could do with some rain. Most of our tanks are now close to or empty. Oh, how we are getting desperate for a couple of days of good rain not forgetting the hard work of the volunteer firemen fighting the recent terrible bush fires. Our thoughts and are prayers are with them. Rain please!

This month's meeting will be our biennial Friendship Day. This is where members from selected garden clubs are invited to partake in the meeting with us. The guest speaker will be noted horticulturist Claire Bickle talking on 'Gardening for the Good Life.' We will also have a white elephant stall, raffles and plant sales. Morning tea and lunch will be served.



We all like native birds visiting our gardens and plant many trees, shrubs and bushes to attract them. But what about another colourful guest we can invite? There are many species and colours of the butterfly. To attract butterflies to live and breed in your garden, all you have to do is to grow plants with flowers that produce nectar for the adults or food plants for caterpillars. Remember, every butterfly was once a caterpillar, so you must be prepared to accept some chewed leaves, however, birds and predatory insects will usually keep their numbers under control.

Do you have problems with bush turkeys? Seems some residents have recently been visited by at least one bush turkey. It is the male that is destroying gardens and lawns as his scratching will leave a garden or lawn in ruin. They appear to like the 'new garden' you have finished making as the soil is fresh. The big question seems to be 'how can we stop him?' Unfortunately there is no easy answer as bush turkeys are a protected species under current government laws. Chicken wire placed over the area will assist in many cases. I would be interested to hear if you have a logical and lawful solution to this problem.

At our next meeting on 5 November we will be joined by Coral Larsen as the guest speaker. I know we clash with that race in Melbourne, however you can come to the meeting and still have time to attend a cup function. The Christmas break-up function will be on 3 December with a Christmas luncheon held at the Oxley Golf Club. Tickets are now available from Margaret Taylor on 0407 134 412. Hope to see you at the meeting and don't forget to pray for rain.

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

Next meeting Tuesday, 5th November 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.



New cafe now open in Forest Lake



Local residents and visitors to Forest Lake now have a great cafe to visit and enjoy, conveniently located at the Uniting Church Community Life Centre on Waterford Road.

Officially opened last month, Chatz Cafe has been a hive of activity ever since, with groups as well as local members of the community enjoying the great coffee and atmosphere.

The cafe is open on Mondays from 11.30-2.30pm and Tuesdays through to Saturdays from 8.30am-12.30pm and offers a wide range of coffees, tea, chai lattes, soft drinks and milkshakes with cakes and raisin toast also available. The cafe is fitted with an Eftpos machine for customer convenience and loyalty cards are available.

The cafe is run by a manager and volunteer staff with any profits contributing to the overall running of the cafe.

"We are seeking to provide a community centre where local residents can buy affordable clothing from our op shop and good coffee from our new Chatz Cafe," said Rev Russell. "Anyone interested in being trained as a barista can also come in and enquire."

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facebook.com/chatzcoffee

Contact: Julie 0405 781 904

Contact

Rev Russell
0429 472 567



OPENING HOURS

Monday - Friday
9:00am - 3:00pm

Saturday
9:00am - 12:00pm
SUNDAY - CLOSED



facebook.com/CommunityLifeCentreOpShop

Contact: Lorraine 0419 336

Join us for worship on Sundays at 9:30am

It's a great place for a fresh start!

www.forestlakeuca.org.au



Anastacia Palaszcuk MP
 State Member
 for Inala

PO Box 75
 Inala 4077



Phone: 3737 2100
inala@parliament.qld.gov.au

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Family Focus

with Mark Mackay



It is 'National Grandparents Day' on 27 October. One of our church's favourite sayings is the old African proverb, "It takes a village to raise a child." And it's no wonder that this proverb comes from Africa, rather than the West. In the West, the nuclear family really is now the focus, rather than the village. We live behind large fences and don't often even see our neighbours. It's isolating and not how we were designed to live.

We are designed for community and for sharing the load of raising the next generation. When I was growing up, there were key older people in my life who I was taught to call 'Uncle' or 'Auntie'. They weren't relatives or family members but my parents wanted me to regard them as family—people I could trust, to whom I could go for advice, who would discipline me and who would love me. So, for me, Auntie Shirley, Uncle Joe, and Nanna Taylor were all people who were significant influences in my life. My parents never used the phrase, 'the village' but that's what these people were to me. They were my village and I am better for them being in my life.

"But," I hear some of you say, "we don't have anyone like that in our life." You may well have them without realising it. That can be neighbours, family friends or people we know through community groups. For me, many of the older people I regard as being part of my 'village' growing up came through the church in which I grew up. For my kids, our church is their village.

The Bible sings the virtues of one generation investing in younger generations and the younger generations listening to the wisdom of their elders. It's a vision we would do well to recapture.

On 27 October, we are going to celebrate Grandparents Day at our morning services (8.30am and 10.15am) at Forest Lake Baptist Church. Come along, bring your family and be a part of it.

FINANCE CORNER

WITH DAVE JOHNSON B.COMC.A.

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

I have just finished reading a fascinating book by James Rickards entitled *The Road to Ruin*. Rickards is a lawyer, economist and advisor on international economics and financial threats to the Department of Defence and the US intelligence community. He writes with considerable authority and credibility, and paints a very bleak picture of a world financial system crippled with a mountain of nearly \$200 trillion (that's one million million) of government and corporate debt, the impact of trade wars and the inevitable negative interest scenario on investor's bank deposits, something that has become a reality in several countries already.

Equally of concern is the change from bail-outs of major financial institutions, something that was done for several major investment banks that were considered 'too big to fail' following the GFC, to one of bail-ins. The difference is significant; with a bail-in the balance sheets of financial institutions are substantially restored by writing off or confiscating amounts owing to creditors. Guess who the main creditors are...you and me who have savings in the bank that could potentially be written off in exchange for shares of much lower value. Don't believe me? Type '2014 G20 and bail-in agreement' into Google and read the results. Remember the G20 held in November 2014 on our doorstep. Just ask some people in Cyprus what 'bail-in' means.

Of course, some may apply the term 'conspiracy theory' to all this supposed nonsense. Say the share markets of the world will experience another crash and eventually you will be right, history tells us that.

However, within a week of reading this book I paused from a long walk to talk to some people handing out various information in my local suburb. They were campaigning against new Australian legislation that will make it illegal (on the pretence of attacking the cash economy), from next year to use more than \$10,000 cash to buy something from a business. Admittedly, most people wouldn't dream of this, but at the stroke of a pen that limit is easily reduced to \$5,000, \$2,000 or even lower. The likelihood of negative interest rates (you pay the bank to take care of your money!) must come in tandem with limiting the use of cash to avoid mattresses being raised from the floor!

Take the above with a pinch of salt if you like, or perhaps be a little circumspect...I will leave that decision to you.

RICHLANDS - FOREST LAKE SCOUT GROUP UPDATE

BY ROSELLA

In celebration of the fathers, father figures, grandfathers and mothers who double as fathers, we started last month with a Family Fun night, enjoying an afternoon of fun and BBQ dinner in one of Forest Lake's beautiful parks.

Our Joeys and Cubs once again made the trip up to Redcliffe to participate in the annual Redcliffe District Skillorama. This is a favourite on the calendar for our youngest sections who always have a great day there. While they then had a night off to recover, the Scouts took full advantage of having the hall to themselves and challenged themselves to build the biggest and best box fort they could. This activity was led by one of our linking cubs and was thoroughly enjoyed by the Scouts, who all worked together cooperatively to get it done.

A big thanks to our Treasurer, Krystal Smith and her amazing family who planned and organised our annual trivia night and cent auction. This year's theme, Disney, certainly made it a magical night with some happy people taking home a stack of great prizes. We can't wait for next year's Harry Potter themed night!

A visit to Urban Extreme for a night of indoor skiing and snowboarding was the perfect way to finish up Term 3 and was the perfect venue to invest two new Joeys, two new Cubs and the linking up of three Cubs to Scouts. We were also very proud and happy to present two Grey Wolf Awards to Troy and Marcus and Joey Scout Promise Challenge Award to Dakota. Bravo to you all.

The members of our Group who are involved in Rochedale Revue - a Scouts and Guide variety show which opens October 1 for six shows only at Clairveaux McKillop College worked hard during rehearsals last month. Tickets for this show are available from Try Booking for this entertaining, family friendly event.

The Leaders and Executive of Richlands - Forest Lake Scout Group look forward to seeing all of our youth members back in Term 4 for more fun, friendship and adventures. If you are thinking of joining, it is never too late. Check out our facebook page or website and get in touch to arrange your free trial.



Community event to be held by Bahá'í Faith

Members of the Forest Lake Bahá'í Faith are joining in worldwide celebrations to mark the 200th anniversary of the Birth of the Báb, the Herald of their religion. The festivities will culminate in thousands of celebrations taking place in Australia and throughout the world this month, including right here in Forest Lake.

The Bahá'í Faith has been present in Australia since 1920, and there are now Bahá'ís in all parts of the country. Born in 1817, the Báb was a prophetic figure who called for spiritual and moral renewal including improving the status of women and the situation of the poor.

He gained thousands of followers before being put to death in 1850. The religion's teachings are reflected in member's activities today, which seek to contribute towards a vibrant and inclusive community based on the principle of the oneness of humanity. Bahá'ís from all over the world are celebrating this significant anniversary by engaging in community-building activities.

A celebration event will be held on Saturday 26 October from 7.00 for 7.30–9.00pm at the Forest Lake Community Hall, at the intersection of Forest Lake Boulevard and Alpine Place.

If you are interested in participating of any of the community-building activities or if you have any ideas to share please feel free to make contact by sending an email to BahaiFaithForestLake@gmail.com or by calling 0449 042 373.



Join Forest
Lake Crime and
Community Watch
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Join other residents online to help prevent crime and raise safety awareness in the local area. 'Like' the facebook page and access tips about keeping you and your belongings safe in Forest Lake.



You're invited
to celebrate the
Birth of the Bab
by the Bahá'ís
of Forest Lake

Saturday 26 October at 7.00 for 7.30 – 9.00pm
at the Community Hall

(Corner of Forest Lake Boulevard and Alpine Place)

Join us for music
and celebration!

For more information
or to RSVP call 0449 042 373
BahaiFaithForestLake@gmail.com

Wasps Monthly Update

by Vanessa Poskus



This year is the 15th year of our little club (thanks to Woolies Forest Lake for the yummy cake!) and there have been huge sacrifices by our families to achieve this. Running a truly local community club is not easy and it's not for everyone. Anyone who joins us has to be prepared to roll up their sleeves and work hard. It is much easier to find a bigger club with all the resources ready to go. But it is not nearly as rewarding. We are all part of building something special; we know it as we travel to other clubs. We know there is a bond we share that comes from joining together to make a difference in the lives of as many local kids as we can reach. I always relish the chance to put the names on team photos for the photographer, as I know every child and volunteer by heart.



As part of our 15th year, we recently enjoyed our very first 'lights up' night training, with all the teams that our kids from U6-U14 have been involved in. Lights at the Sports Fields has taken 10 years, four Presidents and two Councillors to achieve. Go around any sports field in Brisbane and lights are a basic necessity, which ensure activities are available at hours for today's busy families. The lights were generously provided out of the BCC Budget for capital works, so we didn't have to fundraise. We are enormously grateful to BCC and Platinum Electrical for this project.

To top off an exciting couple of months, the UQ Junior Heavies team, made up of players from Forest Lake, Kenmore and UQ Taylor Bridge, have made history. In the first ever year of UQ's junior teams, three made it through to BJRU Finals with two, the U13 Blue and U14, progressing to the Grand Finals. In two nail-biting and roller-coaster matches, the U13 Blue became Premiers over a previously undefeated Souths by two points; the U14 were Runners Up to GPS by a heartbreaking one point. The mammoth day of agony and ecstasy was topped off by inaugural Presentation Night at UQ Rugby, with Wasps/Bullsharks players Lachie and Cody Rozassa, who have been playing rugby since U6s, receiving their Centurion caps. Centurion caps are given to those players in the Junior Heavies who have played over 100 games with their respective clubs. The Junior success has been the icing to senior UQ success of winning the Hospital Cup premiership.

And that's not all. Term 3 saw Sense Rugby join us, offering a fantastic OT-based program for ASD/ADHD children, provided by What Works With Kids OT. We also launched RugbyTots, who offered some free activities in the lead up to Term 4 sign up. Our U6s took part in the Kenmore Carnival, alongside some eager beaver Springfield Hawks. Plus we even had the movie shooting in Brisbane use our Fields as a location!

Term 4 brings us Get Into Rugby and 7s Rugby. Plus there's the World Cup in Japan to watch. You can join our club and register for the 2020 season from now.

Forest Lake Rotary Club update



by Alan Greig

The Rotary Club of Forest Lake's recent meeting was graced by the attendance of Steve Genko, an Assistant Governor of District 9630, who emphasised Rotary's Youth Development Programs which may be of interest to parents and/or their children.

First there is Interact. Interact is an in school program for secondary school children approved by the school principal.

There are two programs each encompassing a one week camp for young adults. The Rotary Youth Program of Enrichment (RYPEN) for young adults. The second is the Rotary Youth Leadership Award (RYLA) for those who have graduated, or are near graduation, from school. Both are funded by the sponsoring Rotary Club; applicants apply through the Rotary Club of Forest Lake. Lifestyle issues covered in these camps include money, health, relationships, travel, leadership and personal growth among several other lifestyle matters.

Young adults over 18-25 years who are interested in community leadership activities can join Rotaract which is based on Rotary principles. Young people may also be interested in the Rotary Youth Transition Seminars (RYTS) which is a series of workshops on team building based on the Life Balance Wheel.

Involvement in Rotary activities can lead to applying to become an overseas exchange student and/or a Rotary Peace Fellow to a University overseas. For example Marie-Paule Attéma is a Peace Scholar at the University of Queensland. Marie-Paule was a speaker at the recent Toronto, Canada, World Rotary Convention. She provided a moving account of the trauma she suffered as a victim of the Rwanda Genocide, explaining how she moved from a "Why me?" mindset to "Why not me?" She is now using her experience and knowledge gained from being a Rotary Peace Scholar to do good in the world.

For more information on the foregoing programs, interested persons should initially contact Alan on 3271 3358 or 0407 377 715. If unavailable please leave a message.

At the World Malaria Congress in Melbourne in July, Australia's Rotarians Against Malaria (RAM), were awarded the Malaria Maniacs of the Year Award. Having previously been awarded at the Toronto Convention, the Award was re-presented in Melbourne. The Citation stated "RAM Australia's efforts merits this award, in part, because you provided models for the rest of the world to follow, to emulate and use." It is nice to see Rotary's efforts to control Malaria being recognised both internationally and nationally. Well done RAM.

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 David 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
Bruce Pocklington 0418 198 778
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
westbrisanefalconsbasketball@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.pcyc.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

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

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

Australian Pituitary Foundation
Ph 1300 331 807

Australian Breastfeeding 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 & Religious Groups

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

Baha'i Faith in Forest Lake
Devotionals and Community Service
0449 042 373
bahaifaithforestlake@gmail.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

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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.

- 1st October:** Morning Tea at Wendy's, Forest Lake 10am
- 8th October:** Morning Tea at DC's Forest Lake 10am
- 15th October:** Lunch at 2-Fish, Forest Lake 11.30am
- 22nd October:** Morning Tea at DC's, Forest Lake 10am
- 29th October:** Morning Tea at DC's, Forest Lake 10am

ALL WELCOME
Phone Carolyn on 0408 796 260

a message
from the
desk of

Milton Dick MP
FEDERAL MEMBER FOR OXLEY



Our veterans sacrificed so much to serve our country. Last month I had the honour of presenting a parliamentary certificate of recognition and Australian flag to Mr Bill Williams alongside his beautiful family for his service during WW2. Like all veterans, Bill is an extraordinary man who fought for our country and our community expresses our deep thanks for his service.

And just last month our community held two Welcoming the Babies ceremonies in Inala hosted by Premier Anastacia Palaszczuk, now in its 12th year and Greater Springfield hosted by Charis Mullen MP State Member for Jordan for the second year. Over the past few years both of these events have grown into major annual events where the community has the chance to welcome our newest and youngest members and provide local parents with essentials for their growing families.

Besides providing a great day out for parents and kids with all number of free gifts, rides and attractions, these events also provide local business and community groups opportunities to engage with families who otherwise may not know of these services.

This year, we were proud to partner with groups including Kidsafe Queensland, Milestones Early Learning, Peter McMahon's Swim Factory, Brisbane and Ipswich City Council Libraries, and the Australian Breastfeeding Association.

I would like to further extend my thanks to the South West Progress Association for their hard work in organising and delivering this event, as they do year after year. It's a privilege to represent an area with such strong community spirit and diversity.

Welcoming the Babies takes place on the first weekend of each September, so if you or a friend are expecting in 2020, please don't hesitate to get in touch with my office to discuss booking a spot!

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



WHAT'S ON FOREST LAKE COMMUNITY HOUSE

Corner Alpine Place & Forest Lake Blvd

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

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