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Creating Healthy Little Mouths

Is your child brushing and cleaning their teeth well? Are you sure you know what is good and bad for your child’s teeth? It’s not all about sweets and lollies; there are a lot of things that can affect the health of your child’s teeth and gums and the development of their oro-facial structures. A lifetime of good dental health starts in childhood and a healthy mouth is a vital building block to a long term healthy body.

Much like adult teeth, baby teeth need to be professionally cleaned and checked regularly to ensure no decay is present, and to check that the teeth and gums are healthy. The premature loss of baby teeth can have a significant impact on the development of adult teeth and lead to long term dental problems later in life. It is also important that children develop good oral hygiene habits, and a regular visit to their dentist and oral health therapist assists in eliminating the “fear factor” that many of us have.

It is particularly important for children who play a contact sport to have a professionally made mouthguard each season. While “off the shelf” options are better than nothing, they don’t provide the ideal protection. A mouthguard made by your dentist ensures a proper fit and options are available during orthodontic treatment as well.

The growth and development and your child’s jaw, airway, teeth and facial structures should also be assessed and monitored from an early age. The way you breathe, the type of food you eat, whether you had a dummy or sucked your thumb or whether you have allergies can all affect the way your jaw and face develop which in turn affects the position of adult teeth. Early intervention can address and correct the jaw development with the aim of reducing the need for fixed braces down the track. Current research is also showing links between behavioural problems and a poor airway and many children are benefiting from this early intervention.

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BITE BUSKER CROWNED

17-year-old Jack Sweeney from Bracken Ridge has taken out the inaugural Bite Markets Busker-in-Residence competition in what could be his first step on a journey to fame.

Jack beat three other performers finalists in a Grand Final sing-off that drew crowds from all over the region and further.

It was a fiercely contested battle, with dozens of musicians applying and heats held over three weeks. The Grand Final saw Jack victorious over fellow performers Matthew Potter from Caboolture, Rhys Roberts from Narangba and Ryan Desbrow from Caboolture. Judges included hit105’s The Code (Cody Schaeffer), The Voice 2019 finalist Dakota Striplin, and from the Moreton Bay Region Industry Tourism Board, Renee Gusa.

Jack now holds the title of Busker-in-Residence at Bite Markets for 12 months, and will be performing every Friday and Saturday.

For young Jack this is the first big step in his music career, after finishing high school last year. He takes his song writing seriously and pulls musical inspiration from Ed Sheeran. Jack is hoping to use the next 12 months at Bite Markets to fine tune his musical and performance skills, and to release more new music.

This weekend will be his first official appearance as Busker-in-Residence, with music fans and diners encouraged to continue supporting this local artist as he settles into his permanent role at Bite Markets.

Bite Markets at North Harbour stars over 40 Flavour Makers and bars, presented in customised shipping containers, surrounded by landscaped areas in a fully fenced dining precinct. Bite Markets is open EVERY Friday and Saturday from 4pm to 10pm.

CABOOLTURE SPECIAL SCHOOL UNDERWAY

With the announcement of the school's foundation principal last week, the new special school in Caboolture is underway.

Officials visited the site construction site of the high school which will open on day one of the 2020 school year to announce Kim Kelly in the role.

With 25 years experience Kim was the principal of Gympie Special School and has a great knowledge of the local area and the needs of local families from working as deputy principal of Caboolture Special School between 2016 and 2017.

160 year 7-12 students are expected to enrol at the school fro Term 1, 2020 with the $24 million, state of the art facilities on track.

GET MOVING AT REDCLIFFE MUSEUM

Make your hips the talk of the town and sashay your way to this month's belly dancing workshop at Redcliffe Museum.

Division 6 Councillor Koliana Winchester said the Tribal Style Bellydance sessions were back due to popular demand.

"We've actually had to schedule two workshops, one on July 27 and another on August 31, because the classes have proved so popular," she said.

"I think what participants like most is that this is a great way of being active, and a bit more interesting than just hitting the gym."

"So why not give belly dancing a whirl? It's open to all ages, male and female, and it's a great way to discover the beauty, beats and allure of Middle Eastern and World Music."

"The best part is that you will be working out in a fun environment and you might even make some new friends along the way."

All you need are some comfortable clothes and a bottle of water to get you through the class. Bookings are required so jump on to www.moretonbay.qld.gov.au/Galleries-Museums/Events/RM/Workshop-belly-dance for more information.

MORAYFIELD SPORT & EVENTS CENTRE GRAND OPENING

Local sportsters will be able Explore the new-look multi-million-dollar Morayfield Sport & Events Centre at the official grand opening on July 20

The brand-new event space will host a program of entertainment across the morning including a Red Dragon Martial Arts Lion Dance, meet-and-greets on stage with your favourite sport stars and a live performance from singer/songwriter and finalist on the fifth season of The Voice Australia, Ellen Reed.

Basketballers will shoot hoops on the state-of-
the-art courts, with free coaching clinics with the Brisbane Bullets and netball clinics with the Queensland Firebirds. Australian Futsal will be on hand test futsal skills alongside an inflatable obstacle course. There will be lucky door prizes drawn following the official opening so make sure you're there before 11:00 AM to get your entry into the draw. Throughout the day there will be Netball clinic with the Queensland Firebirds and Basketball clinics with the Brisbane Bullets for various ages. For more info or to book a clinic visit www.moretonbay.qld.gov.au/Events/MSEC-Grand-Opening. **SUPPORTING LOCAL ARTISAN FOOD AND DRINK PRODUCERS** Queensland’s unique artisan food and beverage producers will get a boost from a new state Government grant scheme that aims to get unique products into more fridges and pantries around the world. The Artisan Producers grant offers $5,000 in matched funding that can be used by growers and brewers to access professional advice, develop a website or even a digital marketing campaign. “The Artisan Producers grant program to help more small scale producers get started, grow and create more jobs,” said Member for Bancroft Chris Whiting. “Queensland is home to over 1800 food and beverage producers, using unique craftsmanship, traditional methods, and a philosophy of connection with place and environment,” he said. “By supporting local companies delivering appetising products to buyers we are fostering entrepreneurship and skills, boosting tourism and providing employment opportunities for Queensland families,” said Chris Whiting. For more information about the plan and the grants program, go to www.business.qld.gov.au/artisanproducer **MUM’S SAUSE, FOR A GOOD CAUSE** Like good spaces and good causes? Coles customers can now buy a delicious new pasta sauce called Mum’s Sause which has been created to help raise funds for a new initiative to help sick children in hospitals across Australia. Australian children and young people account for almost 1 million hospital admissions each year and 50 per cent of hospitalised children suffer from moderate to severe levels of homesickness. Curing Homesickness is a new fundraising initiative that brings children’s hospitals from across Australia together to get sick kids home from hospital sooner or make their hospital stay easier. Customers can buy a jar of Mum’s Sause for $3 knowing that fifty cents per every jar sold will be donated to a children’s hospital in the state or territory that the jar was purchased.
CONVERSATIONS WITH LEONIE

HOW TO PICK RED FLAGS EARLY IN A RELATIONSHIP

Hi Leonie,

I am a divorcee with four grown children. I have met nice guy on a dating site and he seems just wonderful. He is divorced and has been on his own for some time now. We have been seeing each other for around four months and he seems to be all I have wanted: a good companion and a good conversationalist with a wry Aussie sense of humour that’s essential to me.

I have been married twice and dated a bit with all of them turning out to have a selfish and stubborn nature. Some were even quite controlling even though they were all fine for some months and in one case years into the relationship. I’m a bit gun shy because I just can’t seem to “pick em” as my sister says.

How do I know that he is what he appears to be? It worries me that he has no contact with his siblings. His parents are deceased. I’ve been fooled so many times. There must be some good men out there and I so hope that this guy is one of them.

I would love to know your thoughts on this and is it normal to be so in doubt and worry about the worst when things are still so new?

Lilian/Mango Hill

Hello Lilian,

We all have faults and we all change somewhat over time. Additionally, I believe that all people have different faces for different occasions. No matter how genuine or authentic we think we are being, we all have many facets to our personalities and we all wear different hats at different times. For example, we have all heard about the great guy that everyone likes and is in fact a wife beater. We have all heard about that nasty woman who is manipulative at work but is the perfect wife and mother and her family would never believe that she has that mean side to her. Many serial killers live a community life of family and church and are held in high esteem by their peers with no one suspecting a thing.

Think about it. Your siblings know you to be a certain way and your lover knows you to be a certain way and your parents and friends know you to be something else. We are different at work than we are at home and different again with people we have just met. I think that everyone has a dark side and everyone has a light side and it is the individual balance of these that set us apart from other individuals. I feel that even we ourselves don’t really know what we are capable of until we are pushed far enough to find out.

Now just to confuse you more. I do believe that many people have a great deal of self awareness and know what pushes their buttons and what gets them excited, stimulated, enthusiastic and joyful and what has the opposite effect, but I think we continue to learn about ourselves as we move through life. Sometimes we even surprise ourselves with our achievements and ability to do well, but sometimes we might surprise ourselves with just how Machiavellian we can be as well.

When people first start dating, they are on their very best behaviour especially if there is a real attraction and a hope for a continuing future. However, over time people can’t help but let their real personalities come to the surface. The way to see if you are compatible with this guy is to give it time. Time to see how he reacts under pressure, and to see how he treats animals, family and friends. Time to see if he can be assertive without being aggressive.

Does he handle himself well and is he respectful and kind but not to the point of being anyone’s sucker or being played for a fool?

Does he stand up for you when you are being treated badly?

If something upsets him, does he overreact and sulk for days or does he shake it off quickly? How does he handle himself when others are acting like fools. Does he calmly handle it or does he seethe or act out?

The more time you wait before a commitment the more information you will have. No one is perfect but you should aim for at least a seventy – five percent compatibility rate. If you see any signs of physical or emotional violence, I would ask you to consider cutting him loose. You owe it to yourself and your children to make sure that you will not compromise on those things that are important to you.

As for his family... well if he doesn’t want to have a relationship with them, why on earth would you. You are considering a relationship with him not his family and I think it would be unfair to judge him in the negative because he has an undesirable family. Many people have risen above a dysfunctional family to be great people and this may be the case with him.

Give it time and see if he is still wonderful when things are not going his way.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com
Leonie Schilling is a qualified private practitioner at
North Lakes Counselling Services
For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

CONVERSATIONS WITH LEONIE

CATCH LEONIE’S RADIO SHOW ALTERNATE MONDAYS AT 11.00AM ON 99.7 BRIDGE FM

ABOUT LEONIE
Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.
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Over more than a century, Mater has grown into an iconic Queensland institution. Originally founded by the Sisters of Mercy in 1906, nowadays Mater is a group of seven hospitals, and various health institutions committed to providing care for everyone. Mater hospitals see more than 500,000 patients every year, committed to providing exceptional care to everyone who passes through its doors.

The Mater Foundation has a number of fundraising initiatives throughout the year and one of the most popular on the local calendar is Mon Komo’s Breast Ever brunch, which has tickets on sale now.

Breast Ever Brunch is a wonderful opportunity to get your friends, family or colleagues together for food, fun and to raise funds for a great cause - supporting women suffering the heartache of a breast cancer diagnosis and support breast cancer research at Mater Research.

This August will see Mon Komo Hotel host their sixth Breast Ever Brunch High Tea, in conjunction with the Mater Chicks in Pink Foundation.

Mater Chicks in Pink help the 18,000 women in Australia who are diagnosed with breast cancer each year. The foundation helps these women focus on the moments that matter most, and alleviate some of the huge emotional and financial burden that comes with a breast cancer diagnosis.

Last year’s Breast Ever Brunch raised $2700 in ticket sales, merchandise and raffles for the Chicks in Pink. This year Mon Komo Hotel is hoping to smash that record and need your help. With $10 from each ticket sale going directly to the foundation as well funds from merchandise and raffles.

This year there are some wonderful donations already from local and national businesses included travel vouchers and movie tickets.

Your generous support will help fund tangible support items such as counselling and mastectomy bras which make an immediate impact in the lives of women with breast cancer today, as well as contributing to research which will benefit the women who walk through Mater’s doors for breast cancer treatment tomorrow and in the future.

Mon Komo’s Breast Ever Brunch 2019 is August 3rd, running 10AM to midday. As well as the auction items there will be raffles throughout and of course, a high tea served on the Cabana Bar & Terrace. Tickets are $35 with $10 going to Breast Cancer Research.

If you would like to be involved by donating to the raffles or purchasing a ticket, please contact Mon Komo via events@monkomohotel.com.au every little bit helps.

For more information and tickets visit www.monkomohotel.com.au. Mon Komo Hotel is located on 99 Marine Parade, Redcliffe.
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SERVOS NAMED AND SHAMED

THE STATE’S PEAK MOTORING BODY HAS NAMED AND SHAMED THOSE RETAILERS CONSISTENTLY SLAPPING QUEENSLANDERS WITH THE HIGHEST FUEL PRICES

We put a strong focus on motoring and fuel prices here at the Messenger because many of us commute for work. 65.7 percent of working locals in fact, according to the ABS.

Now, RACQ has named and shamed the retailers consistently slapping locals with the highest fuel prices, so you’ll know where to spend your hard-earned dollars, when topping up at the bowser.

RACQ revealed Coles Express, Caltex and BP had the highest average unleaded petrol (ULP) prices in June, according to price data for major retailers across the Brisbane, Gold and Sunshine Coasts, Ipswich, Logan and Bayside areas.

RACQ spokesperson Renee Smith said some of the biggest companies were among the worst offenders.

“Coles Express tops the list for having the highest average prices last month, stinging motorists an average 146.8cpl, almost 3cpl more than Caltex, BP and Freedom,” Ms Smith said.

“Both 7-Eleven and Pacific Petroleum weren’t far behind, with average prices of 142.9cpl and 142.7cpl respectively.

“Often these bigger companies have the luxury of being located on major, high traffic roads where desperate drivers pull in and fill up because it’s convenient, even though cheaper fuel could be just around the corner.”

Ms Smith said some of the independent chains had offered bargain deals at the bowser throughout June and urged south east Queensland drivers to reward those retailers with their business.

“Aggressive discounter, Metro, recently expanded into the State and is giving competitors a run for their money, selling unleaded up to 14cpl less than the most expensive,” she said.

“Surprisingly, supermarket giant Woolworths was perhaps the largest retailer offering prices at the cheaper end of the market.”

Ms Smith said Brisbane was entering the peak of the cycle and urged drivers to shop around rather than just filling up wherever was closest.

“20.9 percent of retailers in Brisbane are selling at the new high of 165.9cpl. But there’s still cheap fuel available. Check out the apps and websites like RACQ Fair Fuel Finder to locate the best deal in your area and aim to buy for 128cpl or less.”

As we went to press, no surprises, Costco was offering the cheapest fuel locally at 123.7c for E10.

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The 70th Toowoomba Carnival of Flowers is fast approaching and organisers have dropped some epic news – this year will see the first ever Carnival Choir formed, with the call now out for 800 singers to perform at Heritage Bank Festival of Food and Wine prior to Australia’s own ‘voice’, the legendary John Farnham!

The inaugural Carnival Choir will perform two almighty rock anthems on Sunday September 22 at 5pm at the Heritage Bank Festival of Food and Wine in Queens Park.

Toowoomba Region’s Cr Geoff McDonald said the Carnival Choir was being created to mark 70 years of the Toowoomba Carnival of Flowers.

“We are calling out to 800 people to register now for the Carnival Choir, to be a part of what will be an enormously special moment in time. Imagine standing shoulder to shoulder and in front of thousands at the Heritage Bank Festival of Food and Wine in Queens Park, singing in unison, warming up the crowd before John Farnham walks on stage!”

The Carnival Choir will be led by well-known Toowoomba musician, entertainer and host, Ruby Slipperz. The Choir will perform after Brisbane brass fuelled funk festival band Cheap Fakes and before iconic Australian band Dragon. To close the opening weekend, the man himself John Farnham will perform in front of an expected capacity crowd.

The Carnival Choir is just one standout in a record program of events for the 70th Toowoomba Carnival of Flowers, a celebration which shines over 10 days as Australia’s most beautiful event. From September 20 to 29, over 1,100 hectares of public parks and private gardens will be on display this year, with more than 180,000 bulbs and seedlings in full bloom.

The event is bigger than ever this year, kicking off with Floral Friday on September 20 and running until Sunday September 29 with a whopping 77 events in-between. Event throughout including award-winning parks and private gardens, internationally acclaimed music acts and some of the best food and wine experiences in the state! Plus, the Grand Central Floral Parade that stops the city!

Registrations for Carnival Choir are free but entry to the the Heritage Bank Festival of Food and Wine must be purchased for the Sunday. All Carnival Choir members will receive a limited-edition t-shirt to wear at the performance and there will be a practice session on Wednesday September 18.

To register for the Carnival Choir visit www.tcof.com.au/choir
The Management & Staff of Great Northern Garden of Remembrance wish to invite you & your family to our 2019 Father’s Day Memorial Service.

To be held in our Chapel on Friday 30th August 2019 arriving at 6pm for a 6:30pm start. Light Refreshments will be served following the service. Please RSVP by Wednesday 28th August on (07) 3888 6622 for catering purposes.

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Aquarius (Jan. 20-Feb. 18) You will seek out advice from a trusted mentor, or even become a mentor for someone looking for guidance. You will gain confidence to let your nature and unique talents truly shine.

Pisces (Feb. 19-March 20) If you’re involved in a group or club or class, expect power play clashes of personality. Don’t give up on your dreams. Move forward with your goals with perseverance.

Aries (March 21-April 19) You need to apply the brakes this week, and think before you speak or act. You need to be patient with your career ambitions too. Remember “Good things come to those who wait”.

Taurus (April 20-May 20) This is not the week to be bringing up sensitive childhood issues nor host a family reunion. Stop worrying about the future and focus on the here and now.

Gemini (May 21-June 20) Investments, property, business and money are shining for you this week. Communication is strained so be cautious of being dragged into an argument, in person or online. Have common sense.

Cancer (June 21-July 22) Crabs in a relationship need to build bridges as working through sensitive issues. Single crabs, don’t waste your time on a part time partner. Look for someone who is ready to commit to long term.

Leo (July 23-Aug. 22) You’ve been cramming in too much. Do your best to avoid extra work functions and social events over the coming weeks. Sleep, rest and relaxation is what you need.

Virgo (Aug. 23-Sept. 22) Drop your strict schedule and take things as they come. Watch out for a super moody loved on Sunday. Don’t even try to work out where they are coming from. It is about them, not you.

Libra (Sept. 23-Oct. 22) It is not a good week to sign a professional contract, initiate a work project or look for a new job. You may feel as if you are stuck in a never ending game of Family Feud at home, so you will need stellar diplomacy.

Scorpio (Oct. 23-Nov. 21) Jealous thoughts and possessive behaviour are a danger for you this week. If you aren’t careful you could find yourself in a frustrating power struggle. Smart Scorpios will step back, cool down and gain perspective.

Sagittarius (Nov. 22-Dec. 21) This week is not a good time to lend cash, borrow cash or initiate a joint financial partnership. Be patient and wait for a more auspicious time.

Capricorn (Dec. 22-Jan. 19) Your concentration and attention to detail are better than usual this week. Any work you do will be of a very high standard. Keep the lines of communication open as you work on commitment.

Southern Cross Drought Relief is a registered charity with a committee/board that is strictly made up of volunteers. We are working towards providing our drought affected farming families with the much needed household and livestock essentials required, and improving the manner in which we believe a charity should conduct itself.

100% In & 100% out

Our farmers still need our help

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**Date:** Friday 26th July  
**Location:** North Lakes Sports Club

The local sports club will be buzzing with popular 70's dance moves including the Disco Finger, The Bump and The Sprinkler on Friday 26th July when Disco Fever returns. DJ Les-Boss has lined up a huge range of classic and danceable 70's hits like Dancing Queen, The Boys Are Back in Town, and You're The One That I Want. The event is open for members and guests, who are encouraged to get into the spirit dressing in their best 70's inspired garb. Best-dressed will win prizes on the night. Tickets can be pre-purchased for just $10 and include a drink on arrival or are $15 at the door subject to availability. Doors open from 8pm on Friday 26th July to the Discovery Nightclub at North Lakes Sports Club and the event concludes at approximately 1.30am.

For more information visit <www.northlakessports.com.au> or call 1300 006 572.

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**STORM BOY, QUEENSLAND THEATRE**

**Date:** 29 July to 17 August, 2019  
**Location:** Playhouse, QPAC

Colin Thiele’s cherished coming-of-age story will bring together some of Australia’s most celebrated creatives when it hits the Playhouse later this month. Starring John Batchelor (Sea Patrol, Red Dog), Tony Briggs (Black is the New White, The Sapphires) and Emily Burton (The Wider Earth, The Seagull), Storm Boy will be directed by Sam Strong with David Morton as Associate Director/Puppet Designer.

Young Storm Boy lives a simple yet free life coastal life, combing the beaches with his reclusive father, Hideaway Tom. During a long summer, he makes friends who will shepherd him from childhood into adulthood learning a poignant lesson about love, loss and letting go.

All ticket sales are via <www.queenslandtheatre.com.au> or phone 1800 355 528.

---

**GOOD FOOD MONTH**

**Date:** 24 July - 4 August 2019  
**Location:** Various locations

The focus is all on food this July in Brisbane, when Good Food Month presented by Citi returns with feature events the Night Noodle Markets, Let’s Do Lunch and Friends of Good Food Month.

The Night Noodle Markets will return to South Bank from July 24 - August 4 offering Brisbane the most exciting Asian Hawker food festival of the year. Let’s Do Lunch presented by Church Road series returns, opening up Brisbane’s amazing lunch offerings at Good Food Guide hatted restaurants, for a specially curated price of $45 including a glass of Church Road, beer or soft drink throughout July. Friends of Good Food Month also returns, which sees a whole host of the city’s favourite restaurants offer unique food events and collaborations - exclusively for Good Food Month!

For detailed information visit <www.goodfoodmonth.com/brisbane>

---

**BRISBANE ARCADE SPRING FLOWER SHOW 2019**

**Date:** 31st August to 6th September  
**Location:** Brisbane Arcade, 160 Queen Street, Brisbane

An annual fixture on Brisbane’s Spring calendar, Brisbane Arcade has been wowing crowds with its annual Spring Flower Show since 2014. The Spring Flower Show this year will celebrate Brisbane Arcade’s 95th anniversary along with its stature and history of having been the headquarters of Queensland’s royalty of fashion and jewellery. This year’s “Jewel in the Crown” theme will have a distinctly royal flavour with crowns and bejewelled flower installations. Brisbane Arcade will officially open its annual Spring Flower Show with a high glamour evening including a fashion runway show under the stars in the Queen Street Mall showcasing the Arcade’s Spring designer fashions and jewellery followed by cocktail party and VIP preview of the Spring Flower Show inside Brisbane Arcade.

For more information: visit <www.brisbanearcade.com.au>
10.15pm Christmas In Angel Falls (2017) Romance, Rachel Boston, Paul Greene. (PG) Romance
10.30pm Avengers: Infinity War (2018) Action, Robert Downey Jr. Chris Hemsworth. (M) - Premiere
11.50pm Daddy's Home 2 (2017) Comedy, Will Ferrell, Mark Wahlberg. (PG) Comedy

8.30pm Lambs Of God. (MA15+) FOX Showcase
9.00pm Brooklyn Nine-Nine, (M) Universal Channel
9.30pm Ransom. (M) FOX

7.30pm World’s Most Evil Killers. (M) Crime & Investigation
8.30pm Apollo: The Forgotten Tapes. Discovery Science SPORT

11.00am Mixed Doubles. UFC on ESPN 3: Ngannou v dos Santos. Main Card. ESPN
4.00pm Rugby League. NLL. Round 18. Manly Sea Eagles v Parramatta Eels. Fox League
4.40pm Football. AFL Round 18. St Kilda v Western Bulldogs. Fox Footy

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3491 6786
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<td>the International Criminal Court.</td>
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<td>True Stories. (M)</td>
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<td>The Talk. (PG)</td>
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<td>Andy’s Safari Adventures. (M)</td>
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### Movies

**8.30pm Rampage** (2018) Action. Dwayne Johnson, Naomi Harris. A primatologist must find a cure when a genetic experiment goes wrong. (M) Premiere


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<td>Nine News</td>
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<td>7.00</td>
<td>Nine</td>
<td>The Money Masters</td>
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<td>Fast &amp; Furious 7</td>
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<td>The Supervet</td>
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<td>Silverton</td>
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<td>Survivor: Australia</td>
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Classifications: (P) Parental Guidance (P-G) Parental Guidance Only (G) General Audience. Please note: Listings are correct at the time of print and are subject to change by networks.
And now... direct from the skilled hands and sharp mind of Laurie Stibbe, comes

CROSSWORD 6360

ACROSS
1 Expelled
4 Developed
9 Seasoning
10 Cloth cap with no brim
11 Much (music)
12 Invulnerable to intimidation
13 Abandon hope, lose heart
15 Constituting the full quantity
17 Intensely unpleasant in degree
19 Chemical agent
22 Or of providing nourishment
24 Leave immediately!
26 Complex body part
27 Sacrosant
28 From dawn till dusk
29 Transmit knowledge

DOWN
1 Fruit grove
2 Transmits
3 Remove from a contest
4 Excite
5 Earth’s path round the sun
6 Bony spine segments
7 Hate
8 A person who inspires
14 Distinguishing trait
16 After in appearance
18 Twist together
19 Experience again
20 Violent storm
21 Bisected
23 Fragrant resin
25 Lariat

SUDOKU

5 6 8
9 4 1
1 2 9 5
1 5
8 7 4
5 3
3 6 1 7
5 8 3
9 4 3

AMAZING MAZES

CROSSWORD SOLUTION FROM LAST ISSUE

CRANIUM AVATARS
ANNAL GonH
SATANDALLIANCE
CIEDOTUAA
ADVERTENTAGLET
DENTETH
ENNUIINSTINCTS
INNEOU
BANDWAGONNYLON
RERTME
AMIGOCHILDLIKE
VLUAIMP
EMERGENCEGRAIL
RAHENITE
YACHTDETTHERS

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The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

• Maximum of 60 words per submission
• Please resubmit your item in full when making alterations
• Entries updated every Thursday
• Your submission will run ongoing until you notify us otherwise
With cooler weather keeping us indoors, many will turn to odd jobs around the home. Many jobs will require the use of a ladder so the Office of Fair Trading (OFT) has some important tips for ladder safety.

Fair Trading Acting Executive Director Craig Turner said those looking to get their DIY checklist off the ground should choose the right ladder for the job and make sure they are using it safely.

“When you fetch your ladder out of the shed make sure you check it for warping, rust and corrosion. Always make sure you read any safety warnings, and follow all manufacturer’s safe use advice,” Mr Turner said.

“If you need a new ladder, remember to be safety wise and buy one that meets the voluntary Australian standard. The ladder should be labelled, but ask the retailer if you’re not sure.”

“Always use a ladder that has non-slip feet, and is the right height for the job.”

“Never stand above the second step from the top, and don’t over-reach, as this could cause you to over-balance and fall.”

“Also be very careful if you are pulling items from shelves or gutters, and carry any tools in a tool belt to ensure you are able to keep a good hold of the ladder with at least one hand.”

“Place your ladder on a firm, flat surface, engage all locks and braces, and wear enclosed, slip-resistant shoes.”

Mr Turner said, according to a 2017 report by the Australian Institute of Health and Welfare, falling from a ladder was the most common cause of DIY-related injury in or around the home.

“Injuries from ladders happen, so avoid using a ladder if you are alone or cannot get help in the case of an accident,” Mr Turner said.

Further information on ladder safety, including a link to order a free brochure with a safety sticker for your ladder, is available via the OFT website at www.qld.gov.au/fairtrading.
Another sold.

15 Cowrie Crescent, Burpengary East  
We’ve just sold 15 Cowrie Crescent - just one of the many properties we’ve found success with in recent weeks.
If you’d like to find out what we could do with your property, simply give us a call.
Team Wilkie
0408 861 210
tony.wilkie@raywhite.com
raywhitenorthlakesqld.com | raywhitenangohill.com

Another sold.

17 Backhousia Court, North Lakes  
We’ve just sold 17 Backhousia Court - just one of the many North Lakes properties we’ve found success with in recent weeks.
If you’d like to find out what we could do with your property, simply give us a call.
Team Wilkie
0408 861 210
tony.wilkie@raywhite.com
raywhitenorthlakesqld.com | raywhitenangohill.com

Another sold.

10 Eaton Close, North Lakes  
We’ve just sold 10 Eaton Close - just one of the many North Lakes properties we’ve found success with in recent weeks.
If you’d like to find out what we could do with your property, simply give us a call.
Alex Silva
0413 584 349
alex.silva@raywhite.com
raywhitenorthlakesqld.com | raywhitenangohill.com

Another sold.

29/72-78 Duffield Road, Kallangur  
We’ve just sold 29/72-78 Duffield Road prior to Auction - just one of the many properties we’ve found success with in recent weeks.
If you’d like to find out what we could do with your property, simply give us a call.
Darren Suhe
0406 597 529
darren.suhe@raywhite.com
raywhitenorthlakesqld.com | raywhitenangohill.com
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- Plantation shutters throughout
- Automatic remote blinds in lounge/dining and master bedroom
- Internal size 186 m², Balcony 218 m², Plus Rooftop space = just under 500m²
- Miele stainless steel Kitchen appliances are immaculate plus insinkerator
- Central ducted air-conditioning throughout
- Don’t forget the fabulous views of Moreton Bay
- You can see cruise ships as they pass by

On the Roof:
- Huge entertainment area
- Heated Spa
- Stainless Steel Barbeque
- Seating
- Fabulous unrestricted 360 degree views of the bay

Lock up area in basement
- 2 car accommodation

Benefits in the Resort:
- Beautiful swimming pool
- Large indoor spa
- Relaxing sauna
- Modern fitness centre/Gymnasium

This exquisite ultra-modern Luxury Penthouse is for sale at Scarborough Beach Resort offering the maximum in lifestyle flexibility.

Located on the 8th floor of the Resort, this beautiful penthouse overlooks Moreton Bay at its best with the Islands in the background, including views of the Glasshouse Mountains.

If you're looking for substance and style, wrapped in a warm, inviting setting, this is the place for you! The entry foyer is always immaculate and very inviting for all who are enjoying the benefits of the Resort.

The restaurants at ground floor level ensure your dining pleasures are catered for or maybe you’d prefer a dip in the ocean.

Scarborough Boat Harbour is just a short distance away. This is a once in a lifetime opportunity to buy a luxury Penthouse such as this!

DON’T DELAY! Please contact me and I’d be happy to show you through. Seeing is believing!!

Yvonne Barlow
Principal/Director
Mob. 0417 755 752
ybarlow@integrityplus.group

3/20 North Shore Drive
Burrpengary Qld 4505
### Contact

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- Advertising deadline is 12 midnight Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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  - BSB: 124185
  - A/C: 20169347
- Cheques:
  - PO Box 127 North Lakes, QLD 4509

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### Other Contacts

For the Community Notice Board and Your Say please email: community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

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---

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, past, present and emerging.
Sesame Lane
North Lakes
- Flinders Pde

OPEN DAY
10am-12pm
Saturday 27th July
114 Flinders Parade, North Lakes

Fun activities for children, including a jumping castle and face painting.
Enjoy some of the yummy taste testers from our kitchen menu.
Come and take a look around our brand new Service. Meet the team and see what we have planned for the year.

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Enrol before 15th August 2019 and receive 4 weeks free*

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*Terms and conditions apply