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HIGHFIELDS HERALD



ONLINE

MONDAY, APRIL 12, 2010

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State Govt sport and recreation funding applications

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Sport and recreation organisations are being reminded that round one of some funding programs would close in mid-April.

Member for Toowoomba North, Kerry Shine urged sporting clubs not to miss out.

"The State Government recently announced a \$138 million sports package

which will create more than 500 jobs, help build infrastructure, and deliver initiatives to encourage Queenslanders to take part in sport and recreation activities," Mr Shine said.

"Four programs will fund sporting clubs and recreation organisations, councils and schools to help them increase participation, recruit volunteers, and encourage disadvantaged communities to participate in sport.

"I encourage all sporting groups to get their applications in as two of the four programs will close this Friday, April 16."

The two programs are \$51.5 million Sport and Recreation Infrastructure program. Funding will be provided for capital works infrastructure to encourage participation in sport and recreation. This funding will go towards the cost of facilities such as playing fields, lighting for ovals or tennis courts.

\$18 million Active Inclusion Program: this funding will be available for local organisations to encourage disadvantaged groups to

participate in sport and recreation. This may include funding to establish local sporting competitions, or to help provide more equitable access for people with a disability to participate in sport and recreation.

The two remaining programs, which will provide funding over a three-year period, include:

\$38 million Local Sport and Recreation Jobs plan: this plan will contribute to employment costs of a Local Sport and Recreation coordinator who will help organisations with matters such as fundraising, promotional activities and sponsorships at the grassroots level.

\$27.6 million State Sport and Recreation Organisation Development Program: state level sport and recreation bodies will be eligible to apply for funding to help encourage participation in sport and recreation across Queensland and at the local level.

Sport Minister Phil Reeves said the new programs mean the amount of funding sporting clubs

would have access to for minor capital works had more than doubled and more organisations could apply for funding than ever before.

"The funding will also help deliver jobs for Queenslanders through the employment of local sport and recreation coordinators and infrastructure development," Mr Reeves said.

"There will also be \$3 million allocated to industry development."

The revamped programs were the result of a review carried out in late 2009 to ensure sport and recreation funding effectively meets the needs of local Queensland communities.

"The Government provides more funding to sport and recreation than any

other state and the funding programs will boost the opportunities for Queenslanders from all walks of life to be involved in sport and recreation activities," Mr Reeves said.

"We want to see Queenslanders become Australia's healthiest people.

"The new programs will also help the Bligh Government's Toward Q2: Tomorrow's Queensland aim of cutting obesity levels by one third by 2020."

The new programs will be in addition to the existing Young Athletes Assistance Program and the Disaster Assistance Program that will continue to be available.

Call 1300 656 191 or visit www.sportrec.qld.gov.au.

Barracks case goes before Parliament committee

Cr Bill Cahill and Mac Stirling, managing director of developers Lauder Pty Ltd, appeared before the Federal Parliament Standing Committee of Petitions at Parliament House, Brisbane, to present the case retaining for Borneo Barracks.

Cr Cahill and Mr Stirling responded to questions on the petition signed by more than 1500 people against the possible relocation of the Cabarlah army base to Adelaide.

Cr Cahill said the relocation of the Cabarlah base could cause housing problems for around 800 people in the area. "Toowoomba is one of Australia's major cities and the base is an anchor in infrastructure. It's important for the base to remain," he said.

Mr Stirling said: "We got a very good hearing from the committee and were able to point out the huge economic and social displacement the closure of Borneo Barracks would mean for the people of Highfields and Toowoomba at large."



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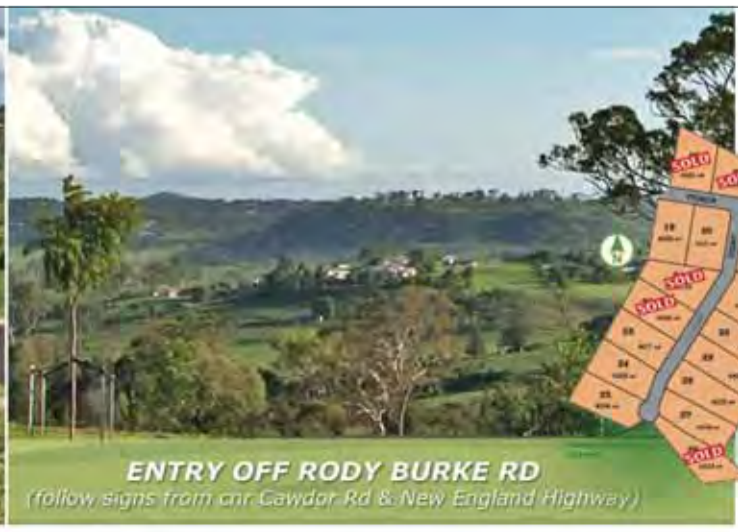
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Govt rates councils' PR ability

New State Government data shows size doesn't matter when it comes to communication - with Balonne, Banana and Maranoa regional councils among the top performers when it comes to community engagement.

Minister for Local Government Desley Boyle said the data showed Queensland councils recognise the value of communication, with 90 per cent reporting they used a range of methods to keep ratepayers informed.

"The data shows councils recognise the importance of engaging with their communities as part of normal council business," Ms Boyle said.

"But the survey also shows councils have some work to do," she said.

Of the 54 councils who returned the community engagement survey, 90 per cent undertook some form

of formal community engagement (e.g., held community meetings, published material on websites or sent information to ratepayers).

51.9 per cent of councils allocated specific community engagement roles and responsibilities to staff.

44.4 per cent had a community engagement management guide in place or a consistent communications process.

Only 29.6 per cent had developed formal community engagement policies.

"The survey shows there is room for improvement in the way community engagement is undertaken and evaluated," Ms Boyle said.

"Only a third of councils in the survey said they had developed formal community engagement policies to guide their engagement process."

"The survey shows only one in three councils had

gone the next step and integrated the outcomes of their community engagement with asset management planning.

"These factors add up to lost opportunities which could also affect the long-term financial position of the council."

Ms Boyle said having a community engagement policy in place enabled councils to identify the most effective and cost efficient ways to inform Queenslanders about different issues, as well as better inform council decision making.

"As well as looking at whether an advertisement in the local paper or a community meeting is needed, councils need to be considering community engagement in all aspects of local government business," said the Minister.

"Having a formal community engagement policy arms councils to better plan for the future."

The data will be regularly collected by the State Government to support local governments as they move to self-reporting, enabling

them and their communities to compare performance and track council progress.

Regular sustainability and reporting currently applies to 58 non-Indigenous mainland councils and the Torres Strait Island Regional Council, with Ms Boyle planning to expand this to take in all 73 local councils in Queensland in the near future.

The community engagement survey identified Queensland's best performing councils are: Balonne Shire Council, Banana Shire Council, Brisbane City Council, Bundaberg Regional Council, Cairns Regional Council, Gold Coast City Council, Ipswich City Council, Logan City Council, Mackay Regional Council, Moreton Bay Regional Council, Redland City Council, Maranoa Regional Council, Scenic Rim Regional Council, Southern Downs Regional Council.

The report on the annual return on community engagement 2009 was prepared by the Department of Infrastructure and Planning and is available online at www.dip.qld.gov.au.

Hospitals keep pace with cancer treatment

Rural and regional Australians should continue to expect the same standard of health care as their city counterparts, Member for Groom Ian Macfarlane said, while congratulating St Andrew's Hospital and the Toowoomba Base Hospital on successful grant applications of \$16.2 million under a Federal regional cancer care program.

"Since the St Andrew's Cancer Care Centre opened in 2007, with the assistance of an \$8.6 million grant from the previous government, it has built an outstanding health care record," Mr Macfarlane said.

"Its plans for expansion, including an additional radiation bunker, will ensure that success continues in the face of an increasing demand for treatment."

"Since May 2007 almost 2000 patients have received radiation therapy and medical oncology has seen a 481 per cent increase in total patient admissions."

"The centre has provided access to the highest standard of cancer treatment for patients in rural and regional Queensland, without the need for long-distance travel to Brisbane."

"This has meant thousands of seriously ill patients no longer have to cope with the added burden of travelling, in some cases many hundreds of kilometres, or spend time away from family and friends during their treatment."

"Recently, I brought this record to the attention of the Federal Parliament as an example of the vital contribution that regional health care facilities make to the wellbeing of Australians."

CROW'S NEST SHOW GIVEAWAY

Fill in entry below to win a child's admission to the 2010 Crow's Nest Show on Friday or Saturday, May 7 or 8. All entries to go into a major prize draw sponsored by the Showman's Guild of Australasia for free passes for rides on all of the Guild's rides at Crow's Nest Show on Saturday, May 8. (Open to all children up to 17 years.) Drawn April 23, winners advised by phone or email.

Name.....

Age.....

Address.....

Phone number.....

Email.....

Drop entries into Crow's Nest Advertiser office or post to PO Box 180, Crow's Nest or email information to cnadvent@bigpond.net.au. Entries close April 23.

Surat Basin will increase demand for regional health services

Member for Groom Ian Macfarlane said demand on health and medical services would only keep growing in the years ahead, particularly as Toowoomba attracts a larger population due to the mining activity in the Surat Basin.

"The expansion of cancer treatment facilities at both St Andrew's Hospital and the Toowoomba Base Hospital will help ensure that standard of care is maintained."

"Facilities in regional areas, such as the St Andrew's Hospital Cancer Care Centre, provide an invaluable service to those Australians who choose to live outside major cities."

"It is essential that rural and regional care providers continue to be recognised for the important role they play in national health services."

KIDS CLUB

This week's birthdays

April 17 Noah Weis

If your name is here you are entitled to a Heritage Community Branch gift pack on presentation of this coupon at either the Advertiser office or the Herald agent, Highfields Automotive Spare Parts, 1 Highfields Rd, Highfields.

To register your birthday, send an envelope with name, address, phone number and birth date to Highfields Herald or Crow's Nest Advertiser.

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12. Check battery level
13. Check brake and clutch fluid level
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COMMUNITY EVENTS MEETINGS AND ENTERTAINMENT

Granite Belt bus trip

A fundraiser bus trip to the Granite Belt this Saturday, April 17 will support Miss Showgirl entrant Catherine Purvis. Tickets are \$50 including morning tea and lunch as well as food and wine sampling. To book phone 0439 182 845 or 4698 8244.

Sourdough workshop

A workshop to learn to make sourdough bread, sauerkraut, kimchi and wine from fruit will be held at Perseverance Hall this Saturday. Details 0432 180 523.

Charity golf day

A three person ambrase golf day in support of Miss Showgirl entrant Sammy Gluer will be played at the Crow's Nest Golf Club this Saturday, April 17 with a shotgun start from 12 noon. Cost is \$10. Details 4698 1987.

Bus trip

Crow's Nest Lutheran Guild is organising a bus trip to attractions in the Nanango-Yarraman area on Wednesday, April 21. Phone 46981930 for more information.

Crow's Nest show ball

The Crow's Nest Show Ball will be held in the Community and RSL Centre on Saturday, April 24. Music for the night will be by the Silvertones.

The 2010 Crow's Nest Show is on Friday and Saturday, May 7-8. Schedules are now available and the society is asking for a \$2 contribution per book towards the printing.

Crow's Nest Regional Art Gallery

The current exhibition at the Crow's Nest Regional Art Gallery is "Relatively Speaking" an exhibition of works by Virginia Hanlon-Roff, Barry Hanlon and Tracey Hanlon which will be on display until April 25.

Crow's Nest Biggest Morning Tea

The Biggest Morning Tea in Crow's Nest will be held in a new venue this year. It will be held in the community centre on Friday, May 28 starting at 10am. There will be the usual array of multi-draw raffle prizes on offer.

Portiuncula Centre open day

An open day at the Portiuncula Centre on Saturday, April 24 will give visitors the opportunity to learn about techniques used in helping people deal with depression. There is no charge for the Open Day which runs from 10am to 1pm. Contact 4633 1383 for more information.

Goombungee Indoor Bowls

All ages are welcome to indoor bowls at Goombungee on Friday mornings from 9 - 11.30am. Cost is \$2 for 2 games, a cuppa and a chat. Contact 4696 7151.

Crow's Nest Lions

Crow's Nest Lions invite new members to join the club. Meetings are held on the first and third Thursday of each month at the Sundowner Coffee Lounge. For more information, contact the president Meg Hatfield 4698 2665.

Bingo

The next Bingo session at the Grand Hotel Crow's Nest is on Thursday, April 22 at 9.30am. Free morning tea is provided. Crow's Nest Bowls Club Bingo will be held at 7.30pm this Friday, April 15.

Local arts and craft shop

The local arts and crafts shop in William Street, Crow's Nest has a wide range of locally made items that would make an ideal gift for many occasions in stock. Call in and have a browse - the shop is open daily from 9.30 to 4. There is currently a Crow's Nest Show Ball special on beaded handbags.

Social dancing

Experienced dancers and learners are all welcome at dance classes held each Wednesday night at the Crow's Nest Community Centre from 7 to 9pm. Adults \$5 and children \$2 includes supper. Dancing is on hold at the present time and will resume on April 21.

Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	Monday 19	Tuesday 20
<ul style="list-style-type: none"> • Boys Brigade CN • Healthy Living Support Group CN • Crow's Nest Cancer Support Group meeting • Dancing CN First Anniversary • Weetwood Cup 	<ul style="list-style-type: none"> • Ladies bowls CN • Fitness classes CN • Joey Scouts CN • Boxercise CN • Highfields RSL sub branch meeting • Crow's Nest Lions meeting • Toowoomba Show holiday 	<ul style="list-style-type: none"> • Toowoomba Show 	<ul style="list-style-type: none"> • Pistol shoot CN • Bus trip Granite Belt Food Trail - Miss Showgirl entrant • Carbelthon thank you morning tea CN • Golf Day - Miss Showgirl entrant CN • Sourdough Workshop Perseverance Hall • Kerry Shine mobile office HF • Toowoomba Show 	<ul style="list-style-type: none"> • Car Rally - Miss Showgirl entrant CN 	<ul style="list-style-type: none"> • HF Seniors 	<ul style="list-style-type: none"> • Friendship Group CN • Fitness classes CN • Girls Brigade CN • 50+ fitness HF • Darts CN • Venturers HF • Aqua Fitness CN • CN Historical Society meeting • Crow's Nest School P&C meeting • Tba Regional Council ordinary meeting

CROW'S NEST SHOW

Friday - Saturday - May 7 - 8. Friday night sponsors dinner - Music by John Kohler
Saturday - Skydivers - Bike stunts - Fireworks - Ring events - Side show Alley - Shannons Chips - Mick Lindsay

Mayor appears at public hearing on Toowoomba bypass

Toowoomba Regional Mayor Peter Taylor has again advocated for the Toowoomba bypass before the Federal Government's House of Representatives standing committee on petitions.

The Mayor was invited to answer questions under oath at the public hearing into the Toowoomba Bypass petition, being held at Parliament House in Brisbane.

"This was a chance to again push for the bypass, on behalf of the people of our region," Cr Taylor said.

"The need for this bypass on safety, economic and environmental grounds, has only become more urgent since the petition was tabled in Canberra."

The petitions committee receives and processes petitions, and reports to the House on relevant matters relating to petitions and the petitions system. It has the power to conduct an inquiry

into a matter facing the committee or can recommend that another Parliamentary committee does so.

On March 18, 2009 Federal Member for Groom Ian Macfarlane tabled the petition supporting the \$1.75 billion bypass project in the House of Representatives in Canberra. This followed council's month-long intensive campaign of securing signatures.

At the time of presenting the petition, 25,774 signatures had been received but the final official figure stood at almost 27,500 signatures. The campaign was so successful that the Toowoomba bypass petition was the best supported submission since the start of 2008, judging by a review of an Australian Parliament website detailing recent petitions. Only a national Work-Choices petition, which ran for around a year, attracted more signatures in recent years.



Mayor Peter Taylor presents the case for the Toowoomba bypass to Chairperson, Julia Irwin MP, Darren Chester MP.

Public transport available to Toowoomba show

Hourly Toowoomba Show buses, and special taxi services, will be on hand to help patrons get to and from this week's Toowoomba Show in comfort.

Member for Toowoomba North Kerry Shine encourages anyone visiting or working at the show to consider public transport to avoid traffic congestion and car parking hassles.

"I encourage everyone to use the show bus, and taxis, to get to and from the show," he said.

Mr Shine said catching a bus to the show was easy. The main features were: Hourly buses from 9 a.m. until 7 p.m. from Toowoomba bus interchange (Bay 2) to Clifford Gardens Shopping Centre and the show and back on Thursday, Friday and Saturday.

The show bus can be hailed at any point on the route.

Return services to the city each hour from 11.30 a.m. to 9.30 p.m. (unless the show closes earlier.)

Adult bus fares from the Toowoomba CBD to the showgrounds are \$2.50 one way and \$5 same day return.

"Show taxi services will be provided by both Garden City Cabs and Yellow Cabs, so four people can share ride between the City and Show for around \$6 each," Mr Shine said.

"Further discounts may be available for larger groups using a multi-passenger maxi vehicle.

"All the taxis will have credit card facilities, and wheelchair accessible cabs will be available," Mr Shine said.

"With frequent and efficient transport services available, why would you bother taking a car and getting stuck in a traffic jam on Glenvale Road?"

Every full bus means up to 40 less cars on the way to the show, which means a lot less congestion and less impact on the environment."

Mr Shine said details

were available in the show supplement or from Bus Queensland, 4633 1177. Bookings for taxis may be made with Garden City Cabs 13 10 08) or Garden City Yellow Cabs 13 19 24.)

Sudoku Number 435

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

Sudoku Difficulty Level - Medium

SUDOKU RULES
Fill the grid so that every column, every row and every 3x3 box contains the digits 1 through 9. There is no math involved. You solve each puzzle with reasoning and logic. Each puzzle only has one solution.

A	F	R	A	C	A	S	A	T
D	E	L	I	A	L	O	H	A
Z	U	N	C	L	A	D	N	
E	A	T	S	L	A	S	K	
S	N	E	E	R	E	D	I	
N	S	A	R	O	N	G	S	
N	O	S	I	C	A	N	T	
O	U	N	S	A	I	D	E	
N	O	V	A	E	L	I	M	A
E	A	N	S	W	E	R	D	

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

Solutions to Crossword and Sudoku No. 434

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Crossword Number 435

1	2		3		4	5		6	
			7						
8		9			10		11		12
13					14				
15									
					16				17
18	19		20				21		
22							23		
					24				
25									26

- ACROSS**
- Video format
 - Surf foam
 - Make turbid
 - Nude
 - Horrid
 - Application
 - Grim Reaper's tool
 - Key in again
 - Planet paths
 - Monarch's seat
 - Healthy
 - Soothsayers
 - Depend
 - Golfer's warning
 - Movie attendant
 - College quarters
- DOWN**
- Delete
 - 100 sq. metres
 - Not deceitful
 - Stage drama
 - Folk tale
 - Gushes forth
 - Withdraw
 - Conflict
 - Financial supporter
 - Roof worker
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NEWS IN BRIEF

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Autumn Fest at Highfields

Council and Heritage Building Society will present the inaugural Highfields Autumn Fest on **Sunday, May 2** from 10.30am to 4pm at Davidson's Arboretum.

Autumn Fest will feature an art display and competition with a flora theme and music, food, wine and cold beverages in the beautiful surrounds of the Arboretum on Cawdor Rd.

Entry is \$2 for adults, \$1 for children.

Contact 4630 8667 or 4630 8925 for further information.

ANZAC Day Services - Sunday 25 April

Crows Nest

Dawn Service commences at 5.30am at the Memorial Cenotaph, Centenary Park. The Dawn Service will be followed by a Gunfire Breakfast at the Crows Nest Community and RSL Centre.

ANZAC Day Parade from the Crows Nest Post Office to the Memorial Cenotaph commences at 10am, followed by the ANZAC Service.

Members of the public are welcome to attend a morning tea at the Crows Nest Community and RSL Centre following the ANZAC Service.

Highfields

Dawn Service commences at 5.30am at the Community Memorial, outside the Highfields Cultural Centre.

Attendees are asked to arrive at 5.15am. The service, which includes a wreath laying ceremony, will be followed by a Gunfire Breakfast at the cultural centre.

ANZAC Day Parade marchers will form up from 9.30am at the bus stop near the shopping centre. The parade will step off at 9.50am, followed at 10.00 am by the ANZAC Service, which includes a wreath laying ceremony, at the Highfields Cultural Centre.

After hours emergency

Contact Council's free after hours emergency number on **1800 626 198** for matters such as burst water mains, blocked sewers or dog attacks.



Hampton Festival

The 2010 Hampton Festival is only a few weeks away so mark **Saturday 15 and Sunday 16 May** in your diary.

Savour culinary delights, fine local wines and produce, admire exquisite artworks by local artists and musical entertainment headlined by Grace Knight.

All this and childrens activities make the Hampton Festival in Chapman Park, corner New England Highway and Hampton-Esk Road, an event for the entire family.

For the full programme visit www.hamptonfestival.com

Regional essay competition

Students aged 11 to 18 and living in the Toowoomba region can win up to \$500 by entering the 2010 Toowoomba Regional Constitutional Essay Competition.

The competition encourages students to better understand the roles of the Crown, Governor-General and Australian Constitution.

Essays are due by **April 21**.

An information flyer is available at www.ourconstitution.org or by phoning Dr John Standley on **4634 2305** or by emailing john.standley@bigpond.com

Business as usual

It is business as usual for the Crows Nest Service Centre, Highfields Service Centre and Crows Nest and Highfields libraries despite the Toowoomba Show holiday on Thursday (April 15).

Roadworks

Trevean Gardens, Highfields (stage 3): subdivisional works will result in heavy vehicles operating in this area.

Blackbutt area: maintenance grading works, possible minor delays.

Crows Nest area: maintenance grading and re-sheeting works, possible minor delays.

Ravensbourne area: maintenance grading works, possible minor delays.

Cawdor/Kuhls Rd intersection: upgrade works will commence (depending upon weather conditions) and may result in delays of up to 10 minutes.

Council regrets any inconvenience caused by these works. Council will also undertake routine road maintenance in various areas. Maintenance work usually does not result in delays or altered traffic conditions, motorists are asked to exercise care around job sites.

Community advisory committee formed for carnival

Members of the inaugural Toowoomba Carnival of Flowers advisory committee have been announced.

Mayor Peter Taylor said Toowoomba Regional Council was overwhelmed with the calibre of nominations received and thanked those members of the community who took the time to nominate for positions.

"We found it extremely difficult to select the final committee. However, I wish to congratulate those appointed as community members on the committee."

The advisory committee will consist of Jan Johnson, marketing manager, Heritage Building Society, David Heberlein, acting general manager Operations Southern, Ergon Energy, Gary Love, manager, GC Hire, Garry Humphries, regional manager for South West Queensland, Department of Local Government, Sport and Recreation, Ida Kendrick, co-owner, Glen and Ida Kendrick Lawn and Garden Mainte-

nance, Cr Joe Ramia, council tourism, events and parks portfolio leader, Cr Anne Glasheen, district services portfolio leader, Brian Pidgeon, director council environmental and community services, Debra Howe, manager economic development, council tourism and events.

The Mayor welcomed the appointment of Jan Johnson as the independent community chair person. "I look forward to having the committee's involvement in this year's carnival, to ensure the event maintains its strong connection with the community."

"The advisory committee will enhance community input into the event while the actual running of the carnival will remain with the council. Any successful event must remain responsive to the needs and ideas of its local community," Cr Taylor said.

The advisory committee will present a report of each of its meetings to council. The 2010 Toowoomba Carnival of Flowers will be staged from September 17 to 26.

Heritage insurance customer wins \$1000 gift card

A scuba diving trip is on the cards for Toowoomba man Daniel Giles, courtesy of an insurance policy taken out with Heritage Building Society.

All members across Queensland who took out an insurance policy with Heritage Building Society in February went into a draw to win one of five \$1000 gift cards.

Daniel, who purchased a car insurance policy via Allianz at the Clifford Gardens branch, was one of those lucky winners.

The other gift cards went to customers from Morayfield, Cleveland, Caloundra and Sunnybank Hills.

Heritage CEO John Minz congratulated Daniel on the win.

"We're all about looking after our members by providing them with the full range of financial services they need at the best possible rates."

"Offering a wide range of insurance products through our agency agreement

with Allianz is just another way we do that," Mr Minz said.

"Giving members the chance to win a \$1000 gift card simply for taking out a policy is an added bonus"

Daniel has a scuba diving trip in his sights courtesy of the gift card from Heritage.

"I'm looking forward to taking some much deserved time out in Byron Bay in the next couple of months so this prize has come at the perfect time," he said.

"Funnily enough I didn't even know that the promotion was running at the time I took my insurance out, so getting the call to tell me I've won was a big surprise."

Clifford Gardens branch manager Kevin Treeby presented the prize to Daniel.

Heritage offers a wide range of insurance products in association with Allianz, including home and contents, motor vehicle, landlord, life, travel, wealth protection, and caravan and trailer.

Business good for those who opened

Crow's Nest businesses which opened over Easter reported brisk trading.

Renee Ansen, for Crow's Nest Caravan Park, told the Crow's Nest Tourist and Progress Association his caravan park was fully booked for the Easter break.

Megan Scott from Sundowner Coffee Lounge told the Crow's Nest Business Alliance her business traded strongly from Saturday to Monday.

Stallholders at the Lions markets on Easter Sunday reported good business.

Parking on the day was at a premium.

The April meeting of the Business Alliance discussed comments from visitors and locals who said they were disappointed some strategic local businesses were closed over the Easter break.

HIGH LEVEL WATER RESTRICTIONS

Dam levels

18%

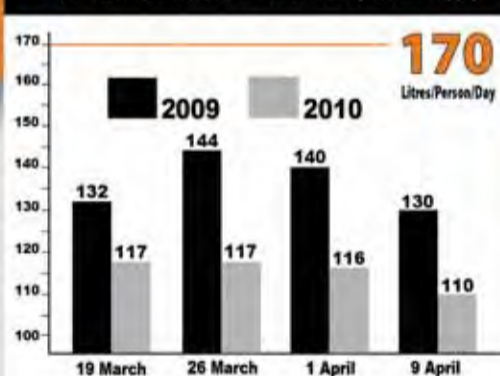
Rainfall this week to Wednesday 9am:

Cooby	0.0 mm
Cressbrook	5.6 mm
Perseverance	2.2 mm

7 day average evaporation: 25.9 mm

Residential Water Use

(for users connected to Toowoomba city's water supply)



HIGHFIELDS HERALD

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SALES MANAGER Andrew Thorpe
AGENT Gordon Alden's
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Highfields Rd and N.E. Highway
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Friday Raffles
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Saturday April 17

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Celebrating 60 years married



Peter and Maureen Sharples celebrated their 60th wedding anniversary with family and friends at the Highfields Tavern. BELOW: Mr and Mrs Sharples, married in London in 1950.

Crow's Nest couple Peter and Maureen Sharples will have been married for 60 years on April 8. They are planning a celebratory get-together with their family at the Highfields Tavern on Saturday April 10.

The couple have known each other for 73 years. They met as 10-year-olds and an instant friendship developed.

They were married at the Church of England at Blackheath, County of London, on April 8, 1950. When Peter was a child, his parents lived in India. He was sent to England for education, as was the custom. Maureen said: "He had nothing to do in the holidays, so he used to come around to visit my family. My parents were Eric and Iris Hall-Guy."

The couple did not see each other from the outbreak of war in 1939 until 1946, after the war ended.

After they were married, the Sharples came to Australia in 1966, first to Perth, WA.

Maureen said: "We wandered over to NSW and eventually we've retired here to Crow's Nest, where we have just what we've wanted all our lives."

The Sharples have lived at Crow's Nest for the past 11 years. During World War II Peter served with the Royal Marines and fought in naval battles.

Maureen said: "His ship wasn't very far away when the first atomic bomb was dropped on Hiroshima, Japan, in 1945."

"He was also at Changi when they opened up the prison there and freed the prisoners of war."

"He had kept telling me 'Come out to Australia, it's beautiful.' Eventually we came out with our four children." Peter had served on a ship which carried food to Murmansk, in northern Russia.

"If you put your nose outside for more than five minutes you would die of cold," Maureen said.



"About 20 years ago the Russians found him when they were awarding medals to any foreign person who had helped Russia in the war. They awarded Peter the Star of Russia, their highest honour for a foreign soldier. We have a letter from the Russian President, saying we were able to go over there to live if we wanted - for nothing. Peter had manned a gun on a ship, and he was the one who fired the last shot of the war."

Peter and Maureen have four children and eight grandchildren.

Asked the secret of a long marriage, Maureen said: "We always argued, and we still do. But you don't go to bed angry with each other - I think that's the solution. You can say things, but don't go to bed feeling cross."

Nominations open for sport volunteer awards

The Queensland Government Valuing Volunteers Awards recognise volunteers in sport and recreation.

Member for Toowoomba North Kerry Shine said hundreds of volunteers give their time to ensure Queenslanders are provided with quality opportunities to get active on sporting fields, ovals, courts, pools, halls, rivers, bikeways and parks.

"Volunteers play a vital role in assisting Queenslanders of all ages to lead healthy active lifestyles, and help build a culture that promotes fun, safe and fair sporting environments."

"It gives me great pleasure that I have been invited to nominate two outstanding sport and recreation volunteers for consideration for the 2010 award"

It is expected that all nominees will have made a significant contribution to the sport and recreation industry. To be eligible for nomination for the Awards, nominees must have been

involved in volunteering and made a significant contribution to one or more sport or recreation organisation. This may be a volunteer who has contributed significant time and effort over an extended period or a new volunteer who has made a significant impact in a short period of time have sport and/or recreation organisations as the significant beneficiaries of the nominee's voluntary work be an Australian Citizen or permanent resident with residency in Queensland be at least 18 years of age hold a current

Blue Card and be willing to undergo a Queensland Police criminal history check.

Nominations may be made posthumously.

Volunteers who have received the Valuing Volunteers in Sport and Recreation Award within the previous two years are not eligible for nomination for the 2010 Award.

Please send nominations to Member for Toowoomba North, Kerry Shine MP by May 3, 2010 Fax 4638 4056 or toowoomba.north@parliament.qld.gov.au

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Members of the Cabarlah Fishing Club Ian and Hazel Lowery and Matt Gleeson have returned from a holiday in New Zealand

Enjoyable and informative experience

Our trip to New Zealand and the Chatham Islands was very enjoyable and extremely informative.

Ian and I spent the first two days in New Zealand at Oamaru, which is on the Southern part of the South Island, with Roy and Heather Campbell who are members of the fishing club.

We met a lot of lovely people and Roy and Heather showed us around the area.

We had a look at the Moeraki Boulders. These boulders are on Koekohe Beach south of Oamaru and are spectacular to see.

The boulders consist of mud, fine silt and clay cemented by calcite. It is estimated they have taken 4 to 5.5 million years to grow when there was 10 to 50 metres of marine mud on the sea floor above them. Matt, Colin Odering (another member of the club),

Ian and I went to the Chatham Islands. Lois (Colin's wife) could not go because of a broken rib. Chatham Island consists of the main island, Chatham, and a smaller island, Pitt.

The Chatham Islands are 800 kilometers due East of Christchurch. Chatham Island has a total area of 90 sq.km. and a population of 700 people. Pitt Island is south east of Chatham and has an area of 6.2 sq.km. with 50 people living there.

The Chatham Islands are the first inhabited land in the world to greet the first dawn.

The Chathams are renowned for fishing and seafood. We managed to get in one fishing trip before the weather turned nasty. They had 50 knot winds and 8 metre seas while we were there. Needless to say it was very cold as well. Lots of Blue Cod and Groper were

caught, as well as barracuda and sharks. The biggest being a 15 kilo groper.

They fish using cord and anything they can find for sinkers with large circle hooks. Our host, Eddie showed us around the island and told us all about the history of the island as well as his family history.

Eddie is a Chatham Island born Maori. His wife, Lynn, cooked us beautiful meals including local fish, crayfish (lobster) and paua.

The locals catch and export 230 ton of crayfish per year. They are also allowed six per day as recreational fish. They dive for Paua and export 340 tons a year plus recreational use. 700 tons of Blue Cod is caught and exported yearly plus their recreational fish.

The Chatham Islands are home to the Chatham Island pigeon (parea).

This pigeon is found nowhere else in the world. In 1990 there were only 40 remaining. Due to conservation, in 2008 there were 200.

This is due to land protection, possum and feral cat control.

When someone drowns on the island, either in the lake or the ocean, people do not go into that water or take any food out of it for three months out of respect for the family. It is called Kapu. Our last few days were spent in Christchurch with Lois and Colin. Colin kindly lent us a vehicle and we had a look around Christchurch.

We spent a day at Cathedral Square looking at the old buildings. Another day was spent visiting a small fishing village. We then went through the botanical gardens, which were absolutely gorgeous, and through the museum. - Hazel Lowery.



Granite Belt bus tour

Crow's Nest Miss Showgirl entrant Catherine Purvis is running a food and wine trail bus trip to the Granite Belt on Saturday, April 18, starting at 8 a.m. via Crow's Nest and Toowoomba.

The trip includes morning tea, lunch and a sampling of food and wine. Price is \$50 per person. Tickets are available from the Sundowner Café Crows Nest or phone Catherine on 0439 182 845 or 4698 8244.

Goombungee Anzac Day

The Goombungee RSL sub-branch will conduct ANZAC Day Services at the town war memorial in Mocatta Street, Goombungee on Sunday, April 25. The Dawn Service starting at 5.40 a.m. and concluding at 6.30 a.m. and the community service starting at 10.20 a.m. and concluding at 11.30 a.m.

The sub branch will hold a breakfast for those attending at the community oval at the conclusion of the Dawn Service.

The Member for Groom, Ian Macfarlane, will attend the Dawn Service and the breakfast.

The sub branch will also hold a barbecue luncheon after the community service at 12.30 p.m. Members of the community are also welcome to attend the luncheon and the entertainment afterwards. - Neville Pedersen.

Chatham Island New Zealand crayfish: Eddie Fraser, Matt Gleeson and Ian and Hazel Lowery. Eddie Fraser was the host on the Chatham Islands, showing the visitors all around and explaining the history of the island. Cabarlah club notes page 8

SHOW HOLIDAYS: Crow's Nest and Highfields council offices will open this Thursday (Toowoomba show public holiday) but close on Friday, May 7 for the Crow's Nest show.


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Eidsvold, population 400, sparkled over Easter

Crowds flocked to music muster

Noted country singer Ian Quinn and the internationally acclaimed duo Fiddle Me Please were headline acts at the Musicians Muster held at Eidsvold over the Easter weekend.

The event started on the Friday night with a meet and greet, music and a barbecue at the showgrounds.

Saturday's program started with breakfast at the showgrounds followed by the Lions Easter fair in Apex Park, music at the Star Hotel and the Bowls club. An old time dance was well attended on Saturday night.

The talent quest, sponsored by Caboolture Real Estate (\$1000) and the Star Hotel (\$500) on Sunday, attracted nine entrants in the junior section and five in the senior. Winner of the Jim Stewart Perpetual Shield for juniors was eight-year-old Thomas Crilly (guitar) with his sister Rebecca on cello

second. In the senior section the Crilly family vocal group, Brisbane, were winners with Melissa Hill, vocalist, Eidsvold, second.

Sunday night entertainment was provided by Golden Guitar winner Ian Quinn, Fiddle Me Please, One for the Road, A2ZED band, and Bruce McGilvery, Gayndah. Ian Quinn's items included songs from his latest album *Quinny - A Cut Above the Rest, Lazy Old Me, Say G'Day from Me*, and Traveston Dam protest song *Leave the Mary Mighty*.

Fiddle Me Please, consisting of David Lee (fiddle) and Kylie Barrington (vocals) performed, among other spectacular show pieces, *The Devil Went Down to Georgia*. David Lee has worked with iconic Australian artists Lee Kernaghan, Troy Cassar-Daly and Pixie Jenkins.



Thomas Crilly, 8, winner of the under 21 talent quest

Kylie Barrington has performed at both the Gympie Muster and Tamworth Country Music Festival.

Musical director for the event was Ross Anderson from Bundaberg.

Other musicians taking part were Rob Bramley, Vince Schmierer, Brian Stewart, One for Road, (Neil Wenck, Anne Ethern), Michael Stewart, Ron Pownell, Graham Hibberd, A2ZED band (Sibi Marano, lead guitar, Dominic Marano, drums, Neil Wenck, guitar and vocals, Ross Anderson, former member of the band, Peter Dahl bass.)

The muster is co-ordinated by the Eidsvold Musicians Muster, an incorporated body, with the help of local organisations and businesses and support from Queensland Events.

President Lyle Murray said the weekend, now in its seventh year, was a great success.

He was delighted with the variety of entertainment, the quality of the music, and the positive response from stallholders at the Lions fair. He thanked all involved - those who manned the catering stalls, the sponsors, the musicians, and the public.

Twba's historic buildings worth preserving



From left: Stewart Somers, Director, council planning and development, Cr John McVeigh, corporate services, Queensland Government Architect Philip Follent and Cr Paul Antonio, Deputy Mayor and water services.

Toowoomba's unique natural and urban characteristics are key elements worth preserving and incorporating in future planning, according to Philip Follent, the Queensland Government Architect, who visited Toowoomba Regional Council.

Mr Follent, who attended the Australian Institute of Architects' regional awards, called into Toowoomba on a local government tour.

Commenting as an outsider and from a professional viewpoint, Mr Follent said Toowoomba was a city that was maturing. He said long distance vistas featured in Toowoomba's street design helped people know and track their location in and around the city.

"I always feel I know where I am in Toowoomba and this differentiates it from other centres," he said.

"Vistas and panoramas inform planning. Long distance views allow people to see particular landmarks or sites from different locations and this assists one's awareness of place within a bigger picture.

"Landscaping and scenic amenity contribute to a distinct identity. Palm trees and sub-tropical design elements are less relevant here. Design and landscaping in keeping with areas of similar latitude and elevation are more appropriate."

Mr Follent said Toowoomba retained its distinctive vegetation in its streetscapes and had a store of buildings from different eras.

He said it was important to consider new buildings would become tomorrow's heritage.

"New buildings must be of their time," he said.

"Different villages and towns across the Toowoomba region all have historic and distinctive features which are worth preserving, promoting and complementing with contemporary, but well scaled buildings."

Mr Follent presented an illustrated landscape design book to council's planning and development branch to allow officers to "be inspired by moving beyond the familiar."

WORSHIP TIMES

ANGLICAN: St George's Anglican Church, 15 Thallon St, Crow's Nest 4698 1403. **Crow's Nest:** Each Sunday 8.30am. **Geham:** 4th Sunday 11am. **Goombungee 1st, 3rd and 5th Sunday 5pm. Haden:** Second Sunday 11am. **Cooyar:** As advised.

Highfields: Anglican Church of St Anne, Highfields Road. Holy Communion 8.30am every Sunday. Sunday School 8.30am for young people. 1st Wednesday Holy Communion 10am, fellowship and refreshments.

ASSEMBLIES OF GOD: New Hope Church, 9 Emu Creek Rd, Crow's Nest 4698 1837. A contemporary family church. Sunday 9.30am family service with children's ministry.

New Hope Church, Pastor Peter Findlay 4639 1777. Sunday 9.30am. Toowoomba Christian College, N.E. Highway, Highfields. **Goombungee Christian Church:** Mocatta Road, Goombungee. Pastor Alan and Neita Pope. 4691 5075. 10am every Sunday.

BAPTIST: Baptist Church Kuhl's Rd, Highfields. Sunday School 8.30am. Morning Service 9.30am. all welcome. Kid's Club: Friday 5 - 6.30pm. Various Home Groups. Ladies Group meets 3rd. Sat. of month at 2.30pm. Contact Col on 46967007.

CATHOLIC: Crow's Nest Catholic Parish, 20 Creek St, Crow's Nest: 4698 1156. Servicing Crow's Nest, Haden, Goombungee. **Worship times: Every Saturday: Vigil Mass:** Crow's Nest 6pm. **All Sunday masses at Crow's Nest 8am.**

All country masses 10am. First and third Sunday Haden. Second and fourth Sunday Goombungee. Fifth Sunday: Haden - January and August. Goombungee - May and October.

Mary of the Southern Cross Parish Highfields Mass - Each Sunday 8am. James Byrne Centre. - Fr Brian Noonan. 4696 7094. **CHURCH UNLIMITED - OAKEY:** Pastor David Trigg: Sundays 9.30am. Phone 4691 1698.

CHURCHES OF CHRIST: Highfields Church, Shannon Park Rd. Pastor John Moore 4698 7122. Inspirational worship Sundays 9am and 5pm, includes Kids Church 9am service. Playgroup Tuesdays 9-11am. Youth grads 7-12 boys and girls Fridays 7-9pm.

FAMILY LIFE MINISTRIES: Pastors Ralph and Angela Bleakley 4696 8613. Inspirational Music and Worship Service: Sundays 10am. Highfields Primary School, N.E. Hwy. Entry via Borghardt Rd.

LUTHERAN: Crow's Nest Lutheran Parish, 21-23 Toowoomba Rd, Crow's Nest. Jan, Mar, May, Jul, Sep, Nov 10.30am. Feb, Apr, Jun, Aug, Oct, Dec 8.30am. Times for Haden and Cooyar contact Pastor Wayne 4698 1309.

Christ Church Evangelical Lutheran Church, Highfields. Pastor Michael Braunberger 4632 1043. First, third and fifth Sunday 8am. Second and fourth Sunday 10am. Sunday School 9am on second and fourth Sunday. Friendship 9.30am second Tuesday of month.

MERINGANDAN HOUSE CHURCH: Non-denominational Christian church. 52 Meringandan-Goombungee Rd. (Look for sign on the top of the hill) Sundays 9.30am for tea and coffee followed by service at 10am. Contact: Pastor Rob Cochrane 0409 264 097.

PRESBYTERIAN: Geham Presbyterian Church, New England Hwy, Geham: Rev. Andrew Clarke 4632 8027 or 4632 4879. Second Sunday 9.30am. **Meringandan Presbyterian Church, Lilyvale Sporting Club Complex:** Pastor Rob Farr 4635 4560 - 0401 886 261. Bruce Finlayson 4696 7225. First & third Sundays each month 9am.

SEVENTH DAY ADVENTIST: Meringandan Uniting Church 4696 6295. Saturday: Sabbath school 9.30am. Church service 11am. Family worship and Bible study.

UNITING: Crow's Nest Parish, 19 Emu Creek Road, Crow's Nest: Rev. Lesley Holt 4698 1143. **Crow's Nest** Every Sunday 9.30am. **Ravensbourne** First and third Sunday 11am. **Gowrie Flat** Second and fourth Sunday 9am. **Thornville** First Sunday 8am. Third Sunday 2pm.

Highfields Community Church: Rev. Marius Kruger 4615 4820. Sunday 8.30am Highfields Cultural Centre. Kids program. www.highfieldsfaith.com

Meringandan-Highfields Uniting Church: 4615 4127. Each Sunday 9am at Meringandan. Meringandan-Highfields Circle of Friends meet second Wednesday each month at 9.30am. Kids Club Thursdays 3.45-5pm. Grades 4-7.

WESLEYAN METHODIST CHAPEL: Albert Street, Goombungee. 4696 5294. Worship times: Sunday 10.30am. Sunday School and Youth Group Discipleship 9.00am. Pastor Rev. P. Kerans. 0427 862 557.

Please note: It is the responsibility of churches to keep information current.

Hampton treats



Fresh local produce will be on sale at the Hampton Food and Arts Festival on Sunday, May 16.

Tom and June Spring celebrate golden wedding

Tom and June Spring (nee Rasmussen) - It all started with a dance in the RSL hall in Crow's Nest back in 1958.

Tom was there with some of his mates when in walked June.

Tom asked one of his mates who this gorgeous woman was and they said June Rasmussen.

Tom's comment was "She's mine."

Their first date was to the Pierce Creek School jubilee in October 1958.

Their courtship was never a private affair.

They were most of the time escorted by Mary and some of the sisters and brothers.

They would go to the movies and dances. When Tom would drop June off at her Virginia home and give her a kiss goodnight, there was always someone hurrying them up.

Usually, this was Susan who was too scared to go to sleep until her big sister was in bed with her.

She would be standing at the door calling out and next thing her mother would yell out "Get back in here and leave them alone."

No hanky panky was ever going to happen here.

They came home one night in from the movies and as per usual Tom walked June to the gate to say goodnight.

This is where he proposed in June 1959.

On March 26, 1960, they were married in the Crow's Nest Methodist Church. The minister at the time was Mr Robinson.

Their attendants were best man Max Spring, bridesmaid Jannette Spring and flower girls Susan Spring and Susan Rasmussen.

The honeymoon was a two-week holiday at Mrs Austin's unit on Bullock Beach at Caloundra.

They returned from the honeymoon to the farm at Anduramba, where they lived until 1974.

All of their five children were born while on the farm. Jane 1961, Anne 1962, Betty 1964, Ruth 1966 and Allan 1969.

They moved to Crow's Nest in 1974 where they still live today.

They have been blessed with 11 grand children and 10 great grand children.

They celebrated their 50th wedding anniversary at Club Glenvale in Toowoomba surrounded by family and friends.

People came from Perth, Dalby, Brisbane, Caloundra, Bell and Esk.

I would like to wish them all the love and happiness they deserve and pray that they enjoy many more years of love and happiness together. - Betty Cox (daughter)

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Tom and June Spring (nee Rasmussen) on their wedding day on March 26, 1960, and cutting the cake 50 years later.

The Beauty Spot expands services



Lisa Zoet, Michael Wagstaff from the Beauty Spot, and Robyn Fellowes. - ATPS photo.

Lisa Zoet has a long family history of natural medicine. Her great grandfather was taught chiropractic by B. J. Palmer in the early 1900s, her grandparents and father following in his footsteps.

She, however, took a turn to the east after a tenacious bout of RIS/frozen shoulder treated by Acupuncture. Being fascinated and impressed at the interconnections in theory between the two modalities she completed an Advanced Diploma of Acupuncture in 2004 has since been practising from home in Highfields. Her particular interests are in musculo-skeletal pain and women's health.

Traditional Chinese medicine offers a variety of benefits for women's health be it for freshness and beauty, muscle pain, stress, digestion or reproductive system issues.

In TCM, the person is treated as a whole with the diagnosis and treatment taking into account one's emotions, diet, activities and even environmental factors. Is the person's body in excess or deficient somewhere, is there congestion creating pain, are all the organ system working in harmony, supporting each other or is one draining another?

In practice, when imbalances are corrected the person benefits from the inside out. Skin is healthier, eyes sparkle, sleep is more refreshing and there is a bounce in the step. The body once again is distributing blood and lymph as it should. Nutrients, enzymes, hormones and oxygen are carried where they are needed and toxins and waste are disposed of efficiently. Thus the immune system functions better, the mind is clearer and outlook is brighter. Qi, or vitality of the person is restored.

Good results are often seen after three treatments, chronic conditions may take a little longer. Because we shouldn't wait until we are sick to care for our health, even when you are feeling well a treatment every three-four months will maintain balance and rejuvenate and boost your immune system. Sessions last 45-60 minutes and single use needles are always used.

Robyn and Tracy Fellowes from MAXIMIZE Health, Fitness and Massage have joined the team at the Beauty Spot to provide their collective 35 years, in health and wellbeing, as remedial massage therapists. Robyn retired as a Lieutenant Colonel in the Army after 22 years and is using that experience in the wellness environment.

As well as being a remedial massage therapist, Robyn is a personal trainer and strength and conditioning coach and runs a local business that provides a wholistic approach to wellness, in line with the Beauty Spot.

Tracy, has 25 years of nursing experience specialising in oncology, hematology and palliative care. She uses these skills to provide professional remedial care and advice to clients. Tracy is trained in the Dr Vodder method of manual lymph drainage which complements her skills in oncology.

Robyn and Tracy pride themselves on their detailed and thorough assessments and robust massage plan for client treatment, from a relaxing through to comprehensive remedial massage.

They are also qualified Finch therapists (creates balance and realignment of the musculoskeletal system) and KaHuna (a Hawaiian style massage where a relaxing, rhythmic and therapeutic massage is conducted).

BIRDS

Pheasant Coucal

Have you heard the woop woop woop woop call of the Pheasant Coucal lately? It is a large black and brown bird measuring between 54 and 68cm. The female is bigger than the male.

The head, neck and underbody are black with brown and white flecked wings and long drooping tail. It looks almost top heavy.

When not breeding, the female has brownish head and underbody.

They live in open forests and woodlands with dense understorey of grasses or sedges. Large insects, lizards, frogs and even eggs and young birds form their diet. The Pheasant Coucal is related to Cuckoos but builds its own nest, which is a bowl of dry vegetation and



PHEASANT COUCAL

Chris Cameron photo

sometimes with a canopy over the top.

The bird is often encountered running across the road.

They are found across the northern part of Australia and down the east coast to southern New South Wales. They are also found in New Guinea and Timor. - **Donalda Rogers.**

One little lady stocks decor and gifts

Another attractive new shop has just opened in Crow's Nest - One little lady in Creek Street just around the corner from Ray White.

Caroline, her daughter Natasha and daughter-in-law Renee, will only be too happy to help you with your selection of gift ideas for the special people in your life and any decor needs you may have.

We have a beautiful selection of decor including a range of lamps, bowls, decorative vases, frames, candle holders, artificial flowers just to name a few.

We also carry a beautiful array of baby gifts such as blankets, quilts, soft toys, christening gowns and many other gift ideas. Also available for the children are handmade aprons, teepees, puzzles, etc.

One little lady stocks a beautiful range of jewellery including the Elk brand of silver, timber and resin pieces. In our manchester we have a range of bed linen, throws, cushions and towels.



One little lady is open 9 a.m. to 5 p.m. Wednesday to Friday and 10 a.m. to 4 p.m. Saturday and Sunday.

Mothers Day is just around the corner so feel free to come in for a browse at any time. Our contact number is 0427 134 636 or email us on admin@onelittlelady.com.au



Kym Sparshott raised \$2500 for Quest for Live when Kellie Hartshorn for Sarah Jay's Hair and Beauty Clinic shaved 20 years' growth at Abbie Lane, Highfields.

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Australian Government

When will the analog TV signals be switched off in Queensland?

The analog TV signals will be switched off between 2010 and 2013, and replaced by digital TV signals. The switch off will be rolled out progressively around the country, region by region. The map and the table show you when and where the switch off will happen in your area.



● Regional Queensland	2nd Half 2011
● Brisbane	30 June 2013
● Other areas of Queensland	2nd Half 2013

Where do I find out more?

- Call 1800 20 10 13
- Visit www.australia.gov.au/digitalready

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Youth Week focuses on depression and drug problems

beyondblue: the national depression initiative has teamed up with National Youth Week event organisers to raise awareness of depression, anxiety and related drug and alcohol problems among young people and where to get help.

This year, to get the message out, beyondblue has recruited eight young ambassadors who have experienced depression and anxiety disorders.

Aged between 18 and 24, the ambassadors all have inspirational stories about the highs and lows of living with a mental illness and are willing to talk to the media about their journey on the road to recovery – and how they stay well.

Check out their stories on www.youthbeyondblue.com/meet-our-new-

young-ambassadors/

Up to one in five young people in Australia experiences depression. Of these, up to 60 per cent don't get the professional help they need because they don't have a regular GP, they're not likely to talk to adults who aren't family members, but they are talking to their mates.

During National Youth Week 2010, beyondblue encourages young people to learn more about the signs and symptoms of depression and anxiety disorders and where to get help, so they'll be in a better position to look after themselves and their friends.

CEO of beyondblue, Leonie Young, says: "This is the fourth year beyondblue has supported National Youth Week and we are pleased to have the opportunity to reach so many young people. Across Australia, we are supporting around 100 Youth Week events to remind young people that help is always available and it's always OK to talk about mental health problems."

"The theme for National Youth Week is: live it now. Get out there, get active and remember to take care of your mental and physical health. Look after your mates and if you're concerned, don't put off talking to a friend who may be going through a tough time. We encourage young people to look for the signs of depression and anxiety, listen to what their friends are saying, talk about what's going on and seek help together if needed," Ms Young said.

Youth Week this year coincides with the public consultation period following the release by beyondblue of Draft Guidelines for the treatment of Depression in Adolescents and Young Adults. To find out where and when public meetings are being held around Australia, to view interviews with experts who oversaw the development of the guidelines, or for information on how to make a submission, go to http://www.beyondblue.org.au/index.aspx?link_id=6.1245

As part of NYW, beyondblue is again supporting the Write It short story and poetry competition, an opportunity for young people to write about their perceptions of anxiety and depression. To find out more about Write It and events in your community go to www.youthweek.com



Tasmania winners - Mark Catlin third, Nathan Macdonald second, Andrew Blackwell first.

Macdonald scores win in Tasmania title

Nathan Macdonald made up for the disappointing finish in last week's Australia title to bring his VZ Commodore home in second place in the Tasmanian State title held at Hobart Speedway on March 20.

With a second and third placing in his heats, Shane qualified his VS Commodore out of position 5. After two heat wins Nathan qualified on the front row with Australian champion Andrew Blackwell for the 30 lap feature event.

Nathan raced to the lead into the first turn with Blackwell in hot pursuit. Nathan led the race for 15 laps until a slight error saw Blackwell pounce to assume the lead. Nathan tried to make amends on his mistake but could not get back past the Australian champ.

Former national champion Mark Carlin finished behind Nathan in third, followed by Greg Worling and Quintin Clarke.

After running strongly for most of the race in fifth place, Shane slowly drifted back through the field after suffering a flat left

rear tyre, officially finishing in 14th place. Shane's first heat saw a track that was already slick and dry, with most cars suffering from a lack of traction. Shane managed to pick off a few spots to finish third in his heat. After witnessing how dry and slick the first heat was, Nathan raced back to the pits to make some crucial changes to his car.

Nathan's first heat saw the Queenslander start on the front row as he ran away with the heat win ahead on Ron Watts. Shane once again started midfield in his second heat and moved up into second place across the finish line behind eventual winner Andrew Blackwell.

Nathan started at the rear of his final heat, and after finding a high groove around turns three and four, he showed good car speed to take the win on the final lap. They will now focus on the Queensland title at Gympie, the Australian open at Maryborough and the New South Wales title at Lismore.

FISHING

Anglers head for Boondooma

CABARLAH FISHING CLUB: The March trip to Glenlyon Dam was attended by 13 members.

Not many fish were landed, it was quite windy and the fish were pretty much shut down.

The dam itself was at a similar level to last year, maybe a couple of feet lower now. Kathy Smith weighed in the heaviest yellow belly at 2½ lb, Wayne Sommerfeld weighing in a 3¼ lb jew fish.

Quite a lot of small silver perch were boated. The heaviest was 1½ lb weighed in by Paul Hartin.

Riley Miller won the attendance draw of \$100.

Welcome to new club members Jane and

Dave Reuter and Doug and Debbie Druce. We hope to see them on future trips.

The April trip is to Boondooma Dam on the 17th and 18th.

The dam is currently at 96 per cent. Camping is available with powered and unpowered sites. Boondooma Dam near Proston was built in 1983, with a capacity of 212,000 megalitres.

It has a surface area of 1920 hectares and a mean depth of 11.0 metres.

The main purpose of the dam is for irrigation. It fishes well for bass, golden perch and silver perch with the occasional Murray cod being caught. Other fish caught are eels, jew and spangled perch. - Peter Smith.

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Calling all writers

Writers are invited to enter the Queensland Premier's Literary Awards for a chance to win a slice of \$225,000 in prize money in 14 categories.

Member for Toowoomba North Kerry Shine said that, since its inception in 1998, the Premier's Literary Awards offer an opportunity for budding writers and established authors alike to continue their craft of writing and gain national recognition.

"Not only do writers educate and entertain us, they encourage us to look at ourselves and think about our past, our future and new ideas. Without new writers and new literature, we run the risk of limiting our knowledge and imagination," he said.

Categories are: • Fiction book award • Emerging Queensland author, manuscript award • Unpublished Indigenous writer • Arts Queensland David Unaipon award • Non-fiction book award • History book, Faculty of Arts, University of Queensland award • Children's Book award, Mary Ryan award • Young adult book • Science writer award • Poetry collection, Arts Queensland Judith Wright Calanthe award • Australian short story collection, Arts Queensland Steel Rudd award • Literary or media work advancing public debate, the Harry Williams award • Film script, PScreen Queensland award • Drama script (stage) award • Television script, QUT creative industries award.

Visit www.literaryawards.qld.gov.au or phone 3405 5215. Entries close May 10, 2010.

Seniors to visit Lochrose

Last Monday night euchre winners at the Crow's Nest Senior Citizens were J. Smith and P. Williams. Runners-up were M. Talbot and D. Beach. Wednesday winners were D. Honan (visitor) and A. Mutch. Runners-up J. Smith and S. Polzin. 20 players took part.

The bus going to Lochrose Museum and lunch at Gatton RSL departs from the Crow's Nest Anglican hall on Tuesday, April 20, at 8.15 a.m.

Names to be in by Wednesday, April 14. Music on April 14 at 10.30 a.m. with bowls at 12.30 p.m. - Pat Williams.

Community Organisations

- ALCOHOLICS ANONYMOUS:** Highfields Lutheran Hall Wednesday 8pm 4630 8221.
- ARTS COUNCIL:** Crow's Nest 7pm 2nd Monday Community Centre 4697 9225.
- BIRDS AUSTRALIA:** 4698 1727.
- BLUE CARE:** Crow's Nest 4698 2980.
- BOWLS CLUB:** Crow's Nest Men: Wednesday, Ladies: Thursday, Mixed: Sunday, 4698 1450. Highfields 4698 7417.
- BOYS BRIGADE:** Wednesday 6pm Crow's Nest Lutheran Hall 4698 1787.
- BUFFALO LODGE:** Crow's Nest 4698 1674.
- BUSINESS GROUPS:** Crow's Nest Business Alliance: 1st Tuesday 5.30pm Community Centre 4698 1430. Highfields Better Business: Breakfast 1st Tuesday 6.30am Cultural Centre 0417 783 932.
- CABARLAH SPORTS & FESTIVAL ASSN:** 4696 6233.
- CANCER SUPPORT GROUP:** Crow's Nest 10am 2nd Wednesday St Matthew's Parish Centre 4698 4926.
- CARER SUPPORT GROUP:** Crow's Nest 4698 1718, 4698 2076.
- CITIZEN AND POLICE COMMITTEE:** Crow's Nest 3rd Monday bi-monthly 7.30pm Anglican Hall 4698 1795.
- COALBANK CITIZENS ASSN:** 4692 6154.
- COMMUNITY HEALTH SERVICE:** Crow's Nest 4698 1866.
- CRAFT AND SEWING GROUPS:** Crow's Nest :Intune Craft Group: CWA Hall Friday 9am 4698 1640. THE CRAFT NEST
- SEWING CLUB:** Catholic Parish Centre Tuesday 9am. 4698 1493. QCWA Piece Makers: 3rd Tuesday 9am CWA Hall 4698 1581.
- Highfields:** Looking Good Cultural Centre 1st & 3rd Monday 9:30am 4696 9835 or 4697 9026. THE DARLING GOWNS Cultural Centre 4th Thursday 9am 4639 4137.
- Crow's Nest TOURIST & PROGRESS ASSN INC:** 4th Tuesday 7.30pm Community Centre 4698 1119.
- CROW'S NEST MENS NETWORK:** Friday Crow's Nest Bowls Club. 4697 9225. 4698 1454.
- DANCE CLASSES:** Old time and new vogue Wednesday 7pm Crows Nest Community Centre. 4698 1119.
- DARTS CLUB:** Crow's Nest Grand Hotel. Tuesdays 7.30pm. 4698 1415. Cabarlah Thursday-Friday from 7pm. 4696 6202.
- DIABETES SUPPORT GROUP:** Crow's Nest 4698 8133, 4698 1866.
- FISHING CLUB:** Crow's Nest 2nd Thursday 8pm Grand Hotel 4698 1389. Cabarlah 4696 6223.
- GARDEN CLUB:** Crow's Nest: 2nd Saturday 1.30pm CWA Hall 4698 2103. Highfields: 3rd Wednesday 10.30am 4696 8628.
- GIRLS BRIGADE:** Crow's Nest Tuesday 3.30pm Uniting Church Hall 4697 9216.
- GIRL GUIDES:** Highfields 0437 235 500.
- GOLF CLUB:** Crow's Nest 4698 1408.
- Borneo Barracks** 4696 6396. Goombungee 4696 5245.
- HADEN COMMUNITY CLUB:** 3rd Friday 10am Haden Hall 4698 8222.
- HEALTHY LIVING SUPPORT GROUP:** Crow's Nest CWA Hall Wednesday 5.30-6.30pm.
- HISTORICAL SOCIETY:** Crow's Nest 4698 1776.
- INDOOR BOWLS:** Crow's Nest Community Centre Friday 1pm 4698 1220. Wesley Uniting Church Hall Thursday 7.30pm 4698 4132. Highfields Indoor Sports Centre Monday 1.30pm 4630 8642. Goombungee Friday 9-11.30am 4696 7151.
- INDOOR SPORTS CENTRES:** Crow's Nest 4698 1101. Highfields 4615 5511.
- LANDCARE:** Crows Nest Creek Catchment 2nd Wednesday 7.30pm 4698 4161, 4698 1951. Emu Creek Catchment 2nd Monday 7.30pm 4698 4748, 4698 4134. Gomaren-Doctors Creek Catchment Bi-monthly 7.30pm Goombungee CWA Hall 4630 8997.
- LEARNING NETWORK Crow's Nest** 4698 2237.
- LIONS:** Crows Nest 1st and 3rd Thursday 6.30pm Sundowner Cafe 4698 2665, 4698 1538. Highfields 2nd and 4th Tuesday 6.30pm Highfields Tavern 4696 8231.
- LOCAL AMBULANCE COMMITTEE:** Crow's Nest 4th Monday bi-monthly 7.30pm 4698 1291. Highfields: 3rd Thursday 7pm 0418 749 859.
- MARKETS:** Cabarlah Country Markets: Last Sunday 7.30am 4696 6310. Crow's Nest Lions Community Markets: 1st Sunday 7.30am 0429 678 120.
- MASONIC LODGE:** Crow's Nest 3rd Friday 7.30pm 4698 1135.
- MEALS ON WHEELS:** Crow's Nest 4698 1499.
- MUSEUM:** Crow's Nest Carbethon Folk Museum open Thursday-Sunday and public holidays. Goombungee: Open last Saturday. Highfields Pioneer Village Open daily 4696 6309.
- NETBALL:** Highfields 4698 7119.
- Orienteering:** 4698 1538.
- PARENTS AND CITIZENS ASSNS:** Crow's Nest 4698 3111. Geham 4696 6217. Haden 4698 8164. Highfields 4699 6222. Mary MacKillop 4698 7777. Meringandan 4696 9666. Toowoomba Christian College 4630 8444.
- PISTOL CLUB:** Crow's Nest 4698 2867.
- PONY CLUB:** Cabarlah 4696 7436. Crow's Nest 4698 1322, 4696 6013.
- QUEENSLAND COUNTRY WOMENS ASSN:** Crow's Nest 9.30am 1st Tuesday 4698 1581. Goombungee 9.30am 1st Monday 4698 8228.
- RAVENSBOROUGH SPORTING ASSN:** 4697 8132.
- RED CROSS:** Crow's Nest Branch 2nd Friday bi-monthly 1.30pm CWA Hall 4698 1339.
- RIFLE CLUB:** 4634 1172.
- RSL SUB-BRANCH:** Crow's Nest 2nd Thursday bi-monthly 7pm 4698 1230. Highfields 4696 9835.
- RURAL FIRE SERVICE:** Anduramba 4698 4967. Binga 41633 0218. Cabarlah 4696 6214. Cooyar 4692 6101. Crow's Nest 4698 1791,
- 4698 1810. Gomaren 4697 9593. Haden 4698 8159, 4698 8130. Hampton 4697 9230. Peckey-Groomsville 4698 1396. Pierces Creek-Lower Emu Creek 4698 4732. Pinelands 4698 4199. Ravensbourne-Perseverance 4697 8120, 4697 9196.
- Scouts:** Crow's Nest Joeys, Cubs, Scouts Thursday. Venturers Tuesday 0428 728 973. Highfields 4696 7248.
- SENIOR CITIZENS:** Crow's Nest Wednesday 9.30am Anglican Hall 4698 4163. Highfields 2nd Monday 10am Cultural Centre 4630 8642.
- SHOW SOCIETY:** Crow's Nest Meetings: 7.30pm 2nd Friday. 2010 Show: May 7-8. Show Ball: April 24. 4698 2545. Goombungee 4696 6228. Cooyar 4692 6164.
- SQUASH CLUB:** Crow's Nest 4697 9502.
- STATE EMERGENCY SERVICE:** Crows Nest Mondays 7pm Industrial Estate building 4698 1212, 4698 1627. Goombungee
- St VINCENT DE PAUL:** 4698 1156, 4659 5863.
- TABLE TENNIS:** Crow's Nest Monday 7.30pm Community Centre 4697 9525.
- TENNIS:** Crow's Nest 4698 1056.
- TOUCH FOOTBALL:** Highfields 0428 717 346.
- WOMEN'S FRIENDSHIP CIRCLE:** Tuesday Crow's Nest Bowls Club 12noon 4698 2058, 4698 1592.
- WHERE OLD FRIENDS MEET:** Uniting Church Hall, Meringandan 10am 2nd Wednesday 4630 8790.

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A regular advertisement here on the Trades and Services page is a quick reference for all your customers - both OLD and NEW.

PRE-PAID CLASSIFIEDS

BEREAVEMENT THANKS

The family of the late **Leslie Maurice (Maurie) Vaschina** would like to thank neighbours, relatives and friends for their loving support, comfort and kindness following his sudden passing. Please accept this as our personal thanks.

EVENTS AND ENTERTAINMENT

Crow's Nest Show Ball

Saturday, April 24 - 7.30pm
Crow's Nest Community & RSL Centre
Silvertones Orchestra

- 2010 Miss Showgirl
- Miss Charity Showgirl
- Junior Showgirl

Judging of
• Belle • Matron
• Master and Princess

- Licensed Bar
- Delicious Supper
- Raffle
- Lucky Door

Adults.....\$12
Pensioner.....\$10
High School.....\$6
Primary School.....\$3

TICKETS available pre-purchased from the Showgirl entrants prior to the ball or at the door on the night

EVENTS AND ENTERTAINMENT

BUS TRIP

Strange Bird & Nude Food Trail
May 22
Departs from Crow's Nest Pool at 6.30am.
\$45 includes morning tea and lunch
Phone 4698 2134 or 4698 1291.
Local Ambulance Committee

ACCOMMODATION

CLEAN country house needed urgently for health reasons. Please phone 4696 1921.

WANTED house to rent. Crow's Nest township, 3 or 4 bedroom. Toni 0423 008 598.

CLASSES AND TUITION

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EDUCATION Help Hotline

(Parents) need free advice. Children struggling at school. Homework too hard. Children falling behind. Subsidies available. Ph:1300-664-314.

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POWER poles, treated hardwood, supplied and erected. 0419 707 867.

EMPLOYMENT

YARD WORK

Dingo hire, mowing of acre blocks, pruning, rubbish removal. Phone Tony 0417 630 722

IRONING Highfields-Meringandan area. Prompt service. \$14/hr. Sue 07 4696 9252

MOWING and odd jobs wanted, Highfields and surrounding area. 4615 5747 or 0428 343 726.

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SONY 40" LCD TV \$800 (needs set top box for digital channels). Sony DVD player \$50. Sony home theatre amp with sub woofer \$150 (does not have surround speakers). The lot for \$900. Peter 4698 2885.

LOST AND FOUND

FOUND: Navy fleecy zippered jacket left Crow's Nest Anglican Hall after Clifton visit 24.3.10. 4698 1939.

LOST and found notices are published free of charge as a service to our community. Phone 4698 1119 with details

LOST: Blue cattle dog with collar. Crow's Nest. Sherie 0428 619 661.

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PUBLIC NOTICES

TOOWOOMBA REGIONAL COUNCIL

PUBLIC NOTICE

CONTROLLED BAITING PROGRAM FOR WILD DOGS, FOXES AND DINGOES

Tuesday 11 May 2010

Council will be conducting a controlled baiting program in the Crow's Nest District on Tuesday 11 May 2010. Landholders who qualify with the conditions can register by 27 April 2010. For landholders to qualify, the minimum property size for participation is 40 hectares (100 acres).

- If the property is within 5km of a town you cannot participate.
- If you wish to place bait within a 2km radius of an adjacent landholder's occupied house you MUST get their written permission.
- Rate notices must be produced at the baiting stations.

For enquiries please phone Crow's Nest Service Centre on 4698 1155 or visit www.toowoombarc.qld.gov.au

Leon Love
Crow's Nest Service Centre Manager
Crow's Nest Service Centre

PO Box 3021
Toowoomba Village Fair QLD 4350
T 07 4688 6611
www.toowoombarc.qld.gov.au

Trades & Services advertisements

can now be published in full colour (from Tuesday, April 20)

These advertisements are read in more than 4500 HOMES FROM COOYAR TO BLUE MOUNTAIN HEIGHTS. They are also listed on the web at www.highfieldsvillage.com or www.crowsnest.info

Call Ann on 4698 1119 or 4698 2969 for a quote and see how you can have these cost effective advertisements working for you.

BOWLS

Veteran singles

CROW'S NEST: April 3 - Veteran singles I. Burgess d. N. Fowler, P. Coman d. L. Guy.

Open pairs T. Gillies and T. Egan d. R. Weis and P. Best. April 4 - Winner B. Vandersee and P. Knowles. Runners-up I. Burgess and H. Cornwall. April 7 - Winners K. Stark, R. Fisher and V. Mead. Runners-up T. Collins and B. Knowles.

C'ships singles final

LADIES: April 6 - The final of the championship singles was played with congratulations going to L. Mutch who defeated D. Burgess.

The parcel was won by M. De Vere. This Thursday fours to be played as well as any other available competition. Next parcel L. Mutch. - **Del Burgess.**

SQUASH

Gummi Bears lead after round 3

CROW'S NEST: April 1 - N. Case 3 d. K. Contessa 0. N. Case 3 d. P. Blinco 0. N. Case 3 d. D. Sanderson 1. M. Robinson 3 d. V. Curtis 0. T. Good 3 d. C. Blinco 2. V. Curtis 3 d. B. Martyr 0. M. Burgess 3 d. S. Lyons 0. J. Polzin 3 d. W. Curtis 2. G. Mibus 3 d. G. Hazelwood 2. I. Beutel 3 d. D. Sanderson 0. M. Robinson 3 d. D. Adam 0. L. Barnes 3 d. M. Woodhead 1. W. Gossow 3 d. B. Bell 0. M. Sullivan 3 d. S. Groth 0. K. Contessa 3 d. P. Blinco 2. L. Blinco 3 d. T. Sanderson 2. P. Rose d. M. Fitch 0. M. Pearce 3 d. T. Myles 1. M. Castle 3 d. D. Henry 0.

Team scores after Round 3, Gummi Bears 71, Pandas 67, Drop Bears 64, Teddy and Grizzlies 58, Polar Bears 47. Easter raffle winners were, H. Stevens 1, S. Hall 2, M. Wagstaff 3.

Thank you everybody who bought a ticket to support the club. A special thank you to Jan and Dan Sanderson, Matt Pearce and the staff of Meats and More, Michelle Fitch Crow's Nest Children's Centre, Bruce Bell Property Management Products, Keith Contessa and every club member who sold tickets. - **Dan Sanderson.**

TABLE TENNIS

Handicap singles

CROW'S NEST: A handicap singles tournament was conducted in three groups. The first group was won by M. Macdonald scr. The second group was won by Don Macdonald 6.

The third group was won by S. Rose 8. These three players were rehandicapped as follows. M. Macdonald scr, Don Macdonald 12, S. Rose 17. S. Rose won with 42 points. Don Macdonald second with 37 points. - **Joy Bretz.**

CROW'S NEST ADVERTISER EST. 1905

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GOLF

Ladies committee trophies

GOOMBUNGEE: April 1 - Members 4bbb stableford Easter hamper trophies. Winners C. Hall and G. Skuse 36 on count back from S. Elfverson and J. Mullins. Pin on 4/13 W. Nemeth, 8/17 C. Hall.

April 2-3 - Chook run competition. Winner S. Elfverson 21. Runner-up M. McLeod 20.

April 4 - Members 4bbb stableford for ladies committee trophies. Winners G. Buckley and J. Langton 49. Runners-up B. and D. Peters 48. Rundown L. McIntyre and S. Dalziel,

G and K. Egan, N. and G. Abel. Men's pins 3/12 M. McLeod, 4:13 T. Klingberg (63cm) eagle nest, 8/17 L. McIntyre. Men's approach 5/14 L. McIntyre. Ladies pins 4/13 J. Mullins, 8/17 and approach 3/12 Sh Elfverson.

Calendar: April 8 - Thursday ladies single stableford for club trophy. Thursday men's single stableford for club chook. April 9-10 - Chook run for club trophies. April 11 - Second round HLO shield, single stableford for club trophies. - **Captain Pedro.**

INDOOR CRICKET

Table toppers clash

CROW'S NEST: March 31 - It was the top of the table clash between X-men and Fielders. Winning the toss, Fielders batted first and made sound progress until Steve Hine took three wickets in the final

over to limit the score to 107. X-men got off to a good start of 37 by Steve Hine and Justin Brown. The rest of the team all contributed with the bat to see X-men home by 11 runs 118 to 107. - **John Schwartz.**

Club open

Crow's Nest Squash Club is open Monday and Thursday nights at 7pm. Contact: Club 4698 1616, 0407 589 568 or 0418 735 203.

TOOWOOMBA ROYAL SHOW THIS THURSDAY, FRIDAY, SATURDAY

Alex Stariha CROW'S NEST CATTLE SALE Saturday, April 10

380 head were yarded at Alex Stariha's Crow's Nest cattle sale on Saturday, April 10. A large crowd turned out and the market was very strong for all types. Julie Gotz, Crow's Nest, sold AIS cows and calves for \$1200. Robert Parkinson, Hirstglen, sold lines of Angus cows and calves for \$1000. Bob Kruger, Glenaven, sold 18 month old Brahman cross steers to David Collins Meats for \$860. Col Brown, Mt Tyson, sold a Limousin bull for \$820. Lock and Gayle Hutton, Highfields, sold Droughtmaster heifers 14 months for \$600. Gerard and Shirley Butler sold 6-8 month old steers for \$500. David Church, Haden, sold Angus cross steers 15 months old \$650. Richard Carr, Burbank, Kooralgin, sold lines of Hereford steers 6-9 months old for \$520-\$550. Mrs Burnett, Linville, sold 5 months old Angus calves for \$430.

David Stariha and Rick Zeller thank you for your support.

NEST SALE APRIL 24, 2010 - 10AM
Bookings welcome
DAVID STARIHA 0412 704 456
RICK ZELLER 0428 879 531



Bookings for next Toowoomba sale

Contact Darren Hartwig
Phone 0428 736 470
Elders Crow's Nest

CROW'S NEST APRIL 6, 2010

PIGS: A lighter yarding of 150 pigs came forward with the market selling to rates similar to last week's easier trends, with the female portion the most sort after. Prime pork \$2.20-2.60, prime light bacon \$1.95-2.30, prime bacon \$1.78-2.20, sows \$1.00, forward stores \$102, weaners \$60-74.
Remember stud pig sale at Toowoomba Show, Friday, April 16 at 11am. Errol Luck 0427 561 678

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The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia

Hampton festival



Hampton Festival favourite Matt Golinski will conduct cooking demonstrations at the Hampton High Country Food and Art Festival on Sunday, May 16.

Registrations open now for Biggest Morning Tea

Australia's Biggest Morning Tea is just around the corner and tea lovers are being called on now to register to host a morning tea for Cancer Council Queensland.

Thursday, May 27, is the official date for the event; however tea and scones will be enjoyed across the state throughout May.

Senior national events coordinator at Cancer Council Queensland, Katie Field, said every cup would help tip the balance in the fight against cancer.

"Now is the perfect time for morning tea hosts to register their morning tea and start planning their events, as May is only weeks away," she said.

"All registered hosts receive a free Australia's Biggest Morning Tea host kit, with all the information needed for a great event.

"Hosting a morning tea is easy, simply get friends, family or work colleagues together to take a break and

enjoy some time out, while raising funds for a great cause.

"I encourage all Queenslanders to put the kettle on this May and support the one in two Queenslanders diagnosed with cancer."

Last year over 5300 morning teas were held by enthusiastic hosts throughout Queensland, raising almost \$1.9 million for Cancer Council Queensland's cancer research, patient support services and education programs.

Getting involved is as easy as brewing your favourite cuppa. All you need to do is register as a host

at www.biggestmorningtea.com.au Invite friends, family, colleagues, community groups etc to your event Return funds raised to Cancer Council Queensland

To register for Australia's Biggest Morning Tea or for more information, please call

1300 65 65 85 or visit www.biggestmorningtea.com.au.

Cancer Council Queensland is an independent, community-based charity. The achievements of Cancer Council Queensland are made possible by the generosity of Queenslanders.

Breakfast guest speakers



Highfields Better Business president Mark Jocumsen welcomed guest speakers Kate Foy and Sarah-Jane Macdonald to the monthly breakfast meeting. Kate, a former lecturer at the University of Southern Queensland, spoke on social networking using new technology. Better Business has sponsored Sarah-Jane in the Carnival of Flowers Ambassador Program.

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Hampton festival expects bumper crowd

Preparations are well under way for the 2010 Hampton Food and Arts Festival with organisers expecting a bumper crowd to share in the village's annual celebration of seasonal food and local culture.

With little more than a month until the event on Sunday, May 16, organising committee chair Kerri Seccombe is more excited than ever about the potential of this year's event.

"Quality, seasonal food will again be the star of the show. But this year we've recognised that people are more aware than ever about the importance of where their food is grown and how it's cooked," she said.

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