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Seventh-day
Adventist Church™

South Queensland

FOCUS

SOUTH QUEENSLAND CONFERENCE NEWSLETTER

Acts of Kindness—Divine and Human

BY PASTOR BRETT TOWNEND

One thing that impresses me about people, is that in the midst of crisis there is an ability to show kindness.

I watched with a warmed heart as people assisted one another during the recent floods. People rescuing others from flood water, the mud-army assisting total strangers in a messy clean-up, others delivering food hampers, and still others providing emergency accommodation. Many of our Adventist churches were activated to assist the flood victims, and were part of demonstrating kindness to others. You'll see some of those stories in this edition of Focus.

With the devastation of war in Ukraine evident on our TV screens, I watched again, as I'm sure you did, and saw hundreds more of acts of kindness. As refugees fled the fighting, humanitarian aid was provided by various agencies, including our own ADRA. But the personal acts of kindness were heart-warming. Ukrainian refugees crossing the border into Poland in their thousands, were welcomed into Polish homes for shelter and food, a safe place in the midst of the chaos. I heard reports of up to seven whole families being taken into a home for food, bed, and shelter.

These acts of kindness bring some brightness to otherwise gloomy situations.

Do you picture God as kind? He is! Paul tells us that He is 'rich in kindness' and that He has 'showered His kindness'

on us (Ephesians 1:7,8 NLT). Powerful, yes. Sovereign, yes. Majestic, indeed. Holy, by nature. Merciful, yes. But kind? It's not a word we often use when describing God, and yet it is His deliberate posture towards us. The incomparable riches of His grace are 'expressed in His kindness toward to us in Christ Jesus,' says the apostle (Ephesians 2:7 NIV).

How can we better express kindness to one another? In our churches, in our board meetings, in our Sabbath Schools, in our communities, amongst our neighbours, in our marriages and our families, and with our friends. Showing kindness often doesn't take much, and yet it goes a long way in making our world a better place and demonstrating the character of God to others.

Let's be kind.



QLD Floods Strike Again—ADRA Responds

BY DR IRENA PULE

It's said that lightning is not supposed to strike twice in the same location, but I am not sure if the same goes for floods. South-East QLD experienced the horror of a second “once in a hundred years” flood during late February and into March. Even as I write, the South-East corner, and our NSW neighbours, are bracing themselves for another deluge. The scenes that we have all witnessed, either in person, in the news or through social media, have been sobering to say the least. The extent of the flooding in several areas, surpassed what was experienced in 2010-11, and so individuals, families, communities have had to wade through yet another natural disaster.



The physical impact of such events is very powerful: dead plant life showing how high the water came, the piles of ruined furniture and other items that lined thousands of streets across the South-East, the empty shelves at supermarkets across the State that demonstrate how vital our roads and trucks are to our everyday lives. You would be pressed to find someone who was not affected in some way. But there is an impact that goes deeper than any physical markers. That is the trauma experienced by those who lost possessions or were displaced because of flood waters. In one town, one of our ADRA volunteers shared with me that some of the locals were now too afraid to go to sleep at night for fear of being swept away in flood water. Unfortunately, the impact of such trauma lingers long after the clean-up has been completed or someone can return to their home.

It is at times of significant stress during a disaster that it can bring out the best in people, and it has been a privilege to witness so many stand up and be willing to roll up their sleeves

to help in a time of great need. Working in conjunction with our ADRA Emergency Management team in Sydney and an amazing team of volunteers from approximately twelve of our local churches across our Conference, we have been able to respond to calls for help in our community, in our State and also across the border in NSW. Watson Park, the home of Big Camp, was also turned into an evacuation centre providing temporary housing for 43 people, 6 dogs and 2 cats over a period of eight days. Our volunteers have mucked out shops, houses, streets, cooked warm meals, packed food parcels, driven trucks of food, given an empathetic ear, provided a safe place for those impacted, filled out emergency cash grant forms, donated furniture and gift cards, made beds for families to sleep in and so much more. It is at these moments that the “rubber” of ministry meets the “road” in our communities—it is putting Christ’s method of ministry into practice in a way that a recipient will never forget. Beyond the response phase of assisting with clean up, ADRA is also exploring how we as a church can provide psycho-social support to individuals, families and communities affected. In conjunction with this, we are also hoping to have churches in affected areas explore the ADRA Disaster Ready Church program. This program is designed to support churches and help them to be ready before a disaster occurs.



There are so many stories that have been shared with me, but the best way to share those stories is through images. Please take a moment to reflect on the many photos that give just a brief snapshot of how we as ADRA were privileged to be Christ’s hands and feet during the 2022 Queensland-NSW Floods. Thank you once again to all our volunteers, those who donated and those who prayed. Each of you have made a significant difference and the positive impact will be long-lasting.

QLD FLOODS STRIKE AGAIN—ADRA RESPONDS



My 40-Day Overflow: A BAC Devotional Experience

BY PASTOR ANNALISE CHERRY

Brisbane Adventist College's chaplain team have a desire in 2022 to fill up with Jesus as a community so we can overflow His love to those around us and experience the abundant life He offers (1 Thess 3:12; Jn 10:10). To begin the year with this intention, the chaplains created a 40-day devotional journal resource for every student P-12 with selected scriptural passages and thought-provoking questions to journey through together as a community. They recently finished the 40 days; see a student testimonial below:

"In the past month, I've been praying every night before sleep and doing the 40-day overflow activity trying to get to know God better. And to be honest, it has completely changed my life. I used to pray every night 2 years ago and everything was good. But then I started skipping days and nights because I was tired, then I used to say "God, you already know what I want; it's everything from last night that I told you". Then I completely stopped.

My life was much different after I stopped talking to God. It changed. . . for the worse. But when Pastor JP and Pastor Annalise introduced the 40-day overflow program last month, I decided to give it a try since I had nothing to lose. For a whole month now, I have not skipped one night of praying or one verse of the 40-day overflow program, it only really takes

5 minutes of your time before sleep. And let me tell you, my life has been extremely better. I'm happier, my friends enjoy my presence, and my family has never been closer to me.



Something I could leave with you guys today is just "give it a try" and just talk to God for 7 days and see the difference He makes in your life."

If you would like a digital copy of this journal to print for your own walk with Jesus, please email: chaplain@bac.qld.edu.au

BAC Staff Vespers Program

BY PASTOR ANNALISE CHERRY



The BAC chaplain team hosted a special vespers evening of encouragement, fellowship and spiritual enrichment for their staff members and families to close what has been a roller-coaster term. These hard-working teacher-ministers were blessed by a guest masseuse giving 5-min shoulder massages, worship music, prayers of blessing, and an encouraging word by both school-parent and SQ conference representatives thanking our teachers and support staff for all they do. The BAC family were grateful to gather together on the newly refurbished secondary deck until late into the evening, socialising in a relaxed and intimate space.

Week Of Worship at Ipswich Adventist School

BY NADIA GOLTZ

Keeping 'IN FOCUS' was the theme for Ipswich Adventist School Week of Worship, 2022.

Guest speaker Pastor Jacob Boehm challenged the students with his daily stories to stay FOCUSED on Jesus by listening, being kind, forgiving, obedient and to believe in His power.

Students enjoyed many activities such as singing, drama, stories, photos and games throughout the week as well as a delicious pancake breakfast.

Following an invitation from Pastor Jacob, many students made commitments to FOCUS ON JESUS and requested prayer and Bible studies. Senior students also made a commitment to learning about baptism.

Ipswich Adventist School was invited to share about their week with the Ipswich Adventist Church members on the Sabbath following the program.



We praise God that each day was an opportunity to FOCUS on the love of Jesus at Ipswich Adventist School and thank our school families and Ipswich Church members for their support.

Putting Values into Action

BY KRISTY NORMAN

Staff and students at Hope Adventist School, North Bundaberg are continuing to make the world a kinder, brighter, more caring place through their thoughtful actions. Under the initiative, Hands of Hope, the school community has opportunity to participate in projects where they can put the values they learn into action.



When staff and students heard of the need and devastation in Gympie due to the floods they couldn't wait to help. We put a message out to our students, parents, staff and wider

community and before we knew it bags and boxes of new items began to flood through our doors. We received back to school items, blankets, toiletries, and so much more. These were kindly delivered to the Gympie church pastor to be distributed to the community where needed.

In 2020, our remaining new and much loved Coral Coast Christian School uniforms were packed and sent to the Operation Food for Life Kivori Learning Centre in Papua New Guinea. A school started to support disadvantaged children. The uniforms have been received and are now being worn by a class there. Families who live in the school village could not afford a school uniform. The children were very excited when they put them on.

But the giving doesn't stop there, staff and students will help to brighten the day of vulnerable families and those fleeing violent situations this Easter by donating Chocolate Eggs and Easter Crafts to Hitz939 and the charity organisation Riseup. We hope these will help to bring joy and happiness to children and families who are doing it tough this Easter.

Growing Together 2022 Cohort

BY PASTOR MEL LEMKE

A brand-new Growing Together Cohort launched on the weekend of the 26th of March. This year has seen six churches take on the challenge of growing together through the six core principles. It was a day of intense contemplating the presentations and being challenged in their individual churches of how they can grow together. By the end of the day, you could see that everyone who came was leaving challenged to implement the core principles of growing together. One of the high lights for me was watching church members practically come up with ways that they could be inter-generational in their own churches in sharing the gospel message of Jesus. There also was a real sense of how growing together can work with programs and initiatives that churches already had in motion, giving them a culture shift to support those initiatives. That was exciting to see,



and we pray that those churches go back on fire to grow their church and move it forward.

Three Teens Baptised

BY MARJORIE ENTERMANN, PHOTOS BY ADRIAN SMYTHE

Rosewood Church gained three new members on Sabbath April 9 when Emerald Kennedy, and Caleb and Samuel Shaw followed their Lord's example and were baptised by Pastor Greg Campling.

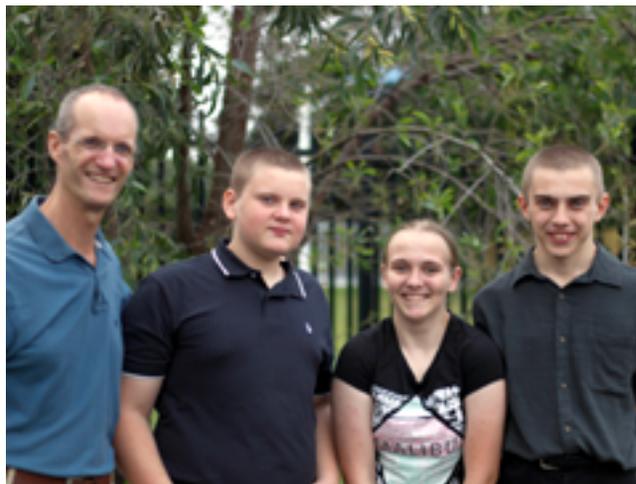
The Leichhardt Swim Centre pool was chosen as the venue as it has disability access and undercover tiered seating for the many friends relatives and church members who had come from near and far to attend this special event.

The Ipswich Pathfinder club was represented by members and leaders, Dr Mel Lemke was also present.

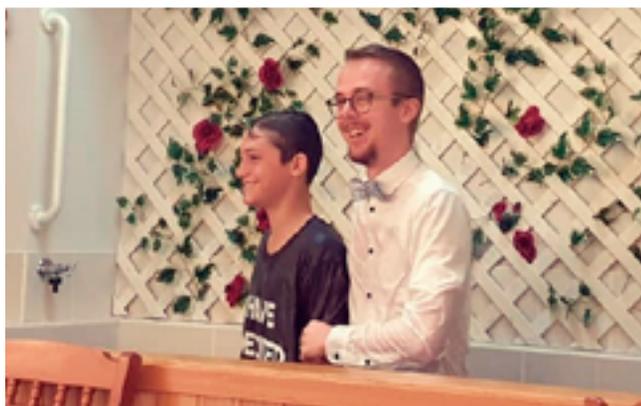
Both the Shaw and Kennedy families have Adventist backgrounds. Emerald's Great -grandma Lofthouse and her Grandma Noelene, were both baptised in the 1940's through the influence of an Adventist neighbour who studied with them.

Caleb and Samuel also have Adventist Grandparents, it was a thrill for Grandma Glenda Allen to be present on this occasion.

Rosewood Head Elder, Darryl Fry, has been studying with the young folk, and a Teen Sabbath School was organised specifically for them. It has been a joy to watch them grow



from childhood into responsible young people, who are finding joy in serving their Lord. On Sabbaths Caleb's violin playing adds to the worship music, Emerald and Samuel assist with putting the hymns on the screen, helping with the Library and changing the notice board on the roadside. This willing help is greatly appreciated by the older members of the congregation. They are already proving a blessing to the Rosewood Church.



South Queensland Conference—Regular Constituency Meeting

BY PASTOR COLIN RENFREW, GENERAL SECRETARY

Notice is hereby given that a regular constituency meeting of the South Queensland Conference of the Seventh-day Adventist Church will be convened at “Watson Park” Convention Centre, Old Gympie Road, Dakabin, from 13-14 August 2022. The business of the Session will be as provided for in the constitution of the

South Queensland Conference of the Seventh-day Adventist Church including proposed constitutional changes and reports covering all phases of the work carried on within the South Queensland Conference. The Officers and the Executive Committee of the conference for the next quadrennium will also be elected.



‘Unprecedented!’—Camp Somerset Needs You!

BY TIM HUTTON

Unprecedented! Since the beginning of 2022, this word has been used more than we would have liked across Queensland and Camp Somerset has been no exception. The “unprecedented” (at least in Qld) Omicron wave in January took away our opportunity to host two Summer Camps. The COVID-19 surge “unprecedentedly” moved the school term two weeks deeper into the year and the “unprecedented” state government response outlawed school camps for the first four weeks of the new term.

This caused an unprecedented loss of income for Camp Somerset of over half a million dollars for the first quarter of 2022. . . . que the “unprecedented” rainfall and flooding.

Credit goes to the staff of Camp Somerset for the swift (and continuing) post-flood and COVID recovery of 2022 thus far—their dedication and passion have allowed us to re-open quickly to share with the annual 25,000 guests (of which the very vast majority are not Adventist) something else that is

“unprecedented”, a Love from a Saviour who wants to do something that is “unprecedented” in the lives of everyone who visits Camp Somerset.

The Sabbath of June 25th is a Conference Wide Offering for Camp Somerset and we would like to invite you to share in the continued development and maintenance of our site as we plan upgrades to our Dining/Meeting hall—including the replacement of flooring. Thank you for your support and prayers.





MEET OUR SPEAKERS



Lauren Fraser. Wife. Mother. Teacher. YA leader. Sister. Daughter. Friend. Triathlete. Aussie. Adventure Seeker. Camping Enthusiast. Amateur Photographer. Nature Lover. There are so many titles or hats we each can wear or use to describe ourselves in this life, and I love them all, but the one I strive for the most is Spirit led Daughter of God.



Sarah Redman. Proud wife of Neil and Mum of four amazing sons. A sold out God chick currently living out her calling to be a Minister of the Gospel as a High School Chaplain. I count it as a great privilege be a disciple making Disciples.



Karen Collum is a teacher, writer and theology student who lives on the Gold Coast with her husband and four children. She is passionate about encouraging others to get to know God's heart.

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'Hello Penny'

BY JOHN TAYLOR

Penny is one of the amazing volunteers at ADRA Pine Rivers. Every week Penny turns up and whatever job needs doing, she makes herself available, she's always busy and like all the volunteers at ADRA Pine Rivers everything she does, she does it with compassion

How long have you been volunteering with ADRA Pine Rivers?

Would be around about six months or so.

What has working here meant to you?

It's meant the world to me. The days I come here, I get up with a skip in my step, a smile on my face, and I just feel happy coming.

What prompted you to come here in the first place?

I used to be one of the cars that lined up—I was doing that for about three months. I heard about it from a good friend of mine, Sharyn.

Then Sharyn said that she's going to start coming in here on a Monday, and I thought that's a good idea, because I'd like to give back a little bit. I felt terrible, because what you pay for the hampers. . . . you're getting that about five times over in value.

I believe you've been diagnosed with cancer?

I've actually got two forms of cancer. I travel to hospital twice a week on different days.

But you see so many people that are so much worse off than you. You have your pity-party with yourself and then you pull up your big girl pants and get on with life. There are so many people that are so much worse off than me. I see young people there with cancer, and I think, if they can get a smile on your face, what am I worried about?

At the end of the day, it's all in the Lord's hands and he's not ready to get rid of me yet. He's got some sort of purpose for me. I don't know, but I hope it's helping other people. I say to Him every day when I wake up, Lord, just leave me today. And obviously you want me around for another day.

And every night I say, Thank you Lord, you kept me around for another day. I hope I'll wake up tomorrow but if I don't, I'm going to see Your beautiful face.

Thank you so much for the service you've given us, not only being here, as you, as Penny, but for the actual work that you do in this place. . . . you never seem to stop!

If you can go to sleep feeling that you achieved something that day, and then can wake up each morning with a purpose, whether the purpose be I'm going to help out my daughter or come here.

When I had to go on the hospital to have this big abscess removed from my head, for two or three weeks I couldn't come here.

I woke up in recovery and the nurse said, "Who is ADRA?" She thought I was talking about a lady called ADRA! I just explained it all to her and she said that's really good.

This is like a big family to me, John, and I'm not just saying that. Everybody cares about each other. I was embarrassed coming back with a shaved head and everyone just make me feel that I was wanted back. The head hasn't been an issue with anybody.

I get out of it ten times more than what I put in. Thank you for having me come and giving me that feeling—I walk away with it and I come with it—just looking forward to each day.

Can you tell us a story? Do you have a memory here that's your favourite?



I've got so many lovely memories, but I suppose the loveliest memory was when I came back. And everybody here being so beautiful, so welcoming. I was a little bit nervous coming back because I've never had hair this short before, but it was just a feeling of love that I got when I came back. Within the first minute of walking through that door—it was just so beautiful.

Hervey Bay Cooks Up A Storm

BY KAREN WILLIAMS

It has been some time since we have been able to have a cooking demonstration, and this is since the onset of COVID. The Hervey Bay Seventh Day Adventist Church Health team had a great afternoon, Sunday 20th March. The day started with a great motivational talk and info session by a Clinical Exercise Physiologist and Nutritionist. This was followed by putting together selected plant-based recipes, cooking them and at the end we got to taste those wonderful foods.

The day was attended by approximately 30 members of the church, but more importantly, by approximately 25 people from the community at large. What an outreach! People were asking for follow-up programs even before the event. The Health Message is a great place to start outreach programs.



H.O.P.E Barber Street Ministry

BY EDEN'S LANDING CHURCH

Last night the H.O.P.E team were back out in Beenleigh MarketPlace cutting hair, giving out cookies and connecting with those who live on the streets, live in their cars and who are struggling to get by.

12 people got their hair cut and left feeling uplifted, encouraged and better about themselves. Thank you to our Head Elder, Jacob, for joining us last night... a secret master of cutting hair!

#barberstreetministry



Sports Chaplaincy Conference

BY PASTOR RAY MOAGA



Recently, I attended the NRL Well-being Conference over the last two days. I have the blessing of serving as Chaplain for the NRL with the New Zealand Warriors. It was a great experience learning from top researchers, practitioners in mental health, well-being, education pathways and chaplaincy within Australia. There were many chaplains represented from Sports Chaplaincy Australia, including the Sports Chaplaincy Australia CEO, NRL Maori Pasific Islander (MPI) well-being officers, chaplains and administrators, and heads of well-being in AFL, Cricket Australia and Rugby Union.

At The Kitchen Table with Leah Jones

Author of plant-based cookbook, *No, We Don't Only Eat Carrots*, Leah Jones shares her journey and how we can all be a little bit more healthier.



Q: Tell me, how did this journey come about?

A: My story begins about 10 years ago with a thoughtful friend of ours, Ken. He eagerly shared an amazing book with us: Jane A. Plant's 'Your Life In Your Hands', a powerful and inspiring testimony about a woman's victory over breast cancer. By eliminating dairy (even the hidden dairy ingredients in things like potato chips and wine), Jane overcame her cancer and this news turned our world upside down.

The months that followed led me to read two other life-changing health books: Dr T. Colin Campbell's 'The China Study' and Dr Joel Fuhrman's 'Eat To Live'. Motivated by Campbell's extensive research and studies, and the shocking health statistics and motivating recovery stories cited by Fuhrman, my husband Ben and I committed ourselves to eating a meat and dairy-free diet. Later we committed to a 100% plant-based diet (pure vegetarian) and we are still following it today. We gain encouragement to maintain our healthy lifestyle from reading the Bible and books by author Ellen White and remain informed and motivated by Dr Michael Greger's up-to-date health videos at: www.nutritionfacts.org

Initially, the hardest struggle for us to overcome was the lack of tasty, satisfying plant-based meals. This was especially the case at restaurants, which tended to interpret 'plant-based' as code for 'a tasteless bowl of over-priced lettuce'. To make matters worse, we were invited to a friend's place one night and he jokingly commented, "I don't really know what to feed you. We have carrots!"

This ultimately led me over the past few years to compile my favourite recipes—a hearty collection of delicious, flavoursome plant-based meals.

Q: What are some of the responses to your cookbook and YouTube channel?

A: The responses to my cookbook have been overwhelmingly positive. Many people have commented on how delicious the meals are and how they can't wait until the next cookbook! There have been grateful comments from people who have had health issues and are grateful for easy-to-follow recipes that don't taste like cardboard. Likewise, with my Not Only Carrots cooking show on YouTube, the comments have been equally as enthusiastic:

“The best vegan ice cream I’ve ever had!”

“I’m so glad I’ve found your channel!”

“An eye opener this has been. . . .

Thank you :)”

“This recipe is FANTASTIC!

You make it look easy!”

“Just so gorgeous. . . . You’re cheering me up & making my evening entertaining.”

**“Tried this out and it tasted amazing!
Thanks for the recipe :)”**

. . . and many, many more!

Q: What advice would you share with someone who is wanting to explore a plant-based diet for the first time?

A: The three tips I would share are:

1. Remember there is no award for being the veggiest vegetarian. Do your best, don't beat yourself up if you slip up (We all have!) and remember you don't have to live up to someone else's expectations of what a vegetarian should eat. For e.g. I eat a 100% plant-based diet (mostly whole foods), avoiding tea, coffee, alcohol and cocoa, but we still eat honey. Most vegetarians I know don't eat the way we do, but I give them the leeway to make their own decisions and hope that they will do the same with me.
2. Be willing to try new things. There are lots of flavours you may never have tasted before switching to a plant-based diet, so make the most of the change and give some new foods a go.
3. Try to incorporate as many plant-based whole foods into your diet as possible. You'll be increasing your fibre intake, which in turn 'fills you up' faster and then leaves you satisfied for longer. You'll be less likely to overeat and may well see improvements in your skin, bowel

motions (Gross, I know, but it's the reality!) and even a drop in your weight.

Q: Where can people find *No, We Don't Only Eat Carrots!* and your YouTube channel?

A: People can find my cookbook on my website: www.notonlycarrots.com The ebook is an instant download (\$15). The physical copy is also available from your local Adventist Book Centre (\$35 + postage). My YouTube channel videos are all on the website and you can find me on YouTube here: www.youtube.com/notonlycarrots Be sure to leave a comment for me! I'd love to hear from you.



Children's

Corner



Even though we have seen so much flooding, and it is very sad, God promises that he will never send another flood to cover the earth. Every time you see a rainbow in the sky, this is the sign of His promise. "I have set my rainbow in the clouds, and it will be the sign" **Genesis 9.13.**

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Split Pea and Potato Curry

BY *NO, WE DON'T ONLY EAT CARROTS!* AUTHOR, LEAH JONES



Makes 6 serves

Preparation: 15 mins

Cooking: 1 hr 15 mins

(less if using pre-cooked split peas)

2134 kilojoules (510 calories)

per serve

Ingredients:

- 1 cup dried split peas
- 1L water (1 3/4 pints)
- 2 large onions, diced
- 2 teaspoons minced garlic (3 cloves, peeled)
- 2 teaspoons minced ginger (2cm (4/5") fresh ginger, peeled)
- 1 tablespoon water
- 2 tomatoes, diced
- 2 teaspoons cumin
- 2 teaspoons turmeric
- 1 tin coconut cream (400g) (14 oz)
- 1 x 300g packet of veggie sausages (Vegie Delights brand), in 1cm slices (1/2") (10½ oz)
- 4 medium washed potatoes, diced in large chunks
- 1/2 cup frozen peas
- 1 ½ teaspoons salt

Conventional

1. Bring the split peas and water to the boil in a medium saucepan. Reduce the heat to low and simmer for 30 minutes. Add extra water as needed. Scrape off and discard the foam. Test a split pea and if it's still a little hard, cook for a further 5 minutes.
2. In a large saucepan, cook the onion, garlic and ginger with a little water over a high heat, until the onion is clear.
3. Add the cumin and turmeric and stir together until you can smell the spices strongly. Reduce the heat slightly and add the coconut cream. Stir until the colour is even throughout.
4. Add the remaining ingredients and once bubbling, reduce heat to low. Simmer partially uncovered for 45 minutes. Stir every few minutes otherwise the coconut cream may burn. Once ready, the potato will be soft.
5. Serve.

*Shared with permission from *No, We Don't Only Eat Carrots! Plant-based Food for Humans*.

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