

The Bribie Islander

ISSUE 113 - MAY 2020

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St Michaels Sunflowers

MOTHERS DAY IDEAS

ANZAC DAY PHOTOS

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Dear Readers,

Firstly, I would like to say thankyou to everyone who sent through their Anzac Day photo's they took for Light Up The Dawn. I wish I could have printed them all. I found this Anzac Day, even though different to how we normally spend it due to the virus, even more poignant than usual and it hit home for my family, just how lucky we are that we have the life we have now. Especially the words, "For your tomorrow we gave our today" What true hero's, such selflessness is completely beyond words. I cannot express how thankful I am to them enough. Speaking of being thankful, Mother's Day is upon us. I was an incredibly lucky child, I had beautiful parents who always put the health, wellbeing and needs of us children ahead of their own. My mother, Jeannette Wilson is in my opinion



one of a kind. This woman can do anything she sets her mind too. There was never a task put before her that she couldn't do. She worked hard in the home and the workforce and gave 100% to everything she did. My children have the best Nandy they could possibly ask for; this woman has the strength and determination like no other. As I am sure each and everyone of us think of their mother as the superhero of our childhood. Even though due to restrictions, I cannot be with her this Mother's Day, I want her to know how incredibly special she is and how well she is loved. Happy Mother's Day Mum, I love you.

Happy Mother's Day to all you beautiful mums out there, I hope you get spoiled rotten with love and kindness, you are doing a wonderful job!!!

So, until next edition, Take Care, Stay Safe,

Cherrie



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BRIBIE ISLAND

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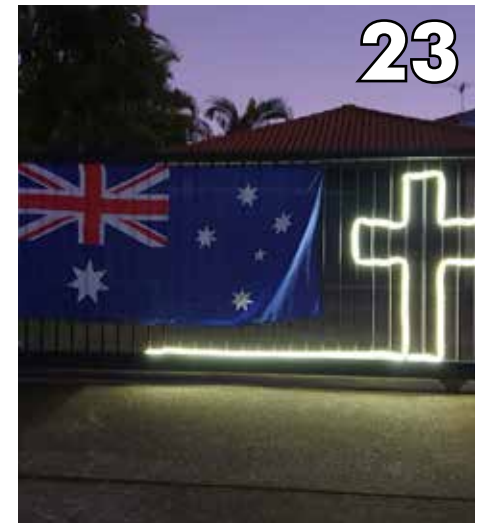
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St MICHAELS Sunflowers



MOTHERS DAY IDEAS...



ANZAC DAY PHOTOS

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THE STORIES AMONGST US



By Charmian Campbell

LONDONER & SELF CONFESSED AVIATION GUY FINDS BRIBIE.

Alan Whitten proudly confesses, "I am an aviation guy. I have worked in aviation for 50 years. Lived it all my life." Accepted into the British Royal Airforce as an apprentice aircraft

technician, it suited his passion for travel and aviation. After 13 years in Royal Air Force, Alan studied for his civil aviation license giving him the opportunity to work on civilian aircraft leading to 13 years on helicopters in the oil & gas industry as an aircraft maintenance engineer, more recently 20 years with an aircraft engine manufacturer. "I have always been fascinated with vertical flight. The first squadron I went on after my apprenticeship was on

the Harrier Jump jets." Alan said. Helicopters is what Alan spent the majority of his career doing. Taking him to many countries including Germany where he was able to satisfy his travel desires and discover Europe during that time. He spent some time based in Aberdeen, Scotland and working on offshore rigs. Once employed in the civilian side he did 2 years in Norway, 2 years in Vietnam, and 2 years in China where he met his wife Wendi. In the late 90's Alan and his wife moved to Australia, living in Sydney. Then early 2000's he was given the opportunity to move to Singapore because of

his experience with oil & gas as a Company rep in China, South Korea, Taiwan and Hong Kong over a period of 5 years. "We lived in Macau, then moved to Kuala Lumpur Malaysia, where I covered the rest of South East Asia" he added. Unbeknown to Alan, their next destination where they lived for 6 years was Vancouver Canada, he became faced with a personal challenge when diagnosed with colon cancer. "I was fortunate. With surgery and major plumbing, fixed it just in time". This changed his whole outlook on life. And his priorities. Why settle here in Australia after all the

other countries that you have experienced? - I asked Alan. Well his grandparents were ten-pound Poms. Yet his mother and his siblings never came to live in Australia. Doing his own thing, he had many visits to Australia over the years saying "it was everything and more that I wanted. It was the best thing that I have done, coupled with meeting my wife, because she keeps my feet on the ground." In his own words "he has been very fortunate and it's all about choices" When asked who is the most interesting person or people you have had the opportunity to meet? Alan answered "Sir Jackie Stewart (British Formula One racing driver) I have



driven with him. And yes, back to my school days, Sir Douglas Bader, he was the legless fighter pilot from the battle of Britain. He was one of my childhood hero's" His most interesting adventure or activity? "I did search and rescue as crew for 2 years. That I will never forget. You realise how silly people can be when it's all about adventure. No one is bullet proof." Today Alan lives on Bribie Island with his wife Wendi and teenage son Lars. "My wife saw a Pacific Harbour ad on tv 3 years ago and we found it ticked every box. So now we are here and love it!"



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HEALTH, WELLBEING AND COMMUNITY

the traditional Rotary Clubs loose member or do not gain members due to lack of time to serve in the traditional way, From the very beginning of Rotary, Rotarians were concerned with promoting high ethical standards in their professional lives as the founder Paul Harris quoted. One of the world's most widely printed and quoted statements of ethics is the 4 Way test created in 1932 by Rotarian Herbert J Taylor and accepted by Rotary in 1934 the 4 Way Test has been translated into more than a Hundred Languages and published in thousands of ways. Rotary clubs continue to evolve to meet the changing needs of their communities and local professionals. Some new and existing clubs are adopting an innovative passport club model to offer their members more flexibility.

WHAT IS A PASSPORT CLUB?

A passport club is a Rotary club that gives its members a more flexible club experience by:

- Encouraging its members to visit other clubs and participate in their club activities regularly
- Relaxing the attendance policy
- Offering a variety of meeting formats New and existing clubs can decide to implement the passport club model. The clubs may adopt all the options listed above or choose just the ones that work for them. A club's name does not need to include the descriptor "passport club," but the club's bylaws do need to be updated accordingly. Because they are Rotary clubs, passport clubs have a club president, board, and committees. The president-elect and other incoming officers attend training seminars like President Elect Training (PET) and the District Training assembly. And members are encouraged to attend district and international events and to get involved in ways that are meaningful to them.

WHAT ARE THE BENEFITS OF A PASSPORT CLUB?

The benefits of a passport club include: • Flexibility — Having different options for getting

involved accommodates members' busy schedules, allowing them more choices for fitting Rotary into their lives.

• Engaging meetings

Meetings can focus on service and socializing rather than speakers and meals. By visiting other clubs' meetings, members can learn what other clubs are doing and bring new ideas to their club. • **Broad appeal** A passport club often appeals to people who would not join a more traditional club and helps keep people who might otherwise leave in Rotary.

• More connections

Members quickly build relationships across the district and beyond.

• Stronger service projects

I joined the Passport Club d9560 there are Passport groups on the Gold Coast and now the Sunshine Coast. We as Rotarians Service above Self. William (Bill) Peacock OAM Rotarian. World's Greatest Meal End Polio Now.

Rotary d9560 Passport.

HEEL PAIN CAN REALLY AFFECT OUR QUALITY OF LIFE.

Do you have difficulty walking, getting out of bed with sore heels, trouble walking with painful arches or even Achilles pain? These issues can stop us doing what we love. The good news is that these chronic problems can be treated effectively through Extracorporeal Shock Wave Therapy (Shockwave) at your local Back In Motion practice at Bribie Island. Used successfully for more than 20 years, Shockwave Therapy uses acoustic sound waves delivered through a handheld device to stimulate tissue that is not healing properly. Research has shown Shockwave to provide immediate pain relief and jump-start the body's natural healing response. It is non-invasive

and an increasingly popular alternative to steroid injections and may help prevent some surgeries. Back In Motion, Bribie Island director Gavin Corica says he has been using this technology for the past 9 years and seen great clinical results using the therapy. "Conditions

tennis or golfer's elbow plus several other tendon pathologies," Mr Corica says. Research has shown that Shockwave Therapy boosts collagen production, and blood vessel proliferation, reduce inflammation and stimulate stem cells! Back In Motion practices use the



such as Plantar fasciitis and Achilles tendonitis respond very well to the therapy, but we also regularly treat other conditions, such as calcific tendinitis of the shoulder, tendinopathies/bursitis of the hip, jumper's knee, frozen shoulder,

world-class handheld Swiss Dolorclast device, which has a very strong representation (75 per cent) in high quality international clinical studies. "Using Shockwave Therapy with our clients has confirmed what more than two decades of research has

already discovered — pain relief occurs almost immediately (with most conditions), inflammation is reduced, and the body's natural healing process is kick-started," Mr Corica says. "The research and our own experience in practice give us gave us extra confidence in the results we can provide." Back In Motion physios will perform a thorough FREE INITIAL ASSESSMENT and will discuss with you the course of treatment. "We're here to understand what you would like to physically achieve, and we can help you get there," Mr Corica says. "If Shockwave could be of benefit to you, we'll recommend it. At Back In Motion, together we aim to help you achieve optimal health, your way". For a free initial assessment, bookings and details, phone Back In Motion Bribie Island on 3408 6608 or visit backinmotion.com.au/bribie-island

TAX TIPS JOB KEEPER PAYMENTS



There are a few steps in the process of claiming Jobkeeper payments. Employers, if your turnover has decreased by 30% or more (from one year ago to now or from last month to his month or from last quarter to this quarter) please contact us so we can enrol you, record your turnover drop and nominate your eligible

employees. There are things you have to do and payments you have to make, and, as not everyone is eligible, please act now.

It is important to claim everything you can, but to work out what you are entitled to can be tricky. There are several incentives for small businesses.

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* Am J Sports Med 2007; 35:972
* Int J Surg 2015; 24:113-222
^ Int J Surgery 2015; 24:207-9

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Food, Wine & Island Times



PROJECT ST. MICHAEL'S COLLEGE SUNFLOWERS

Sunflowers are both beautiful and inspirational.

It is thought that sunflowers face towards the sun to get their

energy. But did you also know that on cloudy days, sunflowers are said to turn to each other to share their energy?

Sunflowers not only represent sunshine and happiness; they are also known to help each other below the surface. The roots of a sunflower are aware of each other and have been shown to work together!

We can learn a lot from sunflowers!

As a gesture to every family who are part of the St. Michael's College

Community, staff planted and delivered a potted sunflower to each family home with a honk and a wave from a familiar face to remind our community

that we too can 'turn to each other' during these unusual times.



Pictured are our Pastoral Care Team, Susan Chalmers and Jaime Allom, and St. Michael's College Principal, Chris Allom.



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WHY NOT SPOIL MUM FOR MOTHERS DAY with a beautiful Pork Belly with Apples and Pears



INGREDIENTS

- 2kg boneless pork belly, skin on
- ½ tsp each coriander and fennel seeds, crushed
- 2 Granny Smith apples, halved lengthways
- 2 firm pears, halved lengthways
- 4 red Eschalots, halved lengthways
- 1 tbsp. sunflower oil
- 1¼ cups (310ml) chicken stock
- Micro coriander to serve (optional)

CORIANDER AND FENNEL MARINADE

- 1 tbsp. each coriander and fennel seeds
- 2 garlic cloves, chopped
- 1 tbsp. sunflower oil

• Using a sharp knife, score the pork belly skin at 1cm intervals without cutting into the meat. Fill the base of a frypan with 1cm water and place over high heat. Bring to the boil and dip pork skin-side down into the water for a few seconds to open incisions. Pat dry with paper towel will play after the ad

• For the coriander and fennel marinade, heat a frypan over high heat and toast seeds for 1-2 minutes until fragrant. Using a mortar and pestle, grind seeds, garlic and oil to a coarse paste. Rub into pork flesh, then place pork skin-side up on a baking tray. Chill, uncovered, overnight.

• Remove pork from fridge to come to room temperature. Preheat oven to 220°C and grease a large roasting pan. Place pork skin-side up in pan. Combine coriander and fennel seeds and 2 tsp salt flakes in a bowl, then rub into pork skin.

• Place apple, pear, Eschalots and oil in a bowl and toss to combine. Arrange around pork and roast for 40 minutes or until skin starts to bubble and crisp.

• Remove pork from oven and transfer cooked fruit mixture to a bowl. Set aside. Reduce oven to 160°C, add stock and roast pork for another 45 minutes or until meat is cooked through and crackling is crisp and golden. Return fruit mixture to pan for the final 5 minutes of cooking time to heat through. Rest the pork, loosely covered with foil, for 15 minutes.

• Slice pork and place on a platter with fruit mixture. Drizzle with cooking juices and scatter with micro coriander to serve.

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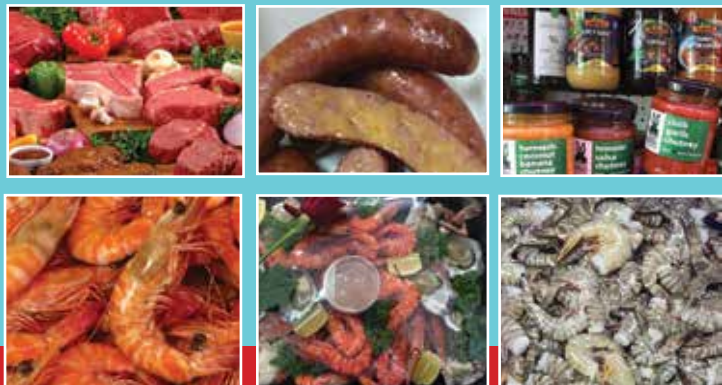
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ARRIVAL adventures in wonderland

PART THREE By: Elaine Lutton

I know I said that I would cut this story into two, but like the Magic Pudding, it's a case of cut and come again, and here you are with Part 3.

On leaving Jane and Michael, it was time to return to Temple Meads. Michael drove me as far as Salisbury and I continued to Bristol by train. Harriet was waiting for me at the station and looked a little worried. She said that she had received a phone call from Susan who had asked me to ring back.

When I did so, she said that due to the corona-virus, everything in Paris had shut down and all the art galleries, museums, cafes and restaurants were closed and that, furthermore, if we did get to France, we might not be able to return to the U.K.

This gave me food for thought as, although I tend to think of myself as being invincible, my cousin

Jill has a daughter with a compromised immunity and after a long journey up North to Hull, I might be carrying all sorts of bugs with me. We discussed this on the telephone and very regretfully decided to cancel our meeting this time around and keep in touch by phone and email. It was the same with Susan. Very disappointing!

Still, I cannot stay miserable for long, and I did have Harriet and Vittorio to myself for a little while. Here are just a few of my Bristol highlights:

I soon discovered that my Sketchers that I am so fond of, were not coping with the English rain and so I decided to buy some more serviceable footwear. I looked in the window of the first shop I came to and saw a pair of beautiful but ludicrously expensive winter walking shoes. The only way I could justify this hideously extravagant purchase was by

considering the following:

- 1) I lusted after them.
- 2) My feet were getting wet.
- 3) My present age and a normal life-span.
- 4) I would only need to wear them for two or three months a year back in Queensland.
- 5) Considering points 3 and 4, they were an economical buy as I would never need to purchase another pair of winter shoes in my life.



My Blue Suede Shoes

6) I lusted after them.

And no, I am not going to tell you how much they cost, but they do provide total comfort!

Another advantage with staying with Harriet and Vittorio is that you get pasta every lunchtime with a variety of sauces. Dessert is cheese and fresh fruit. In the evening, another cooked meal is provided; chicken, pork, lamb, seafood with salad

or vegetables. In case you think that Harriet is a slave to her husband, he too, is a very handy chef. One evening he cooked a luscious oxtail casserole and Harriet and I managed to persuade him to accompany this with mashed potatoes instead of the polenta that he had in mind.

Furthermore, we always had a visitor in the early evening looking for her supper which Vittorio had previously prepared. This was for our bi-lingual fox who was so tame that Vittorio could hand feed her whilst speaking Italian to his friend. She understood every word he said.

After supper, Harriet would prepare coffee and bring out the chocolates and the three of us would chat about our day and share lots of laughs. When Vittorio had gone upstairs to watch sport, Harriet and I would turn over to the B.B.C. to listen to the

latest dire news. After that Harriet and I would settle down to binge on the D.V.D. of Bleak House.

As you can see, I was getting thoroughly spoiled



but all good things must come to an end and I was getting increasingly worried that if I stayed in the UK until the end of

April when I was due to return to Australia, flights might have ceased, and I would be staying with my good friends for the duration and just maybe

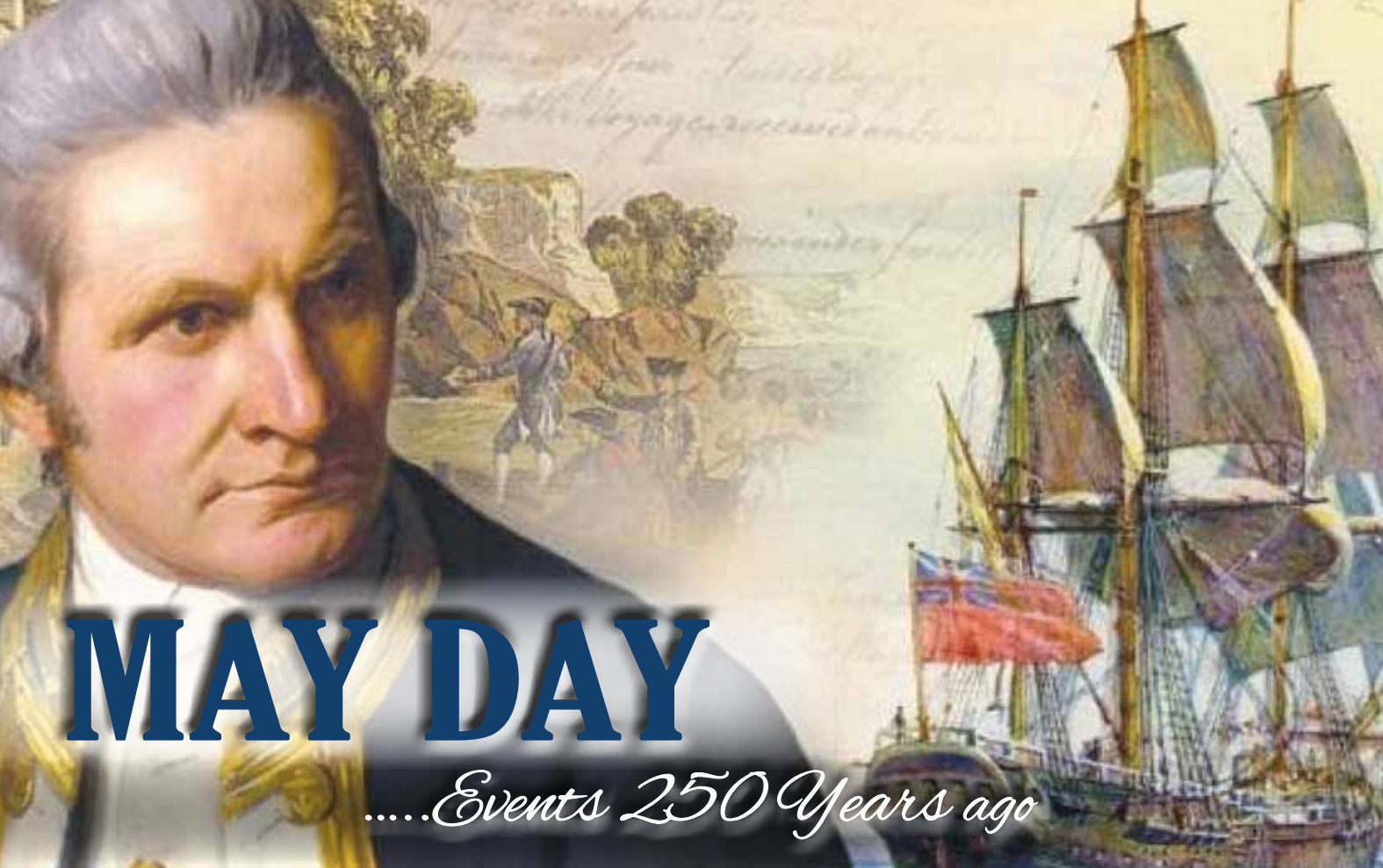
outstaying my welcome. My son, who works in the airline industry, was also urging me to come home as he thought many International flights would

be cancelled.

By staying up until 11:00 pm and phoning my Travel Agent on Bribie, then explaining my situation, my new e-ticket arrived the next morning. Many thanks, Josselyn.

My flight left Heathrow at 9:00 am, so that meant we had to be at the airport at 6:00 am. Harriet and Vittorio insisted on driving me to Heathrow so we were up at 4 am, packed and ready to leave. They accompanied me to Departures and after I had checked in my baggage, Harriet gave me the biggest hug! No Social Distancing between us then.

When the plane took off, I did allow myself to get misty-eyed for ten minutes or so, but more I felt would have been self-indulgent. Although not accomplishing everything I had hoped to achieve, I had enjoyed a marvellous, if somewhat shortened, holiday.



By Barry Clark
Bribie Island Historical Society

If you are reading this close to May 17, it is a significant date for this part of Australia. It was on that day 250 years ago, in 1770 that James Cook was the first European to sight the *Glasshouses* and name some coastal features.

Thinking up names for all places he charted each day was quite a challenge. In the three days it took to sail along this part of the coast, Cook named *Cape Byron, Mount Warning, Point Danger, Morton Bay, Cape Morton, the Glasshouses* and *Double Island Point*. Each name tells a story itself, and some record the difficulties and navigational challenges faced by Cook and his crew each day of his eleven years of global exploration. He was a couple of kilometres off the coast, observing with his telescope, and did not actually see the

large Moreton Bay we know today, and certainly did not see the low-lying Bribie Island.

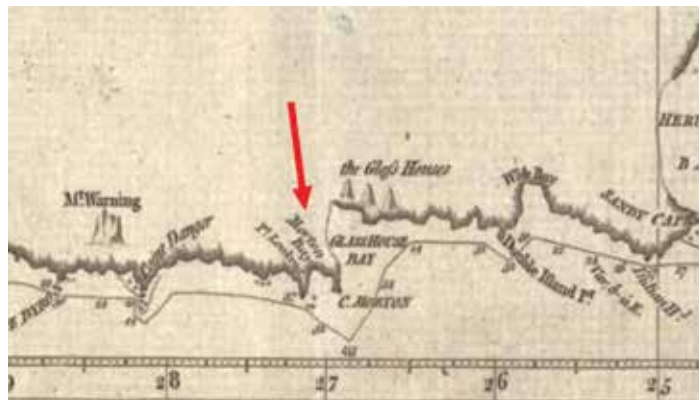
He named it **MORTON** Bay after Lord Morton, President of the Royal Society, Patron of Science, and major sponsor of his expedition. The letter **E** appeared in the name *Moreton* some years later, when an error was made drawing up Cooks final charts. The mistake stuck, and it has been Moreton with an **E** ever since.

COOKS DISCOVERY VOYAGE

James Cook and his scientific team, led by Joseph Banks, left England on the *Endeavour* in August 1769 to observe the

Transit of Venus on the remote island of Tahiti. After doing that he opened his secret orders and circumnavigated and mapped New Zealand, before sailing south West in the hope of finding a Great South Land.

He saw Point Hicks, on 20 April 1770, and made first landfall at *Botany Bay* on 29th April. Sailing north, he charted the coast before the *Endeavour* ran aground on the Barrier Reef. near todays Cooktown on 11 June. After amazing seamanship, repairs and navigation he eventually rounded Cape York, before claiming he whole east coast for the King on Possession Island on 22 August 1770.



What amazing leadership adventure and escape that was. History would be very different had they not been able to repair the ship, navigate through the reef, and sail back home.

MAY DAY?

I titled this article "*May Day*" to write about some important dates in the month of May.

Most readers will be familiar with the term "*MayDay*" being the international emergency call, generally used by ships and aircraft in distress. It has a very interesting origin.

Suggestion of an international distress call was made in 1923, and became official in 1948. Before any radio voice communication, ships sent only Morse code or visual signals. It was the idea of Fred Mockford, a senior radio officer at Croyden Airport in London, who came up with the idea of the "*Mayday*" call, because it sounded like the French word "*M'aider*" which means *help me*.

How much the world of communication has changed?

James Cook had been sailing for almost two years when he struck the Barrier reef. Nobody could possibly help him in



that part of the world, even on another ship a message home with any chance or response would be many months. We tend to forget what amazing adventurers these explorers were.

17th MAY 1770

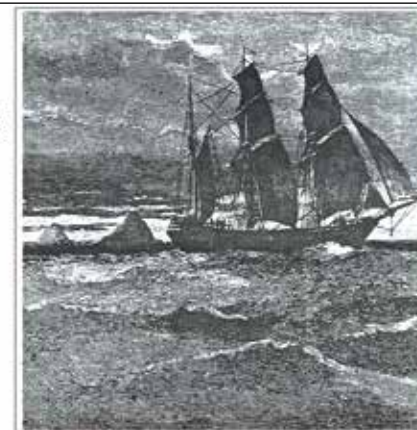
It was on 17th May 1770 that Cook recorded these words in his journal. These words written 250 years ago, were justified with the discovery of a much larger Moreton Bay, and the Brisbane River, 30 years later.

criticised by indigenous groups for celebrating the dispossession of their land, and by academics for being historically inaccurate.

The remarkable navigator, and later Captain, James Cook did not circumnavigate Australia, did not know it was a one large continent, and still believed there was yet another *Great South Land* still to be discovered.

May 17 1770

"The shore forms a wide open Bay which I have named MORTON BAYsome on board was of the opinion that there is a River there because the sea looks paler than usual. ..."



250 YEAR ANNIVERSARY

A multimillion-dollar project for a replica of the *Endeavour* to circumnavigate Australia this year to mark the 250th anniversary has been suspended due to the Covid-19 pandemic. It was due to be launched in *Botany Bay* in April and visit 39 locations around the coast, with appropriate celebrations. It has been

It was 29 years later in 1802 that *Matthew Flinders* first circumnavigated Australia, together with his aboriginal companion *Bongaree*. They first set foot on Bribie Island 3 years earlier in July 1799 and explored Moreton Bay, but failed to find the Brisbane River. That happened 24 years later with John Oxley and 3 Sydney convicts who were castaways on Bribie Island for many months.

HISTORY

Historian Stan Tutt expressed a view that

"It might not be too much to claim Pumicestone Passage and Bribie Island contain more History, written and unwritten, than any other place in Queensland"

For us on Bribie Island the date of 17th May should be regarded as an important anniversary in our rich history.



OTHER EVENTS IN MAY

In 250 years since Cooks first voyage, many events on Bribie Island have been significant markers of progress. Here are just a few different things that have taken place in the month of May over the years.

transport service.

1949 OCEAN BEACH GUEST HOUSE destroyed by Fire.

1952 FIRST PUBLIC BUS service from Bribie to Brisbane started by Thornley.

1953 STEAMSHIP KOOPA makes last run to Bribie Island.

1961 PUBLIC PHONE BOX first installed at Sylvan Beach.

1962 SEAWATER AQUARIUM opened to public at Red Beach.

1965 CORMORANT HULK

scuttled on South Esplanade to prevent further erosion.

1966 BRIBIE GARDENS CANAL ESTATE construction commenced.



Cormorant Hulk

1924 HEINRICH BESTMANN, pioneer settler at Godwin Beach, died at his "Best Park" property. His wife Caroline died three days later.

1937 BRIBIE AMBULANCE HUT opened in Queen St. Bongaree

1942 OCEAN BEACH GUEST HOUSE requisitioned by Army, and civilians evacuated.

1943 HOSPITAL SHIP CENTAUR sunk by Japanese submarine off Cape Moreton.

1945 BRENNAN STORE opened by Sally & Bernie Brennan on Toorbul Street, opposite Brennan Park later named to honour them.

1948 FIRST AMBULANCE transported to Bribie Island by Tesch new private vehicle barge

1967 IONOSPHERIC RESEARCH CENTRE established on Bribie by Queensland University

MORE BRIBIE HISTORY

Our monthly meetings are cancelled for the time being, but if you have questions, or information to share, please contact us.

You can see many more photos and articles on our Blog Site at <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

PACIFIC GOLDEN PLOVERS

At the end of January, I discovered and photographed a small congregation of about eight Pacific Golden Plovers roosting on the banks of a canal at Banksia Beach. Each week for about 11 weeks during my bike-riding exercise period, I returned and photographed the birds as some of them were slowly changing from a tawny colour to their lovely breeding plumage. When leaving our shores many of them have almost reached their full breeding colours. By the second week in April, they had left the site embarking on their long journey back to their breeding grounds in the northern hemisphere.

Pacific Golden Plovers are one of 34 species of waders (also called shorebirds), that visit our shores. They are reasonably common on Bribie Island during our summer months when they arrive in August and September after breeding to spend time in a warmer climate. Sometimes a few remain behind for our winter.

They are medium-sized, slender plovers 23-26cm long and weighing 130-190g. Legs are long, bills are short and black and in nonbreeding plumage, they are tawny brown above and an off white below. They have large black eyes with a white eyebrow. Being timid birds, they are easily disturbed from their resting places. This is not good for their wellbeing and their goal to gain weight and strength before their long trek back to the Tundra. When

roosting on the ground they are usually silent but become vocal when taking off, in-flight and on landing. Their possible lifespan is 15 years. After breeding in the northern hemisphere Pacific Golden Plovers disperse and spread out over a large area of the globe flying mostly in V formation and generally non-stop to Australia, New Zealand, Pacific Islands including Hawaii, South America, Indonesia and India.

Images show the gradual plumage change and weight gain over a period of about 11 weeks.



Usually, they are found near the coast in small groups or flocks but have been observed on inland waterways. Often when with large groups of roosting waders Golden Plovers stand a little away from the other species which makes them easy to spot. Tagged birds have been known to make non-stop the 4800 km journey from their breeding grounds to Hawaii in 3-4 days. The annual migration "round trip" for Pacific Golden Plovers in Australia and New Zealand is 25,000 to 27,000 km.

Food is made up of molluscs,

crustaceans, worms, insects, insect larvae, small reptiles, birds' eggs, fish and supplemented with berries during the breeding season in the Arctic Tundra. They feed on the ground and forage in the typical plover stop-start fashion.

Pacific Golden Plovers form monogamous pairs and breed in Western Alaska and Siberia north of 60 degrees north line. In breeding plumage, they are attractive

and feed themselves almost immediately. Young birds begin flying at 26-28 days and begin readying themselves for the long flight ahead. Parents usually return to the same site every year and have time for just the one brood during the short northern summer. If threatened, parents pretend to have broken wings and lead the perpetrators away from their nests. Their main threats while nesting is Arctic Foxes.

The scientific name *Pluvialis fulva* is from the Latin. *Pluvia* means rain and *fulva* a tawny colour. It was once believed that when Golden Plovers flocked there was rain on the way.

Their most common collective noun seems to be "congregation". Others include brace, deceit, ponderance and wing of plovers.

Threats to Golden Plovers in their non-breeding habitats are loss of habitat and climate change on some of the Pacific Islands. Too many disturbances from

humans, dogs and raptors will not allow them to gain the weight and strength needed to make the flight to their far away breeding grounds. Up until 1941 they were hunted for food in Hawaii but are now protected. In some Asian countries, they are still killed and eaten. Even though their population seems to be decreasing they have not reached the vulnerable stage and remain with a favourable conservation status. The global population is estimated to be between 190 000 and 250 000.

shorebirds with black faces, necks and underparts with backs a patchwork of black and gold and a white strip in between. These colours blend in very well with the vegetation in their nesting areas. Nests are a scrape on the ground lined with lichen and normally 4 eggs are laid. Eggs and nests are well camouflaged from predators. Both parents incubate the eggs for about 25 days with the male on duty during the day and the female at night. When first born the chicks are covered with yellow and black down and can walk

Bribie Island Photography Club

This month we were able to hold our committee meeting on Zoom using our computers. Our normal monthly meeting was a practice session using Zoom and involving all our members. Until further notice our meetings will be conducted from our homes using Zoom. Competition photos were judged remotely by Ralph Brown and results and critiques emailed to the club.

PHOTO OF THE MONTH

and winner of the Open Colour was John Cupper with his brilliant photo of a Rainbow Bee-eater stretching its wings titled "A Quick Stretch before Lunch". The theme was "Scapes" and was won by Kevin Murphy with a lovely shot titled "Cape Bedford".

Glenda Mathers was the winner of the Mono section with an engaging image "Taking a Break". An activity for the month was a "Hunt and Shoot" conducted over a whole weekend in our homes. We were given 6 topics which were photographed in order over 2 days.

THE TOPICS WERE:

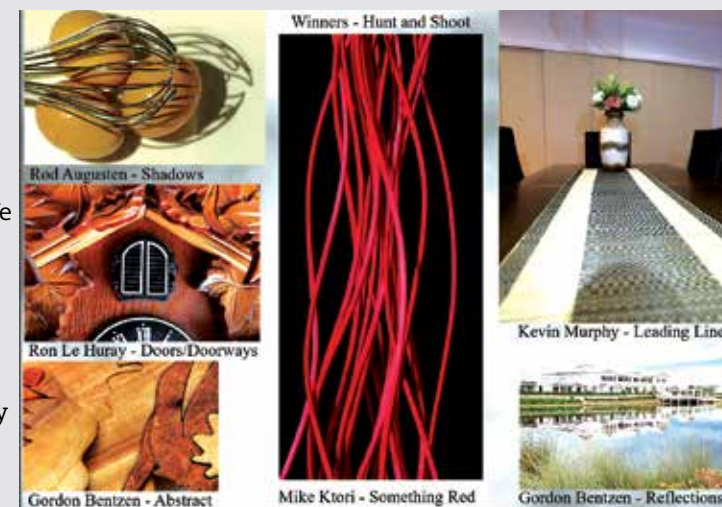
1. Something Red – won by Mike Ktori
2. Reflections – won by Gordon Bentzen

3. Doors/Doorways – won by Ron le Huray
4. Shadows – won by Rod Augusten
5. Abstract – won by Gordon Bentzen
6. Leading Lines – won by Kevin Murphy

This was quite a challenge particularly for "Reflections" and "Shadows" as almost all of the weekend was cloudy which caused some difficulty in these areas.

Our next event is "Macro with a Twist" on May 10th which will be carried out at our homes. In place of our location shoots each month we will be offering members an online challenge with different subjects and topics which can be done at home.

For inquiries please ring Gordon at 3408 2649 or Gail at 0419 638 865.



A SNAPSHOT OF SARAH...

by Cherrie Wilson

Here at the Bribie Islander, we love to see new talent pop up and will showcase it whenever we can. Sarah is one of those talents. Sarah Hewitt, her husband and 1yr old daughter, who they obviously adore, moved to this beautiful island 2 years ago. They have taken on the task to renovate Sarah's parents' house (while living in it) in preparation for their retirement. No easy thing to do with a young one around your feet!

To keep her mental health and wellbeing on track, Sarah has turned to her love of photography and nature, combining them to create some wonderful images.

Photography has been Sarah's hobby over the past few years. It was always been an interest she has shared and enjoyed with her best friend who currently lives in Canada. Sarah said her best friend was the one to inspire her to become better and practice her skills in photography. Sarah says "while I'm certainly no pro, I enjoy my hobby and occasionally I get a few spectacular images".

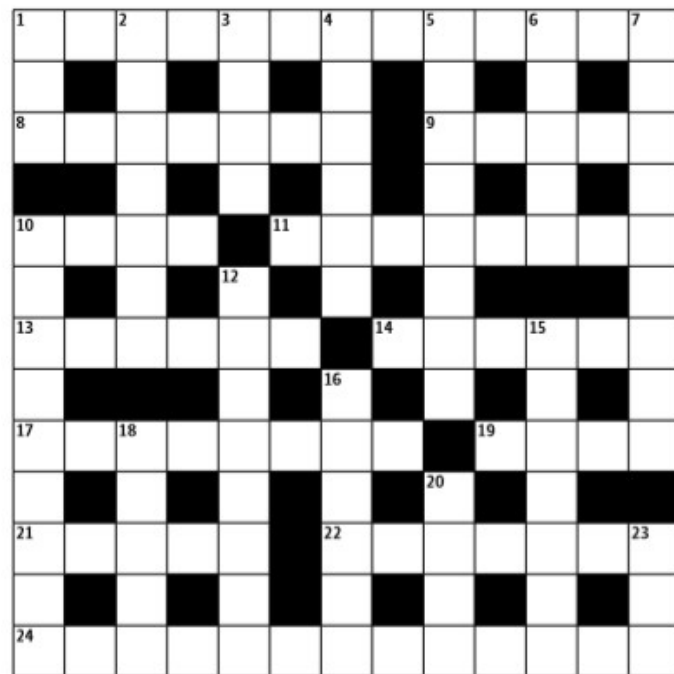
Sarah loves nature and especially in these times appreciate nature in all its glorious beauty. Sarah believes it is important for mental health and wellbeing to get out and be in nature and, if she can hone her skills at the same time, it's the best of both



worlds in her opinion. Sarah hopes to look at starting her own little photography business in the future. We believe she has a talent and wish her every success in the future.



EASY CROSSWORD



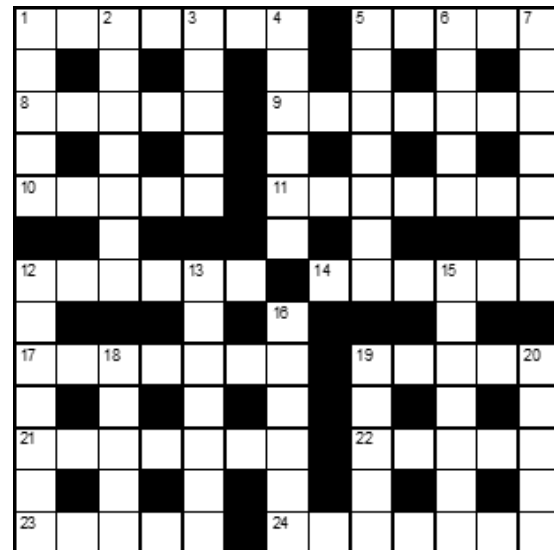
Across

- 1 Scenic eco-trek (anag) — complex subject for boffins? (6,7)
 8 Strapless top (7)
 9 Kind of yellow primrose (5)
 10 Passion (4)
 11 Serial arrangement (8)
 13 Portugal and Spain (6)
 14 Two-piece swimsuit (6)
 17 Pheasant, say? (4,4)
 19 Surrender (4)
 21 Lazybones (5)
 22 Carrion feeder (7)
 24 Equestrian competition involving several skills (5-3,5)

Down

- 1 Plunder (3)
 2 Torrent (7)
 3 Blockbuster (4)
 4 Water ice (6)
 5 Mohawk or Seneca, for example? (8)
 6 Tights material (5)
 7 Oath (9)
 10 Mood of a particular time (9)
 12 Off the ground (8)
 15 Drink coolant (3,4)
 16 Things of little importance (6)
 18 Back tooth (5)
 20 Aid to detection (4)
 23 Juvenile newt (3)

CRYPTIC CROSSWORD



Across

- 1 Notice log on model vessel (7)
 5 Dice are a good example of copper ballpoint (5)
 8 Blooming supporters (5)
 9 Consistent habit - regimental, maybe (7)
 10 Goes with the flow! (5)
 11 Duck-walk after the first dizzy spell - rubbish! (7)
 12 Stupid bragger loses direction and finds himself on the street (6)
 14 Feed in information needed to determine (6)
 17 Overhaul jeep for the army? (7)
 19 Acknowledge permit and concede (5)
 21 Language that calls for craving without notice (7)
 22 Nerd has the right to be Foreign (5)
 23 Unfortunately, no point in unexpected delays (5)
 24 Prepares Dons outfits (7)

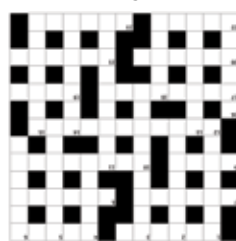
Down

- 1 Blows with courage around the point (5)
 2 Demanding repaired engine done first (7)
 3 A haven for the Bedouin, maybe (5)
 4 Left a dust pan for the mature (6)
 5 Conditions suitable for camel, it turns out (7)
 6 Fairly wide secondary thoroughfare? (5)
 7 Equate, we hear, with the fellow who runs the show (7)
 12mSees bid challenged, anyway (7)
 13 The know-how with talent (7)
 15 Health problem when tranquility has good man disposed (7)
 16 Not dependant on Mum anymore (6)
 18Charged - account in the red (5)
 19 Leaning toward point of view (5)
 20 Comes to a do for those beyond caring (5)

BY CYRUS

SOLUTIONS

EASY



CRYPTIC



Anzac Day on Bribie 2020



LETS SAVE OUR COMMUNITY MAGAZINE



During some intense support for people during the Codvid-19 pandemic as a Disability Advocate and Consultant working with people in Aged Care with Home Care packages and NDIS it has become very evident how difficult isolation has become emotionally causing many mental health issues. Many people across the Disability and Aged Care sectors have several physical and social issues to deal with on a personal level.

The amazing work being done by Attendant Carers, Carers, Domestic Attendant Carers, Service Providers and in particular those very compassionate employees who go beyond the call of duty to provide social and care filling gaps in the lives of so many in need. The need to be "In-touch" with the world is paramount and this is covered by the news and television media as a source of information however everyone spoken to relied heavily on the

local community news as a source of being part of the community. As most clients stated, I get plenty of news that is State and National, but it is the Local Community News that I look forward to for relief without any political bias or agenda. Community news and stories are the way in which we feel connected and have reading to fill in the day's spaces while being part of the community.

neighbourhoods, individual suburbs or small towns, rather than metropolitan, state, national or world news. Community newspapers. It is the reporting of local issues of interest and stories by individual writers living in the community with articles of interest. A good Community newspaper gives the reader the opportunity to select options of reading along side the respected advertisers and Announcement/s by government agencies important to the well being of the community. The integrity and honesty of the Community news is void of political or editorial bias and must reflect the community information. As a small business Community News is in crisis, we as a community must ask our Governments to support the continuation of a vital source of community information.

Bill Peacock OAM Disability Advocate and Consultant



What is Community News? Community newspaper/magazine is locally oriented, professional news coverage that typically focuses on city

BRIBIE ISLAND RSL WOMEN'S AUXILIARY RAFFLE RESULT

- 1st Prize Poppy Painting – Cath McMasters
 2nd Prize \$100 Beauty Pack – Annette Shew
 3rd Prize Electric Blanket – Joan Eastley
 Thank you all for your support.

One happy puppy her family are home

Best Friends

Percy the cat sadly passed away - he was 14 cantankerous and senile but loved the kids who miss him very much. Also thank you to Sandstone point vet they were so kind and made the whole process of saying goodbye much easier RIP Percy we will miss you

PLEASE can we go for a walk?
Please.....YAY

Winter is on its way

With a face like this...

Every girl loves her shower dont they Ollie

Its not easy being green!

SHARE YOUR FUNNY PET PICS WITH THE BRIBIE ISLANDER... SEND TO: thebribieislander@gmail.com

Pet Care

THE POWER OF POSITIVE THOUGHT

There is a strong link between having a positive state of mind and having a healthy body. When people are stressed out or unhappy their Cortisol levels are chronically high. Cortisol's are very immune suppressive and also reduce your muscle mass. Low level Cortisol's are essential for good health but must be kept low; it should be a short-term fix used by your body and not a long term one. When you are completely happy and relaxed, your cortisol levels are low. However, as you become exposed to stressors, or develop a negative state of mind, your cortisol levels begin to increase. This increases the feelings of stress and anxiety and has a direct negative impact on your body's ability to operate at an optimal level, including keeping your immune system at its best. This means that your body is more vulnerable to infection by disease and illness. So now more than ever, try your best to stay happy and stay positive!!

Welcome to our new Veterinarian Dr Brooke!
Look for the pink surfing Meerkat logo at our Clinic, Ningi Plaza.
Phone the Clinic for a Veterinary appointment on 54976000 / 0400699704
Opening Hours: 8.15-6 M-F 9-12 Sat. Closed Sunday and Public Holidays.

"Until now, I never understood why you got so excited when someone walked past the house."

DID YOU KNOW????

Matilda (1990 – February 11, 2006) was a 400g hen, and the first chicken to receive the title of World's Oldest Living Chicken from Guinness World Records. She is thought to have been descended from the Red Pyle colour variation of the Old English Game breed. Unlike most hens, Matilda never produced eggs. Her veterinarians believed Matilda's lack of egg production contributed significantly to her extraordinarily long lifespan of sixteen years (The average lifespan of a chicken is generally no more than seven to eight years)

KIDS PAGE

Kids Jokes!

Q: what do you get when you cross a labrador and a magician?
A: labracadabrador!

Q: why did the toilet paper roll down the hill?
A: Because it wanted to get to the bottom!

Q: why did eeyore look in the loo?
A: Because he was looking for pooh!!

Q: why do sharks swim in salt water?
A: Because pepper water makes them sneeze!

WORD SEARCH

R	E	N	A	S	C	E	N	C	E	S	U	R	T	A	V
E	D	S	U	N	D	E	R	A	R	M	I	N	G	K	O
Y	E	S	U	O	L	B	J	R	E	N	R	A	G	E	D
A	K	A	R	O	N	A	C	B	G	S	T	T	U	B	K
L	C	A	O	C	O	C	M	A	O	T	S	P	S	A	
P	A	N	E	B	U	L	A	E	C	R	Y	P	T	I	C
L	R	T	I	R	W	S	N	N	R	B	V	O	A	L	D
L	T	O	R	O	T	I	D	E	I	L	M	O	R	A	U
A	K	Y	F	E	D	S	I	D	C	A	N	R	M	K	B
B	C	X	R	F	S	D	D	O	C	U	H	T	H	L	I
E	A	S	S	T	S	I	E	H	T	N	W	O	O	A	E
K	B	J	I	V	E	E	S	N	E	C	I	L	L	D	T

INGREDIENTS

- 2 loaves white bread, sliced vertically (you will need 12 slices)
- butter
- 6 slices ham
- 6 slices chicken
- 6 slices cheese
- 1 small tomato
- 1 green onion stalk (or you can also use celery)

Method

Gather all ingredients. Lay 2 slices of bread out on a cutting board. Butter both pieces. Place ham on one slice, then cover with the other buttered slice. Repeat to make a chicken sandwich and then a cheese one. Cut out 5 circles from each sandwich using a mini biscuit cutter. Place on a platter in a wiggly

shape to form the caterpillar's body - you can alternate each sandwich flavour if you like. Position tomato at the start of the body to become the caterpillar's head. Next, cut out two small ovals of cheese for the eyes. Dab with butter to act as a 'glue', then stick onto the tomato to start forming the caterpillar's face. Slice small pieces of green onion or celery for the pupils (again, using butter to 'glue' them to the eyes). Cut two long strands from the onion stalk or celery to act as the caterpillar's feelers and fix onto the tomato using toothpicks. When finished, cover your sandwich caterpillar with plastic wrap and refrigerate until ready to serve.

TO MAKE THESE TEACUP CARDS YOU WILL NEED (PER CARD)

- A blank card
- Piece of coloured paper
- 1 cut up egg box (you can get 4 cups out of a 6-egg box – one per corner)
- 1 small piece of pipe cleaner
- 1 teabag in your favourite variety
- Glue
- Flower shapes or stickers to decorate (optional)

Then start assembling everything on to the card and gluing it all down. Make sure the egg carton cup is stuck down firmly to hold your tea securely. You can mix up the colours

and designs to reflect your mums favourite colours and the things that make her happy. Maybe sparkly or glittery is what always makes her smile.

LULU'S PARTY SHOP & EVENTS

GORILLAGRAMS - COMEDYGRAMS

HELIUM BALLOONS & PARTY NOVELTIES FOR SALE
COSTUME & WEDDING HIRE KIDS BIRTHDAY PARTIES

Find us at **Lulu's Place - 33 Toorbul St, Bongaree**
0407 148 554
Email: luluspartyhire@hotmail.com
www.luluspartyhire.com

Ideas for Mum on Mother's Day



1. do not let her pick up a single dish!

First things first, no cleaning, cooking, or chores of any kind! Don't let her do a single second of work. After all this is her day!

2. get the little ones involved

If there are younger children in your family, have them bring her breakfast in bed, or deliver flowers to her on

your behalf. If you are giving your mum a special piece of jewellery, have the kids follow up with a homemade friendship bracelet or beaded necklace!

3. brunch!

Her first meal of the day should not be anything less than scrumptious! Have the whole family practice their omelette making skills before the big day! Either way, an act of selflessness

like cooking a fantastic meal is the perfect way to pamper her in the morning!

4. afternoon for Her

Once your stomachs are full, now it is time for the real fun! Does your mum want those shoes she has been lusting after for weeks? You can shop online together. Or is your mum a nature lover, just dying to go on a hike with the family? Whatever group activity fits her style,

the whole family should get involved and make the day exactly what she wants.

5. beauty

Giving your mum wonderful smelling things is one of THE best add-ons to a perfect Mother's Day. There is nothing like the feeling of spritzing some new floral perfume on for the first time. This Mother's Day, I would definitely recommend either getting her a great

bottle of perfume or – for the DIY family – making some yourself!



6. relax!

Believe it or not, but a long day of being pampered can be a bit draining. Though all these activities may be fun and relaxing, give the family some downtime in their own home. Sitting in the family room, relaxing, and chatting are where some of the best memories are

made, so don't forget this crucial step!

7. gift time!

On your birthday, there comes a special time of evening when you can expect to be showered with gifts. For someone who raised you, why not give her that special moment on Mother's Day as well! For the stylish mum, try giving her a statement or pendant necklace with her favourite jewel. For the new mum, try a piece of jewellery with her children's birthstones.

If the entire family has gathered to celebrate her, try a personal gift like redesigning or creating an heirloom.

8. feast!

More often than not, mums are the best cooks in the family. While it's quite an honour, it's also quite a burden to bear. Though the rest of the family might not have your mum's talent, put in

HOME & GARDEN

twice as much effort to create the perfect feast! Gather up recipes for ALL your mum's favourite dishes, grab a nice bottle of wine, get cooking, then enjoy! Don't forget dessert!

9. perfect pillow

Every year, buy your mum a memory foam pillow, silk pyjamas, or any other luxurious bedtime gift you can think of. Hide it on her bed for her to find just before she falls asleep, complete with a mint on the pillow. Seeing your pampering through the entire day will



be sure to give your mum the best Mother's Day yet.

10. treat your mum how

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We all have those moments when we think "if only there was someone here to wait on me hand and foot!" Well, after all the mums in your life have done, they deserve a day with this exact treatment. The golden rule applies especially to Mother's Day. Continually remind your mum how much you love and cherish her throughout the day, and you'll be golden!

What plans do you have in place to pamper your Mum this Mother's Day? You don't have to spend a lot, if anything, mum's just need to know they are loved and appreciated. So, get to it and show your mum just how special she is to you!!

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Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders.

Traditionally, clinicians treating patients with psychiatric disorders have viewed insomnia and other sleep disorders as symptoms. But studies in both adults and children suggest that sleep problems may raise risk for, and even directly contribute to, the development of some psychiatric disorders. This research has clinical application, because treating a sleep disorder may also help alleviate symptoms of a co-occurring mental health problem.

The brain basis of a mutual relationship between sleep and mental health is not yet completely understood. But neuroimaging and neurochemistry studies suggest that a good night's sleep helps foster both mental and emotional resilience, while chronic sleep deprivation sets the stage for negative thinking and emotional vulnerability.

- Sleep problems are more

likely to affect patients with psychiatric disorders than people in the general population.

- Sleep problems may increase risk for developing particular mental illnesses, as well as result from such disorders.
- Treating the sleep disorder may help alleviate symptoms of the mental health problem.

HOW SLEEP AFFECTS MENTAL HEALTH

Every 90 minutes, a normal sleeper cycles between two major categories of sleep — although the length of time spent in one or the other changes as sleep progresses. During “quiet” sleep, a person progresses through four stages of increasingly deep sleep. Body temperature drops, muscles relax, and heart rate and breathing slow. The deepest stage of quiet sleep produces physiological changes that help boost immune system functioning.

The other sleep category, REM (rapid eye movement) sleep, is the period when people dream. Body temperature, blood pressure, heart rate, and breathing increase to levels measured when people are awake. Studies report that REM

sleep enhances learning and memory, and contributes to emotional health — in complex ways.

SLEEP AND MENTAL HEALTH LIFESTYLE CHANGES

In some respects, the treatment recommended for the most common sleep problem, insomnia, is the same for all patients, regardless of whether they also suffer from psychiatric disorders. The fundamentals are a combination of lifestyle changes, behavioural strategies, psychotherapy, and drugs if necessary.

Lifestyle changes. Most people know that caffeine contributes to sleeplessness, but so can alcohol and nicotine. Alcohol initially depresses the nervous system, which helps some people fall asleep, but the effects wear off in a few hours and people wake up. Nicotine is a stimulant, which speeds heart rate and thinking. Giving up these substances is best, but avoiding them before bedtime is another option.

Physical activity. Regular aerobic activity helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.

Sleep hygiene. Many experts believe that people learn insomnia, and can learn how to sleep better. Good “sleep hygiene” is the term often used to include tips like maintaining a regular sleep-and-wake schedule, using the bedroom only for sleeping, and keeping the bedroom dark and free of distractions like the computer or television. Some experts also recommend sleep retraining: staying awake longer in order to ensure sleep is more restful.

Relaxation techniques. Meditation, guided imagery, deep breathing exercises, and progressive muscle relaxation (alternately tensing and releasing muscles) can counter anxiety and racing thoughts.

Cognitive behavioural therapy. Because people with insomnia tend to become preoccupied with not falling asleep, cognitive behavioural techniques help them to change negative expectations and try to build more confidence that they can have a good night's sleep. These techniques can also help to change the “blame game” of attributing every personal problem during the day on lack of sleep.

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MEET YOUR LOCAL TRADDIE



John and Sue Clifford are well known to a lot of Bribie Island residents as they have resided on Bribie Island for over 30 years. They have both had considerable experience in customer service, Sue mainly in the Medical Industry for more than 20 years and John starting in the Taxi Industry when there was only one taxi on the Island.

John then moved on to BP Bribie Island before changing over to Cornett's supermarket where he was for many years. He then joined Sue at the Medical Centre until its closure early last year. John went into business after that, doing driveway restorations and Epoxy

floors which he found he had a knack for, and started up his new business Terra Seal. John says customer service and customer satisfaction is his main drive. John says he treats every job as if it's his own home and said if the outcome doesn't meet his high standards then the job isn't done. As a new business, they are currently working on their website and when it is up and running you will be able to see a full-

colour range for Concrete sealants and Epoxy floors. All the products they use are of the highest quality, long-lasting and UV rating designed to withstand the harsh Australian climate. The Epoxy products used are manufactured and supplied by a local Brisbane company that offers the highest standard

of products backed with full customer support/training and a comprehensive understanding of their products. John and Sue are both looking forward to giving Bribie Island a very high standard of business, and hope to be constantly expanding with new processes and services to give your home that special touch.



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OH NO WE CAN'T PLAY CROQUET !!

By Kathy Vincent

Oh no there is no croquet whatever can we do? We love the air and exercise and socializing too. But the courts look green and perfect, no bugs or weeds to see, The hoops are there calling out "Come and play with me. Some of us are elderly and some are really young, And we all enjoy our croquet, but now our games are done, So, we all keep isolated at our homes alone, We can keep in touch with friends as long as we have a phone, Now games are played on the internet but it isn't as much fun

But better safe than sorry when all is said and done. We will step back in history to how it use to be, Before we all got busy or sat watching the TV.

We can try some new recipes since cafes are all shut. I will have to do some gardening and tidy out the hut. We can play games with the children and even let them win, They will laugh and say we're silly, but we'll take it on the chin.

I think I'll get my paints out and create a work of art. Perhaps I'll learn a language "Bonjour", -- well that's a start. The bedroom needs a lick of paint the fence needs tidying too, I could try some sewing and make a dress or two.

This really is quite liberating going back to what we used to do. I had forgotten some of these hobbies I confess, it is so true. But when this scare is over and we are given the all clear,



And we see all the family and the friends we hold so dear.

We can return to CROQUET yehh !! Let's have a party too. If you like come and join us, there will be room for you. Croquet's a fabulous hobby, you get to mix with friends, And have a coffee and a biscuit, when your game comes to an end.

We will get our croquet exercise, knock the opponent's ball away.

I can't wait to make the hoop and start again to play. I can roquet my opponent and try a stop shot or two, Even a sheep station which is a mystery to you

But what a celebration, HURRAY we have survived!! We avoided the dreaded virus we are happy to be alive, So ,let's all play some croquet the thing we like to do,

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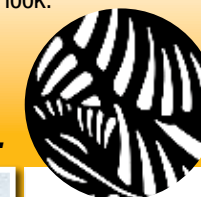
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Laughs and Giggles



One day, two guys Frank and Bob were out fishing. A funeral service passes over the bridge they are fishing by, and Bob takes off his hat and puts it over his heart. He does this until the funeral service passes by. Frank then said, "Gee Bob, I didn't know you had it in you!" Bob then replies, "It's the least I could do. After all, I was married to her for 30 years."

One day a rather inebriated ice fisherman drilled a hole in the ice and peered into the hole and a loud voice from above said, "There are no fish down there." He walked several yards away and drilled another hole and peered into the hole and again the voice said, "There's no fish down there." He then walked about 50 yards away and drilled another hole and again the voice said, "There's no fish down there." He looked up into the sky and asked, "God, is that you?" "No, you idiot," the voice said, "it's the rink manager."

Three fishermen were fishing when they came upon a mermaid, the mermaid offered them one wish each so the first fisherman said: "double my I.Q." so the mermaid did it and to his surprise, he started reciting Shakespeare. Then the second fisherman said: "triple my I.Q." and sure enough the mermaid did it and amazingly he started doing math problems he did not know existed.

The third fisherman was so impressed he asked the mermaid to quadruple his I.Q. and the mermaid said "Are you sure about this? It will change your whole life!"

The fisherman said "yes" so the mermaid turned him into a woman...

A man was stopped by Fisheries in Northern Queensland recently with two buckets of fish leaving a lake well known for its fishing.

The officer asked the man, "Do you have a license to catch those fish?"

The man replied to the officer, "No, sir. These are my pet fish."

"Pet fish?" the officer replied.

"Yes, sir. Every night I take these here fish down to the lake & let them swim around for a while. I whistle & they jump back into their buckets, & I take em home."

"That's a bunch of crap! Fish can't do that!" replied the officer in disbelief.

The man looked at the officer for a moment & then said, "Here, I'll show you. It really works." "O.K. I've GOT to see this!" The officer was curious.

The man poured the fish into the river & stood and waited...

After several minutes, the officer turned to the man and said, "Well?"

"Well, what?" the man responded.

"When are you going to call them back?" the officer prompted.

"Call who back?" the man asked.

"The FISH," the officer said sternly.

"What fish?" the man asked.

Fishing REPORT

By Bribie Bait Tackle and Bikes

Well, here we are again! And we have been blessed with some incredible weather and marvellous fishing during the last fortnight. With this report, I am going to include a couple of photos of fish caught in the passage in the last 2 weeks. Check out the horse of a Bream that Claude caught around Pebble Beach. More suprising, look



what he finished up with in that esky on that particular evening, all legal limits and sizes. Also,



he targets the Gar - have a look at these for quality! For many years I considered that Gar were just bait, but Claude was good enough to give me a couple of feeds, and I can assure you they are just as good a table fish as our summer Whiting. The amazing catch during the last couple of weeks were these two huge Mudcrabs caught by Bob Robinson from Sandstone Point. They weighed 1.4kg and 1.3kg respectively. One of them as you can see had a 7x6cm Oyster on his back. I have caught many Mudcrabs over the years with plenty of barnacles, but I have never seen one with an Oyster on his back. Well done, Bob! Hopefully all that rich seafood didn't give you the gout!! Our lovely party girl, Lulu, had

success with our specially prepared local Prawns, and scored this nice Flathead. Good on you Lulu!!!

As these photos show, there have been some very nice fish around these last few weeks. But those who have success fish smart, not hard. Gone are the days when you could tie an 8/0 hook to a venetian blind cord



line, slap on a lump of Mullet, and catch a 10lb Flathead. Now days the highly successful angler fishes with light gear. 6lb



breaking strain is ideal for the passage, but up to 9lb can be used. Having said that, you can always be cut off on a rock bottom with these lighter lines, or bitten off by a toothy critter, but I can promise you, your hook-up rate will triple with lighter line. Always remember the old saying "there is not a thing that swims in the ocean that can break a line. It is the angler that breaks the line".

The spotty Mackerel have come in a lot closer this year, and a number of keen fishermen have bagged out at the Bribie blinker on daylight. There has also been a good few caught off the jetty, but unfortunately there have only been a number of legal size. Hopefully this will improve as the season goes on. The diver Whiting on the Cockle banks have once again been very good and also a pretty good size for that particular species. We, the team, at Bribie Bait, Tackle and Bikes, are always keen to put you on the right track, so call in and say g'day. Until next time - tight lines and stay safe.

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	5:22 am	6:12 am	12:33 am	1:17 am	2:03 am	2:54 am	3:51 am	4:58 am
	0.31m	0.38m	2.17m	2.11m	2.03m	1.93m	1.83m	1.74m
	11:13 am	11:57 am	7:04 am	7:57 am	8:54 am	9:55 am	10:57 am	11:58 am
	1.79m	1.65m	0.45m	0.52m	0.57m	0.6m	0.6m	0.59m
	5:16 pm	5:54 pm	12:42 pm	1:29 pm	2:21 pm	3:24 pm	4:41 pm	6:01 pm
	0.24m	0.31m	1.52m	1.41m	1.34m	1.31m	1.32m	1.39m
	11:48 pm		6:31 pm	7:12 pm	8:01 pm	8:59 pm	10:11 pm	11:32 pm
	2.2m		0.39m	0.48m	0.57m	0.67m	0.74m	0.78m
	SAT 2 May	SUN 3 May	SUN 17 May	MON 18 May	TUE 19 May	WED 20 May	THU 21 May	FRI 22 May
	4:57 am	SAT 16 May	12:50 am	1:57 am	2:49 am	3:29 am	4:04 am	4:37 am
	1.83m	6:07 am	0.76m	0.72m	0.66m	0.62m	0.59m	0.57m
	11:49 am	1.69m	7:10 am	8:02 am	8:43 am	9:17 am	9:47 am	10:16 am
	0.57m	12:57 pm	1.67m	1.67m	1.66m	1.65m	1.63m	1.61m
	5:55 pm	0.55m	1:48 pm	2:29 pm	3:03 pm	3:31 pm	3:57 pm	4:25 pm
	1.45m	7:08 pm	0.51m	0.46m	0.41m	0.38m	0.35m	0.34m
	11:35 pm	1.5m	8:02 pm	8:47 pm	9:23 pm	9:54 pm	10:24 pm	10:53 pm
	0.6m		1.61m	1.72m	1.82m	1.89m	1.95m	2m

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EMERGENCY SERVICES EXPO 2020



The EXPO Management Team met Thursday 23rd April 2020 in relation to the status of the 2020 Bribie Island Combined Emergency Services EXPO and to ensure that the best health outcome for the community is achieved in dealing with the COVID 19 Pandemic.

To ensure that the health risk to the community is minimised, the EXPO Management Team has, in this case, unanimously agreed that the 2020 Bribie Island Combined Emergency Services be CANCELLED. It is important to ensure this decision is provided to you as early as possible, as so much preparation goes into the presentation of the event.

Your continued commitment, support and contribution to this event over the last 7 years has been nothing but outstanding, making it the biggest Combined Emergency Services EXPO event in South east Queensland, and we look

forward to Combined Emergency Services EXPO 2021,yes, we are presently looking at a date for 2021 and hope to firm

that up in the next few weeks, the date needs to fit in with a number of other programs. (However, it does look like being an October 2021 event)

Please everybody stay safe and stay healthy

MEET OUR COMMODORE



NAME: Liz Radajewski, aka Liz Ride-a-jetski, aka The Grommodore

HOW LONG AT VMR: Signed up as a boating member in 2004 and then as crew in 2008 and have been active ever since

VOLUNTEER MARINE RESCUE



"Having fun is important" says Commodore Liz, but also "getting serious when you need to!"

WHY I JOINED VMR:

Primarily joined for the boat cover but as I had time to spare and Marine Rescue appealed to me as a hobby I signed up as crew never imagining where I would end up -- although when the new Kevlacat Bribie 1 was commissioned and christened in 2004 I was at the ceremony and had a tour of the vessel and thought to myself " maybe I will get to drive this boat one day " Little did I know !!!

WHAT I ENJOY MOST ABOUT MY ROLE:

Primarily working with a fantastic group of people, having heaps of fun crewing, teaching and managing but getting serious when you need to.

WHAT IS MOST MEMORABLE MOMENT SO FAR:

Have been lots but no single one comes to mind but the smiles and thanks from the boaties when you bring them home safe and sound always is up there in front.

WHAT ADVICE WOULD YOU GIVE TO ANY LADIES

CONSIDERING JOINING VMR :

Don't hang back, there is always something you can do to help the squadron run efficiently no matter what you do, gals are just as good as the guys and in all my years at VMRBI I have always been treated as one of the team.



Michael Day's great photo of Bribie 1, our primary rescue vessel.

Own a Boat?

YOU CAN JOIN VMR BTRIBIE ISLAND ONLINE AT WWW.VMRBTRIBIE.COM, PHONE (07) 3408 7596 OR CALL IN PERSON AT MARINE PARADE BELLARA, BENEFITS INCLUDE:

- Breakdown assistance.
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- Regular social events;
- Reimbursement up to \$100/per year for tows by other VMR or Coastguard units; and
- Overnight/weekend secure car & trailer parking at the base.



VMR BTRIBIE ISLAND

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 30th April 2020: 4,378 Calls, 1,276 vessels logged on, 96 Vessel Assists, 449 Sitreps, 203 Requests, 19 overdue vessels, 2 Vessel Tracking, 468 Radio Checks, 16 Weather Broadcasts, 1 Securite Broadcast, 0 Pan Pan 0 Mayday. VHF 76.1%, 27MHz 8.6%.

APRIL 2020 VESSEL ASSISTS:

FRI 17/04 1221pm – 6.3m Half Cabin member with motor problems required a tow from The Cockle Banks to Spinnaker Sound Marina. SAT 18/04 1357pm – 5.8m Half Cabin non-member with motor problems was

reported by Police Communications at Maroochydhore, required a tow from Tangalooma to Scarborough Harbour. On way to Tangalooma came across vessel towing Jet Ski in trouble, took aboard mother with 2 children for safety.

SAT 18/04 1603pm – Non-member vessel towing Jet Ski required a tow from Southern end of Bribie Island to Bellara Boat Ramp.

TUE 21/04 0714am – 6.8m Cuddy Cabin member with fuel issues required a tow from Tangalooma to Spinnaker Sound Marina.

TUE 21/04 1101am – 10m BBQ Boat non-member stuck on sand bank North of Bribie Bridge, required a tow to deeper water.

TUE 21/04 1320pm – 5.3m Bowrider member required a tow from Cape Moreton to Banksia Beach.

WED 22/04 1115am – 4.2m Runabout non-member out of fuel required a tow from Tangalooma to Bellara Boat Ramp.

FRI 24/04 1500pm – 6m Cruiser non-member with motor problems required a tow from Comboyuro Point to Scarborough Harbour.

SAT 25/04 0912am – Vessel dragging anchor between The Bribie Bridge and the Bongaree Jetty. Investigate and secure.

SAT 25/04 1141am – 6.1m Half Cabin non-member with engine issues required a tow to the Bongaree Boat Ramp.

SAT 25/04 1236pm – 7.3m Centre Console member engine will not start, required a tow from North Woorim to Spinnaker Sound Marina.

SAT 25/04 1624pm – 5.1m Tinny member with elec-

trical issues required a tow from off Beachmere to Ca-boolture River, Beachmere.

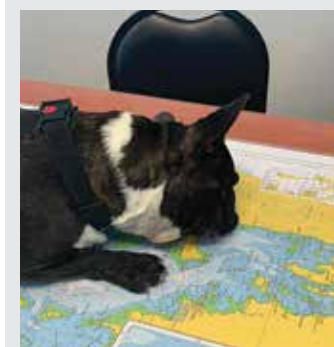
SUN 26/04 0611am – 5.2m Cruiser non-member with engine issues required a tow from Southpoint to Spinnaker Sound Marina.

SUN 26/04 1631pm – 2m Jet Ski non-member with engine issues required a tow from Passage in front of Base to our Base Pontoon.

TUE 28/04 0826am – MOP reported Empty vessel floating in canal under Sunderland Drive – investigated and recovered Tinny, Water Police located and advised owner.

THU 30/04 0135am – 4.8m Centre Console non-member unable to start motor, required a tow from White Patch to Toorbul Boat Ramp.

THU 30/04 0915am – 15m Cruiser member near White Patch has problems retrieving anchor, investigated and assisted vessel.



Safety Dave

The Frenchie's Message:

"Safety Dave The Frenchie does a lot of planning before heading out on the water he says "A lot of our

assists could have been avoided with some better planning and preparation, so let's look at what you can do to make sure that we do not have to come and assist you when you are out on the water" Plan your trip •Check the tides

- Check the weather
- Estimate your travel times and calculate fuel
- Make sure you have enough fuel
- Have an emergency plan in case of bad weather (<https://www.msq.qld.gov.au/Safety/Preparing-for-severe-weather>)



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THE ROAD LESS TRAVELLED DRIVING THE NEWELL PART 4

ON THE ROAD



By: Anne Matthews



Part 3 of our trip ended as we reached Kilcoy. Just out of Kilcoy, at Sheep Station Creek there is a memorial cairn which incorporates a chimney. The chimney was part of a building constructed by men of the 2/10 Battalion AIF who camped in this area for three months in 1942 and trained in the hills to the north prior to embarking to Milne Bay, PNG. The Battle of Milne Bay was the first defeat of Japanese land forces in World War II. The Battalion went on to further victories at Buna and Sanananda, where



my father, who was the adjutant of the 2/10th, won the Military Cross. So we always thought of Dad as we arrived in Kilcoy. The

inscription on the memorial reads: 'IN MEMORY OF 2/10/BN, 18 BDE, A.I.F WHO CAMPED ON THIS SITE. 1942.'

Leaving Kilcoy, we faced a very winding drive on the D'Aguilar Highway through the Beerwah State Forest to the Bruce Highway. We passed little towns and villages like Peachester and Beerwah. You could smell the rainforest. Then, suddenly, the Glasshouse Mountains appeared. From the first time we saw them we were captivated by these Mountains. When he was in primary school, Tim always wrote a diary



about his Queensland adventures and without fail included the legend of the Glasshouse Mountains, with accompanying photos. The final stretch of our

journey, up the Bruce Highway to Noosa Heads, on a busy road, was a stark contrast to the quiet country roads we had been travelling for the last day and a half. The warmth, sea air and the sight of the ocean was so therapeutic after Canberra's long cold winter. Following such a long drive we usually stayed for 3-4 weeks. We stayed on Sunshine or Sunrise Beach or in Noosa Heads. Over the years we came to know the area very well. We followed the political and development news and the amalgamation of the local councils with much interest. Michael often had a letter

In the earlier years, we came home via the A1 Pacific Highway, staying for a few nights in Surfers Paradise to visit the theme parks and then stay with family in Newcastle. In later years, we returned via our favoured highway, the Newell. It was interesting taking the trip in reverse and staying in Narrabri or Coonabarabran overnight and exploring these two towns. Narrabri has a great RSL where we always relaxed over an enjoyable meal and a cleansing ale.

At the end of Part Two of our journey, I mentioned our ACT number plates. To many Queenslanders our number plates were like waving a red rag at a bull. They just did not like people from the ACT because we were the home of the Tax Office and Australian Government.

In the 1980s and 1990s, I clearly remember telling people time and again, that the Government is made up of their elected representatives and we, as public servants, only administered the policies of their members. 'Canberra' did not make decisions, the politicians sent there did. We always knew that we would retire to the Sunshine Coast and so finally, after 35 years of travelling the Newell, we purchased a block of land on Bribie Island and moved into our new home on 15 April 2013. During our first 5 years we travelled back to Canberra twice a year - via the Newell of course. However, since Tim moved to Brisbane two years ago, our trips back are now less regular. Driving along together was one of the very best family



experiences we ever had. We talked, laughed, dreamed, listened, and learnt so much. Be it the stories of Paul Temple or Josephine Tye, stopping for cattle, flat tyres, overnight stops, meeting locals, or so many other wonderful things, it became part of our family's folklore and mention of the

'Newell' always brings a smile to our faces. After the current pandemic troubles are over I'd suggest to all my fellow Bribarians to pack up the family, and take that long overdue road trip - and perhaps, take the road less travelled by - the Newell - it might make all the difference!

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BRIBIE ISLAND WRAP April/May 2020



PROPERTY OFFENCES:

26/04/2020 – 27/04/2020

Banksia Beach Information pending

Entry through a side gate then rear garage door Dwelling searched

27/04/2020 at 4.40am

Banksia Beach Nil

House alarm activated and garage door found open

25/04/2020 – 26/04/2020

Godwin Beach 2009 black

Holden Commodore utility

with Queensland registration

140MXF Unlocked detached

shed, vehicle keys located and vehicle stolen from the address

01/04/2020 – 26/04/2020

Woorim Two rolls of artificial grass removed from a garden shed

TRAFFIC OFFENCES:

In excess of 35 infringement notice were issued for a variety of traffic offences including parking, speeding, failing to wear seat belt, unregistered vehicle, uninsured vehicle, defective vehicle, bicycle rider fail to wear helmet and use mobile phone

Two persons charged with alleged unlicensed driving

BAIL OFFENCES:

One person charged with allegedly breaching a bail condition

One person charged with allegedly failing to appear with undertaking

DOMESTIC VIOLENCE:

One police application One reported contravention of a protection order Five other domestic violence related incidents were investigated by police

DRUG:

One person charged with allegedly possess drug utensils and possess drugs

One person charged with allegedly possess drug utensils

One person charged with allegedly possess drugs and fail to take care of syringe/needle

Two persons charged with allegedly possess drugs and possess suspected drug property

PUBLIC ORDER:

Two persons issued an infringement notice for public nuisance (offensive behaviour)

Could letters to the editor please be restricted to approx 200-300 words to allow all letters to be published. Thank you

Letters

Anzac Day happened very quietly this year but, as usual, we did forget. I am eighty-four years old. I met many Anzacs in my early years. My dad was in the Royal Australian Navy, he lost his father in the First World War and his stepdad spent the same war in trenches in Belgium and France. My arithmetic, history and geography teacher in primary school served in the Australian Light Horse in the Boer War and World War One. He taught my class that Anzac

Day was celebrated to honour the union of Australian and New Zealand troops as a unit for the first time. Men from both countries had fought at Crimea and in South Africa, but as members of British companies. Later on, I was told exactly the same thing by a British Sergeant Major who was also a W. W. 1 veteran. So what we have forgotten is to include our trans-Tasman brothers in our celebrations. No Anzac Day celebration should ever be held anywhere without

representatives of both countries being present.

Whilst the news media has still been able to use up plenty of space on the Anzac Day that didn't happen two much more important dates will slip past almost unnoticed; between the 4th and 10th of May will be the anniversary of The Battle of The Coral Sea, an event which saved Australia from invasion. About the end of July in 1942 Australian soldiers, every one of them suffering from malaria and dysentery, began to push the

Japanese invaders of Papua back over the Kokoda track. This was defending Australia. Not the Empire, not Singapore or the Suez Canal but Australia and almost the whole of our leaders and our press have forgotten about it. My life's ambition is to see the highway North renamed The Coral Sea Highway in honour of the most important wartime event in our history. At eighty-four I need to see it pretty soon.

Yours faithfully, Roddy Blake.

ADVERTISING NEWS

Hi everyone, another fortnight has passed, Qld seems to be coping well with the pandemic and we have seen some restrictions lifted. You will notice our much loved magazine is still a wee bit smaller than usual but we here at the Bribie Islander are doing our best to make sure it is still

filled with lots of interesting articles for you all to enjoy. As soon as more restrictions are lifted we will be back up to our usual 80 pages. Welcome once again to our new advertisers, and thank you to all our regulars that have managed to stay operating through these difficult times. I'd like to wish all the mothers out there a very happy mothers day, and to those like myself who no longer have our mums with us, I hope you

have a lovely day as well, and like I will be doing, having a rest and thinking back on the great memories I do have of my dear mum. So until we meet again, stay safe and to all the businesses out there doing it tough, remember the further we fall the higher we bounce back.



Lulu Drew
ADVERTISING MANAGER

Bribie's Angels

It is not just the seaside village charm and white sandy beaches that make Bribie Island special – it is the way the community bands together when the going gets tough.

In response to COVID-19, Global Care Bribie Island has teamed with local chefs, sporting clubs, businesses and other non-profit groups to deliver 400 free meals per week to those most in need. A mammoth effort like this does not just happen overnight.

As Global Care Bribie Island (Awesome Bribie Island Church) Operations Manager, Peter Hamer, explains, it was a case of many hands making light work.

"The Bribie Island Community Arts Centre and Bribie Island Recreational Centre have both generously loaned their kitchens to cook these meals in," the group says in a statement.

Among the local chefs who are generously helping out with the preparation of the meals are: Corey Abel, from Art Centre Cafe 191; Chuck D'zilva; Nicky Stein-

hardt; Amanda Waters; and staff from the Bribie Island State High School canteen, Anna Jones and Sue Kokaev.

Overcoming adversity

Not immune to the social distancing measures and closures as a result of COVID-19, Global Care took a proactive approach in researching how the virus would change its operations and predicting community needs.

The group not only developed new policies and procedures to ensure the safety of team members and clients but changed the way it delivered its usual Food Assist Program.

With doors temporarily closed at the much-loved Community Café, it was replaced with a redesigned Food Assist delivery process.

Global Care Bribie Island says it now has a streamlined system, where clients join a line with established social distancing markers and quickly proceed inside to pick up a pre-prepared food pack.

About Global Care Bribie Island

Global Care Bribie Island is an extension of Awesome Bribie Island

Church. Along with Senior Pastors, Cameron and Stephanie Ross, the group is passionately driven to serve the community.

The free meals program is the latest in a line of Global Care Bribie initiatives, which actively support the most vulnerable in the community all year round.

It also offers low-cost food parcels, free school breakfast programs, meals to the homeless on a weekly basis, and takes part in local fundraisers.

A team effort

Awesome Bribie Island Church and Global Care Bribie Island's COVID-19 response team is grateful for the support of local businesses for the Global Carefree meals program.

Warrigals Football Club has stepped up by lending its cold room for storage, while Mike from Wright's Fruit Barn has generously set up weekly donations of vegetables. Meat donations were supplied by Andrew Cornett from IGA Sandstone Point. What an amazing team effort!

Special mentions also go to Taryn Gillard, Julie Thomson (Manager of



the Bribie Island Community Arts Centre), the Bribie Island Global Care team, Councillor Brooke Savage, State Member for Pumicestone Simone Wilson, and Moreton Bay Regional Council for its help in organising the response plan.

If you, or someone you know, need free meals, contact Global Care Bribie Island on 3408 0429 or visit the Facebook page.

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