



The Bribie Islander

ISSUE 111 10 APRIL 2020

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B.I.S.S. Education Update

THE STORIES AMONGST US

14 Days of Isolation Pics

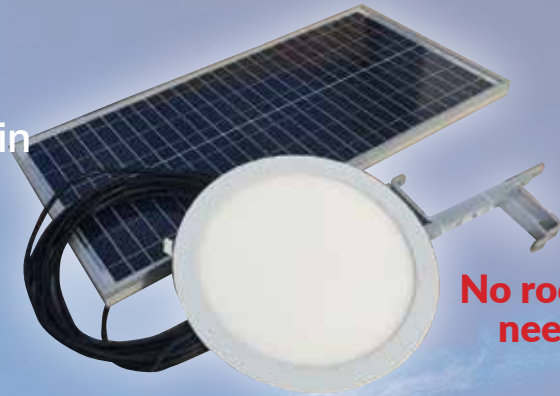
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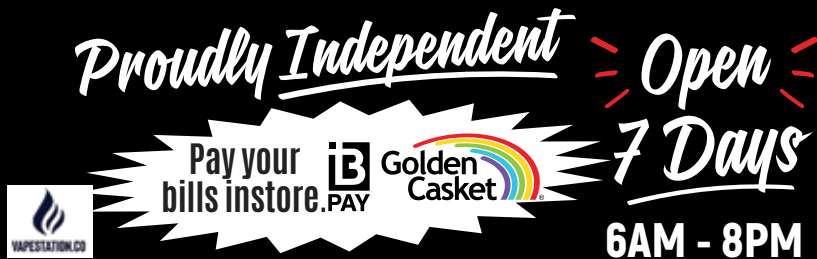
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Due to the recent Covid-19, we have installed a hand and trolley sanitisation station and sneeze shields at our checkouts. We are following the government health regulations and recommendations, as the health and wellbeing of our staff and customers will always remain our top priority.

We would like to thank all of our customers for your patience and understanding with the current high demands of certain items. We look forward to continuing working together through these challenging times.

*Stay Safe,
Andrew Cornett*

Manager
IGA Sandstone Point

PUBLIC HOLIDAY TRADING HOURS

GOOD FRIDAY	8.00AM - 5.00PM
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EASTER MONDAY	6.00AM - 8.00PM
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Find Us On 

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#111

APRIL 10, 2020



welcome...

Dear Readers,

I hope you are all staying safe and not going too crazy being isolated! We have tried to give you as much information on this issue on how to stay safe as well as amuse yourself while we are all in this dreadful situation. A friend of mine put something on Facebook that I had to repeat in my column to put things into perspective. I hope you all take from it **what I have.....**

"I can't get enough of these quiet, still, early mornings. Knowing I get to spend the day with my loves in our beautiful home. Grateful we can walk along an almost deserted beach and feel the warm salty water on our skin.

Blessed to have the time to grow our own veggies, reach our hands into the soil & feel grounded. Sand back & stain some old furniture we've been meaning to get to. Organise our things, spring clean & appreciate all we have & be mindful of what we can donate.

Feeling so overcome with love when reaching out to our closest friends & family. Staying connected on social media & touching base with those we haven't had time to in a while. Watching movies in our pyjamas, which we haven't gotten out of all day. Laughing until our face hurts. Being silly. Looking at the world with childlike wonder & noticing the little miracles we are surrounded by each & every day.

I will look back on this time with such fond memories. Yes, there are difficult parts to all of this. The unknown future can seem like a huge



dark chasm. Then I remember, when do I ever know my future? Isn't the unknown of life what makes it so precious? Then I breathe and lean into the discomfort. I remember I am safe, I am loved, and that's all that really matters"

By Caitlin Lee Curran

We would also like to thank all of the advertisers and contributors for the support you have shown us, enabling our magazine to keep going. Without you, this would not be possible.

Please keep supporting our local businesses, they too, need your help.

Happy and Safe Easter to you all.....

Take Care, Stay Safe,
Cherrie

meet the team...

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Friday, 24th April 2020

Advertising & Editorial Deadline:

Friday, 17rd April 2020

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MENTAL HEALTH

By Ryan McCarth

EVERY DAY, AT LEAST SIX AUSTRALIANS DIE FROM SUICIDE AND A FURTHER THIRTY PEOPLE WILL ATTEMPT TO TAKE THEIR OWN LIFE.

Attempted suicide is also an important issue with estimates that in Australia around 65,300 people a year attempt to take their own lives and around 1.2 million people a year have ideation of suicide. Around 1 million people in Australia live with depression and around 2 million people in Australia live with anxiety. Mental illness is very common. One in five (20%) Australians aged 16-85 experience a mental illness in any year.

The most common mental

illnesses are depressive, anxiety and substance use disorder. Depression has a high lifetime prevalence – one in seven Australians will experience depression in their lifetime. Mental health is extremely common, as common as physical health. Both mental and physical health all fall under the same category, our brain is a muscle which needs to be looked after just as much as your physical health, and involved in our overall health.

It is not weak to open up and talk about some of the things you may be experiencing in your life and also receiving help. Speak to a family member, friend, or even your GP. Expressing how you are feeling can take a massive weight off your shoulders, you are not a burden. You are an amazing soul that may be experiencing a bumpy road, the bumpy road is not the only road you need

to take to get to your destined destination. There are other paths, better paths which can smooth it out for you in this hard process. You don't have to be alone in fighting your personal battles no matter what they may be. We are all truly important in this world of ours. To the person who may be reading this, I just want to let you know how proud you should be for coming this far and continuing to be here, continuing to not give up. I know some days you may not feel as you want too, but, at the end of every storm is a golden sky. It is never too early or too late to ask for help. Asking for and receiving help does not make you weak, it makes you strong. In this uncertainty, I hope you find the strength and resilience to keep on trying. I hope you know how capable you are, even when it feels so overwhelming. I hope you believe it when I tell you,

that you are worthy of these steps towards a brighter future filled with promises. You are a strong person, you got this. Below, I will input hotlines that you can also utilise:

Lifeline (24/7) – 13 11 14

Beyond Blue: 1300 22 46361

Suicide call back service (24/7) - 1300 659 467

Narcotics Anonymous – 1300 652 820

Alcoholic Anonymous 1300 222 222

Mensline – 1300 789 978

Domestic & Family Violence 1800 737 732

Family Drug Support 1300 368 186

Gamblers Anon Helpline 1800 858 858



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If you would like some peer group support for your heart condition,

**Contact President Steve,
Ph 0478 613 417 or
caboolture @heartnet.org.au**



Counselling Services

THE NEIGHBOURHOOD CENTRE'S COUNSELLING AND FAMILY SUPPORT SERVICE IS A FREE, PROFESSIONAL COUNSELLING SERVICE AVAILABLE TO ANY MEMBER OF A LOCAL FAMILY WHICH INCLUDES A CHILD AGED 17 YEARS OR UNDER, CURRENTLY VIA PHONE/FACETIME APPOINTMENTS.

Funded by the Queensland Government's Department of Child Safety, Youth and Women. Our counsellors work in strength-based ways which vary according to the clients' ways of viewing change because clients are the experts in their own lives. We also conduct another free professional

counselling service, the Family Relationships Service, which operates with two professional counsellors as part of the Moreton Bay Community Consortium (lead agency Encircle), to support families and their individual members. This service is funded by the Australian Government's Department of Social Services.

For all non-contact counselling enquiries, please ring Reception on **3408 8440** Monday to Thursday 9am-3pm. A counsellor will phone you within a week.
– 1800 737 732
Family Drug Support
– 1300 368 186
Gamblers Anon Helpline
– 1800 858 858



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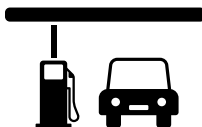
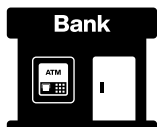


Australian Government

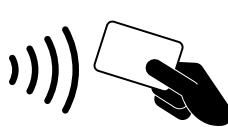
OFFICIAL MEDICAL ADVICE

Coronavirus: You must take action to save lives in your community.

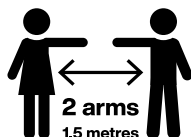
Stay at home unless absolutely necessary. Banks, supermarkets/groceries, petrol stations, medical services and suppliers will remain open. You must avoid non-essential travel.



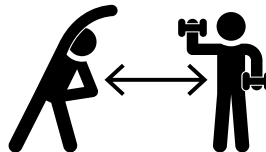
If you can, work from home. If going to work, avoid groups. Use phones for meetings and stop handshaking. Tap to pay where possible instead of using cash.



You must stay 2 arms lengths away from others and wash your hands for 20 seconds.



Exercise away from others.



Make sure you stay informed by visiting australia.gov.au

Authorised by the Australian Government, Canberra



CUT OUT AND KEEP

HEALTH, WELLBEING AND COMMUNITY

HELLO MY DEAR-SWEET BRIBIE-ISLANDERS, I'VE MISSED YOU ALL!

Oh, how I've missed going out to our gorgeous cafes and Bongaree hub-districts, seeing weekenders enjoying beach-escapades en-masse and general gatherings of loved ones. This time has made me fall deeper in-love with humans then ever and I want to touch down with you all this month in a way you can feel comforted.

It is usual, during or after times of grieving that we need re-assurance, human contact and physical touch. I don't know about you dears, but I feel a sense of grief with the implementation of wild-spread social distancing. To be honest, before all this began I was already doing my own personal social distancing, but it feels altogether different when it's a global happening. However, it makes me appreciate how intricately connected our little daily movements are with each other.

One small movement in our

long and diverse day sets off ripples that can affect a perfect stranger. How divine! And yet how dangerous it can be in the wrong motif. And yet again how powerfully reconstructive it can be with a good and steady heart; one willing to spread love, healing and hope into the



stratosphere.

It is this intention of good will that brings me back to the great significance of pure humanity. When fear strikes and doubt arises within, human-to-human love (inspired from the heights above) anchors all. Okay, behold - yes - now I am a poet! But really, it works. I know, because I am human. Another revelation! I am a human that has been bolstered

up by the encouragements and warmth of my fellow species. It is this kind of nurturing that brings children from immaturity to strength and stability. It is this kind of nurturing that brings hurting-patients into healed-patients. And it is this kind of nurturing that brings scary circumstances into

peaceful-places.

For this reason, we should rally up as much mateship between each other as we can. Instead of being suspicious toward one another we should be patient, warm in our speech (particularly online) as well as show the beauty of being meek; willing to regard others in honour. We cannot hug or touch much at the moment, but we can smile warmly and show expression in

our eyes (or learn how to!).

Darkness is utterly confused by light. And that is when fear submits to the power of love. We humans have a great capacity to love, if we allow it, and that is the light of men and women. If we hide our light during these times of confusion, then we only add to it. And if our country of Australia was built from mateship, it must be sustained through it also.

So m'maties, let us not forsake our light toward one-another other. But have compassion and forgiveness, gentleness and kindness. I feel that a well inside me as been dug deeper as I see many locals in a state of worry. I want to bring comfort for you. But I can only do so much and I can't do it alone, so would you help me spread nurture in both maternal and paternal demeanours? You can bring both strength and softness. So let us work together and rise above!

Blessings to you all dears,
Much love, Nikita

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HEALTH, WELLBEING AND COMMUNITY

Alayna and I as owners of **Eye Envy Optometrist** in Morayfield did not think we would be writing such an article as this regarding our family business, but here we go...

To keep our patients up to date of the services we can provide at this time as directed by the Government and advised through Optometry Australia we are able to offer the following emergency services:-

Emergency Appointments if you have eye pain or discomfort, a recent change

in vision, flashes of lights, new floaters in your vision, new-onset double vision or recent eye trauma.

Repairs to glasses

Replacement glasses if you need glasses for employment in essential services.

Appointments if you have eye or vision issues that are impacting your ability to function day to day (e.g. driving, reading, mobility or working)

As of Monday 6/4/20, our premises in Morayfield will be closed, however, our phone line will be diverted to Justin Gribbin (owner/Optometrist)

to be able to assist our patients where we can do so.

As noted above and for all emergency testing, injuries, symptomatic testing, collections and broken spectacles/repairs. Any current collection of spectacles we are able to organise shopping centre car park pickups for those patients not wanting to enter the shopping centre at Morayfield, or posting your order to you when the account is paid, at no charge.

We would like to take this opportunity to thank all our many loyal patients that have taken us through almost 10 years continued service here in Morayfield. It is a sad and anxious time for us all, but we are making every endeavour to be there on the other side, with all our familiar smiling faces, of the current situation. We hope you will be there with us too and continue to support a local

independent family-owned business and thereby helping our Australian economy recover, as we are now often reminded, we are all in this together.

We wish you all and your extended families all the very best and ask that you keep safe and well. They also say now is a time to count your blessings, well we have had a new one at home here in Wamuran this week, a tiny newborn lamb called Daisy. Take care and we will see you all in the near future once the COVID-19 crisis has passed.

Regards Justin Alayna, Jadaya and Sahria



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BREASTSCREEN QUEENSLAND

STATE-WIDE COVID-19
SCREENING SUSPENSION
COMMUNICATION APPROACH
- 31 MARCH 2020
KEY STATE-WIDE MESSAGES
- CLIENTS AND COMMUNITY

1. BreastScreen Queensland has temporarily suspended routine breast screening due to the coronavirus (COVID-19) pandemic.

2. We understand the concerns about our service change. This was a difficult but necessary decision to safeguard the health of our clients, staff, and community.

3. All women with appointments will be notified directly. We will contact clients to reschedule appointments as soon as possible.

4. Please be assured that if you have recently had a breast screen you will receive your results as normal, through the post or your online account. BreastScreen Queensland remains open for those women who have been asked to return for additional tests.

5. Women are encouraged to remain aware of the normal look and feel of their breasts. If you notice any changes please contact your doctor immediately, do not wait until your next breast screen.

BREAST CHANGES TO LOOK OUT FOR INCLUDE:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size and shape of your breast
- a change to the nipple, such as crusting, an ulcer, redness or the nipple pulled in
- a discharge from your nipple that happens without squeezing the nipple
- a change in the skin of the breast such as redness or dimpling or puckered skin
- a pain that doesn't go away.

6. This is a rapidly changing situation and we will keep you updated via our website (www.breastscreen.qld.gov.au) about when breast screening services will be available again.

8. If you have any questions or concerns, please call your local service on **13 20 50**.



BreastScreen Queensland has temporarily suspended routine breast screening due to the coronavirus (COVID-19) pandemic to safeguard the health of our clients, staff and community.

We will contact women who are due for a breast screen to schedule an appointment once we can re-open.

We encourage you to remain aware of the normal look and feel of your breasts. If you notice any changes please contact your doctor immediately. Do not wait until your next breast screen.

For more information please visit breastscreen.qld.gov.au

If you have any questions or concerns, please call your local service on **13 20 50**.

For more information about COVID-19 visit www.health.qld.gov.au/coronavirus

Thank you for your patience and understanding.



Call **13 20 50** or visit breastscreen.qld.gov.au



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HAND HYGIENE FOR PEOPLE WITH SPINAL CORD INJURY

PREVENTING COVID-19

This advice is meant to address the COVID-19 pandemic. Certain supplies may be limited but you can still protect yourself and prevent infection using whatever is available to you; soap and water is always better than nothing.

Hand Hygiene Basics

- Soap and warm water: 20 seconds, all parts of hand (front & back, under nails, between fingers, wrists), or
- Sanitizer (70% alcohol): cover all parts of hand (front & back, under nails, between fingers, wrists).
- Take care when you dry your hands; use single-use paper towels in a public place or a clean towel at home.

The coronavirus (that causes COVID-19) can live for hours or even days on a variety of materials, be especially careful of surfaces in public areas that are touched by many people (elevator/door buttons, PIN pads, handrails, touchscreens, etc.)

Manual Wheelchair User

- Wash your hands frequently and whenever you enter your living space.
- Remove gloves (if you wear them) before washing your hands. Try to clean your gloves with whatever cleaning product is available.
- After you wash your hands, be careful about touching your tires; you may want to use paper towels or cloths to cover your tires.
- Clean your pushrims as well, since you're constantly touching them - anything that gets on your pushrims is very likely to get on your hands.
- Clean your brake handles, push handles and any other parts of your wheelchair that anyone touches with their hands.
- Clean your tires regularly, and try to avoid making contact between your hands and your tires when you're pushing.

Power Wheelchair User

- Wash your hands frequently and whenever you enter your living space.
- Clean your joystick and any other controls (while taking care not to damage the electronics).
- Clean your armrests, tray, and any other parts of the wheelchair that your hands touch.

Everyone

- Clean your cell phone or other mobile device, and any parts of a bag or backpack that you touch.

Other Assistive Devices

- Clean the handles of your cane or crutches.
- Clean the handgrips and brakes of your walker or rollator, and any other part that you touch (such as a storage compartment).
- Clean all parts of any splints, cuffs, braces, or reachers, or any other assistive device that you touch with your hands.

Using Your Mouth

- If you have limited hand function, you may typically use your mouth to grasp and hold all kinds of things. Although it may be more difficult, it's a good idea to find other strategies (including asking for help if necessary) so you can avoid using your mouth, ESPECIALLY with any object that someone else may have touched.

These measures may seem difficult and time-consuming, but it is **EXTREMELY IMPORTANT** for people living with SCI to prevent infection by the coronavirus. During the current emergency, taking every possible measure to protect yourself will help you stay healthy.

More information on COVID-19 and people living with SCI:
<https://sci-can.ca/covid-19-guidance-spinal-cord-injury-community-2020031>

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SPINAL LIFE PEERS SUPPORT ADVOCATE

William Peacock OAM

As we learn to protect ourselves from a serious pandemic Covid-19 and go into iso-



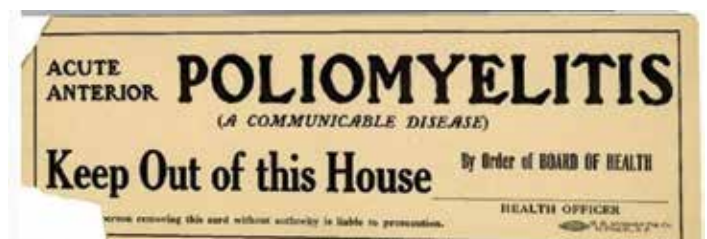
lation the mind goes back



to a time before the Salk vaccine in 1954/55 and the Polio Pandemics around the World. Australia did not escape and my own memories of being flown by the air force from a country town in Victoria to Melbourne and Fairfield Infectious Diseases Hospital being placed in an Iron Lung (a respiratory device to keep us alive) then the isolation for the next twelve months, away from family as a child approaching 5 years of Age. Then onwards to the next



6 years in an orthopaedic hospital before spending time between my family in the country and treatment in Melbourne with relatives. My education like so many others was by Correspondence School with the aid of tutors such as the nurses and family who were able to visit, I could recite the Plantagenet's with the aid of an Aunt, and my education was completed at a Rehabilitation Centre where I learned to live life with callipers preparing me for a working life. I was one of many hundreds of children and adults who were in the same situation as Polio's (as we were all referred too). There were so many deaths as I remember my friends going to live with the angels overnight (A wondrous thing to be free of pain in the mind of a young child). As history tells us the number of polio cases was in the many thousands in Australia between the 1920's and 1955. With Pandemics in between. No one ever seems to have recorded the number of deaths. Traumatic memory can haunt



not only the mind but also the nervous system causing problems throughout life from this incredible sense of isolation we are again experiencing in the times of Covid 19. Like so many polio survivors we are reliving the earlier experiences from the days of isolation. Our greatest prayer is that Covid-19 will not leave an after medical condition as polio certainly did in Post-Polio Syndrome and the Late Effects of Polio. Until polio is eradicated globally, it can



re-emerge in any country, so polio immunisation remains important in Australia. If children and adults are not immunised, polio may re-establish globally until it is completely eradicated. New cases of polio in Australia are rare, but the disease remains a health risk for travellers to some countries of the world. Bribie Polio Survivors Wayne and Ravy Leang Slattery with Julia Gillard. Iron Lung. PPS Bribie Island and surrounding areas have several people with Post-Polio Syndrome and who have developed a number of debilitating conditions and decreased mobility from wheelchairs walking aids, callipers (KFO's) to the aches and pains associated with the late effects of Polio. Spinal Life Australia Peer



Support Group Bribie Island continues to offer support and advocacy for those who are polio survivors and while all support group activities have been cancelled, we are looking at every way to reconnect via social media. The Rotary Foundation through the Bill and Melinda Gates Foundation are globally fighting to end Polio now and one of the fun ways to join in the fund-raising is to have a Rotary's World's Greatest Meal. While we had to cancel the Faulty towers Experience

at Bribie Island RSL we are continuing with Virtual Meals, photographing a meal and then registering with Rotary's Worlds Greatest Meal Keep Safe and remember this too will pass. Contact Bill Peacock Rotary Passport Club d9650 PH: 0403 686 998



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TO THE PEOPLE OF LONGMAN

I know that life has changed for you over the past few weeks, just as it has changed for every Australian across our country.

As your Federal Member, I want to remind you and encourage you all to stay strong, stay safe and stay positive because we will get through this.

The most important thing to remember is to stay informed, both medically and financially. For health information please refer to health.gov.au and for financial matters please look at treasury.gov.au. Please always feel free to contact my office on 07 5432 3177 if you or a family member is struggling to understand the information, because the feedback we are

getting is that there is a lot of confusion out there and a lot of people who now need government assistance, who have never needed it before.

I want to assure you that the Federal Government is working with the States in a tremendous bipartisan way to best serve all Australians and we will provide the majority of funding to get through this period.

On Monday, 23rd February 2020, I flew to Canberra so that we could pass the stimulus package to assist Australians financially at this testing time. There are people who are going to suffer more financially from this virus than others.

We actually have businesses like hardwares and nurseries who have seen an increase in business, as people prepare to do those jobs around the home they have been putting off, if they have to self-isolate.

Though on the other hand, we have people in hospitality, sporting clubs, retail and other industries that have had to cut back and close. These are the workers and businesses that need help and they will be helped through the Newstart allowance, plus coronavirus supplement and other government payments that are applicable to individual cases.

I also want to applaud Australian banks for assisting us. If you've lost work due to the coronavirus and have a mortgage, please contact your bank as many are offering to defer payments for six months.

I would like to encourage business owners to contact their accountants, as they would be able to give you advice on the best cause of action for your individual circumstance. If we all work together like this, we will ease the blow.

There are a lot of misconceptions and half-truths out there, so please contact my office for the facts. We also want to hear from any people that believe there is no assistance in their particular situation, so we can feed it back to the people in Canberra who are making the decisions. Please also make sure you look after yourselves and continue to listen to the government protocols including those about isolation, social distancing, washing your hands and maintaining personal hygiene.

Once again, if you are a Longman resident and unsure of anything, I want to help you so please contact my office on 07 5432 3177 or email us on Terry.Young.MP@aph.gov.au.

You can also sign up for my newsletter for any updates at <https://www.terryyoung.com.au> or keep an eye on my Facebook page (@TerryYoungMP).

Social distancing rules apply to prevent the spread of Coronavirus and save lives in our community.



Please keep a 1.5 metre distance from people, don't shake hands or exchange physical greetings.

Hi everyone,

We're amidst challenging times, but there's a way through this and I know that Australia will bounce back and be a stronger nation from this.

I understand that many members of our Longman community are concerned about the impacts of the Coronavirus (COVID-19) during this time. This is why I believe that it is important for our community, and all Australians, to look out for each other and work together to minimise the effects of the Coronavirus.

You can protect yourself, your family and your friends by practising good hygiene and maintaining appropriate social distancing. As your Federal Member, I will continue to provide the people of

Longman with regular updates on how you can take the steps needed to help prevent the spread of the Coronavirus on my Facebook page (TerryYoungMP) and eNewsletter which you can sign up for at www.terryyoung.com.au.

If you have any questions please email me at Terry.Young.MP@aph.gov.au or call the office on 07 5432 3177.

For health information on the Coronavirus or information on the Government's stimulus package please visit www.australia.gov.au.

Remember, stay strong, stay safe and stay positive.

Terry Young MP
Federal Member for Longman

TERRY YOUNG MP
Federal Member for Longman

Unit 7, Level 1, 69 King Street, Caboolture QLD 4510 P 07 5432 3177
E terry.young.mp@aph.gov.au W terryyoung.com.au F TerryYoungMP IG [terryyoungmp](https://www.instagram.com/terryyoungmp)
Authorised by T. Young, Liberal National Party of Queensland, Unit 7, Level 1, 69 King Street, Caboolture QLD 4510.



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IMPORTANT NUMBERS:

- For the latest advice, information and resources, go to www.health.gov.au.
- Call the National Coronavirus Help Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.
- The phone number of your state or territory public health agency is available at www.health.gov.au/state-territory-contacts
- If you have concerns about your health, speak to your doctor. Please call to book an appointment with your doctor, don't just walk into the clinic.
- For more information on the ways in which the Government can support your businesses visit Business.gov.au.

• All taxpayers affected by the Coronavirus outbreak can contact the ATO for assistance. Taxpayers can contact the ATO on 1800 806 218 or visit the ATO website at ato.gov.au for further information.

• Morayfield Doctors Health Hub respiratory clinic – Please book online at <https://www.healthhubdoctorsmorayfield.com.au> or call on 07 5322 4901. **You can't just show up for a test or you will not be seen.**



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Financial assistance is now available to support individuals, households and businesses.

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With the announcements made last month by Qld Premier Anastacia Palaszczuk and Tony Cook, Director General for the Department of Education that all Qld schools will be on Student Free Days from the 30 March 2020 until the start of the Easter holiday period, teachers at our local schools have been preparing for the delivery of teaching & learning programs via an online platform.

Tony Cook assures us schools will recommence teaching from Monday 20 April 2020 "unless health advice determines otherwise". Although schools in Queensland were open prior to the Easter break, public notification as to how students will receive their learning programs in the future will be announced prior to the recommencement of the school term in April.

Bribie Island State School Principal Mr Peter Keen from says, "Our local schools are well prepared for the short term future and changes to education as we currently know it and have been forward planning for likely scenarios for many weeks" including over

the holiday period. Primary school students, including those from Bribie Island State School have been shown how to access the on-line learning platforms in anticipation for a busy Term 2 of school. Support for your child's learning is available on the newly established learning@home website which has been developed by the Department of Education and can be accessed at: <https://education.qld.gov.au/curriculum/learning-at-home>

This site contains a range of student learning material and other high quality education websites that will help your child's learning. All teachers in the State of Queensland are planning on being at work for Term 2 in preparation to delivering quality education experiences focus around Mathematics, English and Science, the Arts and Health & Physical Education (HPE). Tony Cook, Director General for the Department of Education appreciates and acknowledges the commitment and professionalism of our teachers, school leaders and many other school staff in preparation for this time ahead. Mr Cooke said, "The work of all staff in Queensland state schools

Bribie Island

and centres has been characterised by strong commitment, professionalism and exceptional support for your students, colleagues and school community over these difficult months since the start of 2020".

Prior to the Easter holiday period our Bribie Island schools were open to children of essential workers, those children from families who were required to attend a workplace for employment purposes, "anyone who is currently in our workforce, or vulnerable children". Tony Cook also added, "This includes early

childhood and school staff". As the COVID-19 situation continues to evolve, we have been closely following Department of Education directives, which are based on the advice of Queensland Health. No doubt as information comes in, more details of any further changes will be publicised but until then, stay safe, stay home and please, wash your hands on a regular basis as this could save your or someone else's life.



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A new way for life at home, and at work. Teachers and staff at Bribie Island State Primary School hold their training days in the Hall to meet social distancing requirements. This was an effective way for teachers

to work collegially, transferring knowledge and skills relating to on-line learning platforms. As from 30 March though, further restrictions were put in place to minimise the transfer of the COVID 19 virus.



Food, Wine & Island Times



THE STORIES AMONGST US



By Charmian Campbell

Why Parents of an

Olympian chose to live on Bribie Island
Having lived in Brookfield, Brisbane for over 20 years

before choosing Bribie Island to live, Sharon and Michael Sprenger raised three children, one daughter and two sons. Their youngest son, Christian was a 2 time Olympic swimmer and silver medalist having competed in Beijing and London Olympics. Michael, was a Partner in a firm of Chartered Accountants and Sharon worked as a merchandiser for Nestle. With the boys

being heavily involved in swimming, Sharon was able to work around their schedules and the many physio appointments. And when Christian made the Australian swimming squad they were fortunate to be able to follow him overseas for major swim meets. Their daughter, a teacher residing in London, gave them the added benefit of travelling to see her also. Just before Beijing Olympics

in 2008, Sharon purchased a Curves Fitness franchise which she owned for 8 years.

With the kids all grown up, living in a big house on a big block of land, Sharon and Michael were in 2 minds as to where to live once retired. After considering other locations, Michael said "what about Bribie?" And their kids agreed. They were hooked from



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The Big Bun Bakery and Takeaway

their first look. Making their way directly to the golf course, Michaels favourite pastime, they began chatting to locals who were out and about, and they had so many good things to say about Bribie. On inspection of a block of land backing onto the golf course they were able to get the same sense of openness and connection to nature as they had enjoyed in Brookfield.

Being health conscious and active Sharon plays an integral part in contributing to Bribie Island community with Pilates classes through the Healthy & Active Moreton program supported by Moreton Bay Regional Council. She is also the founder of Ladies of the Links, a community

organisation designed to bring newcomers and existing Island residents together with a dinner held on the last Thursday of each month at the Pacific Harbour Golf Club. This Not for Profit organization not only creates new friendships but raises funds for local charities.

When asked, what do you enjoy most about the lifestyle here on Bribie. Sharon concedes, "The laid back lifestyle. The fact that I know I am hardly ever going to be stuck in traffic. I love that we are so close to the beaches. My husband would say playing golf with the neighbours and the golf club members."

On the topic of community spirit, Sharon says "her new friends are wonderful".

Recently she received beautiful words of praise from the locals thanking her for her help, which she said "it was very, very uplifting". A unique point to being a resident of Bribie Island is the University of Third Age. "Its an opportunity to get involved in things that you have never tried before, if you look outside the square" Sharon said.

Bribie Island offers many attractions to those looking for a new life or a change of pace. An example is in Sharon and Michaels street people come from as far away as Canberra, Mornington Peninsula and even South Africa.

"I love the fact that people are from so many different places and so interesting to talk to" Sharon concluded.



"Due to the current health crisis, Savige's Seafood will remain closed until further notice.

We encourage everyone to stay home and stay safe during these uncertain times.

If we all do our bit, things will be back to normal sooner rather than later!

We would like to thank all our wonderful customers for the support shown to us, and we can't wait until our doors open again!

See you soon Bribie"

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WINELANDER

The biggest talking point over the last 6 weeks or so, has been the effect that the Coronavirus is having on the planet and of course, apart from toilet rolls, the wine industry isn't immune, if you pardon the cliché, already many of the wine conferences and exhibitions around the world have been cancelled, and the market for Australian wine in China has come to a grinding halt. Unfortunately at this stage, it seems hoarding toilet rolls is far more important than Rosemount Chardonnay or Wynn's Shiraz, but who knows things may change, and I haven't heard of a mother and daughter fighting in the aisles for the last bottle of Moscato, but it is early days. On a brighter note, it seems that several pubs around the nation have organised Corona (virus) parties based

with the well-known beer from Mexico and it would appear that sales of the said beer which were thought to be going to be difficult under the circumstances are going upwards! Over the few years I have been involved with this column I have endeavoured



TULLOCH

to find interesting stories about wineries especially those that have been around for a long time and one such winery is Tullochs from The Hunter Valley who produce outstanding wine and is still in the hands of the Tulloch family after over

140 years of winemaking, although for 33 years it was owned outside the family.

The Tulloch storey began in 1838 when James Tulloch arrived from Scotland and settled in Camberwell.

James grandson John Younie (J.Y.) Tulloch owned the Braxton General Store and accepted an unusual settlement for a debt, a 43-acre property in nearby Pokolbin. Tulloch took an immediate liking to the property and the 5 acres of neglected Shiraz vines it contained and undertook his first foray into viticulture and winemaking.

By the 1920's J.Y. had established himself as the largest vigneron in The Hunter Valley and began the tradition of quality and excellence of quality that is now synonymous with the Tulloch name. In 1938 the company was

renamed J.Y. Tulloch and son Pty. Ltd and when in 1940 J.Y. passed away his son Hector took over the reins and was integral of bringing the Tulloch name to prominence with the development of the Pokolbin Dry Red and Hunter River White labels in the 1950s. In 1965 Hector Tulloch passed away and was survived by his wife Eileen and two children Jay and Helen. In 1969 the company was sold to The Reed Consolidated Publishing Company and so began an era of outside ownership which continued until 2001 when the company was bought back from Southcorp who had allowed the business to run down. The Tulloch Brand had suffered enormously over these thirty-three years at the hands of large companies and multiple ownership changes

FOOD, WINE & ISLAND TIMES

although Jay Tulloch had retained the position of General Manager a position he retained until 1996 when he tired of working for a large corporate company.

In 2001 the opportunity to buy back the old family company J.Y. Tulloch and Sons from Southcorp and along with long term friends and business associates a new era of J.Y. Tulloch and Sons began. With Jay Tulloch back at the helm, the next phase of the Tulloch story has begun with Jays youngest daughter Christina taking on the role as CEO.

The Tulloch Verdelho, an outstanding wine, and a reinvigorated Pokolbin Dry Red label leading the charge in a portfolio of premium wines that draw on the ability to produce wine

styles for all generations. Unfortunately for wine drinkers of Bribie Island, the only Tulloch wine available in our area is the Verdelho which has a cost of around \$14 or less as part of a six-pack at Dan Murphy's or First Choice. It is a crisp dry white, pale straw in colour with citrus aromas and fruit



salad flavours, well worth a try. Having checked on the availability of the range of Tulloch reds it would appear they are difficult to find which is a great pity because they are excellent.

This month has been a great one in the drinking department and I have enjoyed a Toi Toi Marlborough Sauvignon Blanc for \$11 at Dan Murphy's, a Hardy's William Hardy Limestone Coast 2019 Shiraz 2 for \$20 at Liquorland, a Shingleback Davey Bros 2015 McLaren Vale Shiraz for \$18 Dan Murphy's, a Tyrrell's 2016 Hunter Valley Brookdale Semillon for \$19 Dan Murphy's, a Jim Barry 2019 Watervale Riesling for \$15 Liquorland and something that was very interesting that arrived with a visitor for dinner a Rari 2015

Nero D'Avola from Sicily which was excellent, cost unknown. The highlight, however, was a Penfolds Bin 150 2016 Maranga Barossa Valley Shiraz which was specialised at half price at Dan Murphy's and was still very expensive but I savoured every drop.

Cheers

Philip Arlidge

From 'Don Juan' 1818
Lord Byron

Let us have wine and
women, mirth and laughter,
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If you are at home, you'll have plenty of time for Easter crafts and goodies. Here's our suggestion to get you started:

Easter Cupcakes

(Source: Holly - Simplify Create Inspire holly=simplifycreateinpire.com@mlsend2.com)

Make up your favourite cupcakes from scratch or use a packet mix, then get creative with the decorations:

INGREDIENTS

Cupcakes of your choice and

your favourite icing

- Green food colouring
- Jelly beans or mini chocolate eggs, plastic eggs
- vegetable oil
- melting chocolate,
- Oreo cookies,
- Flower sprinkles, white non-pareil sprinkles, white spice drops, orange peanut candies or whatever you have in the cupboard!

METHOD

Colour some of the icing green. Pipe the green icing on the cupcakes so that it looks like grass. Place jelly beans, chocolate eggs or other Easter candies in the grass frosting. Sprinkle the cupcakes with flower sprinkles. To make the chocolate eggs, grease the inside of plastic

eggs with vegetable oil. Spread different colours of melted chocolate in the eggs and let the chocolate harden. Pop out the chocolate shells and place them on the frosted cupcakes. You can also break some of them and fill them with Easter candies.

To make the bunny cupcakes, split Oreo cookies in half and finely crush the sides without the white filling. Put the chocolate cookie crumbs in a shallow bowl. Spread icing on the cupcakes with a knife and dip the frosted tops into the chocolate cookie crumbs. To make the bunny feet, split a peanut candy in half and then dip each half into melted white chocolate, spooning chocolate over the candy to fully coat

it. Press black jelly beans into the feet to make the paws and then let the chocolate harden. Spread some frosting on the bottoms of the feet and place the feet on the cupcake tops. To make the bunny tail, mould a white spice drop into a circle (or use another circular candy). Coat the candy with icing or white chocolate and place white non-pareil sprinkles into the candy. Let the chocolate/frosting harden and then place the tail onto the cupcake top.



HAPPY EASTER

We would like to wish our valued customers a very happy and safe Easter.

We will be closed over the Easter break and will return on Tuesday the 14th

A new menu will be available after Easter for takeaway and delivery

Thank you all very much for your support.



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14 Days of Isolation

© Howard Kennedy

Choose a fortnight's isolation in a lonely hotel room.

Or fourteen days at home, your preference I'll assume? That's sixteen hours per day of wakefulness your time to occupy.

"What could we do?" I ask of you," to make that time fly by?"

What hobby could we undertake to fill each passing hour?

Should we keep ourselves awake by taking colder showers?

And what about the giggle box should we watch the hourly news?

When politicians' mouths unlock to make us more confused.

Perhaps a thousand games of eye-spy, some bingo or charades?

Some rounds of real monopoly, where passing 'go's' not paid!

Some poker or perhaps some bridge, a wager on the side. Perhaps some conversation, for as long as we are "inside!"

Oh yes this is your chance, to read your dusty books.

And let imagination soar, in the exotic meals you cook. To whittle down that list of chores, for too long you've delayed.

To find you don't have ingredients or the stuff from which it's made!

You can just slip down to the shops to buy just what you need.

But no, you're in isolation, in a pickle now indeed!

Oh well there are always things to fix and errors to repair.

And after only two days in, you really could despair!

"Be patient!" you hear a voice, "It's your civic duty now!"

To consider the community and keep a grip somehow!" You could ring up a call centre and sit there on the phone.



Project in the making - Jenny M.



Anne's Outing



Carla kicking back before cleaning with a glass of wine



Carter getting ready for Easter



Janice Brody - My hubby Ray practicing his tennis



Indy M having fun with chalk



Maddy chalking a fence for fun



Its garbage day and a chance to go out. thought I should dress up for the outing



Emma Flavell new project



Trevor Sealy -If I can't tattoo a sleeve, I will paint one



Stopped by the zoo on our way home, let the kids look at the sign then put them back in the car

Listening to messages to wait, to assure you're not alone!

You could learn a foreign language in an accent you can trace. Or take a million selfies with a twisted fishy face. Download an app from google play, play games until you're hooked. Search through all your documents, for bills you've overlooked.

Play your favourite music

and perhaps jig a little dance. Do those things you've meant to, if only you'd the chance! Relive your times of glory and look now through your slides. A week now passed. How will you last? More time you've yet to bide!

By now you're well practised there's plenty more to do. Now you are in the swing of things, with ease you'll cruise on through! Though life is hardly, normal

and your dreams are now on hold.

Perhaps time you've spent with family is now worth much more than gold!

The countdown now is hours and soon you will be "free." Don't be too keen this doesn't mean, in its entirety Please heed advice, don't roll the dice until we are so sure. That it is "done" and we have "won," till "life" returns once more!



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Until we meet again...

**SUPPORTING LOCAL EATERIES THAT
HAVE BEEN AFFECTED BY COVID - 19**

ARRIVAL THE OLDE DARTE

PART ONE
By: Elaine Lutton

A S MANY OF YOU MAY KNOW, I HAVE RECENTLY RETURNED FROM A TRIP TO THE OLDE DARTE, CONSIDERABLY EARLIER THAN EXPECTED DUE TO CIRCUMSTANCES WAY BEYOND MY CONTROL.

In many important ways, this was a disappointment but although everything did not turn out as I would have hoped, I certainly did not regret my trip which became a kind of curate's egg; good in parts.

In some ways, it was a disappointment; no trip to Paris to meet my niece Susan whom I have been

exchanging emails with for the past year, no meeting with my brother John who is five years older than me and felt I was too much of a risk to meet with, sad as I do not know if I will get to see him again, and no cousin Jill whom I cancelled because she has a daughter with MS whom I felt could be a High- risk individual. Again very sad, because Jill is one of the funniest people I know. On my previous trip, we had spent a riotous evening together getting more than a little tipsy on red wine followed by damson gin (home-made) exchanging confidences and laughing until we finally staggered into bed around two in the morning. I was hoping for a re-run but it was not to be. I will have to make do with her hilarious emails which make me laugh out loud.

However, let me tell you about the positive side of my trip.

On reaching Heathrow I

seriously. The Great Toilet Roll Buy-up had begun, folk were buying Pasta as if it were going out of fashion



took a taxi to my friend Jenny's flat in London where I was greeted by enormous warmth and enthusiasm....we were at school together. It was there that I first began to realise that Londoners were beginning to take the plague

and the young man in the flat upstairs was buying sacks of dried lentils online! Sorry, but I laughed. Where is the Dunkirk Spirit I was heard to say? Well, if that had dissipated, the Spirit of Allerton, our former school, must prevail!

During the time I was with her, we went to the London Portrait Gallery and looked at 17/18th century paintings, which Jenny and I were particularly interested in. We gazed in awe at Fanny Burney, remembering her Diary and the horrific surgery without any anaesthesia that she had written about and survived.

After coffee and cakes, we travelled home, in the rain, on a London bus, just calling into a magnificent Italian delicatessen to collect goodies for later.

The next day, Jenny suggested we went to the Charles Dickens Museum as it had been refurbished since I had last been there. This is situated in the house in which Dickens first moved into with his young wife, and later child.



hands since!

That evening Jenny had a ticket for a classical guitar

sweet nature, I do still have a friend, or at least I am assured that is this is the case.

The next day we decided to go to the cinema and see the latest film adaptation of Jane Austen's Emma. Enjoyable but rather too pretty-fide for my taste. It was here, I think, that I lost my little opal earring which I still grieve over since it was one of the first pair of earrings my late husband ever bought me.

The next day brought great joy, however, as Jenny's sister Harriet and her husband Vittorio, arrived to take me to their home in Winterbourne Downe, a small village outside Bristol. She has been my bosom friend ever since we were both fourteen years of age, many moons ago. Good friends are not expendable, I believe.

I think we must have gossiped for three days straight before it was time for me to start on the next part of my itinerary.

This was to travel by train to Romsey to see my cousin Jane and husband Michael who was driving to Salisbury to pick me up due to a mud-slide which prevented the train making the full trip to Romsey. On the way, I met a lass called Sarah, also going to Romsey for a medical appointment, but who was unaware of the change in the time-table. However, I assured her that the gallant Michael would consider it no worry to take her the rest of the journey with me. I think she was more than relieved that she got a ride in a B.M.W. rather than scrabbling for a bus and arriving late for her appointment.

She was dropped off at the clinic in Romsey and we continued to Jane and Michael's home where a proper pork-pie awaited me.

Apologies to H. Belloc I'm getting tired, so are you, Let's cut this story into two...to be continued



Some furniture had been brought in from his later home, amongst them the desk at which he had written Bleak House and Our Mutual Friend, my two favourite Dickens novels. I must admit that, after taking photos of the desk, I actually touched IT! Possibly very naughty, but yes, I have washed my

concert, so off she went, and I thought I would phone a friend in Australia knowing that there was a ten-hour difference in time between us. Alas, I thought, or didn't think, that the UK was ahead not behind Australia, hence I woke my friend at four in the morning! Due to my friend's

Deadliest plague of the 20th century *Spanish Flu of 1918*



PANDEMIC 100 YEARS AGO

By Barry Clark
Bribie Island Historical Society



As I write this article, the world has shut down to contain the coronavirus.

One hundred years ago another pandemic caused tens of millions of deaths worldwide. We are about to experience a period of history that will be talked about 100 years from now.

GLOBAL CHALLENGE

Over the years, scourges such as the Black Death, Smallpox, Leprosy, Tuberculosis and Spanish Flu decimated the world's population. There are many more people in our world now. Back in 1918, after four years of fighting in World War 1, a pneumonic



influenza pandemic broke out killing over 50 million people worldwide

QUEENSLAND IN 1918.

Australia population back then was then less than 5 million, of whom 417,000 had enlisted for the war effort, with 330,000 serving overseas. In 1918 Queensland had a population of 660,000 of whom 57,700 enlisted.

A much-dreaded official

Government "Telegram" was later received by one in six of every Queensland family advising of a death. Australians had suffered a lot, and were looking forward to post war normality.

PANDEMIC in AUSTRALIA

What became known as "Spanish Flu" emerged at the end of the First World War, killing more than three times all the deaths of the



HISTORY

First World War.

It quickly spread throughout Europe, America, Africa, India and Asia. One third of the entire world's population became infected, and while most recovered, there were still over 50 million dead by the time it was over.

in Germany, Austria, France, the United Kingdom and America.

Spain had remained neutral throughout the War, and had no need to keep news of the Influenza under wraps, and the Spanish King was among the first to die of it. This announcement led to the false impression

taken, as are being done again today. Schools closed, sporting events cancelled churches empty, the West coast was isolated from the East coast, and coastal shipping stopped.

Spanish Flu reached Queensland in May 1919, the Brisbane Exhibition cancelled and a Showground

social distancing was the opening of the first Open Air Cinema in Brisbane.

IMPACT ON BRIBIE

At the outbreak of World War1 in 1914, the resident population of Bribie Island and surrounding areas was less than 60 people.

Many young men volunteered and went to War in Europe. Of those that survived the horrors of War, some returned home maimed, damaged and limbless to live on Bribie. I am not aware of any Bribie people who contracted or died of Spanish Flu.

I am sure readers will have heard enough about the current Coronavirus pandemic. I have written this article to remind ourselves that History is littered with many terrible events that those who have gone before us had to deal with. We will overcome the current challenge and reflect on it in years to come.



The Spanish Flu rapidly spread as soldiers returned home from active service, and strict Australia quarantine system limited the spread initially, but cases of Spanish Flu began to appear in Australia in early January 1919.

About one third of all Australians became infected, and within a year, some 15,000 were dead. Unlike the current Coronavirus, the typical profile of victims were young vulnerable children, and fit young adults aged 20 to 40 years.

SPANISH FLU

The 1918-19 pandemic was known as "Spanish Flu", not because it originated there, but because it was first widely reported there.

Major countries involved in the War avoided any public announcements that might give advantage to the enemy, so the extent of Spanish Flu was suppressed

that Spain was the original source, and thus it became known as "Spanish Flu".

AUSTRALIA at WAR.

After the horrors of war, when peace finally came after four long years, Spanish Flu infected an estimated 700 million people worldwide.

There was not a clear understanding at the time of what a virus actually was. It was not until early 1931 that the viral nature of the 1918/19 pandemic was confirmed.

Some victims died within a few days. The majority who died did so from secondary bacterial infection, in an era when there were no drugs to treat bacterial pneumonia.

PANDEMIC IN QUEENSLAND

As the pandemic spread, essential actions were necessary and quickly

Quarantine Centre set up with 400 beds. State borders closed, and Quarantine Camps established at Wallangarra and Coolangatta. The first cases were clinically



diagnosed in May 1919, and within 5 months 40,000 cases had been formally notified. At least 300 people died in Brisbane.

However, it only lasted for a few months, with no increase in the death rate after August 1919, the epidemic was declared officially ended in December.

One of the interesting outcomes of the need for

MORE BRIBIE HISTORY

If you have questions, or information to provide, please contact us.

Monthly meetings of the Historical Society have been cancelled until further notice.

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

BRIBIE ISLAND PHOTOGRAPHY CLUB

Because of present circumstances our March meeting was cancelled, however our digital images were judged by remote judge Michael Stefanini and critiques and placings posted online.

The theme for the month was Portraiture/People and was won by Kristie White with her adorable image "Princess".

Kevin Murphy with his dramatic action shot "Try Time" was the winner of the Open Colour category.

"Stately", a photo of a majestic Bush Stone Curlew by Marj Webber won the Mono section as well as PHOTO OF THE MONTH.

Until further notice there will be no monthly meeting and our monthly competitions will be judged online.

Most of our activities have been put on hold. Instead of our planned Hunt and Shoot location outing in April at Woorim Beach we now plan to hold the event in our individual gardens. Photos will be posted online and judged by a panel of judges. In place of our Location Shoots each month we will now be offering members an online Challenge with different subjects, which can be done at home.

www.sites.google.com/site/bribiephotographyclub email: bribiephotographyclub@gmail.com



gmail.com Gordon 3408 2649
Gail 0419 638 865

at Woorim Beachfront
organized by (Gaby and Gail)
Our monthly meetings have

been postponed till further notice.

Ring Gordon at 3408 2649 or
Gail at 0419 638 865 for any inquiries.



BICAS Bites

gives Bribie artists something to chew on

Many members of the Bribie Island Community Arts Society are not idle while the Covid-19 isolation keeps them from their regular beloved art and craft groups meeting at the Centre in Banksia Beach.

They are planning and creating, shaping, completing and dreaming up new works, says Arts Centre venue manager Julie Thomson.

The Centre closed on March 17, shutting the doors of the gift shop, galleries, studios, and Cafe 191.

Where the precinct once rang six days a week with voices, laughter and cheers as the 12 Working Together Groups met and made great art together, it is now silent. But groundsmen Neil, Ivan, Ray and Bill keep the beautiful gardens tendered and the lawns and grounds neat and tidy.

Meanwhile, the buzz among the artist and creatives is still there.

It's online.

Julie has been keeping the members and friends engaged with an online blog BICAS BITES <https://www.bribieartscentre.com.au/bicas-bites> in which she is sharing all the creative projects the members are conducting at their homes. "I hope it serves to keep them engaged and inspired," she says. "It was really dreadful for many BICAS members to be cut off from their social and artistic life when the Centre closed. For many who live alone or with a dependent partner, coming to the Arts Centre to work with their weekly group was a respite, a well of friendship and breath of fresh air to look forward to."

Potters, painters, printmakers, leadlight and glass artists, watercolourists, coloured pencil artists, quilters, sewing groups, knitters and more make up the groups who filled the studios at the Centre.

Julie says with the amount of great ideas that members are sending her from their enforced isolation, she can fill a weekly BICAS BITES blog for months, - and its only week 3 of

lockdown.

"I am thrilled and amazed at the depth and imagination of these artists and craftsmen," she says... I love reading and sharing the many items they send me."

Some, like the Island Quilters, are making scrub caps for the Caboolture hospital staff. Others are starting something completely new and diverting from their usual medium to explore new fields.

"It is very tough for many as they are in the high-risk demographic for infection. I don't want to downplay the seriousness and worry of this virus, but there is a silver lining in adversity.

"We just want everyone to stay safe, keep their creative juices flowing and return to the Centre sound and well down the track." says Julie

SOME WORKS DONE IN ISOLATION

Betty Burey from the Ladies Sewing group is busy making beautiful bags.

Scrub caps made by the Island Quilters for Caboolture Hospital staff in the Arts Centre down time.

Painter Suzanne Dennis is perfecting her bird art



RED-BROWED FINCH

Neochmia temporalis



Red-browed Finches are commonly seen in flocks darting tirelessly through the undergrowth, along roadsides, on grassy clearings and in bushlands on Bribie Island.

The most striking features of these distinctively marked passerines are red brows and bills and bright red rumps which is why they are also called Red-browed Firetails. Their backs are olive and most of their other feathers are grey. Young birds do not have the red brow. They are small energetic birds weighing only 7-13 g and are 11-12 cm in length. Male and female are similar in appearance. When threatened their

only defence is to fly quickly into dense scrub or undergrowth.

They are mostly found in a coastal strip around 300km wide from Cape York to Kangaroo Island in South Australia around forest edges, heathlands, parks and gardens, mangroves, and areas of long grass. Lantana a noxious weed is also a favourite haunt. They remain in the same area and are only nomadic for short distances when they are searching for new food sources.

Small seeds and insects are their main foods which are mostly taken on the ground. They are frequently in the company of other species such as



Fairy-wrens, Thornbills and other Finches. On Bribie Island, they are often seen feeding with Double-barred finches and sometimes with Chestnut-breasted Manikins.

September through to December are the most favoured breeding months in our area. Nests of grass are rather large, untidy and bottle-shaped with a horizontal funnel at the entrance to the nest. Inside the nest is lined with soft feathers and down. Thorny bushes such as lantana or thick undergrowth are preferred nesting sites making it difficult for predators to enter. Females lay 5-8 small white eggs. Both parents share in the nest building, the incubation (13-15 days), and feeding of

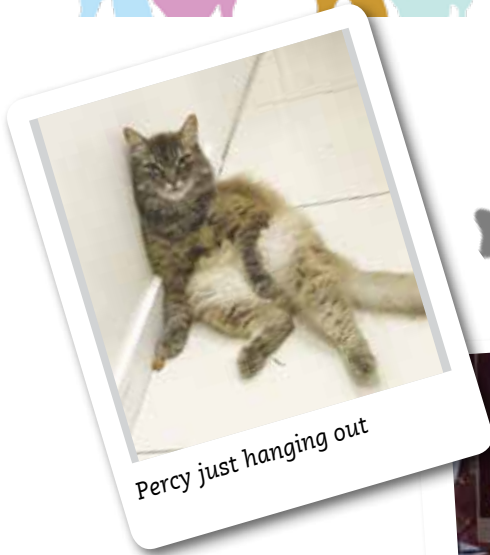
the chicks. In a good year, several clutches may be laid. Male and female birds sleep together in the nest at night. The young fledge at around 24 days and are fully sufficient soon after. When the chicks are very young they are fed only on insects and later on they are given grass seeds as well.

Australia is the home of 19 species of Finches which includes Manikins. On Bribie Red-browed Finches and Double-barred Finches are common. Chestnut Manikins are less common and it would be fairly unlikely to see any other Finch species on the Island. Red-browed Finches were first recorded by John Latham in 1801.

They are common aviary birds but a permit is needed to keep or breed them. Wild Red-browed Finches can be attracted to bird feeders if the right seeds are provided.

Conservation status is secure but they have declined and sometimes disappeared in some areas that have been severely cleared. Even so, their population trend is thought to be stable.





Percy just hanging out



Helping out in the garden



Surfer Girl..
ove the beach hair



Miss Closelie Checking her
Facebook Page



Snuggled together



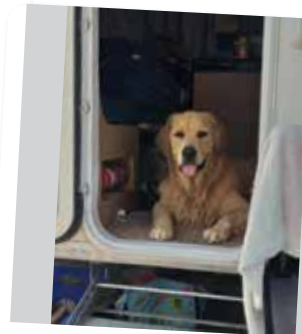
Whats up Possum



These are very uncertain and unprecedented times we live in. With non-essential businesses being closed and people self-isolating, some of our clients have experienced some uncertainty about whether or not we are still open and operating. The answer is YES! The veterinary industry has been classified as essential by the federal government, which means we are open and operating normally. Of course, we are observing

social distancing measures, and a high level of hygiene (regularly disinfecting door handles, common surfaces etc.) to protect you when you come in. If you are sick, consider rescheduling if your pet is well (i.e. booked in for a routine visit), or you can book a contactless house call. If your pet is sick and needs to be seen, please give us a call.

**Phone Dr Jackie for a
Veterinary appointment
on: 5497 6000
0400 699 704**



On Caravan Guard Duty



Is it Mum??? is she home???



Homemade Easter Baskets

MATERIALS

EMPTY CARDBOARD
EGG CARTONS
ACRYLIC PAINTS
RIBBON
HOT GLUE GUN

Now for the Easter basket-making fun
Use scissors to cut off the

egg carton tops and tabs. Pick your colours and start designing and painting your Easter egg cartoon. Once the cartons are painted, set them aside to dry. While they are drying, chose which ribbons to use as a handle. Once the cartons were ready, get an adult to hot glue the ribbons along the bottom and sides of each carton. Now you are ready for your Easter egg hunt!



TACO PIZZA!

INGREDIENTS

- 1 Kilo lean ground beef
- 1 packet of taco seasoning mix
- 1 Pizza base
- 1 can refried beans
- 2-3 cups shredded cheddar cheese
- ½ cup chopped tomatoes
- ¼ cup sliced black olives
- 4 spring onions, chopped

INSTRUCTIONS

1. Heat oven to 180 degrees. Cook the Pizza base for about 5 to 6 minutes.
2. Brown the ground beef in a large frypan, over a medium-high heat. Drain the grease. Add taco seasoning to the ground beef according to your

3. Place refried beans into a microwavable-safe bowl. Microwave for 1 minute. Stir well and then spread the beans evenly over the top of the pizza crust.
4. Top the pizza base with the cooked ground beef mixture, sprinkle with cheese and then add the tomatoes, black olives and green onion.
5. Place in the oven and bake for 5-7 minutes, or until the cheese is melted. Serve immediately and enjoy!
6. Store any leftovers in an air-tight container in the refrigerator for up to 2 days.

Kids Jokes!

Q: What do you call an alligator with a magnifying glass?

A: An investigator

Q: What's the difference between a guitar and a fish?

A: You can't tune a fish.

Q: What is it called when a cat wins a dog show?

A: A cat-has-trophy.

Q: What do you get if you pamper a cow?

A: Spoiled milk.

WORD SEARCH

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

ABLE	EPOXY	LASSIE	UNREGISTERED
ACNE	ESPY	MATADOR	URNING URNS
AGAR	FLAG	MENU	VIEWFINDERS
AIRSHIP	GLENS	MUSH	VOICE
ARISES	GUISE	NEON	WEEP
ASLEEP	GULLIBILITY	RANK	WHEREUPON
BEAU	HARPSICORDS	RIOTS	YEAH
BUSH	INNS	SCHWA	YEWS
CLOAK	JANGLE	SPECIES	YUCKIER
COUNTERSIGNS	JOCK	STIRS	
DEANS	JOIST	THREE	
DISCS	KILO	TRUES	
EDIFICE	KRONER	UNEQUALS	

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HELPFUL PHONE NUMBERS



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POLICE: 000**
(emergency only)

DOMESTIC VIOLENCE

Telephone Service:

1800 811 811.

This line is open 24/7.

FAMILY RELATIONSHIPS

Advice Line: **1800 050 321**

for family relationship or separation issues, open 8 am – 8 pm weekdays and 10 am – 12 pm Saturdays (closed public holidays).

13 HEALTH: 13 43 25 84.

Queensland Government phone line to help take the worry out of health concerns, 24 hours/day 7 days/week.

KIDS HELPLINE:

1800 551 800

LIFELINE CRISIS LINE:

13 11 14

24 hrs/day (suicide and other issues)

MEN'S INFO LINE:

1800 600 636.

9 am – midnight, 7 days/week

MENTAL HEALTH CRISIS

Assessment Team: |

5433 8430

(Open 7 am–11 pm every day)

PARENTS HELPLINE:

1800 177 279

POISONS INFORMATION CENTRE: 13 11 26

QUEENSLAND MEDICATION HELP-LINE: 1300 633 424.

Mon-Fri 9am-4.30pm. Closed public holidays.

SENIORS ENQUIRY LINE:

1300 135 500.

Mon-Fri 9am-5pm. closed 24/12-3/1.

SUICIDE HELPLINE CALL BACK SERVICE:

1300 659 467.

Open 24/7. This service provides 6 sessions of counselling of 50 minutes ea. for up to 6 months. For people at risk of suicide. They can take a while to get back to you, so ring Lifeline for immediate support.

If you need help to find a suitable service for your needs, our Volunteers will do their best to help you. Phone them on 3408 8440 or drop in to 9 Verdoni Street, Bellara between 9am and 3 pm weekdays.

SOME OTHER USEFUL LOCAL COMMUNITY CONTACTS

Please note that for most organisations, you need to first make an appointment.

Currently CLOSED:

St Vincent de Paul Society, Bribie Isl

Transformation Care Centre Storehouse: Ph. 3410 0365.

197 First Avenue, Bongaree. Tues, Thurs 8.30 am–11.30. Bring a cold bag with you if you wish to purchase from the refrigerated section. Low cost essential items.

MERCY SHOP 197 First Avenue, Bongaree. Mon, Wed-Fri 9-3. Sat 9-1. Ph. 3410 0365.

Caboolture Community Action Group at <http://www.caboolturecommunityaction.com/> is at 23 Hayes Street, 4510 Caboolture. Ph.: 5309 4122. They help local people and people who are homeless

TAX TIPS CORONAVIRUS PANDEMIC: WHAT HELP IS THERE FOR ME?



The Government has announced measures to stimulate the economy. There are three packages so far. Support for individuals, businesses, credit assistance, asset write-offs, early access to superannuation etc.

We are being bombarded with information and drilling down on eligibility for each benefit on offer.

It is important to claim everything you can at this time, but to work out what you are entitled to is a bit of a process.

There is: job seeker payments,

job keeper payments, income support for Centrelink benefit recipients, credits for PAYG paid, subsidies on apprentice's wages, low interest loans, grants, ability to access super early. There are eligibility criteria for everything.

Go to www.treasury.gov.au/coronavirus to determine what you are entitled to and apply for everything that you think you fit the criteria for. There is also information on:

www.business.gov.au

www.rba.gov.au

If you are not sure what to do or what to claim, contact us.

NOELENE LAKE

Bribie Accounting Services

62 Cosmos Avenue, Banksia Beach

www.bribieaccounting.com.au - info@bribieaccounting.com.au

PHONE 3408 9539



The offices of Files Stibbe are still open and operating but we are just unable to do personal attendances at the moment.

We are still able to handle all matters on your behalf as we work remotely during this isolation time.

Please call (07) 3408 0999

or send an email to info@filesstibbe.com.au to contact us



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PO Box 388, Bribie Island QLD 4507



0438 663 787



sharon@bri-fi.com.au

Sharon-Lee Smithers

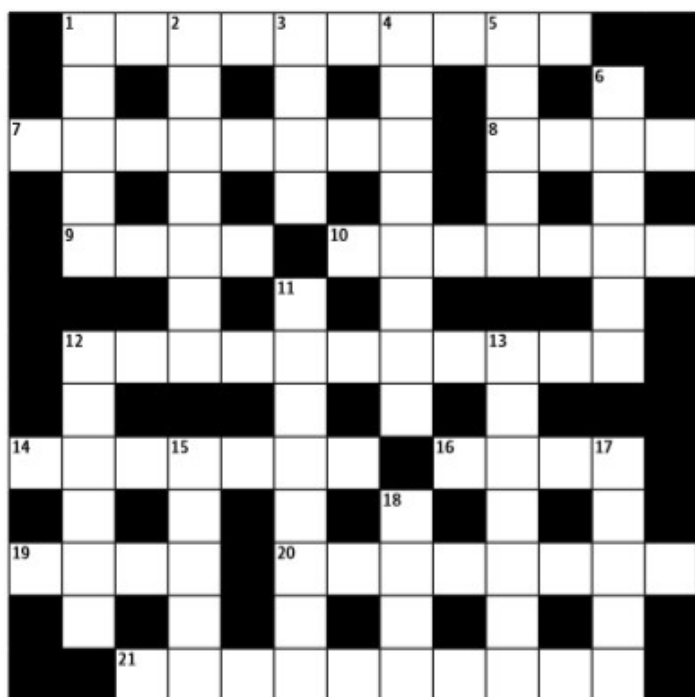
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EASY CROSSWORD



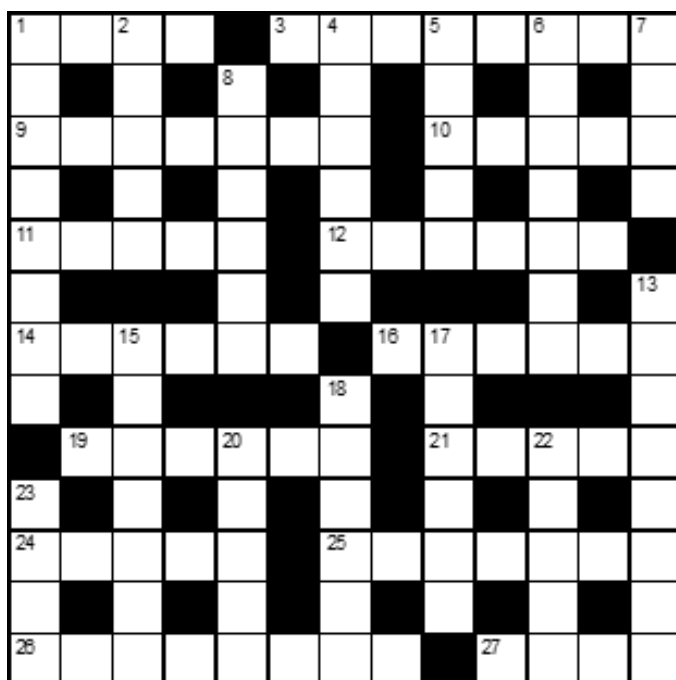
Across

- 1 Community of women (10)
 7 Huge (8)
 8 Mischievous children (4)
 9 Sound of thunder (4)
 10 Chic (7)
 12 Interpret wrongly (11)
 14 Shelf support (7)
 16 Electrical SI unit named after a pioneering Italian physicist, d. 1827 (4)
 19 Slender (4)
 20 School holiday (4-4)
 21 Off guard (10)

Down

- 1 Pry (5)
 2 Citizens of Bratislava, say (7)
 3 Simple (4)
 4 Unable to manage independently (8)
 5 Due (5)
 6 Aquatic invertebrate — type of cake (6)
 11 In conjunction (8)
 12 Hard crystalline limestone used for sculptures (6)
 13 Farmyard fowl (7)
 15 Spice used in chilli and curry powder (5)
 17 Weary (5)
 18 Sound of thunder (4)

CRYPTIC CROSSWORD



- 1 Come to mind as the day approaches (4)
 3 Prison inmate tries to induce disgust (8)
 9 Productive if re-let favorably (7)
 10 Bores send right off (5)
 11 Taken on board with end to justify (5)
 12 Aircraft not right and losing tail jerry-built for another part of the world (6)
 14 Despatched to the north west - how come? (6)
 16 Missing with sailor despatched (6)
 19 Flute I play in vain (6)
 21 Alan, a member in panic (5)
 24 Basic cutting-edge technology? (5)
 25 Serene ocean (7)
 26 Tension created by the Fourth Estate to begin with? (8)
 27 Appeal a sentence - unhappily, thrown out (4)
- ed union (8)
 2 Borrow or steal within the least (5)
 4 Hope rascal produces shows (6)
 5 One with a pitch fork (5)
 6 I'm clear about something unusual (7)
 7 Heave - and it's a full one at Lords (4)
 8 Corruption makes me wild (6)
 13 Scot's ham is bad for the innards (8)
 15 Schedule performance or I tune out (7)
 17 Company division with support and initial new customer handouts (6)
 18 Sprinkle in season (6)
 20 Objects to ladies left out and upset (5)
 22 Legal head fired - atrocious (5)
 23 Pass up refuse container (4)

Down 1 Certain of French limit-

RAYS RANT

I cannot believe the hype that is going on about toilet paper. If you are unlucky to contract the corona virus. Then the symptoms are definitely not diarrhoea. So if you die..... at least it will be with a very clean bottom. This panic started in the USA where a lot of the toilet paper was imported and was duly reported by the fake news. We don't have that problem here because the factory that makes it is in Brisbane.

BY CYRUS

SOLUTIONS

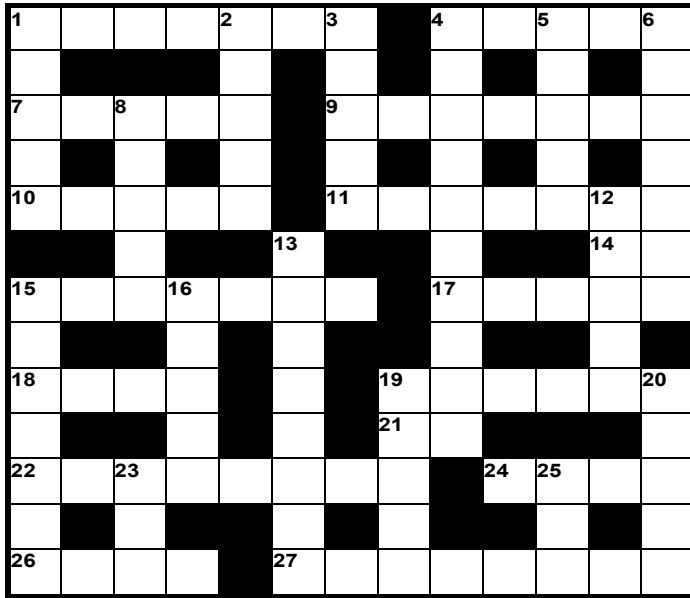
EASY



CRYPTIC



SPORTS WORD - NO.7



By Peter Thomson

Across

- 1 Six-time Aust Open tennis men's singles champion (7).
- 4 Queensland allrounder figured first men's T20 international v New Zealand 2005 (5).
- 7 Beat 1 across to win his first Aust Open title 2009 (5).
- 9 Aussie seven-time world women's surfing champion (7).
- 10 North Queensland Cowboys NRL coach 2009-13 (5).
- 11 Springboks' post-apartheid poster boy historic 1995 Rugby World Cup, -- Williams (7).
- 14 England cricket captain led infamous team walkoff 1971 Sydney Ashes Test, initials (2).
- 15 South Australian batsman figured two "rebel" tours to South Africa 1980s, Mike -- (7).
- 17 Belgian Aust Open women's tennis champ 2004 (5).
- 18 Record-breaking Brumbies rugby winger, Joe -- (4).
- 19 Five-time Australian Open tennis men's singles runner-up 2010-16 (6).
- 21 Legendary South Sydney goalkicker, initials (2).
- 22 Serbian runner-up to Maria Sharapova 2008 Australian Open women's singles (8).
- 24 Greg Norman's long-time mentor, Charlie -- (4).
- 26 Lawn bowls team role (4).
- 27 All-the-way winner 1961 Melbourne Cup (4, 4).

Down

- 1 Australian men's ODI and T20 captain (5).
- 2 Former Aust Open golf champ nicknamed "Radar" (5).
- 3 Celtic-based Socceroos midfielder, Tom -- (5).
- 4 Aussie paceman made Test debut v South Africa 2009 (10).
- 5 French four-time world Formula One motor racing champion 1985-93 (5).
- 6 Iconic AFL football brand (7).
- 8 Australian multi world boxing titleholder, -- Green (5).
- 12 First name champion pole vaulter Steve Hooker's long jump Olympian mother (5).
- 13 Popular name for series of horse racing events (8).
- 15 Qld Reds' 2011 Super title-winning captain (7).
- 16 Aust Open tennis men's singles champion 2005 (5).
- 19 Czech tennis player won men's singles gold medal when tennis returned to Olympics 1988 (5).
- 20 Nickname celebrated Sydney rugby league player, coach and referee Keith Holman (5).
- 23 First name 22 across (3).
- 25 Rugby Australia's former name, abbrev (3).

Movie Review



jenny's wedding

By Chris Connolly

If you are seeking an at-home movie option and have access to Netflix you might want to consider seeing (or revisiting) the film, *Jenny's Wedding*.

Released in 2015, Katherine Heigl takes the starring role as Jenny Farrell. Jenny is a young woman at odds with being true to herself and true to her family.

Seeking guidance from her father, Eddie played so very well by veteran actor Tom Wilkinson, Jenny makes the difficult decision to "come out" by revealing that she is living in a same sex relationship; wants to marry her partner and start a family.

The film tracks how her parents, her siblings and their wider social network manage Jenny's self-disclosure.

Jenny's mother, Rose played by Linda Emond, poignantly captures the distress and bewilderment of a parent whose hopes and dreams for a daughter appear to be shattered. Eddie captures the heavy burden carried by parents who choose withdrawal and isolation in an effort to cope with hurt and loss.

Although panned by a number of critics at the time of release, this is a powerful film that may confront some viewers but adeptly handles family business with sensitivity. Despite the challenges it may pose to some viewers, this is a film that offers a timely take on a difficult subject.

Peter Thomson solution - Sports Word No.6. Page 41





home and GARDEN

STUCK @ HOME?

HERE'S OUR
SUGGESTIONS
FOR...

21 Things to Do When You're Having a Bad Day

Source: Katie at <https://resilientblog.co/growth/26-things-to-do-when-youre-having-a-bad-day/>.

At the end of the day, after you've had a good cry and complained about it all, remember to always come back

to gratitude. No matter where you are in life, there is always, always something to be grateful for.

A roof over your head.
Food to eat. Internet.
The ability to read.
A phone or computer that you're using to

access our blog. But even if you don't have these things, you still have this: you are alive, and that alone is a gift. In the meantime, here's what to do if you're having a bad day.



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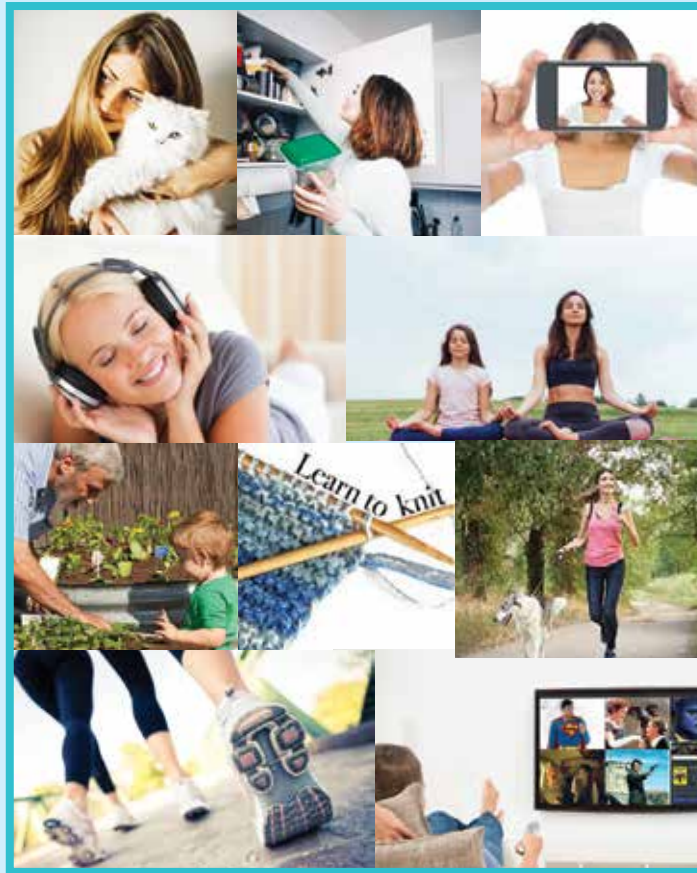
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1. Hug A Cat.
2. Talk To Yourself Like You Would A Good Friend
3. Call Someone
4. Read.
5. Listen To Music
6. Walk / Run
7. Meditate
8. Deep Breathing
9. Photography
10. Look At Cat Pictures
11. Sing
12. Watch Funny Videos
13. Read Inspirational Quotes



14. Pray
15. Organize Something
16. Clean Something
17. Plan Something Positive To Look Forward To In The Future.
18. Read A Spiritual Book
19. Read A Book Just For Fun
20. Read About Role Models
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dom to try new activities, like making a fairy garden, and get messy in the process? It will also help your child express themselves and develop self-confidence. Planning a fairy garden gives chil-

dren the chance to talk through their ideas for their garden creation. Giving them their own mini fairy agarden means they can be in charge of their own tiny space which will build their confidence and

teach them the basics of plant care. And when they get their hands in the dirt and actually make the garden they'll be developing their manual dexterity too.

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THINGS YOU WILL NEED

Lots of dirt! (Any sort of soil or compost will do)

- A small container or box to make the mini garden in (a shallow tray or foil-lined shoe box will work)
- Things to put in the fairy

garden – such as twigs, small plants, flowers

- Decorations for the garden – like toys, decorations, pebbles

- A trowel or a big spoon

- Some old newspaper to catch any spilt soil

Encourage your child to be



creative when they're thinking of things to put in their mini fairy garden.

Twigs can be turned into mini trees, small plants can be mini bushes or hedges, pebbles can be mini paving stones. Perhaps a small cup of water can be a mini pond? And toy people and animals can be used to populate their mini garden.

• Lay down some old newspaper on a table or floor so that it's easy to clear up after the garden is complete. Next comes the planning of your mini fairy garden.

- Ask your little one to think about what they want to put in their garden and how they want it to look.

- They could do a drawing first to design the garden like a landscaper would.

- Help them to gather the right things for the fairy garden – either from around the house or from your own garden or a nearby park.

THEN COMES THE PLANTING.

- Let your child do this



themselves unless they really are too young. They should plant their garden according to their design.

- Once the plants are in it's time to add the "design features" such as pebbles, garden furniture, or even a mini pond.

- Finally help your child add the finishing touches – this could be grass, moss or flowers – and some toy people or animals to live in the fairy garden

You'll know the garden is ready when you've got a smiling child who is covered more or less from head to toe in mud or soil and a beautifully crafted mini fairy garden. These creative little fairy gardens make a thoughtful gift for a friend or relative!

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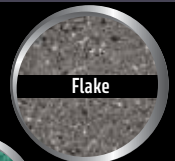
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made in our home."

Alan Train, Sandstone Point.

"The 2 fans we bought from Bribie Islander Solar are
Working beautifully, well worth the money, we are
using less electricity as the air con is not getting used much
at all, thoroughly recommend to anyone, well worth it,
money well spent and we have bought another 2 fans for the
other side of the house."

Arthur & Eileen, Sandstone Point.

"As I mentioned on the phone yesterday, I am really
pleased with the 2 solar roof vents that you supplied
and installed for us. "They were fitted this morning and we
went out at about 12:10 pm and I didn't get back until 3:40
pm and I was really surprised at the difference in the house,
it wasn't stuffy at all and for a minute I thought I had left
the small back bedroom air conditioner on or the door was
open. I didn't have to charge around opening everything up
as usual, I emptied the car first then opened up. I am really
pleased with the result".

Cheers, Sandra. Sandstone Point.

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By: Ali king

As we all know, the Chief Health Officer's advice is to only go out if you have work or study you can't

do from home, or you need to buy groceries or get medical essentials, care for immediate family or get some exercise.

When you do go out, you need to adhere to social distancing – stay 1.5m apart from others and don't gather in groups of more than two people who don't live in the same household.

There's been a lot of questions locally about access to our beaches and parks so I've put together this list to help clarify things for you.

Beaches not in the Bribie Island Recreation Area remain open, for example Sylvan Beach, but the only times you should be accessing them is for exercise such as walking or fishing – you shouldn't be having a "day at the beach".

CLOSED

Bribie Island National Park and Bribie Island Recreation Area:

- Ocean Beach access closed for vehicles and pedestrians
- North Spit closed to boat users
- Freshwater lagoons and swimming holes
- All camping areas
- All day-use, toilet and shower facilities
- All walking tracks accessible only by 4WD or boat

STILL OPEN

- Beaches not in the Bribie Island Recreation Area
- Walks accessible on foot or by 2WD car, including Banksia Bicentennial bushwalk, Melaleuca Bicentennial bushwalk and Palm Grove Bicentennial bushwalk

Moreton Bay Regional Council has also closed public Council facilities to help prevent the spread of COVID-19,

including playgrounds, fitness equipment, basketball facilities, dog parks, public barbecues, BMX tracks and skate parks. Other spaces remain open, but social distancing rules must be followed.

You can go fishing, but you must stick to local waters and follow social distancing rules.

If you are questioning if you can do something, the simple thing to do is think whether you are leaving your house for essential reasons: work or study, grocery shopping, medical care, exercising in your neighbourhood or caring for immediate family.

KEY THINGS TO REMEMBER:

- Don't go out unless it's for an essential reason
- No more than 2 people can gather outside unless they live in the same household
- Keep 1.5m apart
- Remember to wash your hands regularly

We're in this together - it's hard but every day we follow the Chief Health Officer's advice we are helping save the lives of people we don't even know.

And let's all make an extra effort to support the people who work every day to care for us when we're sick, deliver our essential goods, stack supermarket shelves and generally keep our community running. You are the best of Queensland.

Stay well, everyone, and please do get in touch if there's anything I can do to help.

Ali

PS - The latest health advice can be found at <https://www.covid19.qld.gov.au/>

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BOATING, FISHING and ADVENTURES

WATER SPORTS COME IN MANY DIFFERENT FORMS, AND THEY ARE ALWAYS BEING MODIFIED INTO SOMETHING BETTER, OR A NEW SPORT ALTOGETHER AS A SORT OF SPIN-OFF. WATER SPORTS PRESENT GREAT THINGS IN THE FORM OF FUN, EXTREME DANGER, ENJOYMENT AND MORE INTERESTINGLY THE GOOD EXERCISE FOR THE BODY. HERE ARE THE TOP TEN WATER SPORTS IN THE WORLD. DID YOUR FAVOURITE MAKE IT?

1. SURFING

This is considered as one of the most interesting and amazing water sports of the world. It has been referred to as not just a sport, but a life-style. Surfing is the sport of riding waves in an upright or prone position. Surfers catch ocean, river, or man-made waves, and glide across the surface of the water until the wave breaks and loses its energy.

2. WATER SKIING

Water skiing is a great and can be done by just about anyone as long as you have enough balance about yourself.

3. BODY BOARDING

This is also considered another important and interesting water sport. In order to fully enjoy

this water sport, try to get the good and best equipment.

4. JET SKIING

Jet skiing is also considered another interesting and amazing water sport. The only problem with the jet skiing is that it is quite expensive to buy one of these beauties, although you can hire them out fairly cheaply. If you like travelling fast and you are not afraid to get wet then definitely have a go at this one.

5. SCUBA DIVING

If you like the idea of water-sports but you are not really much of a petrol-head then this is a great option for you. With the help of this water sport, you can explore wonderful and vibrant colours in the deep blue water. It is really like going to another planet but you must need some training in order to enjoy fully this sport.

6. WAKE-BOARDING

Water-boarding has been around for a while now and it gets more popular every year. The main reason behind the success of this water sport is that it is a high-speed, action packed sport that gets your adrenaline pumping.

7. WINDSURFING

Windsurfing is a surface water sport that is a combination of surfing and sailing Windsurfing

still remains a popular sport around the world and you will have no trouble finding lessons to learn about this sport.

8. KITE SURFING

Kite surfing is a sport in which you use a surf board and a kite and basically sail yourself using the power of wind. The kites that are used are not your garden variety stunt kite either, and they can be very expensive.

9. SAILING

This would be a great sport to do as a couple or group of friends depending on the size of sail boat, however you can do it as an individual too if you prefer. It is an amazing sport to become skilled at and once you have it down-pat you can literally travel all over the world, depending on the money, time and necessary equipment.

10. KAYAKING

Kayaking is a nice accessible sport you can do as it is not very expensive especially when it is compared to the water sports of the same types. One thing which is considered important for Kayaking is proper understanding and training.



Fishing REPORT

By Bribie Bait Tackle and Bikes

What a difficult time we are going through at the moment, with so many changes since our last report.

It was, however, very pleasing to see how many people of all ages out and about walking and cycling and enjoying the Bribie weather.

With fishing for food permitted from both shore and boat, let's focus on that.

Our Bribie weather in the last fortnight has been outstanding and we are seeing lots of locals taking advantage of it. Most onshore fishermen have enjoyed quite reasonable results with very early season bream. There has also been some nice flathead taken at low tide on the drop-off in front of the Fishing Museum and Whitepatch. There has also been a few 'snodger' bream and quality mangrove jack taken around the Bribie Garden's lock.

The diver whiting on the cockle banks are still plentiful and the sand crabs throughout the passage have been taken in reasonable numbers.

According to the Almanac, our best days for fishing are from 24 to 26th April, so mark that on your calendar so you don't forget. Now

could be a good time for you offshore anglers to have a crack for an early season snapper. Still good mackerel being taken in the Pearl Channel and around the beacons from the Birdcage to Caloundra.

That's all for this fortnight.

Tight lines and stay safe.

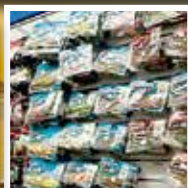


TIDE TIMES

& MOON PHASES
BRIBIE ISLAND
& MORETON BAY

FRI 10 Apr 5:27 am 0.33m 11:33 am 1.83m 5:32 pm 0.33m	SAT 11 Apr 12:07 am 2.04m 6:18 am 0.44m 12:16 pm 1.65m 6:08 pm 0.41m	SUN 12 Apr 12:53 am 2.01m 7:14 am 0.54m 1:00 pm 1.49m 6:45 pm 0.49m	MON 13 Apr 1:41 am 1.95m 8:15 am 0.63m 1:51 pm 1.36m 7:30 pm 0.57m	TUE 14 Apr 2:35 am 1.88m 9:25 am 0.67m 2:55 pm 1.28m 8:30 pm 0.66m	WED 15 Apr 3:41 am 1.81m 10:40 am 0.68m 4:20 pm 1.27m 9:47 pm 0.73m	THU 16 Apr 4:58 am 1.76m 11:52 am 0.64m 5:49 pm 1.34m 11:15 pm 0.74m	FRI 17 Apr 6:12 am 1.77m 12:56 pm 0.57m 6:58 pm 1.47m
SAT 18 Apr 12:37 am 0.68m 7:14 am 1.8m 1:45 pm 0.5m 7:51 pm 1.6m	SUN 19 Apr 1:40 am 0.6m 8:03 am 1.83m 2:27 pm 0.44m 8:33 pm 1.71m	MON 20 Apr 2:26 am 0.54m 8:44 am 1.84m 3:00 pm 0.41m 9:09 pm 1.78m	TUE 21 Apr 3:02 am 0.51m 9:15 am 1.82m 3:26 pm 0.4m 9:40 pm 1.83m	WED 22 Apr 3:33 am 0.5m 9:43 am 1.79m 3:49 pm 0.39m 10:07 pm 1.86m	THU 23 Apr 4:03 am 0.51m 10:06 am 1.74m 4:12 pm 0.39m 10:33 pm 1.89m	FRI 24 Apr 4:34 am 0.53m 10:31 am 1.69m 4:36 pm 0.41m 11:01 pm 1.91m	SAT 25 Apr 5:08 am 0.56m 11:00 am 1.62m 5:01 pm 0.43m 11:32 pm 1.91m

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VMR BRIBIE CORONAVIRUS RISK MANAGEMENT. OUR URGENT RESCUE SERVICES WILL OPERATE AS NORMAL.



1. We will be responding to all requests for urgent assistance from our community on the water.
2. The radio room will be manned and crews still on standby as always.
3. The base will be closed other than for emergencies.
4. We ask that members do not come to the base for any reason.
5. We ask that members pay joining or renewal fees via phone or internet.
6. Our front desk is closed for any card or cash transactions.
7. We will not be accepting flares until further notice. Keep them in a safe place at home and we will take them when the world returns to normal!
8. All social functions (Sunset Drinks, Happy Hours etc) are cancelled.
9. All training courses, meetings and functions are cancelled.

We have made every effort to ensure that our core activities of looking after the boating community are not interrupted, while looking after the welfare of our volunteers, members and the community.

NEW INTERCOM AT BASE

Friday 20TH March 2020 -

For anyone that does need to talk to our radio operator at the base; and as our building is now closed, in an emergency please use the new inter-comm system at the front door.



SATURDAY 21ST MARCH

2020 - Green Saturday Crew was called to help a tinny in distress as you can see, they were pretty happy to be rescued!



Sunday 22nd March 2020

- Self isolating? The scene at Tangalooma as Green Sunday Crew retrieved a vessel near Tangalooma.



VOLUNTEER MARINE RESCUE

BRIBIE ISLAND BRIDGE WORKS

Harcam Marine & Diving were cleaning and inspecting the Bribie Island Bridge piles, they were near the channel Thursday 26th March 2020, and continued Friday and the following week.

Though our facebook site we asked boaties to "Please pass under the bridge with caution as there will be divers in the water. It would be a great if you could help



in keeping their team safe while they are working by slowing down and being vigilant. Look out for their vessel and their dive flag and keep a low speed around the Bribie bridge."



SUNSET DRINKS

Friday 27th March 2020

Due to restrictions imposed by National Coronavirus

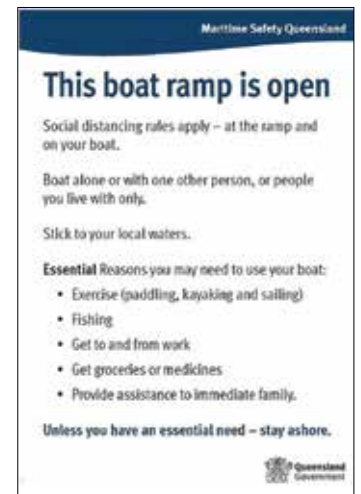
Containment Guidelines this event was cancelled and all further Sunset Drinks and Happy Hours until further notice.

LOCAL GOVERNMENT ELECTIONS

The Local Government Elections were held on Saturday 28th of March at the base. No VMR Personal were involved. The area used for voting was then professionally cleaned on Sunday 29th of March at the expense of the Qld Electoral Commission.

BUSY FINGERS CLOSURE

Our great friends and major sponsors Busy Fingers closed on Saturday 28th of March until further notice.



The above message was posted on the MSQ website on 1st April 2020.



Nothing like attempting to self isolate yourself on Gilligan's Island. Unfortunately for them, a member of the public called us and we pulled them free and escorted them back to safety!

Safety Dave

The Frenchie's Message:



Safety Dave The Frenchie says "To stop the spread of this terrible virus stay 1.5m from others follow the rules on social gatherings, wash your hands (paws) and stay at home if you are sick, let's do this together and look forward to better days".

BUT importantly – Always remember if you are heading out on the water LOG ON with your local VMR or Coast Guard, it's a free service for everyone, so why wouldn't you! - It just may save your life!"



VMR

BRIBIE ISLAND

YEAR TO DATE RADIO ROOM STATISTICS

To Tuesday 31st March 2020:
3,306 Calls, 943 vessels logged on,
71 Vessel Assists, 340 Sitreps, 159 Requests,
15 overdue vessels, 2 Vessel Tracking,
389 Radio Checks, 15 Weather Broadcasts,
1 Securite Broadcast, 0 Pan Pan 0 Mayday.
VHF 76.3%, 27MHz 8.1%.

MARCH 2020 VESSEL ASSISTS:

SAT 21/03 0747am – 7.5m
Cruiser non-member with motor problems required a tow from Caloundra wide to Spinnaker Sound Marina.

SAT 21/03 1643pm – 5m
Tinny member with fuel blockage required a tow from The Ripples to Bellara Boat Ramp.

SUN 22/03 0847am –

7.5m Cruiser member with starting problems, required a tow from Cape Moreton to Pacific Harbour Canals.

SUN 22/03 1146am – 7.9m
Cruiser member taking on water, bilge pump not working off Woorim. Investigated, member made own way back to Pacific Harbour Canals.
SUN 22/03 1501pm – 7m
Runabout non-member out of fuel South of Tangalooma. Required a tow to Spinnaker Sound Marina.

TUE 31/03 1026am –
Advised by MOP non-member vessel stranded on Gilligan's Island, required a tow off the Island and accompanied back to Ningi Creek.

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- Vessel & contact details recorded in our database in case of

- emergency,
- Access to first aid, radio, and navigation courses plus safety and general boating information sessions;
- 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.

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PART 2

ON THE ROAD



Welcome
to
COONABARABRAN

By: Anne Matthews



At the end of Part 1 our intrepid travellers had reached Gilgandra. We now continue the trip north – on the Newell – to Goondiwindi. The Newell is flat and straight for most of its journey; however, between Gilgandra and Coonabarabran it passes through the Warrumbungle Range. Here there are steeper grades and tighter bends than on the rest of the highway. But, you are rewarded with the scenery, which is very pretty. Coonabarabran or “Coona” as it is affectionately known, is a small country town nestled alongside the Castlereagh River and is known as the stargazing capital of Australia. Coonabarabran’s name comes from an Aboriginal word meaning ‘inquisitive person’. It is also a gateway to the Warrumbungle Range and Warrumbungle National Park, which lie to the west. One of the world’s most

important optical observatories, Siding Spring Observatory, is located on Mount Woorut, an eastern peak in the Warrumbungles. The area has little to no light pollution to interrupt your celestial viewing. A silent gem at night.

Not only does it have great food, but it also has an impressive décor – the ceiling is amazing. The looks we got for using chopsticks was also a sight to behold, and one we treasure. After Coonabarabran, the next stretch to Narrabri is very flat and straight. One year, just after I had taken the major left-hand turn to continue on the Newell rather than take the Oxley Highway, I overtook a large semitrailer. As I moved back in front of the semi, I felt the back left tyre blow. Luckily there was a side strip I could pull onto and we could put the spare tyre on. I was proud of the way I controlled the car and

remained totally calm. Michael was also very calm but has never forgotten the feeling of not being at the wheel. From then on, he did the majority of the driving on our long trips! He also changed the tyre with the help of a friendly snake which he didn’t tell us about until much later.

Narrabri, which has a population of around 6,000, was our afternoon coffee stop (the coffee in our thermos was always still hot). We would pull in beside Hogan Oval, use the toilets and have our picnic beside the Town Clock, often watching a game of junior rugby league or cricket.

The name Narrabri is aboriginal in origin and has several possible meanings which include ‘snake place’, ‘big creek’ or ‘forked sticks’. The town is located on the Namoi River and is the centre of a large cotton-growing industry. Other

agricultural industries are wheat, beef and sheep and it is an important centre for rail freight.

After Narrabri it was then the fun stretch to Moree. Why fun you might ask? It is perhaps the flattest and uninteresting stretch of road you could come across; however, Michael invented a quiz and Tim and I had to tell him the names of the three very small towns we passed through. By very small I mean populations of around 200 people. So in order to win this quiz, I came up with an initialism. EBG or GBE on the way home. Edgeroi, Bellata and Gurley – Tim and I will never forget them. It was always exciting to reach Moree as we knew we only had one more stretch of 130kms until our overnight stop. Moree is located on the banks of the Mehi River. Its name comes from an Aboriginal word for ‘rising sun’,

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ON THE ROAD

'long spring', or 'water hole'. It is a larger town with a population of around 7,500. Moree is a major agricultural centre, like Narrabri, it is known for its part in the Australian cotton-growing industry which was established here in the early 1960s. It is also home to the Moree Artesian Aquatic Centre and Moree Artesian Wellness & Day Spa. These centres draw mineral water from the famous artesian basin and are famous for their therapeutic and wellness benefits.

Following Moree, we were on the last stretch to Boggabilla, and finally Goondiwindi. Along this stretch, we'd often get caught in a herd of cattle that a farmer was driving from one paddock to another. It just added to the fun and excitement as a cow would try to stick its head through an open window. Boggabilla is an 'interesting' little town located about 7 kms

from the border of New South Wales and Queensland. It has a population of approximately 550 and its name means 'full of creeks'. The 'Wobbly Boot' Hotel is a standout building in the Main Street and is a very popular watering hole. It was always a relief to cross the McIntyre River and pull into the McIntyre Motel for our overnight stay. Goondiwindi, home of the Goondiwindi Grey, takes its name from an Aboriginal word with 'goondi' meaning droppings or dung and "windi" meaning duck. The name is believed to be connected with the roosting place on a large rock in the McIntyre River. The Goondiwindi Grey, Gunsynd, was born in 1967. He was a champion thoroughbred racehorse who raced between 1969 and 1973 and won 29 races and \$280,455 in prize money. The township has several memorials named in honour

of Gunsynd – a statue, a motel and a hotel lounge (which we often frequented). Goondi has a population of about 5,500 and is a major transport hub between the southern states and Queensland. The Newell, Leichhardt, Gore, Cunningham, Barwon and Bruxner Highways all merge at Goondi, or close by. The town is the administrative centre for the Goondiwindi Region and a popular stopover place for travellers. The Main Street has some interesting shops and beautiful parks abound.

If you love a road trip then try the Newell. At 1,058 km (657 mi) in length, the Newell is the longest highway in NSW and passes through 15 local government areas and over eight major inland rivers. The Newell Highway serves as a major road link between Melbourne and Brisbane. It is named in honour

of H. H. Newell, the Commissioner of Main Roads in NSW from 1932 until 1941. Goondiwindi is where the Newell Highway ends and the A39 becomes the Leichhardt Highway. So this is where I will end Part 2. Part 3, in Issue 112, will cover the journey between Goondiwindi and the Sunshine Coast. So watch out for the final instalment with our fearless road trippers as they venture into Queensland displaying ACT number plates!



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Letters

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

Dear Editor

Thank you for giving so much to our community as a magazine, all of your contributors take us on an informative journey with professional writing skills. In particular, the article by Anne Matthews in issue 110 and her journey from Canberra to Brisbane along the Newell Highway, a journey we made to Bribie Island yearly until settling here in 2006. Anne Matthews is a well-experienced wordsmith and her contributions are always a good read, then there is Elaine Lutton and her "Arrival" many trips down memory lane with humour and insight, then there is the awesome Historian Barry Clark who gives us all on the Island, visitors and tourists the insight to this magical place we call home. The Bribie Islander is sent around the world as we are requested by so many. Thank you all for your contribution helping us all to survive in this time of isolation. We would also like to congratulate Cnr Brooke Savige for her time and energy for the Island as the Div 1 Councillor for MBRC in particular for her vision and support for people with a disability it is encouraging to know that Brook Savige has been returned to office. Thank you Cherrie for your Poem "Prayer in the time of pandemic" this was read at a Rotary Conference in the UK and shared with so many of us as Rotarians around the world, so from the last verse "May your God be with you and help you through whatever lies ahead in the coming months"

Be safe and Positive and Stay at Home.

B. Peacock

Dear Editor,

For quite some time it has been clear that the global capitalist economy is not really viable, lurching from one crash to an inevitable repeat, every ten years or so. With increasing automation, people are having more difficulties finding work.

To solve the problem Finland introduced a living wage in place of unemployment benefits. Now is the time for the rest of the world to adopt the system. If the Government can afford to double Newstart in response to Covid-19, why not change the whole economic system now too.

People are now working from home, businesses are shutting down. A living wage for everyone, with higher income-tax for any earnings over the top, may sound like socialism, but it may be the only way to survive.

H. Beneke

Dear Editor,

Having read that letter from Derek in the March 27th, 2020 edition, I thought it was a wonderful idea & I'm sure lots of residents agree with me, as we need to find a way to save the koala population.

I'm sure if that project went ahead, there would be lots of volunteers to do whatever would be needed to clear pine trees & plant eucalypt, but obviously nothing could be done, until the nasty virus is no longer around.

Really enjoy reading your magazine, Many thanks

Kind regards

R. Slater

Nature's our "New" Norm.

© Howard Kennedy

We've forged our way through history, made nature bend our way.

But times have changed. We're no longer sure, that's how it's going to stay.

So many things we used to do, that now, are put on hold.

Developing new habits too, while throwing out the old!

Shops shut down and jobs just lost, even borders have been closed.

No one fully knows the cost, of the restrictions now imposed. Hour by hour it all evolves, with new laws passed each day.

And some attempts to problem solve, are causing more delays. To distract my mind, I sit and spend, more time with my wife.

We watch the shows of beasts and birds, our backyard wild-life!

I think how calm and peaceful, when nature casts a light serene.

Perhaps this will be our new normal, or am I turning green?

GOLF CANCER DAY



The Bribie Island Golf Club hosted another very successful Pink Ribbon Golf Day last month and looks like they have managed to raise over \$20,000 again for Qld Cancer Council and Breast Cancer Research.

They would like to thank all of the players, businesses and sponsors of the event that gave so generously for this wonderful charity. Pictured are some of the sponsors, players and hardworking organisers.

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BRIBIE ISLAND WRAP

23 February 2020



www.mypolice.qld.gov.au/moreton

PROPERTY OFFENCES:

28/03/2020 – 31/03/2020
Bongaree, Queensland
registration vehicle plate
Front number plate
unscrewed from parked
vehicle

01/04/2020 overnight
Bongaree, Wheelchair was
secured by a lock to a fixed
object, lock was damaged
then the property was
removed

WILFUL DAMAGE:

29/03/2020 between 1am –
1.30am Banksia Beach
Parked/unoccupied motor
vehicle was set on fire

VEHICLE OFFENCES:

07/03/2020 North Street,
Woorim. One person
charged with alleged drink
driving (reading 0.054 per
cent BAC)

09/03/2020 - Overnight
Gidya Street, Bongaree
A red Mazda 3 was stolen
from the residence and
located crashed and
abandoned near Verdoni
Street and Marina
Boulevard, Bellara

09/03/2020 - 10.30pm

Benalong Street, Woorim
One person charged
with allegedly wilfully
make unnecessary noise
or smoke, contravene a
direction, unsupervised L
driver and fail to display L
plates

DOMESTIC VIOLENCE:

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

DRUG:

Two persons were drug
diverted for possessing
drugs, possess drug utensils
and possessing drug related
property

One person charged with
allegedly possess drug
utensils

PUBLIC ORDER:

One person charged with
alleged public nuisance
near a shopping centre

BRIBIE ISLAND POLICE ARE SEEKING ASSISTANCE FROM THE PUBLIC TO HELP IDENTIFY THE PERSON IN THE IMAGES BELOW.

Police allege that on
March 3 at around
5.10pm, they attempted
to intercept a rider on
First Avenue, Woorim
however the rider failed
to stop.

It is further alleged that
the rider of the motor-
bike then overtook vehi-
cles on the left.

The bike is a green,
unregistered pit bike
which was originally
observed in the vicin-
ity of Jacana Avenue,
Woorim.

Police received reports
that the motorbike en-
tered a service station
at 10.50am on March 27

and 3.23pm on March
31 to refuel.

The bike was again ob-
served by police on Bi-
bimulya Street, Bellara
on March 31 at 4.24pm.

Police believe the per-
son in the images above
can assist them with
their investigation.

If you can identify this
person, or have any in-
formation in relation to
these incidents, please
contact police.

If you have informa-
tion for police, contact
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