

# The Bribie Islander

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ISSUE 114 - 22 MAY 2020

## Regina Park Estate

SEE PAGE 3  
FOR MORE  
INFORMATION  
AND DETAILS

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- 🏡 Exclusive Boutique Estate
- 🏡 Large Homes And Sites Available
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## Dear Readers,

I hope you all had a lovely Mother's Day and managed to get some time with your family. I was lucky enough to spend some quality time with my children, playing card games and watching movies together. As restrictions begin to lift, I do hope some things remain the same, like the return of simple ways to spend time with the family. I have found that we have been spending more time together, not rushing around shopping or doing activities that take my time away from the family. In saying that, I am glad the schools are reopening, I take my hat off to all teachers and school staff.

After homeschooling, I have an even greater respect for teachers! I have struggled with trying to motivate my child, let alone understand the work that had to be done. Things have certainly changed since I went to school! With the restrictions starting to lift, please keep in mind we still need to be vigilant and follow the processes that have been put in place to keep us safe. I don't know about you, but I am certainly not wanting a second wave!! The staff at the Bribie Islander would also like to thank everyone for the support you have shown us, it has been lovely to receive emails from you, cheering us on. We live in a lovely



community and even though we all have hit hard times, it is fantastic to see the community rally to support one another. Well done to you all.

Until next edition,  
Take Care, Stay Safe,

*Cherrie*



THE BRIBIE ISLANDER (Magazine) IS DELIVERED TO HOMES AND BUSINESSES IN THE FOLLOWING AREAS: Bribie Island all suburbs, Sandstone Point, Sandstone Lakes, Spinnaker Marina, Godwin Beach, Ningi, Bribie Pines, Peel Rd and Beachmere. Newsagency's Toorbul, Donnybrook, Bellara, Banksia Beach. You can find the Bribie Islander in Stands at Bongaree Hot Bread Shop, The Bribie Islander Office, Scoopy's, Wrights Fruit Barn, Woorim Meats, Sandstone Point, Bongaree & Beachmere IGA & Woolies Complex on Bribie. **DISCLAIMER & INDEMNITY:** The opinions expressed by contributors to this page are not necessarily those of the Editor and staff of The Bribie Islander and no responsibility is taken for any information contained in this correspondence or any errors or omissions that may occur during publication. The Contributor agrees to indemnify The Bribie Islander and it's associates against any claims that may arise from the content of their contribution.

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# Health, Wellbeing and Community



By Charmian Campbell

## THE STORIES AMONGST US

### FAITH IN KINDNESS & UNDERSTANDING

On my first meeting with Wendy Nelson at a recent International Women's day lunch, I felt compelled to learn more about this amazing young Bribie Island School Chaplain who started out life growing up in the Northern Territory town of Humpty Doo.

Her exposure to a passion for helping others came from growing up in a church culture, whilst doing good deeds such as for the 40-hour famine for World Vision and raising money for wells in Africa.

Becoming part of a Christian mission organization called "Youth with a Mission", Wendy had the opportunity to travel the world at a young age helping others in need.

Today she has an undergraduate degree in Community Development and Youth work and is making her way towards a Masters in Social Science and Leadership.

This adventurous woman threw herself into a life of volunteering to aid less fortunate people in countries such as Thailand, India and Mexico, with most of her time in Papua New Guinea, supplying

educational resources and working on medical ships that provided care to remote Islands in her role as the Community Liaison Officer. Taking on a variety of roles gave her the hands-on practical experience she needed to cement the formal framework of her degree.

All her years of effort were volunteer based. Being able to continue her passion for



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## HEALTH WELLBEING AND COMMUNITY



helping others didn't come without the support of fundraising efforts, the church, family and friends, who often joked that Wendy was their sponsor child.

I asked Wendy, how have you managed to live your life and your mission so heavily reliant on donations and peoples goodwill, yet continued without what many of us would deem as the necessities being job security, a home, day to day stuff? She responded with "faith had a lot to do with growing up, knowing there is more to life. Having good family

who bail you out if things go wrong and I knew I was with a group of people I trusted, and they had my back and looked after me."

During these times, they required learning to live with extraordinarily little and out of a suitcase, which Wendy says "it's really nice now to have a wardrobe, a bathroom and a bed to sleep in every night. Back then, I certainly got good at using squatty potties and built up good leg muscles" she



laughs with fond memories.

If she could meet anyone, this crazy Richmond supporter said it would be Dustin Martin the AFL football Brownlow medal

recipient of 2017.

The most interesting people Wendy has met are in the remote villages. The ones who have never seen white people. "Seeing people who are of different colour skin and they see your skin colour for the first time. It's such a fascinating response, because they just reach out, seeing white skin and blonde hair"

Putting down her roots here on Bribie Island about 3 years ago to live with her grandparents while continuing her studies, she tells me she loves working with the students in her "Chappie" role at the school saying "it brings me a lot of joy encouraging the next generation". With her Masters thesis being around Cross Cultural Competence, her passion is for teaching people about how to interact with other cultures, believing that by understanding other cultures we demystify the differences and learn to live together better in a more functional society. It is not about losing different cultures, just understanding



them better.

If you could change one thing in the world what would it be? "It has to do with how we can be so happy with so little. There is framework, academic rhetoric and literature out there about how we can understand people better, but at the end of the day, it's just being kind, understanding and putting other people first".

"I love Bribie. I love the ocean. I love the lifestyle" says this member of the Mahalo Outrigging Canoe Club and all-round active breath of fresh air who lives amongst us.

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D E F P O T E C 8

**M**ost people are aware to the effects of UV light and how to protect themselves from this yet very few understand the risks of Blue light and its effects on our eyes and sleep patterns.

Blue light is found both

naturally from the sun, our principle area of exposure, but also artificially from the digital devices that we all use and artificial light sources like LEDs.

Blue light has a shorter wavelength than other visible light and contains more energy, meaning it can penetrate deeper into

the eye and possibly cause more damage.

We know that some exposure to blue light is essential. Our first exposure in the morning helps us become alert, Blue light exposure can aid in our memory and cognitive functions. It can also improve our mood.

Digital devices wreak havoc on our sleep patterns by interfering with our circadian rhythms. In the absence of blue light ganglion cells in our retina stimulate our pineal gland in our brain to release melatonin, a hormone which tells our bodies it is time for sleep.



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EYE STRAIN caused by the displays of digital devices is becoming increasingly common as we rely more on these devices in our daily lives. The good news is that there are ways to alleviate digital eye strain and limit our exposure to Blue light that is emitted from these devices.

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When we have no respite from Blue light exposure, we suppress melatonin release which increases our alertness keeping us wide awake and ready for work and play. This problem is exaggerated by Australians habits of looking at their phones and digital devices just before bed.

Research shows that on average Australians spend more time daily looking at screens than sleeping. In fact, over the course of the year over 39% of our time is dedicated to screen usage. It is no wonder that digital eye strain is on the rise with up to one third of Australians suffering from it effects as well as disturbed sleep patterns.

The other concern from so much screen time is Digital eye strain syndrome which

can include one or more of the following problems

- Dry eyes
- Difficulty focusing
- Sore, irritated eyes
- Headache
- Eyes that are slow to focus
- Excessive tears
- Blurred or double vision
- Increased light sensitivity
- Pain in neck, shoulders or back

Digital eye strain results from prolonged - and particularly close up - viewing of digital devices including TVs, computers, tablets, smart phones and engaging in long periods of activities that demand focus, concentration and straining to see in very dim light.

Eye strain caused by the displays of digital devices is becoming increasingly common as



we rely more on these devices in our daily lives. Physical eye discomfort can occur in any healthy individual, but particularly among those who use a screen for longer than two hours at a time.

The good news is that there are ways to alleviate digital eye strain and limit our exposure to Blue light. Ring Eye Envy optometrist and our friendly staff will book you a bulk billed appointment.

Even if you dont need prescription glasses, we have solutions to limit these problems.

*By Justin Gribbin Optometrist*

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# Luxury is a necessity that begins where necessity ends.

## LUXURIES and NECESSITIES

By: Hazel Beneke

**T**he Covid crisis has given me time to think. What exactly is a necessity? And what is a luxury?

The term is used in advertising - "Luxury Cruises" and Luxury Accommodation" come to mind. But after living for over seventy years, I have seen some

luxuries become necessities.

Healthy foods like fresh fruit and vegetables have improved our well-being. Just think back to the past when tea, sugar and flour were the staples. If we were to lose fresh foods, many "lifestyle" diseases would overwhelm society.

When I was a small child, bananas were a luxury; but these days, many people have one every day for breakfast to maintain their potassium levels. Chocolates, truffles and wine have always been

luxuries, but if there is a problem in the wine industry, such as a drought, glut, or smoke-taint, we all hear about, and are willing to provide taxpayer support to the growers, as if it were a necessity. Only very expensive wine is now considered a luxury.

Servants were once a luxury, and their loss during the gold rushes caused much pain for even the middle classes. In Australia, servants have mostly been replaced by casuals, like cleaning ladies, home



handymen and tradies, though some outback properties



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still employ a cook for their workforce, especially during mustering or sheering.

Employment of servants by those who can still afford it, is a great way to redistribute that wealth, so we can cross all those workers off our list of luxuries.

Another luxury item of my childhood was a shop-bought dress. Fabrics and haberdashery were available everywhere at reasonable prices, and children were taught sewing at school. In high school they could include dress-design and various decorative crafts in their assessment. For years, my generation could make clothes for half the price of ready-made items, so dressed ourselves for home, work and even special occasions. Some of us still do. But dress-making has given way to other jobs for the average Australian.

Thanks to the sweat-shops of Asia, ready-made clothes are no longer a luxury item. But they can cause a problems, as Craig Reucassel has demonstrated.

Whatever has happened to quality standard items which will last for years? Fashion is a luxury we can do without.

It has been interesting to see the price of cotton has been falling lately, since new clothes are not a necessity in the short term. Thanks to the invention of synthetic fibers, wool is perhaps still a luxury, though we rarely need it in Queensland. Synthetic jumpers are much better at resisting clothes moths.

When I was a teenager, television was a luxury, and we didn't own one for fifteen years. We even had to hire one for the Moon landing, but we eventually bought a set and



became addicts like the rest of society. Have you ever just listened to the TV while getting on with other jobs? Most of my generation still listen to the radio, as words are often more important than the pictures. I even know one person who has resisted the "need" for TV.

But there is no doubt that TV has been a great educator, so is no longer a luxury. In the current crisis, the graphs provided on screen are vital to our understanding of the pandemic, and therefore, how we should respond. A screen, whatever it is connected to, is no longer a luxury.

In the 1970s a home computer was definitely a luxury, so much so that second-hand ones were passed on to family members when upgrading. We had to educate ourselves in how to use them - too hard for many people, and it wasn't until about 1986 that schools started to instruct the non-geeks who hadn't taught themselves. Many in the generations born before 1970, are still struggling unless they

have found a patient instructor. The advent of the Internet has



turned the computer into a necessity, so that subsequent generations now often rely on computers for work. However, for many Australians (and others) an Internet connection has remained a luxury, thanks to failure of timely government investment. With the current economic downturn, these people could wait years to move into the 21st Century, while the rest of us wonder where we be in this Covid crisis without the Internet.

Next week I will look at some other things which may or may not be necessities.

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# THE JOY OF Bribie Island

By Bill Peacock,  
Photos by Tracey Blinks

Every day here on Bribie begins with knowing how fortunate we are to be able to live in such a unique environment. Surrounded by water with views to the Glasshouse Mountains across Pumestone passage

and from Worrim across to Moreton Island. The community begins its day with the sounds of life with excellent schools, workplaces and activities to suit all ages, those who have to travel to work or do business elsewhere

are able to access roads and transport without the obstructions in so many other places.

We may want to complain but we have all chosen to live on Bribie Island to fulfil a dream. There

will always be room for improvement and with the continuing infrastructure, development and environmental care our future looks bright even in these difficult times of restrictions and social distancing. The awesome



work of Global Care Bribie Island and Corey at Café 191 truly demonstrates the spirit of Bribie Island.

The community initiatives have demonstrated what a caring and compassionate community we are. Now with the easing of some restrictions we will once again have access to the exceptional Library, Art Centre and limited access to the restaurants, clubs, and other activities we have been missing. We need to continue to wherever possible shop locally and support those businesses who have seen us through some of the toughest times.

Sadly, we have seen many businesses having

to close and they will influence our recovering commercial environment. The community has been cared for by our State (Pumestone) and Federal (Longman) Parliamentary members and the Division 1 Moreton Bay Regional Council representative. The local press continues to enlighten along with the strength of editorial input to ensure that we never lose the power of the word to encourage, entertain and give us knowledge through advertisers to meet our local needs. We are proud of the small business's that have hung in there, it is now our time to continue to support them and shop local as often as possible.

Often we are reminded of a few incidents that have made life difficult for some people and the anger and frustration of isolation has brought out the ugly side of human nature but these incidents are very few as it is mostly smiles compassion, understanding and care. We must salute all our Doctors, Nurses, Dentists, Pharmacies and their staff, Health Care workers, the staff in sales and to all of the Bribie Island Community for keeping us safe.

We are all accountable to see that our community becomes stronger in service, economy, and contributors to all that we

love about this community that we cherish in this our Island home.

Many visitors to the Island have enjoyed the experience as a holiday destination, the facilities and the accessibility of our parklands and water ways. There are many requests to have the Bribie Islander forwarded on after they leave, and many copies are posted out interstate and around the world as a sense of being part of the life on Bribie Island, and this is Our Home how fortunate are.

*I long to go to the sea  
again the lonely sea and  
the sky, and all I ask is a  
tall ship to steer her by.  
John Masefield.*



# Happy 100th Gladys

Gladys Crompton celebrated her 100th Birthday this month at the Bribie island retirement home. Being in isolation on her 100th birthday meant she was limited to visitors, but did enjoy her special day with those around her.

Gladys was born in her parents' home in Eagle Farm, Brisbane, where her mother sadly didn't survive the childbirth. Gladys is the youngest of 4 children, 2 brothers and a sister, both brothers have passed away and she lost her 99-year-old sister a couple of years ago.

Gladys and her late husband Wally, who she lost more than 20 years ago, loved their indoor bowls and living the Island life. Gladys has resided on Bribie Island for more than 40 years now and has loved every minute of it. She is now being cared for by the wonderful staff at the Bribie Island Retirement Home. Gladys did not have any children of her own, but many nieces, nephews a great-nephew and now a great, great, nephew.

We here at the Bribie Islander would like to wish Gladys a very happy 100th year ahead.



# A CRISIS OUT THERE IS NO EXCUSE FOR VIOLENCE IN HERE.

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## TURNING RED TO END DOMESTIC VIOLENCE

The Red Rose Foundation have launched the Red Bench Project to build a permanent reminder that domestic violence occurs within all of our communities. The presence of a Red Bench in a public location aims to raise public awareness and provide an opportunity for this important issue to remain

visible. It is their aim to have at least one Red Bench in every local government area in Queensland. Each bench will carry a plaque. The first of the red benches was unveiled on 15th May in Cleveland by Redlands Mayor Karen Williams. The Red Bench in Cleveland is the first of many across Queensland. There are now over 40 red benches from local government, state government and community groups. The Red Rose

Foundation is a National not for profit charity who works to end domestic violence across our communities. They are especially concerned at the high number of domestic violence deaths that occur each year through homicide and suicide. We also acknowledge that tragically, many domestic violence related deaths have many predictive elements and are largely considered preventable. If you would like to join the Red Bench Project,

they are asking for local and state government and other community groups to paint one existing public bench red, arrange and pay for the cost of the metal plaque with the wording Domestic Violence: Lets Change The Ending. The plaque may also include dual logos: The Red Rose Foundation and the logo of your own organisation. The Red Rose Foundation can supply plaques to other not for profit groups if needed.

**T**he social contagion domestic violence wreaks has no limits on individuals, on families and on communities. Often I've heard people say it's impossible to fix what you can't see. This is where we need to remain vigilant, look beyond the immediate and if we even

have the slightest suspicion that domestic violence is occurring, be brave and ask the question.

Our attitude towards this insidious crime must change. For example, instead of asking "why does she stay?" we should be questioning "why

does he abuse?" We must build intolerance for behaviours and attitudes that perpetrate domestic violence. Until we do this as a society things won't change.

When one woman is killed by a partner or former partner every week we

must ask ourselves if we can be passive bystanders any longer.

Together, we can make powerful changes to stop the cycle of domestic violence. We must act, act now, and act together.

**Simone Wilson MP** State Member for Pumicestone

## DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH

**M**ay is Domestic and Family Violence Prevention Month across Queensland, and Moreton Police are encouraging you to say Not now, not ever. Together. With us. Anyone who is experiencing domestic and family violence, or suspects it is happening, is urged to report it. It is everyone's business to prevent this from occurring in our community and to help keep everyone safe and supported. The Queensland Police Service (QPS) has recently introduced a new online contact method for those who may be in a

situation where it is difficult to call police. More information can be found here: <https://www.police.qld.gov.au/domestic-violence>.

The QPS has local specialist domestic and family violence officers and a dedicated police referrals network to ensure frontline officers can provide individuals, their families and carers the option of a referral to local service providers.

Below are some organisations that you can contact for more information on help and support if you or someone you know is experiencing domestic and family violence.

### QUEENSLAND GOVERNMENT DOMESTIC AND FAMILY VIOLENCE PORTAL

For information on how you can stay safe,

where you can find help, how you can help others, local support services and helplines

### DV CONNECTPh: 1800 600 636

Servicing Moreton Bay region and surrounds  
Queensland Government Domestic and Family Violence Portal

For information on how you can stay safe, where you can find help, how you can help others, local support services and helplines.

### CENTRE AGAINST DOMESTIC ABUSE (CADA)

Servicing Moreton Bay region and surrounds

## CANDLE LIGHTING CEREMONIES

**T**he first Wednesday of May was designated as DV Remembrance Day many years ago by the then domestic

violence council. Initially held in Qld, now many communities across Australia pause to reflect on the unacceptable toll of domestic & family violence. Over the years, the events became embraced by people

across the political divide but more importantly, a place for families, friends and colleagues to come, to light a candle and reflect on the life of their loved one who was snatched from them so violently and needlessly.





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**Visit [health.gov.au](https://health.gov.au)**

Download the COVIDSafe app today to keep yourself and your community safe by helping our health workers to notify you quickly if you've come in contact with someone who has Coronavirus.

With your privacy protected by law, COVIDSafe keeps a secure note of other users you've been near if you have to go out. So, if they test positive for Coronavirus, you'll be notified. It'll help us stop the spread sooner, so we can all get back to the things we love.



# HUMAN RESPONSE TO FEAR

Veronica Mercer - Mental Health Accredited Social Worker

**F**ear is a powerful and primitive human emotion; its role is to alert us to the presence of danger. Fear is a natural emotion and a survival mechanism.

Fear can be divided into two responses:

## 1. BIOCHEMICAL

The biochemical response is universal. This physical response is also known as the “fight or flight” response, in which your body prepares itself to either enter combat or run away. This biochemical reaction is likely an evolutionary development. It is an automatic response that is crucial to our survival.

## 2. EMOTIONAL

The emotional response is highly individual. The emotional response to fear is highly personalized,

Some people thrive on extreme sports and other fear-inducing thrill situations, while others have a negative reaction to the feeling of fear and will avoid fear-inducing situations. Although the physical reaction is the same, fear may be perceived as either positive or negative, depending on the person.

## FEAR

Fear is incredibly complex. Some fears may be a result of experiences or trauma, while others may represent a fear of something else entirely, such as a loss of control. Still, other fears may occur because they cause physical symptoms, such as being afraid of heights as you feel dizzy and sick to your stomach. Fear is a chain reaction in the brain that starts with a stressful stimulus

and ends with the release of chemicals that cause a racing heart, fast breathing and energized muscles, among other things, also known as the fight-or-flight response. Experiencing fear occasionally is a normal part of life, living with chronic fear can be both physically and emotionally debilitating.

The brain is a complex organ with over 100 billion nerve cells comprised of an intricate network of communications that is the starting point of everything we sense, think, and do. Some of these

communications lead to conscious thought and action, while others produce autonomic responses. The fear response is almost entirely autonomic. We don't consciously trigger it or even know what's going on until it has run its course (<https://www.Verywellmind.Com>).

## FEAR CONTAGION

Fear contagion is an evolutionarily old phenomenon that researchers observe in many animal species. It can serve a valuable survival function. Fear contagion happens automatically and unconsciously, making it hard to really control. Once fear is triggered in a crowd there is no time or opportunity to verify the sources of terror. People must rely on each other, so the fear travels from one to the next, infecting each individual as it goes. Everyone starts running for their lives.

Studies have found that being in the presence of a calm and confident person may help overcome fear acquired through observation of others. For instance, a child terrified by a strange animal will calm down if a calm adult is present. This kind of safety modelling is especially effective when you have your eyes on someone close to you, or someone you depend on, such as a caretaker or an authority figure.

Suggestions for dealing with fear  
When we are under

significant stress, it is harder to process details and nuances, so gather information (facts, from reliable sources) about the danger and about what is needed to keep us safe. But do not overdo it.

We do not need to know about each new case of the coronavirus or each new ominous sign for the health of the global economy. Following these events closely does nothing to make us safer or change the trajectory of the coronavirus. The problem is that this continuous flow of information devours your headspace and attention. The most important component of putting the pandemic in perspective is balancing what we should and should not do.

## HERE ARE SOME TIPS FOR MANAGING FEAR:

Identify the source(s) of your anxiety.

Refrain from shaming and blaming

Do not be afraid to ask for help

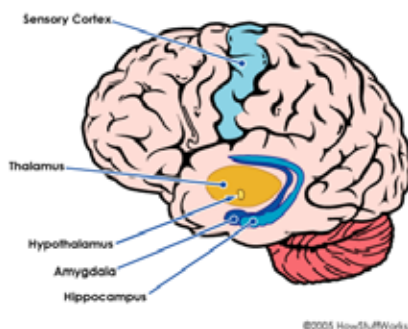
Do not procrastinate about being prepared for the worst – social distancing, hand hygiene.

Connect, connect, connect  
Practice self-compassion

Do not skip self-care  
Do not let fear and anxiety become pandemic as well.

Evolution hardwired human beings to share threats and fears with others. But it also equipped us with the ability to cope with these threats together.

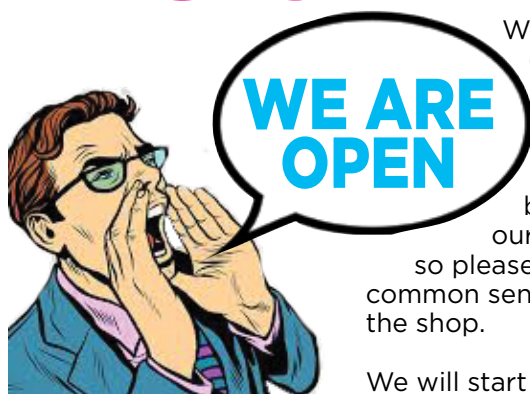
Parts of the Brain Involved in Fear Response



©2005 HowStuffWorks

Because fear involves some of the same chemical reactions in our brains that positive emotions like happiness and excitement do, feeling fear under certain circumstances can be seen as fun, like when you watch scary movies.

# BUSY FINGERS



We have a duty of care not only to our staff and volunteers but also YOU our customers, so please use common sense while in the shop.

We will start pickups again but we WILL NOT ENTER homes, all items must be on an open verandah or in the carport or we will have to leave the items behind, please be aware not to leave items out in the rain. We will also be doing deliveries and the same rules will apply - no entry to homes. If you need a pickup please call 3408 1014 before 12.30 while we have limited hours.

Please be aware that our Change Rooms and Public Toilets will not be available to customers until further notice.

We will advertise our full opening hours on our website and have signs on the gates as well as in the shop as soon as we know when we can return back to normal hours. We wish to thank all our supporters for their patience and sincerely hope that we can remain open from now on.



## DONATIONS

Due to the fact we have

been closed and have not been able to have committee meetings, we have not discussed any new grants, but due to your previous ongoing support we have continued our commitment to the VMR, Hospice and Bribie Island Global Care.

We hope to be able to give new grants in the near future, so if your association or club requires some equipment please email your wish to busyfingers1@bigpond.com our next meeting is 9th June.

## The Loss Of A Dear Friend

on the 29th April we lost one of our long serving volunteers Alma Hinds after a very short illness, Alma was with us for over 20 years before retiring at 85 years of age. Even after retirement Alma arranged for our drivers to drop off the jigsaw puzzles and games so she could count the pieces to ensure they were all there before they were

friend Denice Goodwin who also volunteered for us for over 20 years.

Alma was a happy soul and her beautiful smile made her whole face light up and her blue eyes shine, she was a genuine, giving and gracious lady. She always loved getting postcards, so whenever I travelled I had her name at the top of my card list. Alma will be not only be missed by her family but also the many friends she had on the island including the staff and volunteers of Busy Fingers as she

was highly regarded by all, she will be missed but not



forgotten.

We send our heartfelt condolences to her family.

displayed for sale. Alma lived alone for a number of years after leaving us, before retiring in the Bribie Island Retirement and Aged Care Facility, where she had the company of her dear

I would like to thank Richard, Cherrie and the Bribie Islander team for their continued support and also all our customers and supporters. I hope to see you in the shop soon.

**Sandra**

We opened our doors on Monday for limited hours 8.30 to 12.30 Monday - Wednesday, the limited hours will continue until we are able to gather



together our volunteers, as we cannot do full days until we have most of our group of volunteers back on board. We will remain open as long as our customers continue to observe the distancing rules and the government allows shops to remain open.

We are allowing **30** in the shop at a time so we are asking all our customers to come and shop and then leave immediately so that others can come into the shop. If we notice customers are stopping in the shop to talk to friends **THEY WILL BE ASKED TO LEAVE THE SHOP IMMEDIATELY.**

We will continue to do this until all government restrictions on distancing are lifted. Please follow the rules as we do not want to ask people to leave and we certainly do not want to close again due to unsafe practices.



## NOUGAT THE FEARLESS HAS GONE.

By Helly Kemp

We have much loved all our pets, all our lives, but our little champion was just so different from all our previous fur children. He was the most intelligent, a true comedian, who kept us laughing each day, and gave us an unprecedented love. He even tried to catch flies, just a few hours before he died on Tuesday, when his heart and breathing were so bad, we had to rush him to the Queensland Veterinary Specialists Hospital in Brisbane. It all happened so fast. We were laughing in the morning and crying by night. Since being published in The Bribie Islander Magazine last year, we have had many wonderful little encounters with the public. Total strangers on the street, when John took Nougat for a walk, would greet him with comments like this: "Hello Nougat, you are the most famous dog on the Island."

And only last week a woman stopped John walking with our little prince:

"Hi there, you are that dog from the Bribie Islander Magazine. How beautiful you are!"

And that he was.

About a year ago, we had a lovely couple stay with us at GAIA ON BRIBIE ISLAND. Months later, there was a knock on the door and this couple turned up unannounced with this beautiful pastel in a glass and timber frame. We could not even remember their names and did not know the woman was a professional artist. They must have been here in April, when the stories on Nougat were published in the BRIBIE ISLANDER MAGAZINE, and were inspired by the main photo. Klasina Manteit would not accept a payment, so I gave her an evening bag and lots of makeup I sell on eBay. I have dedicated the original pastel with frame to the QUEENSLAND VETERINARY SPECIALISTS HOSPITAL now, who have looked after Nougat

for over six years, and we will deliver it personally to them tomorrow.

*We here at the Bribie Islander Magazine are very sad to hear of Nougat's passing, he was one very special little dog.*



When God made all the earth and sky  
The flowers and the trees  
He made all the animals  
And the birds and the bees

And when his work was finished  
Not one was quite the same  
He said I'll walk this earth of mine  
And give them all a name

And so he travelled land and sea  
And everywhere he went  
A little creature followed him  
Till all his strength was spent

When all were named upon the earth  
And in the sky and sea  
The little creature said dear Lord  
There's no name left for me

The father smiled and softly said  
I've left you to the end  
I've turned my own name back to front  
And called you "dog" my friend.

## TAX TIPS JOB KEEPER PAYMENTS



The Jobkeeper payment is payable to eligible employers to enable to pay their employee's wages of at least \$1500 per fortnight. Both the employer and employee need to meet certain eligibility criteria.

If you want us to check your eligibility, enrol you, complete your application and report to the ATO, please contact us as soon as possible.

Other measures announced by the Government include:

- early access to • superannuation (on hardship grounds)
- cash flow assistance for • employers increased instant asset write off for small to medium businesses
- variations and deferrals to PAYG Installments
- remission of interest charges and penalties

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## THE EXPLODING BREAKFAST SAUSAGE.

By: David Horrocks

### or, another weapon of Mass Destruction.



Once long ago in a hemisphere half a world away I was engaged in winning business for Australia in the land of the Poms. My sad story takes place in a notorious seaside place by the name of Torquay. Older readers may remember this town as being the home of Mr Basil Fawlty the infamous hotelier. The action does not take place in his particular hostelry but when perusing my story gentle readers you may detect a familiar measure of his influence.

Those who have experience of travelling abroad on business trips will be familiar with the fact that to be able to travel as light as possible forward

planning is necessary as regards clothing to be carried bearing in mind that available time for laundry/dry cleaning is often non existent. Also if events of prominence are to be attended where smart appearance is necessary to give the best impression to prospective business contacts then all the more forethought has to be applied. I write this now when of course the influence of Jobs and Gates have made the wearing of Jeans and maybe a jacket de rigueur – but back to times past.

I had arrived fully equipped, suitcase manageable but ready for anything – I thought.

The event was the annual

British Local Government equipment exhibition held in Torbay, the area of Torquay. Of special note was that each year just three exhibition stands were to be visited by the presidential party of the National Association. As a new exhibitor and a first ever from the Antipodes we had been selected as one of the preferred stands.

To best present I had chosen to take an outfit for the occasion that I thought would show our company to be one of quality and professionalism. After taking advice from an expert (my lovely wife) I was taking a pale grey suit with a pale blue shirt and a darker blue tie. I knew that I could mix and

match each piece after the main event to continue to look the part. This methodology is a well-known ploy for the ladies but as a mere male I was learning as I went.

Now this is where things started to go awry. I was staying in a hotel in Torquay not unlike that portrayed in the famous TV series. The lady manager was fussy but friendly and efficient with nary a hint of the dangers posed by Mr Fawlty that is until the morning of 'The Presidential Visit'. I dressed and checked my appearance in the mirror in the room. The term sartorial elegance came to mind as I inspected myself in the glass.

Walking down the staircase



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SAT 6AM - 2PM, SUN 6AM - 2PM**



**The Big Bun Bakery and Takeaway**



I entered the dining room to partake of breakfast that comprised the usual English cooked offering. Now at the showground there was little in the way of food to be had because of the strict rules in place that forbade the provision of food and drink to visitors by the exhibitors. This was thought to be possible bribery of local government officials who were mainly the visitors and potential buyers. Therefore it made sense to eat a hearty breakfast rather than have to leave the stand and walk into town for refreshments mid way through the show times. Little did I realise that this particular hearty breakfast was prepared for a condemned man.

The friendly waitress placed the meal in front of me with a smile. I started to enjoy the mix of eggs and tomatoes and bacon. Lying in wait, as I later discovered, was the dread missile. Not being particularly fond of breakfast sausages I ate all around the beast leaving it all forlorn on the side of the plate. Then foolishly as it turned

out I considered the fact that the presidential party may take their time going around the exhibition site and that might leave me hungry and less relaxed by the time they arrived – big mistake.

I decided to devour the snag. I raised my fork to pierce the skin when, (now I know some readers will be well ahead of the game here but please be patient; there are some who prefer to savour the moment in the manner of a chocolate lover leaving the soft centres until the end). Yes you guessed it – EXPLOSION! The greasy contents of what seemed the entire snag now decorated my carefully executed attire. At this point the watching Manageress I think lost her composure and raced across to my table and began trying to wipe the detritus from my now destroyed outfit.

**RUINATION** – gone was my confident air of professionalism, gone was my thoughts of looking like a director from British Aerospace. The chattering lady had ceased

wiping me down realising that matters were only getting worse. She was profuse in apology and assured me that of course they would have my jacket dry cleaned and my shirt laundered. But when? Panic set in as I raced back upstairs to replot the day's attire.

Some time later the presidential party finally walked onto the stand. The President himself was adorned in a fine tailored suit replete with gold chain of office draped around his neck to inspect our products and to meet me, me dressed in a mishmash of multi coloured kit like some East African would

be potentate, so well aware of my not so professional appearance. I very quickly took the party over to inspect the equipment talking all the while in my most persuasive tone hoping to divert attention towards more important issues. I think I managed to pull the thing off albeit not in the way I had intended. I consoled myself afterwards by thinking that they'd probably thought nothing of the affair – after all I was a colonial! Ever after that occasion I have always treated breakfast sausages with the respect they deserve.



# \* \$10

# WHOLE ROAST

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**BURPENGARY**  
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**DECEPTION BAY**  
444 Deception Bay Rd

**KALLANGUR**  
1475 Anzac Ave

**BRIBIE ISLAND**  
75 Cotterill Avenue, Bongaree

Only available at the following stores:

# Good Old Aussie Stew

## INGREDIENTS

- 500 g stewing steak, cut into 3cm chunks
- 400 ml beef stock, or red wine
- 2 red onions, quartered
- 1 red capsicum bell pepper, chopped
- 1 green capsicum bell pepper, chopped
- 2 carrots, chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon tomato purée
- 2 tablespoons Italian seasoning blend
- 1 tablespoon rosemary
- ½ tablespoons olive oil
- Pinch of salt and pepper



## Instructions

- Heat a large saucepan on a medium heat and add the olive oil and gently fry the onions for a few minutes.
- Add the garlic and fry for a further minute.
- Add the carrots, capsicum, tomato puree, stock, Italian seasoning and beef to the pan and

mix through.

- Cover with a lid and simmer for around 40 minutes, remove the lid and simmer for a further 20 minutes to allow the sauce to thicken.

## Notes

Alternatively, you could do all of the above but in a slow cooker for an even more delicious, rich stew.



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**9am - 5pm**

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We would like to thank all our customers for your continued support through these uncertain times. You have been absolutely amazing, and can't thank you enough.

**We will continue our takeaway as normal, so please come in for your takeaway and small chat.**

Looking forward to seeing you.

**STAY SAFE ...**



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# WINELANDER

By: Philip Arlidge



Over 2500 wineries are trading their wares in Australia ranging from the supersized down to the family wineries scattered about the various regions of the country. Over 70% of the sales of wines in Australia are through just four wine companies Treasury Wine Estates, Accolade, Constellation and Pernod Ricard but add to this our large family operations Angove, Yalumba, De Bortoli, Casella, McWilliams, Brown Bros and Taylors to mention a few and the others have to share what's left. With the coming of Covid 19 on the heels of devastating bushfires which has led to grape yields being up to 80% down in parts of South Australia and drought in other regions, 2020 could see the end of up to one-third of our wineries according to Australian Grape and Wine. On March 30th following an outbreak of the virus among international travellers visiting the Barossa the South Australian government ordered the closure of all cellar doors that supplied directly to the public meaning an inability to serve sit-down customers, which also ensured closure over Easter which is traditionally one of the years busiest times in the wine industry throughout the country.

Adding to the problem is the closure of restaurants which is another area which smaller wineries rely on and who are not represented well in the liquor store side

of the business which is well controlled by the larger wine companies.

The way the industry operates is the larger wine companies operate with their own workforce whilst the small wineries sell through agents in each State who operate with a portfolio of wines from different regions but pay for all their expenses and earn an income from the sales of the wines. The flow-on effect from the closed wineries will also see several agents closing their doors, dark days ahead I'm afraid, perhaps it was a good time to retire!

We are now well into our newfound virus-ridden world and following the stripping of supermarket shelves pressure has now been put on liquor stores resulting in a 20% surge in wine sales over the last four weeks and restrictions on the quantities you can buy each day from each store, but this does vary from State to State.

Interestingly the home delivery business is up by as much as 300% as consumers are encouraged to stay at home however this has already led to underage purchasers seeing an opportunity to sneak around the current laws which are now being investigated by the law.

This surge in sales has also seen a change in consumer drinking habits with a large increase in every day drinking wines and a reduction in sales

at the premium level, it will be interesting to see whether the wine companies can keep up with demand following the devastating bush fires which destroyed many of the vines, fortunately, the tanks and barrels are all full following vintage at many of the larger wine companies but look around there are many opportunities to buy wines that were due to be sold to restaurants but are now lying in the warehouses not knowing when the market will return to normal if indeed it does.

We try to keep up to date with relevant issues and following my comments after a recent visit to the United States where I commented on the lack of presence of our biggest wine producer Treasury Wine Estates and this has proven correct with a share price drop due to the disappointing results achieved over there. The company has never fully recovered from the scandal a few years back when sales figures were fudged resulting in write off of over \$100 million worth of stock, this could result in cheaper prices for their premium wines over here, keep your eye open for some Penfold's special deals.

Given the current crisis which is affecting the cash flow of many companies where a large proportion of their clients such as restaurants aren't trading I hope the recent problems experienced by McWilliams Wines which is trying to trade out of an administration

problem doesn't see this fine old family wine company cease trading, this was the last thing they needed at this time.

Recently we looked at the growth of reduced alcohol and no alcohol wines and it appears that a new range from Jacobs Creek has just hit the shelves. Labelled "Better by Half" with an alcohol content of just 5.5% the wines consist of three varieties, a Rose, a Pinot Grigio and Brut Cuvee sparkling which sort of reaffirms in my mind that perhaps red wines don't carry the punch when the alcohol is reduced or perhaps this is the introductory range with more to follow based on customer acceptance.

Cheers Philip Arlidge  
arlidge@bigpond.com.au

**Wine has been with us from the beginning. Brillat-Savarin from his gastronomic "piece de resistance, La Physiologie du Gout"**

**"Wine, the most agreeable of beverages, whether we owe Noah who planted the first vine or Bacchus who pressed the first grapes, dates from the beginning of the world."**

**However, may I reflect upon the good nature of you the reader and mention the words of wine writer Walter James when it came to cashing in a good year.**

**"If anyone would like to give me a bottle of wine from my birth year, I was born in 1945 or 1947" I concur!**





# Savige's

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# Regular Features

## ARRIVAL

## Self-Quarantining

By: Elaine Lutton

I, like many others, am slowly beginning to see the light at the end of the isolation-tunnel but perhaps I am fortunate in finding my enforced house-arrest is not all gloom and doom.

In fact, I quite enjoyed my fourteen-day penance for daring to travel to the UK and now my extended jail term for living way beyond my allotted time. I thought I would pen (keyboard) just a few of the advantages of self-quarantining to remind me of these halcyon days when my busy life begins again.

First, as my son reminded me, I can play my crazy music as loud as I like. My neighbours are very tolerant and have been so kind as to say they are happy to hear my music as it reassures them that I am still in the Land of the Living, but I do shut the windows if I get up in the middle of the night to dance. Exercise is good for us, or so we are told.

As regards arising in the morning, I have become a teenager again, and sleep in for as long as my fancy takes me. I have never had trouble sleeping owing to my squeaky-clean

conscience. That is my story and I am sticking to it.

As Paul Simon would say, "I have my books and my poetry to protect me", plus of course, Netflix, so the virus does not stand a chance to either infect or depress me. I can shower any time day or night and walk through the house stark-naked; no-one is likely to call. Further, I have learnt how to video-call on my computer. This means I now keep a comb and a lipstick in my desk drawer to make myself presentable in case someone calls me. More of that later. In case you think I have become a tech-wiz, sadly, this is not the case. Whilst managing my Windows 10 without too many hassles, I still have problems answering my smartphone which is infinitely smarter than I am. Still, I can always ring back.

Meals are not an issue, I eat when I am hungry and drink when I am dry, enjoying a tippie or two but not over-indulging.

Yes, it is good to be a senior citizen at this time and leave the worrying to my children and grandchildren.

I have encountered one problem, however. This is a dearth of new books to read, the library and book shops being closed

for the duration of this plague. I now find myself perusing every bit of print I come across. The other day, on opening a new jar of hydrating cream (moisturiser) I read, for the first time, all the promises this unguent makes to an Aged Person such as myself.

It will rid me of my sagging skin and age spots: it will intensely re-nourish my skin which will become suppler, firmer, and more radiant. In one month, my features will appear



lifted and pigmentation fade away. I will be transformed! Furthermore, it is scientifically proven, being tested on 42 women for four weeks; and if I needed more re-assurance this amazing product is "electronically protected".

And all because I'm worth it!

I like the naming of the product too, Perfect Age.

No, I will not give away all my secrets. It promises increased virtue with aging so that when it is time to finally knock on the Pearly Gates, not only will I have a flawless complexion but a flawless soul to accompany it. Pass Go and collect 500 GBP.

Enough of this nonsense! Although I must admit that I do get a little nervous that friends may be casting a critical eye over me and inwardly suggesting means of improvement. Still, they will just have to take me as I am, sagging skin, age spots, drooping features etc. Unless of course, this



**Before AND After...  
No Difference!**

Miracle Cream achieves all it promises. In which case I shall find myself a toy-boy!





## PRAISE BE TO LAUNDRIES

### THANK GOD FOR LAUNDRY WORKERS;

They front up every day,  
refreshing all the linen where  
the Covid patients lay,  
They are the unseen heroes,  
though vital in their role,  
For where you find a fabric; a  
laundry is involved.  
These plants can range from  
small to huge, their missions?  
All the same; Ensuring health  
through hygiene; it's a dizzy,  
hi-tech game.

### THANK GOD FOR LAUNDRY SORTERS;

The triage operation. A team  
of linen handlers bound in tight  
co-ordination.  
The endless, "soiled tsunami"  
rolls towards them like a flood,  
They bravely face the faeces  
and the urine and the blood!  
Back when the restaurant  
clients were consuming at full  
pace,  
The joyous smell of rancid  
prawns enhanced their sweet  
work place!

### THANK GOD FOR PROCESS WORKERS;

Their tasks are wide and  
varied, like loading giant  
washers till their arms are slack  
and wearied.

The team who feed the rollers  
that will iron and fold the  
sheeting,

Two thousand sheets per hour  
- there is little time for bleating.

And over there, the towel  
machines are folding at their  
best,

A team of steadfast athletes  
feed their appetites with zest.

### THANK GOD FOR THOSE DESPATCHERS;

They assemble all the loads.  
The maze of client orders is  
prepared to take the road.

Their arms are made of iron  
and their shoulders broad and  
strong;

The faint of heart would not  
survive this occupation, long.

And timing is important as the  
trucks need to proceed;

At preordained, tight schedules,  
to meet the clients' need.

### THANK GOD FOR LAUNDRY DRIVERS;

With their vans and trucks and  
trailers, ensuring all deliveries  
are made without a failure.

They battle choking traffic and  
the road-work time delays  
as they keep to their strict  
schedules, feeding linen out all  
ways.

They combat awkward loading  
docks, they calm the fretting  
clients,  
They represent the company; a  
true fleet of mental giants.

### THANK GOD FOR LAUNDRY ENGINEERS;

They keep the wheels  
a-turning, they jump to help  
when dryers fail, to stop the  
linen burning!

They fire up the boilers, they fix  
the leaking steam,

They sweat and strain and  
grumble as the linen needs to  
gleam.

Through freezing cold and  
baking heat they toil throughout  
the night,

Ensuring every bolt's in place  
and all their nuts are tight!

### THANK GOD FOR LAUNDRY

### CHEMISTS;

They uphold Australian  
Standards; testing wash  
conditions daily with reports  
that are oft candid.

They're big on worker safety,  
so to keep them out of trouble,  
For complex laundry chemistry  
is not just froth and bubble.

"Awash" with creativity, they  
invent new formulations,  
To cope with all conditions  
found across this diverse  
nation.

### THANK GOD FOR LAUNDRY OWNERS;

And their public counterparts;  
this is where the operation  
ends (and where it alw ays  
starts).

They rarely own a wallet that is  
filled or even swollen,

When paying out for linen that  
gets trashed and often, stollen.  
But they had heard the calling  
at some point in their young  
lives,

That the world needs thorough  
cleaning and to that, is what  
they strive.

**Phil Thorncraft**

# Click Goes the Zip-Lock

BY: Hazel Beneke

Down on the wharf,  
wearing a mask,  
Stands a grim medico,  
intent on his task.  
Here comes a passenger,  
home from overseas,  
But it's fourteen days in  
quarantine, to reign in this  
disease.

Up goes the swab, into  
nostrils flaring wide,  
Back into its test tube, safe  
& snug inside.  
To send it off for testing, he  
hands it to the nurse,  
Then grabs another nasal  
swab, while muttering a curse

Click goes the zip-lock.  
Click, click, click.  
Little bags for testing pile  
up pretty quick.  
The doctor looks around  
and is shocked to see the  
queue:  
Hundreds social distancing,  
from here to Uluru.

Out on the street, next  
to Centrelink  
Is a long line of youngsters  
whose jobs are on the  
blink,  
Staring at their mobiles,  
standing yards apart,  
Wond'ring how they'll stay

alive until the payments  
start.

Swipe goes their fingers;  
swipe, swipe, swipe.  
Hoping for a message, or  
slowing down to type.  
When they lift their eyes  
up, they're shocked to see  
the queue:  
Hundreds, social distancing  
from here to Uluru.

Outside the supermarket,  
waiting shoppers stand;  
Inside they're grabbing  
everything at hand.  
Rice and pasta disappear,

and toilet paper too.  
Careful what you eat  
tonight, in case you need  
the loo!

Tap go the credit cards,  
tap, tap, tap.  
For bags full of pizzas, and  
other fatt'ning crap.  
Heave your trolley to the  
car, avoid the waiting  
queue  
Of hundreds social  
distancing from here to  
Uluru.  
Yes, we're all social  
distancing from here to  
Uluru.

# First & Famous WOMEN of QUEENSLAND



By Barry Clark  
Bribie Island Historical Society

## WOMEN'S FACES

This is about some Queensland and Bribie women who shaped history. To put women's achievements in perspective, let me remind you that they only achieved the right to vote in State Elections in 1905, divorce granted on the same grounds as men in 1922, female pay rates set at 75% of men's rates in 1950, and oral contraception became available in 1961. This is about a few Famous & First Queensland and Bribie women, who did exceptional things.

### IRENE LONGMAN

The Federal electorate of Longman, where we all live, was named for Irene Longman. Born in Tasmania in 1877, she obtained a kindergarten diploma, and taught in Sydney and Rockhampton. In 1904, she married Albert Longman and helped run his Toowoomba newspaper. They moved to Brisbane in 1911 where she developed an interest in the welfare



of mentally handicapped women and children. As President of Queensland's Council of Women, she was nominated in 1929 as a candidate for the Queensland State election. Irene Longman made history as Queensland's first woman elected to parliament, in the seat of Bulimba. She was not allowed to use the Parliamentary dining room, had to eat her meals on the veranda, and there were no female toilets in the building. She lost her seat after just one term, died in 1964, and a new Federal seat of Longman was created 32

years later in 1996.

### EMMA MILLER

Emma born in England in 1839, arrived in Brisbane in 1879 seeking a better life for their young family. Trained as a seamstress she became a "Gentlemen's White Shirt Maker" which set her apart

protesting women, marched to Parliament House led by 73-year-old Emma. Police wielding batons charged the women, mounted police joined the melee, and Emma stuck her hatpin in the Police Commissioners horse causing him to be thrown.



from many other Brisbane women. Husband William died a year after arrival, so widowed at age 31, with four children, she worked hard 12 hours a day, 6 days a week, supporting her family. Married again in 1886 she devoted time and energy to helping other needy people, driven by her belief in better conditions for the working class. Trade Unions in Queensland in 1890 only supported men in Mines, Factories and Shearing Sheds. She exposed poorly paid women exploited by others in "Sweat Shops". A general strike in 1912 brought Brisbane to a standstill, and a procession of

The "Black Friday Riot" was a turning point for protesters, and in 1916, she campaigned against "Conscription" and the referendum was defeated. When she died aged 78 flags flew at half-mast to respect the "Grand Old Lady of Labor".

### MARY McCONNEL

Mary and her husband David arrived in the pioneer settlement of Moreton Bay in 1849 to go to properties at Bulimba and Cressbrook. The family suffered ill health and returned to England for seven years, returning to Brisbane in 1862. Infant mortality was high and half of all children born in Brisbane died before their fifth birthday. Mary had



## HISTORY

witnessed many tragedies over the years, including the loss of two infant sons, and her own struggle with health. Mary made 13 journeys between England and Australia in her lifetime, eventually dying in London in 1910.

Mary McConnel was a greying 53-year-old mother of six, and a Grandmother, when she proposed establishing a hospital for sick children in 1877. She fundraised, selling women's handcrafts at the Brisbane Exhibition, and in 1878 rented a small house in Spring Hill, hired two English nurses and a superintendent, and opened the "Hospital for Sick Children".

A Typhoid outbreak in 1890 led to over 500 children being admitted, and new premises were urgently required. She worked tirelessly for 15 years raising essential funds for the Hospital. Eventually it moved to a two story wooden building in Herston. The Hospital for Sick Children ultimately became the Royal Children's Hospital, later merging with the Mater Children's Hospital to become the Queensland Children's Hospital opened in 2014. It is a tribute to the inspiring initiative of Mary McConnel.

### LORES BONNEY

Marriage brought South African born Bonney to Brisbane. A friendship with pioneer aviator Bert Hinkler sparked her interest in aviation and in 1930, she became the first woman to fly around Australia, the first to fly from Australia to England and the first to fly from Australia to South Africa. Her achievements are less heralded than some of



her contemporaries, and she died at her home on the Gold Coast in 1994 at the age of 97.

### ANNETTE KELLERMAN

Contracted Polio in 1893 at the age of six, and took up swimming to strengthen her legs. She went on to become



a world famous long distance swimmer, when women were banned from Olympic competition until 1912. She travelled the world doing distance swims, including 21 kilometres on the river Thames in London. Known as the "Australian Mermaid" she was the first Australian woman to star in a Hollywood movie in 1909. Returning to Queensland, she worked with Sister Elizabeth Kenny in World War 2 helping Polio victims

### Sister ELIZABETH KENNY

Born on the Darling Downs in 1888 she had no formal nursing training but served as a nurse in World War 1. Working with



Polio victims in Toowoomba, she developed new techniques, and established the first Government Polio treatment centres in Brisbane and Townsville.

In 1937, a Poliovirus epidemic struck Australia and she wrote a book about her revolutionary treatments. In 1946, the Polio epidemic hit America and she did great work there, saving the country from disaster.

### MYRA RENDEL-MACKENZIE

The first private woman Dentist in Brisbane in 1899, becoming the first fully registered female dentist when the Dental Board of Qld. formed in 1903.

### DR. ELEANOR BOURNE

The first woman in Queensland to study Medicine. Born and educated in Brisbane, she graduated with a Bachelor of Medicine and Master of Surgery in 1903, serving as a Major in the Royal Army Medical Corp during World War 1, in a hospital staffed entirely by women doctors.

### TWO BRIBIE WOMEN

#### SARAH "MUM" BALLS

Had the largest business on Bribie Island in the early



1900's. Arriving in Brisbane with her parents in 1881 at the age of 18, a month later she married John Balls, a builder, with whom she had five children, 2 dying in infancy. A Brisbane building boom ended with the flood of 1893, John's business closed, and he sought work in West Australia where he died in 1895. Leaving Sarah a widow with three children at age 35, she embarked on

several business ventures including managing Hotels, refreshment rooms at 14 Railway stations, and a Fish Cannery on north Bribie, which she relocated to Bongaree.

As Bribie's major business in 1910, employing 20 of the roughest toughest men. Fish were plentiful and the business thrived for a few years, located where the IGA store stands today. In 1917 and she retired to build her Heritage listed grand home, named "Santa Barbara" in Brisbane, where she lived until her death in 1953.

### EMILY COUNGEAU

Had an interesting life as a governess on the Greek island of Lesbos before marrying in Brisbane in 1889 age 29, running a continental Café and Wine shop with husband Naoum for many years. In 1919, they built the grandest house in Banya Street, Bribie Island, which still stands today as Toc-H, where she became a leader in the new



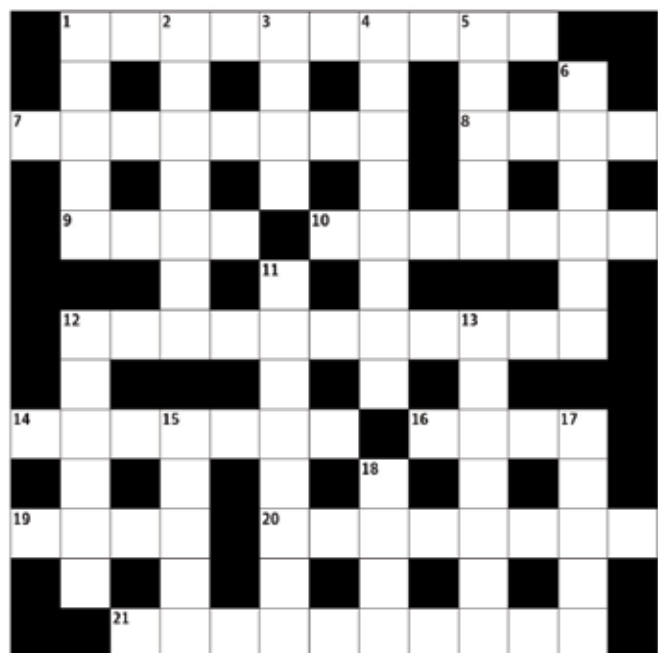
and growing community. She was a great Poet, wrote many books, and the words of Australia's first Opera. Great philanthropists, they donated their home to the local Church in 1936, and both died soon after. She was an intelligent, wealthy and cultured woman in the pioneer community of Bribie Island.

#### MORE BRIBIE HISTORY

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

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

## EASY CROSSWORD



## Across

- 1 Dentures (5,5)  
 7 Rid (someone) of a mistaken idea (8)  
 8 No longer relevant (4)  
 9 Lean over (4)  
 10 Transgress (7)  
 12 The worse for wear? (11)  
 14 Molecular science applied to industrial processes (7)  
 16 Humanities (4)  
 19 Humble request (4)  
 20 Judicial assembly (8)  
 21 Dug in (10)

## Down

- 1 Chat up (5)  
 2 Distribute small circulars (7)  
 3 Largest native Australian birds (4)  
 4 Lens(es) at the viewing end of an optical instrument (8)  
 5 Affected by changes in sea level (5)  
 6 Tangled into a mass (6)  
 11 Person nominated to carry out the terms of a will (8)  
 12 Spear-like shape formed by the freezing of dripping water (6)  
 13 By means of (7)  
 15 Exercise in preparation for an event (5)  
 17 Very conventional and dull (5)  
 18 Comportment (4)

**Q. Why don't oysters donate to charity?**

**A. Because they're shellfish.**

**Q. What does a baby computer call its father?**

**A. Data.**

**Q. What did the custodian say when he jumped out of the closet?**

**A. "Supplies!"**

**Q. Why are colds bad criminals?**

**A. Because they're easy to catch.**

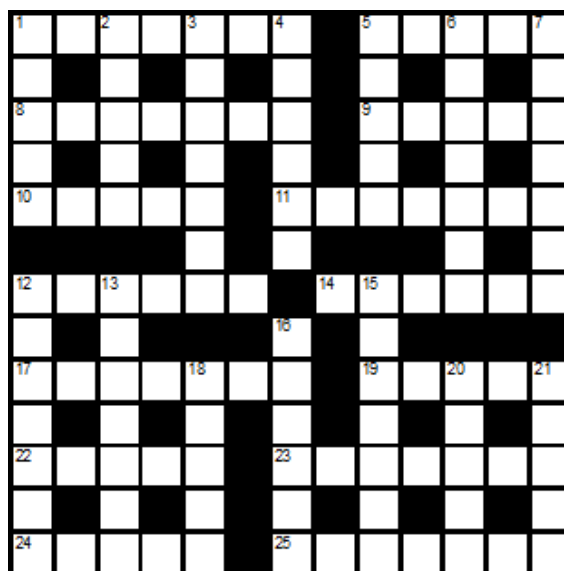
**Q. How does a penguin build its house?**

**A. Igloos it together.**

**Q. Which knight invented King Arthur's Round Table?**

**A. Sir Cumference.**

## CRYPTIC CROSSWORD



## Across

- 1 They are often hung for their deeds (7)  
 5 The experience of speed on tours (5)  
 8 View intention as so upper class (7)  
 9 Dance with some discomfort (5)  
 10 Fresh tenancy support for 1a (5)  
 11 Good man left co-ed in the worst conditions (7)  
 12 With restricted credit - has regalia (6)  
 14 Stocking defect (6)  
 17 Delve into new territory with cook? (7)  
 19 Relatives could be responsible for jibes given a start (5)  
 22 Stick to father's vacant teenage relation (5)  
 23 Cheap an' nasty but with style (7)  
 24 Belittles in cycles (5)  
 25 Sends back tax statements (7)

## Down

- 1 An app lesson bears fruit (5)  
 2 Start looking for desserts (5)  
 3 Enlarged Pole so well on therapy (7)  
 4 A quick one for 1a (6)  
 5 Running in - and out (5)  
 6 The alternative to dates in retrospect (7)  
 7 Not longer considered (7)  
 12 Sounds as if flyer got it for less (7)  
 13 Against what Popes do best (7)  
 15 Averse to a profit drive cut short (7)  
 16 Modify with some anger (6)  
 18 Delivered in sets at The Oval (5)  
 20 Not so bad, in a way (5)  
 21 Worries about something for lunch (5)

**BY CYRUS**

## SOLUTIONS

EASY



CRYPTIC





# WORD SEARCH

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

DALMATION    SHEPHERD    BULLDOG    TERRIER  
DACHSHUND    MASTIFF    COLLIE    BOXER  
BEAGLE    SETTER    HOUND  
PINSCHER    CHIHUANUA    CORGI

## Kids Jokes!

Q: What do you call a sheep with no head or legs?  
A: A cloud.  
Q: What did the ocean say when it saw the storm coming?  
A: Nothing, it just waved.  
Q: What kind of bow can't

be tied?  
A: A rainbow.  
Q: What does a cloud wear under its raincoat?  
A: Thunderwear.  
Q: What did the tornado say to the other tornado?  
A: Let's twist again like we did last summer.



### SPOT THE DIFFERENCE

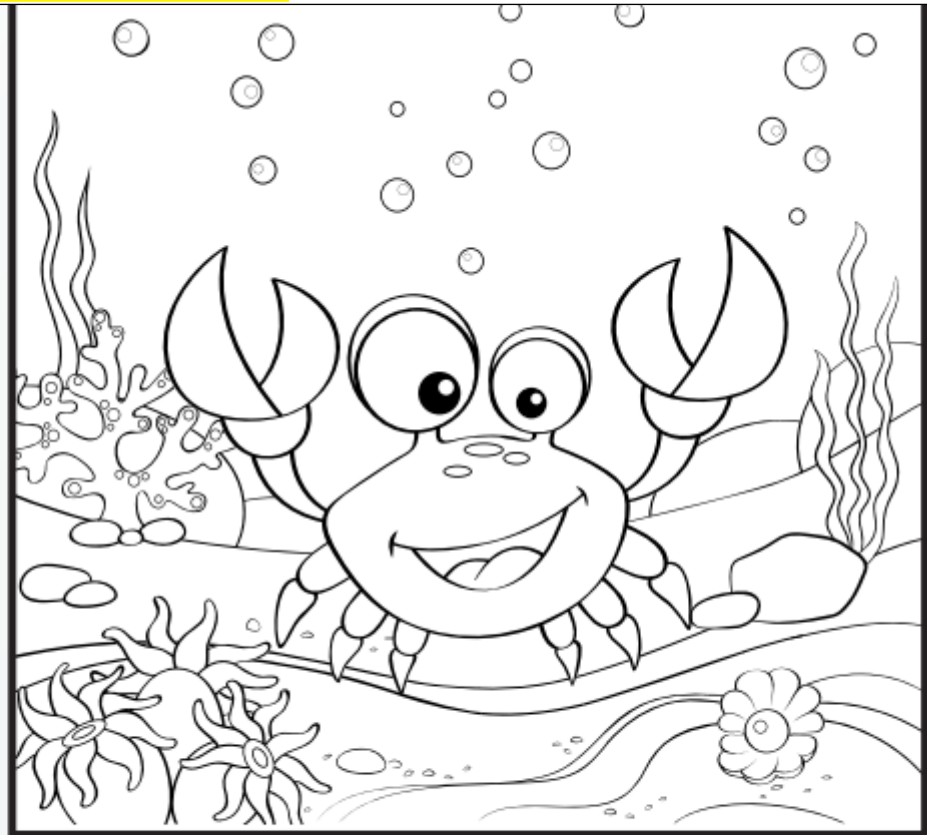
THERE ARE 7 THINGS MISSING IN THE SECOND IMAGE



CAN YOU FIND THEM ALL?



### ACTIVITY 5



## COLOUR-ME-IN

# zodiac

## REGULAR FEATURES

The June Solstice, the zenith of the Sun's heavenly pathway, is marked this year by a Solar Eclipse. This powerful celestial event shines on our response to the pandemic, and reminds us of the value of co-operation. While Neptune stands still, and the Eclipse's shadow passes, via Tibet, over conflict-torn lands, it encourages a deepening of spiritual connections and the search for peace. With Jupiter and Pluto reconvening, fear and factionalism can be overcome by faith and generosity.

Teletopia. Max call cost \$1.32 per minute, including GST. Higher charges from mobiles/payphones may apply. Customer care: 1300 366 702.

### CAPRICORN (December 22 - January 20)

No matter how much effort you put into blowing up a balloon, if there's a hole in it, you're not going to succeed. Even if the balloon is perfect, over time air will escape. And, if you push things too far, and overinflate it, it will burst. We haven't even got as far as securing the end of it to ensure the air stays in! Balloon blowing is complicated! Yet, once we've accomplished it, we know what to do. Although you're on a learning curve in June, you'll soon get to the stage where a new skill becomes delightfully easy. June is exceptional. The Solstice brings transformation. Call 1300 017 319.



### SAGITTARIUS (November 23 - December 21)

This month, if you can find the grace to accept the things you can't change, you'll be able to change the things you can't accept. Oh, if only that were as simple to do as it is to say! How can you know what's changeable and what's not? If a situation feels stuck, do your best to alter it. If that works, good! If it doesn't, use your transformational skills and adapt as best as you can. Then look elsewhere to invest your energy. The Solstice brings power and patience; it's a great combination if you use it well. Maximise the Solstice energy available to you in June. Call 1300 017 319.



### AQUARIUS (January 21 - February 19)

Superpowers would come in handy this month. Who wouldn't appreciate being able to move at the speed of light like a character in a cartoon? You'd be able to see a problem on the horizon, race off, deal with it, and be back on the sofa in time for your favourite show. June brings you this gift; but it's psychological rather than physical. You can see what's wrong and how to improve it. But, it will take time to persuade someone to make a decision. Summon patience when you can't do something yourself. Give yourself the best Solstice present: four minutes of insight. Call 1300 017 319.



### PISCES (February 20 - March 20)

As June progresses you'll let go of the sense of vulnerability you've grown accustomed to. It's time to disengage from an issue you've been concerned about for a while. The more tightly you hold on to it, the more difficult it will be to move on and take a pragmatic step forward into a brighter future. The Solstice brings new possibilities. How will you know which ones to focus on if you're still focusing on something that's over? As you reprioritise, you'll find inspiration just when you need it. Wonderful opportunities as the Solstice energises your month. Call 1300 017 319.



### ARIES (March 21 - April 20)

You're tired of coming up against obstacles that are preventing you from doing what you want to do. There have been so many reasons and explanations given that you're beginning to wonder if they're not excuses; even people's apologies seem to ring untrue. As you begin to see things from a different perspective, you will begin to see progress. At last, a gentle wave of change is heading in your direction. In June, it will grow powerful enough for you to surf on it towards your preferred destination. The Solstice brings powerful change this month. Call 1300 017 319.



### TAURUS (April 21 - May 21)

Humans are adaptable creatures; it doesn't take long for us to get used to change. People who live in cities soon learn to ignore the sound of traffic, and if you live in the countryside, you'll sleep right through the dawn chorus. It's similar with people who behave in ways that other folk find amazing. When we're used to them in our lives, we don't notice their eccentricities or skills. In June, you become aware of a talent you've been overlooking. It will enable you to instigate long-awaited change. Capture the energy of the powerful Solstice. Call 1300 017 319.



### GEMINI (May 22 - June 22)

This month, you'll be able to see an obstacle you've been worrying about from a different perspective. You've been on a state of alert; poised to brace yourself to avoid crashing into something solid. Now, as you can see it from close up, you'll realise that it's much flimsier than you thought. The Sun in your sign brings a boost of confidence that enables you to move with more audacity and courage. You can burst straight through this problem and discover the bright vista which heralds your future. This month's Solstice brings positive change! Call 1300 017 319.



### CANCER (June 23 - July 23)

Since the dawn of time, people have dreamt about being able to fly. Ancient legends relate stories about creatures that are half-human and half-bird. Yet it was only in 1783 that we first managed to leave the surface of the planet in a hot-air balloon. Sometimes, it takes a long time for something that seems impossible to become a reality. This month, with its powerful Solstice occurring as the Sun moves into your sign, nothing is impossible. Spread your wings and, metaphorically at least, you can fly. It's the Solstice month! It can transform your life. Call 1300 017 319.



### LEO (July 24 - August 23)

You're in the process of doubting something you've been feeling confident about. You're reassessing your level of enthusiasm and commitment to a project that was once a priority in your world. Although this feels unsettling, rather than losing interest, you're simply adjusting your level of interest to include a new, more exciting option. As your horizons expand in June, you'll find a depth of courage that enables you to see beyond a limited vision of what's possible. Much can change for the better. There's inspiring news in your Solstice month ahead forecast. Call 1300 017 319.



### VIRGO (August 24 - September 23)

Despite the fact that you've had some challenges to face, you've made progress recently. Although you're not completely out of the woods, with each step you take you're making your way towards a clearing which looks most inviting. Just remember this Solstice month, to enjoy and celebrate the people and the situations that inspire you. As you count your blessings, you'll experience more of them. Before long, you'll recuperate your energy and be more than ready to embrace a new adventure. Let the warmth and power of the Solstice inspire you. Call 1300 017 319.



### LIBRA (September 24 - October 23)

It's time to stop holding yourself responsible for a source of friction. You're not to blame. In fact, you've behaved impeccably and shown integrity in a challenging situation. No one's perfect, but your imperfections are certainly no worse than anyone else's. Over the course of this powerful Solstice month, if you direct your energy towards what you can do rather than what you've done, you'll be perfectly placed to right any wrongs and take new opportunities that enable you to make positive progress. Use the power of the Solstice to change your life in June. Call 1300 017 319.



### SCORPIO (October 24 - November 22)

You're in possession of a metaphorical sword, which you can use to work wonders or to create chaos during this month. You have power at your disposal. Few things are more dangerous than people who refuse to acknowledge their authority or their ability to influence situations. Worse still are those who underestimate the effect they're having on the lives of the people around them. So, as long as you use your energy with care, and direct it towards good causes, you can transform your world. The powerful Solstice can change your life for the better. Call 1300 017 319.





# HACK OFF

## - a sticky problem

by Sue Wighton

**d**o you get those annoying ads that come up on your Facebook feed? I seem to get loads of unsolicited information including the dreaded 'life hacks'! A 'life hack' is a handy hint that shortcuts those boring bits of life, thus freeing you up to do the more enjoyable things – like hang gliding, partner swapping and those 'paint and sip' classes you've read so much about.

**T**he smug smarty pants who come up with these hacks really get up my nose. They seem to have endless time on their hands – allowing them to devise seventeen creative uses for empty toilet rolls. Perhaps it's just me but when I see these life changing re-purposing hacks I just want to strangle the hacker.

**O**f course you can access a hack for any area of your life – there are housework hacks,

craft hacks, gardening hacks, cooking hacks ... you get the idea.

**I**saw one the other day that made my blood run cold. It read: 'Seven hacks that will keep a spider out of your bed'. Up until this very moment, it had never occurred to me that a spider might turn up unannounced and uninvited in my bed!

**I**n this time of filling in time, I decided if you can't beat 'em, join 'em. So I've decided to document my very own life hacks. And I'll share this one with you today. Please feel free to hack away at your life using this little trick of mine. If nothing else it will free you to spend more time, well, being bored.

**A**s a single parent, I had to learn to do a lot of things around the home. One of these little chores involved catching and removing pests like snakes, blue tongue lizards, spiders and stick insects from my home.

I don't want to

overwhelm you so I'll start with the easiest pest to remove – the humble stick insect. While these little creatures seem quite benign, they look really weird and scary. Especially when your eight-year-old discovers a huge one on her bedroom wall.

**O**f course, they're not out to hurt you, but you certainly don't want them collecting in bundles, like small unlit campfires all around your suburban home.

But how to remove them without following that first instinct of self-preservation to (A) run screaming from the room (B) hurl the nearest potted plant or shoe in their direction or (C) fling boiling candle wax over them from a great height?

**S**o here's my compassionate hack for removing a stick insect. It's easy. All you need is a pair of barbecue tongs and two oven mitts.

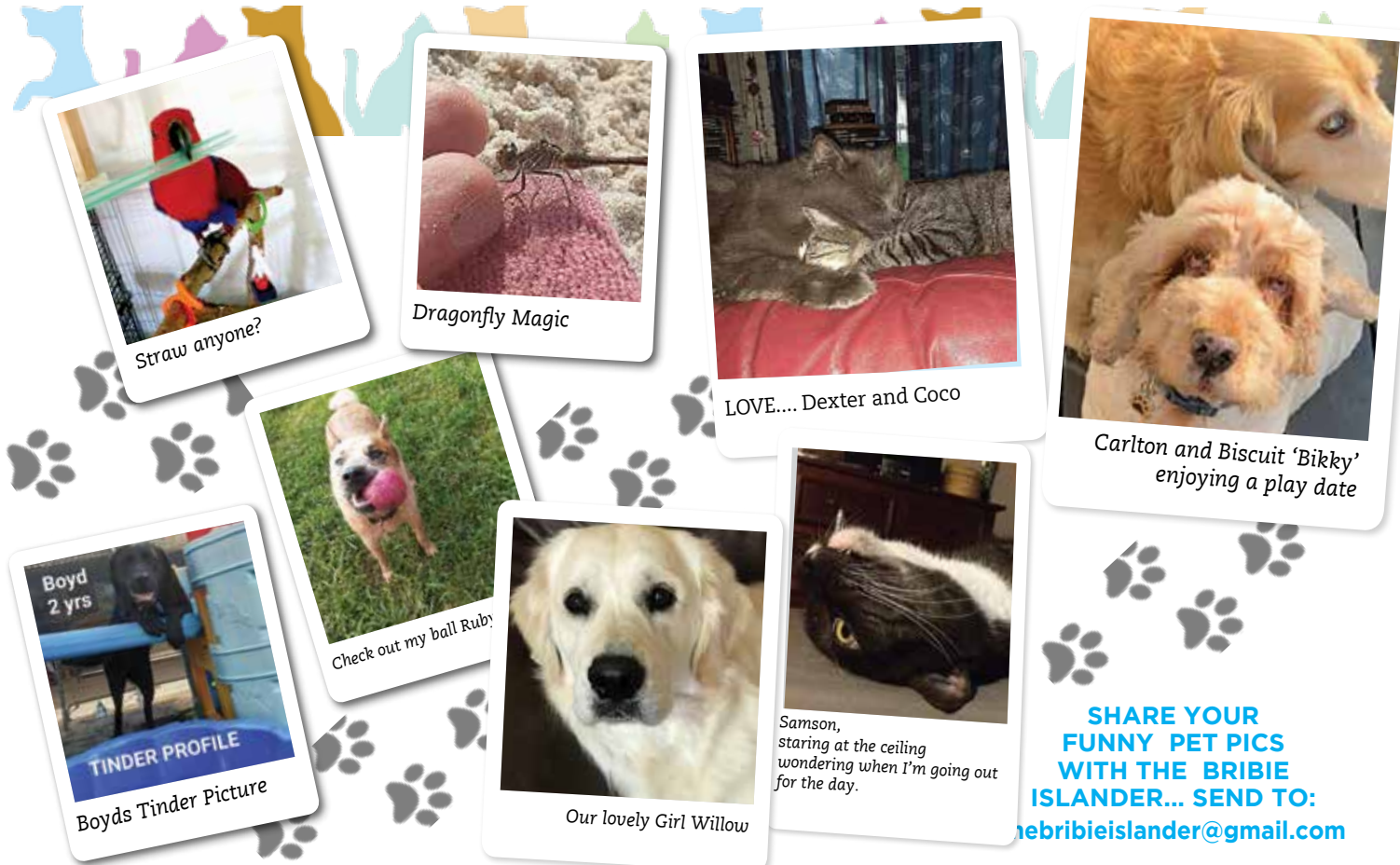
Simply insert the ends of

the tongs into the oven gloves – you now have two extra-long 'arms' with soft pincers on the ends.

**T**ake the tongs firmly in your hand, sneak quietly up to the stick insect and gently but firmly clasp the stick insect between your gloved pincers.

**T**he final part of this hack is crucial for successful removal. You slowly walk outside to the carport, still holding the strangely subdued stick insect in your barbecue tong 'hands'. You then throw the lot – tongs, gloves and stick insect – in one smooth arc-like movement as far into the garden (actually into the next door neighbour's garden) as you can.

**PROBLEM SOLVED.** Of course if you post your adventures on Facebook, you'll pretty soon be getting lots of ads for barbecue tongs and oven mitts.



SHARE YOUR  
FUNNY PET PICS  
WITH THE BRIBIE  
ISLANDER... SEND TO:  
[hebribieislander@gmail.com](mailto:hebribieislander@gmail.com)



## WHAT KIND OF JAILER ARE YOU?

Keeping pets is a responsibility. Pets and domestic animals are no longer free. Take a moment to put yourself in your pet's place and consider what kind of jailer you are, and all things your pets have access to: where your pet sleeps, what and when your pet eats, exercise and outings, access to Veterinary treatment, exactly what other pets are permitted to have contact. How does your pet find

you?? A fair, loving person who provides for their needs every day, or otherwise? I believe in grace - it is not too late to change you ways and become a kind and loving "jailer" of your pet.

**Welcome to our new Veterinarian Dr Brooke plus extended opening hours of 8.15-6 M-F 9-12 Sat.**

**Look for the pink surfing Meerkat logo at our Clinic, Ningi Plaza.**

**Phone the Clinic for a Veterinary appointment on 54976000 / 0400699704 Opening Hours: 8.15-6 M-F 9-12 Sat. Closed Sunday and Public Holidays.**

## REASONS FOR DOG ATTACKS

### 5. DIET

It is important to discuss with your vet about your dog's diet if he is displaying aggressive behaviour as one of the steps in helping to correct it. It may help but you may get different answers as not enough studies have been done to link diet to aggression in dogs.

Two studies were conducted by the Tufts University Veterinary School in the USA and published in 1996 in the Journal of the American Veterinary Medical Association. The second study was conducted and published in 2000. They found there could be a link with the amount of protein in their diet. Researchers found that a reduction in dietary protein has caused an improvement in aggression.

Another study done by the Animal Medical Centre has shown additives in dog food can affect their behaviour and cause aggression. Other problems they found is

when soy is used as a protein as this is plant based and not animal based and lacks some of the amino acids that is vital for serotonin production. Soy also contains plant estrogens that may cause hormonal imbalances that may trigger aggression and hyperactivity. Other ingredients that could cause problems are artificial preservatives and food colouring. These chemicals and additives can cause hyperactivity and allergies, which can make a dog irritable. Dog kibble that's based on high carbohydrate can also cause aggression and mood swings. If the dog food contains more than 35% carbohydrates this can interfere with the amount of amino acids the dog is eating. An essential amino acid that could be missing in high carbohydrate diets is Tryptophan. This amino acid is essential in creating serotonin and thus will lower dog aggression. It is found mainly in protein-based foods such as red meat, eggs, fish and poultry and dairy products. Happy training  
Yvonne

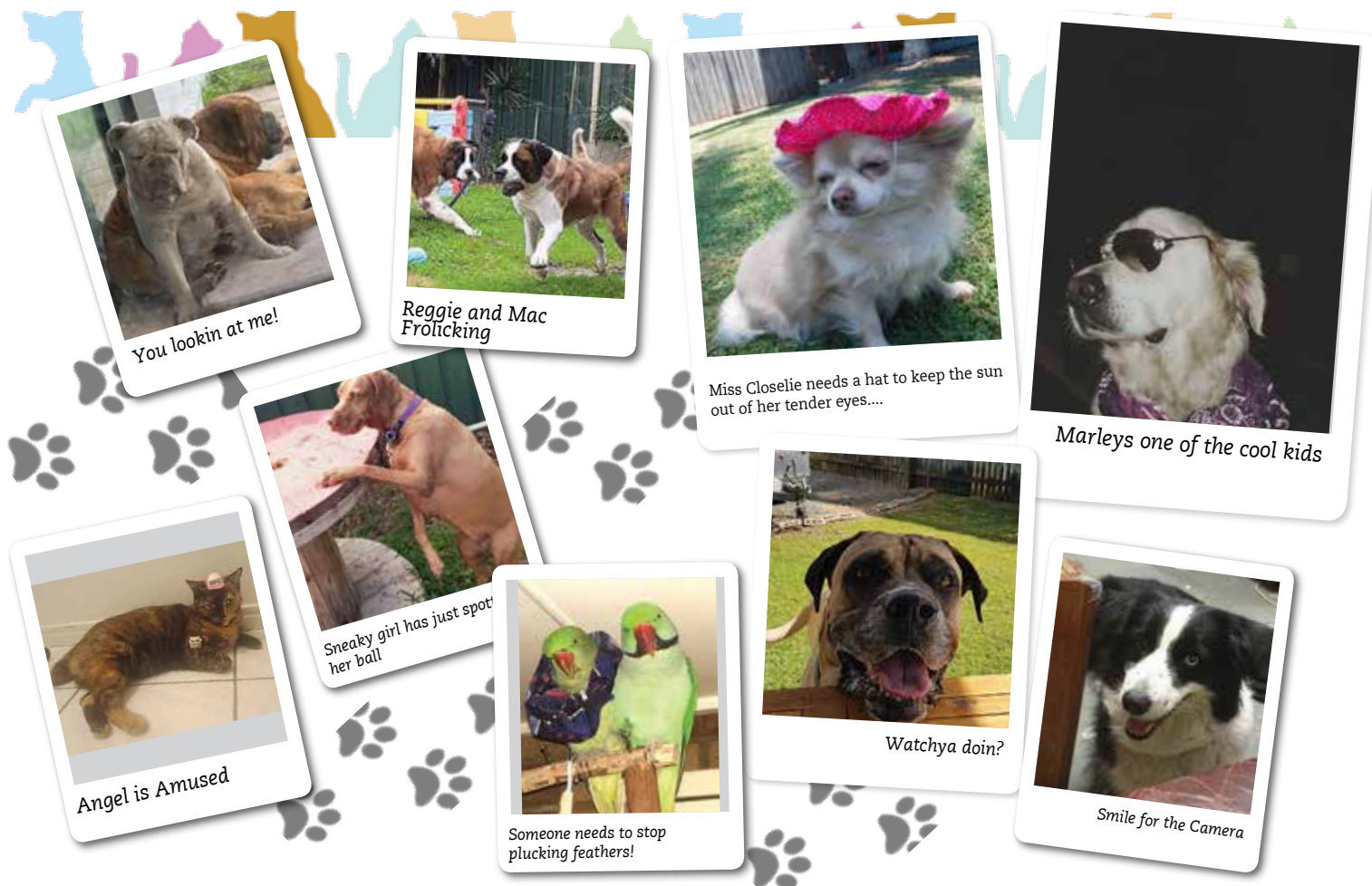
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## DRESS UP YOUR PETS FOR US – PD Reaper is leading the way

**P**olice Dog (PD) Reaper, who is one of the Moreton District Police Dogs recently took part in a school online dress up your pet day.

Sergeant Jason Austin who is PD Reapers handler, was surprised to find that he was willing to participate when he got all dressed up for the event.

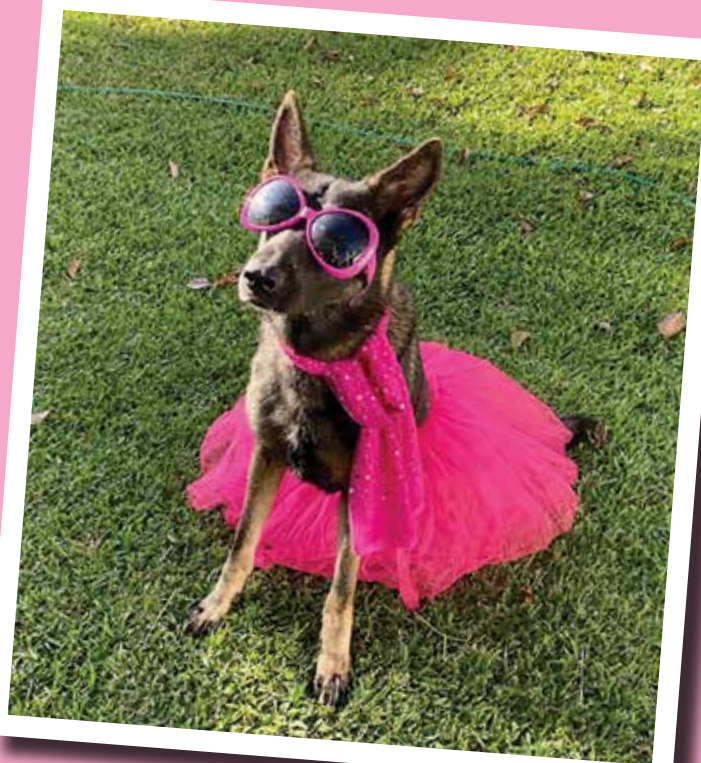
His pink glasses and tutu are a far cry from his usual work face but he really

didn't get a choice of what he had to wear.

PD Reaper was a recent media sensation when he apprehended some offenders at Burpengary after they allegedly committed offences at the Gold Coast involving a kidnapping.

If you have participated in an online dress up your pet day during this isolation period or you would like to dress up your pet for us, we would love to see the photos of your beloved. You can send them to [Crime.preventioninfo@police.qld.gov.au](mailto:Crime.preventioninfo@police.qld.gov.au).

If you are looking for more activities to do at home, take a look at our QPS colouring in sheets by visiting <https://mypolice.page.link/jJyG>.





# Home and Garden

## Best Tips for Having a Successful GARAGE SALE

PART 1

If you're looking to make some extra cash or get rid of all that clutter in your garage, there's no time like the present to clean house and turn your unused stuff into a money-making opportunity! But sifting through all your belongings and knowing what to do next can feel pretty overwhelming.

### 5 TIPS ON HOW TO GET YOUR GARAGE SALE ORGANIZED...

#### 1. Clean out what you don't need.

This might seem like the most annoying garage sale tip, but it has to be said! Dig through your garage, basement, attic, closets, cabinets, and under all the beds. A good rule of thumb is: if you don't use it or wear it regularly (or you forgot it even existed), it

probably needs to go.

#### 2. Sort and organize your items.

Having a garage sale can be a daunting task, so go ahead and do the major work ahead of time. As you're unearthing all of those tennis rackets, clothes, and old board games, sort them into three basic categories: Keep, Sell and Trash.

#### 3. Think about having a neighbourhood garage sale.

If you're not too thrilled about the idea of strangers stopping by your front yard (or if you want to split some of the workload), team up with another family on your block.

#### 4. Set a date for your garage sale.

Friday, Saturday and Sunday mornings are usually the best time to hold your garage sale. The earlier the start, the cooler the temperature will be. You might even



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## HOME & GARDEN

have more people show up because they don't have to interrupt their day! And don't forget to check the forecast before you hang up signs around the neighbourhood. Rainy days keep the buyers away!

**5.** Get whatever supplies you might need.

You can buy simple pricing stickers and blank labels at the cheap store or any office supply store. Or if you're wanting to be really budget friendly, just pick up a permanent marker and masking tape and get to pricing your items.

Grab a table and chairs so you can have a designated area to cash

people out (and stay comfortable). And you're going to need some

you're selling. You can set out blankets, boxes and storage containers,

Whatever you do, make sure breakable items are supported on a stable surface.

### HOW TO ADVERTISE YOUR GARAGE SALE

Don't overthink your garage sale marketing too much. It's a garage sale, after all. But do grab some signs and balloons from the dollar store and draw

big arrows letting folks know how to get to your house. Be sure the path is so simple, a first-grader could find it!

Next edition we will talk about how to

price your items for sale!!!  
*Editorial sourced*



space to show off all the one-of-a-kind items

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## RECYCLING VS UPCYCLING: WHAT'S THE DIFFERENCE?

Over the years, the term “upcycling” has been working its way into the conversations about sustainability efforts. While it hasn’t quite earned itself mainstream popularity, it’s still something of importance that we all should consider.

But, don’t we already have recycling? What’s the difference between upcycling, and the well-established term recycling?

### WHAT IS RECYCLING?

Everybody has heard the term recycling, and many participate in it. Recycling is where waste is turned into a reusable product or material. It is where common household items like glass, plastic, and paper are broken down and used again to form another product, often

of lesser quality. For instance, the quality of paper and plastic decreases slightly each time they are recycled.

### EXAMPLES OF RECYCLING

Some examples of recycling are:  
Paving surfaces made from rubber tires  
Containers made from recycled plastic  
Refurbished coffee machine

### WHAT IS UPCYCLING?

Upcycling is an awfully specific type of recycling where waste is turned into a product or material of higher quality. You don’t have to send items to a recycling centre for them to be broken down. Instead, you simply use your creativity to find new ways to repurpose items.

### EXAMPLES OF UPCYCLING

Some examples of upcycling are:  
A biodegradable flowerpot made from old newspaper  
Plant holders made from old tyres  
Jewellery made from trinkets  
Trendy child’s dress made from a T-shirt

### DIFFERENCES BETWEEN RECYCLING AND UPCYCLING

The point of both recycling and upcycling just so happens to be their closest similarity — their goal is to conserve the environment. The primary difference between the two, however, is that with upcycling, you increase the quality or value of the item. Another significant difference is that recycling is usually a chemical reconstruction of the

items, whereas upcycling is a total alteration that makes something totally new out of used products or waste.

Upcycling doesn’t involve the breakdown of items to their base materials. Instead, it uses items just as they are in their present state to create a completely new item. And, recycling can only use materials until they can’t be recycled anymore, whereas with upcycling, you get unlimited usage of the materials.

Upcycling is reinventing, reworking, and trying to obtain new forms out of materials and products without losing their original qualities that identify them. When you recycle something, it loses its original form. With upcycling, you can still identify the original object after it has assumed it’s new function.

Cost is another significant difference between the two. Even though you might have to purchase a few added supplies to create an upcycled product, it’s typically less costly than recycling. While tossing an item in recycling instead of the garbage is free to people and better for the environment, having to remake the material from its base compounds takes:

Energy  
Fuel  
Manufacturing costs  
Even so, on an individual level, upcycling could end up costing more, but since you can sell and profit from many upcycling items, the cost is worth it.

Bottom line, upcycling and recycling can be kind of fun, while you keep money in your pocket, and help save the planet.

*Editorial sourced*



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## But don't just take our word for it...

**"We** had a solar roof fan installed by Bribie Island Solar at the beginning of this summer. It has cooled down our kitchen and house to the extent where we rarely (if ever) need to turn on any ceiling fans. We are very impressed by the difference this has made in our home."

**Alan Train, Sandstone Point**  
they taste great in a stir-fry with a black bean sauce. The 2 fans we bought from Bribie Island 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 for greater resilience to our local conditions."

**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 12:00 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."

Add zing to a hot evening meal with leaves from the Curry plant - yum!

Once you have your edibles planted, apply liquid fertiliser regularly and always tip prune when harvesting, particularly with Oregano and Thyme to keep them thick with leaves. Full sunshine and daily watering will encourage healthy uptake & regrowth.

Lots of families have started un-edible gardens during these restricted travel months - now is the time to keep them part



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# The Plant Patch

By Darren from Grow plant Nursery

**THE DAYS ARE GETTING SHORTER, THE EVENINGS COOLER, AND THE MORNINGS CRISPER. WINTER IS ON ITS WAY TO THE BRIBIE REGION. NOW IS THE PERFECT TIME TO PREPARE YOUR HERB GARDENS, READY FOR THE SEASON AHEAD.**

Perhaps you have a patio pot or two for growing herbs, or more space for raised garden beds? Keep them close to the kitchen door if possible, as a gentle reminder to regularly harvest them for your family meals

For pots, choose a good quality potting mixture that includes a wetting agent & slow-release fertilisers. Outdoor garden beds will need nutrient-rich garden soil from your local landscaping supplier. If you have your own home composting system, add some of this organic matter to your soil – your plants will love it. Consider some aged manure from your garden shop too, if available. Keep your soil well-draining as most of these edibles do not like wet feet.

What types of cuisine do you enjoy? Select herbs that you are likely to use in those meals rather than just what is on special at the shop. Aim to plant out your herbs in waves so that you will always have a ready-to-harvest supply at hand. Succession planting takes a bit of research &



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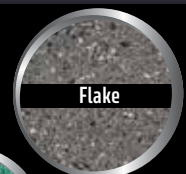
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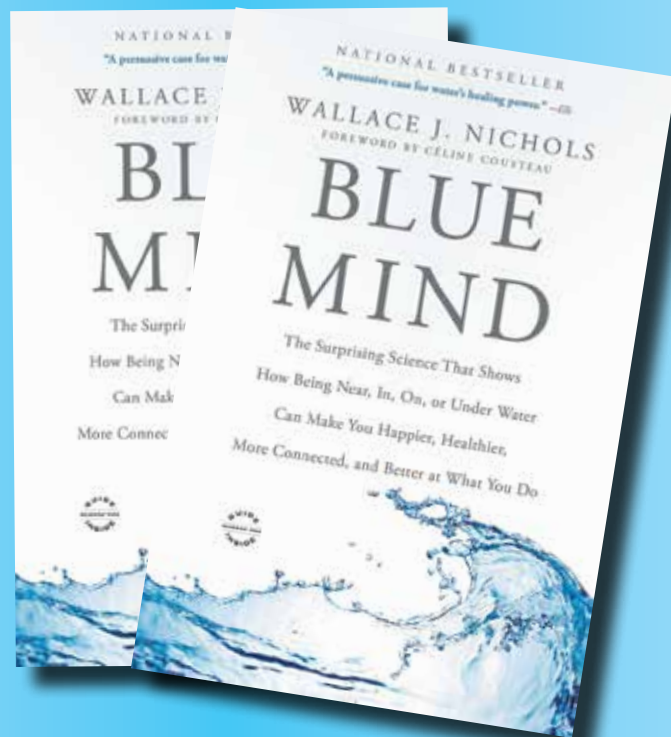


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## BOATING, FISHING AND ADVENTURES

### QUEENSLAND, WESTERN AUSTRALIA, AND NEW SOUTH WALES

have all relaxed COVID-19 restrictions affecting boating over the past fortnight.

The BIA team has worked steadily over many weeks to promote boating to all levels of government as a low risk activity that can fit within the evolving social distancing criteria whilst delivering much needed economic and social benefits. That work will continue until we arrive at the 'new normal' for boating Australia-wide.

The BIA team's position is that recreational boating presents a unique opportunity to provide a sense of freedom, health, and wellbeing to a significant proportion of the community at extremely low risk.

Boating is, in normal times, a way of life for many Australian families and perhaps more

than ever before we need consider how to phase in low-risk activities such as boating where individuals, household units and families in small groups can get out in the fresh open air and on the water for

paddle or sail craft through to a household family unit on a motor cruiser or houseboat. With more than 85 per cent of the population living within 50km of the coast, it is estimated that more than



the chance to exercise their mental and physical wellbeing while maintaining social distancing.

A typical family recreational boating experience is safe and can be conducted safely and appropriately in accordance with the required social distancing and disease control criteria. This could range from a single person on a small

20 per cent of all Australians engage in some form of boating annually. Most of this activity takes place in craft owned by people from family units enjoying the outdoors in runabouts and small sail or paddle craft. Being on the water, by definition, creates isolation which is a far safer activity right now than waiting in a line at a busy supermarket

for food or going for a walk by a crowded waterfront in any built-up area.

Queensland has, from 2 May, enable households to travel 50km from home for recreational boating. They have also added PWC to the permitted use; and included water skiing, wakeboarding to the existing paddle and sail craft for exercise.

The BIA will continue to support governments in disease control measures and that includes the need for exemplary workplace hygiene measures that are an important part of the recovery. Prime Minister Morrison said on the weekend that any easing of restrictions required workplaces to demonstrate social distancing and "exemplary hygiene" measures to support the transition process towards recovery. The situation continues to evolve and change, so please keep an eye on the BIA COVID-19 webpage for updates at [bia.org.au/community/covid-19](http://bia.org.au/community/covid-19)

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# Fishing REPORT

By Bribie Bait Tackle & Bikes

**S**till all bunkered down but restrictions are starting to lift and I think we can all see the light at the end of the tunnel.

We had magnificent weather in the week ending 8th May, and pretty fair weather in the week ending 15th May. Some lovely fish have been caught during this fortnight and it is difficult to believe that it should improve as the cooler weather approaches.

Good Snapper has been taken at Smith's, Flinder's, and Hutchinson's shoals. Also, some good ones have been caught in under the cape. The School Mackerel have been prolific and the

long-tail Tuna have given plenty of anglers a good



workout. Some good ones have been caught while casting slugs for Mackerel, but in the main, they have been taken on live bait.

Diver Whiting is still thick on the cockle-banks, with all the regulars bagging out without too much problem. Quality Flathead and Bream have been caught in all the well-known haunts throughout the passage, but having said that, the flats in front of Pebble Beach have produced the best. Have a look at the size of this old mother Flathead that Harry caught there, and also Claude was at it again catching this horse of a Bream in the same location. Naturally, Harry's Flathead was over-sized and was returned to the water to breed some more for the years to come.

Harry takes the greater percentage of his Flathead on both hard-bodied and soft plastic lures. Z-man and Sugar Pen (both available at our store) being his favourites'. We have also managed to source a series

of Atomic Jerk Minnows which will be absolutely brilliant for the Flathead. The almanac says we have some hot times coming up. The best days being the 24th, 25th, and 26th May and also the 4th of June. So see if you can concentrate on these dates and your catch should improve. At this time I would like to take the opportunity to thank all the local people who have supported us through this most difficult time, keeping us all at Bribie Bait, Tackle and Bikes run off our feet.

**Tight lines and stay safe.**

## POSITION VACANT

Part-time Retail Assistant at Bribie Bait Tackle and Bikes. Looking for a mature/reliable/honest employee. Application forms are available at the shop

# TIDE TIMES

& MOON PHASES  
BRIBIE ISLAND  
& MORETON BAY

SAT 23 May	SUN 24 May	MON 25 May	TUE 26 May	WED 27 May	THU 28 May	FRI 29 May	SAT 30 May
4:16 am	4:54 am	5:33 am	6:16 am	12:27 am	1:12 am	2:04 am	3:05 am
0.56m	0.56m	0.56m	0.58m	2m	1.97m	1.93m	1.88m
10:00 am	10:34 am	11:13 am	11:54 am	7:02 am	7:56 am	8:56 am	10:00 am
1.57m	1.53m	1.47m	1.42m	0.59m	0.59m	0.57m	0.54m
3:58 pm	4:28 pm	5:00 pm	5:36 pm	12:42 pm	1:37 pm	2:43 pm	3:59 pm
0.35m	0.37m	0.41m	0.46m	1.38m	1.35m	1.36m	1.42m
10:36 pm	11:10 pm	11:46 pm	6:20 pm	7:14 pm	8:19 pm	9:40 pm	10:40 pm
2.02m	2.03m	2.02m	0.51m	0.56m	0.61m	0.63m	0.63m
SUN 31 May	MON 1 Jun	12:16 am	WED 3 Jun	THU 4 Jun	FRI 5 Jun	SAT 6 Jun	SUN 7 Jun
4:12 am	5:22 am	0.54m	1:25 am	2:27 am	3:23 am	4:15 am	5:05 am
1.84m	1.82m	6:29 am	0.47m	0.4m	0.37m	0.37m	0.39m
11:00 am	11:57 am	1.8m	7:29 am	8:23 am	9:14 am	10:02 am	10:48 am
0.47m	0.39m	12:49 pm	1.78m	1.74m	1.68m	1.61m	1.53m
5:17 pm	6:27 pm	0.31m	1:39 pm	2:25 pm	3:08 pm	3:49 pm	4:30 pm
1.54m	1.71m	7:26 pm	0.24m	0.2m	0.19m	0.22m	0.28m
11:02 pm		1.89m	8:19 pm	9:09 pm	9:57 pm	10:42 pm	11:26 pm
0.6m	TUE 2 Jun		2.06m	2.18m	2.24m	2.25m	2.21m

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# the EVOLUTION of kayaks

The kayak was originally invented by the Inuit and Aleut tribes of Arctic North America over 5,000 years ago for use in hunting. The Greenlandic word qajaq translates to “hunter’s boat.” Early kayaks were made from whatever materials were available for construction, including whalebone, driftwood, seal skins, and animal hides. They were made waterproof by using a layer of rendered down whale fat.

## EVOLUTION OF KAYAKS

The kayak found its way to Europe in the early to mid-1800s as a fabric covered frame boat, and kayaking as a sport began to grow in popularity in western Europe. Kayaks also maintained their practical use in icy waters, and expeditions to the North and South Poles carried them to navigate through ice floes and partially frozen rivers.

The first recorded use of

did not properly take off until the middle of the 19th century when it was popularized by Britain’s John MacGregor. In 1845, MacGregor commissioned the construction of a series of cedar and oak decked canoes called “the Rob Roy.” Using the Rob Roy, he explored rivers and lakes throughout Europe and recounted his adventures in a book called “A Thousand Miles in the Rob Roy Canoe.”

The book was immensely popular in Europe and, and in 1873 led MacGregor and his Canoe Club to introduce kayaking as a competitive sport and organizing a regatta. In 1924, kayaking was introduced as a demonstration sport in Paris at the 8th Olympiad, and in 1936 the sport returned to the Berlin Olympics as a full medal sport. Whitewater slalom kayaking was later added as another Olympic sport for paddlers to compete on at the world stage.

## MODERN DESIGNS OF KAYAKS

Initially, the design of kayaks was restrained by the materials used in their construction. When the first fiberglass kayak was invented in the 1950s, it represented a sea of change

in the way kayaks could be made. Fiberglass kayaks were sturdier and weighed less than traditional wooden or covered hull kayaks and were extremely versatile. In 1984, the first plastic kayaks came onto the market, and in recent years Kevlar has become a popular material for kayak hulls.

The use of lighter and harder materials in kayak construction allowed for the huge diversification of hull designs we see in modern kayaks. Lightweight but impact resistant plastics led to a multiplicity of white-water kayaking hulls designed for different environments. Without the invention of the plastic hull, it would not have been possible to construct the smaller, more agile ‘yaks such as the squirt boats and wave skis.

Similarly the use of stiffer fiberglass and Kevlar hulls has allowed for the design and construction of longer and sleeker touring and sea kayaks. With a longer waterline and larger carrying space, these expedition kayaks allow paddlers to spend the entire day on the water, travel long distances, and carry enough gear to stay safe and comfortable.

**Editorial Sourced**



Even these exceedingly early models of kayaks showed design differences that we would recognize today. Kayaks designed for fishing and hunting had a wider beam and higher rocker, like today’s fishing and recreational kayaks, while those used to travel long distances were slimmer with a longer waterline, like modern touring kayaks.

using a kayak for white-water running was in 1931, when a German named Adolf Anderle became the first person to kayak down the Salzachofen Gorge. The International Scale of River Difficulty was established not long after to classify how dangerous a river’s rapids were and is still in use today.

Recreational kayaking





# Did you know...

## THE AUSTRALIAN MARINE CONSERVATION SOCIETY

is one of the oldest conservation groups in Australia, and the only conservation group dedicated solely to protecting Australia's amazing oceans and marine wildlife.

It all began a long way from the sea, around a campfire in Central Queensland in 1965. A group of marine scientists and avid bushwalkers from the University of Queensland and the CSIRO were sitting under the stars one night on a camping trip at Carnarvon Gorge. Eddie Hegerl (founding Director) and others were discussing their concerns about overfishing and coastal pollution, and there and then they pledged to do something about it.

So this group of concerned colleagues started an independent body for our oceans, a united voice that would speak out against the injustices to the sea and its wildlife, which can't speak for itself.

And the precursor of the Australian Marine Conservation Society (AMCS) was born. In the early days AMCS was called the Queensland Littoral Society (QLS), reflecting our concern for coastal conservation between the high and low tide. Years later they broadened their focus to take on national issues (as the Australian Littoral Society - ALS) and in the mid-1990s changed their name to what it is today. In the early years AMCS members established an active program for carrying out underwater fish counts on reefs which proved crucial in saving a number of coral reef areas from coral mining for limestone. These surveys

occurred in Moreton Bay, Queensland (Myora, Goat Is, Bird Is, and Peel Is). Their first major campaign commenced in the mid-1960s, when we legally contested and successfully defeated an application to mine coral on the Great Barrier Reef. This victory was followed by Australia's largest sea-based campaign which culminated in the formation of the Great Barrier Reef Marine Park World Heritage Area - an international tourist destination and one of the natural wonders of the world.

Since this great endeavour, AMCS has continued to secure the protection of habitats and species throughout Australia's oceans.

The story of AMCS illustrates how a group of passionate and committed people really can make a difference.

### SOME KEY ACHIEVEMENTS PREVENTED MINING ON THE GREAT BARRIER REEF

Known then as the Queensland Littoral Society, they contested and defeated a proposal to mine limestone on Australia's Great Barrier Reef in the 1960s. They went on to lead the public campaign to protect the Reef from mining and oil exploration.

### GLOBAL BAN ON COMMERCIAL WHALING

AMCS helped spearhead this successful campaign in the 1980s, establishing a global ban on whaling. They remain vigilant on current threats to whales in Australia's waters. Since 2006, AMCS Director Darren Kindleysides has played a significant role to advocate international legal action against Japanese whaling. AMCS has been there from the inception of the plan to instigate international legal action against the Japanese whalers. Working with

governments, lawyers and scientists they convinced our leaders to take Japan to international courts, which ruled Japan's whaling broke international law and must stop.

### SECURED THE GREAT BARRIER REEF AS A MARINE PARK

AMCS led and built the campaign, which eventually involved numerous groups, and secured the Reef through the declaration of the Marine Park in 1974 and later recognised it as a World Heritage Area in 1982.

Working with their conservation partners, AMCS secured the public support that led to full protection of 33.4% of the Reef in 'green zones' in 2004 and helped secure a profitable future for the Reef's thriving ecotourism industry.

### NINGALOO REEF SAVED

Along with their Patron Tim Winton, AMCS and their allies protected Ningaloo Reef, WA (Australia's largest fringing coral reef) from a major marina development. With overwhelming support from the public, they further succeeded in securing 34% of the Ningaloo Marine Park in green zones, and most recently World Heritage listing in 2011.

### MORETON BAY PROTECTED

Their long track record of success in Moreton Bay includes stopping coral mining on Peel and Mud Island, banning sand mining on Moreton Island and advocating for its protection as a national park. More recently they worked with the community to increase the green zones from less than 1% to 16% protection in critical areas of coral, seagrass and rocky reefs.

### LIVE SHARK FINNING BANNED IN AUSTRALIA

Thanks to them, live shark finning at sea is now illegal in

all Australian states and the Northern Territory. The NT was the last Australian jurisdiction which allowed this cruel and wasteful fishing method, and their community campaign resulted in its ban in 2004. They continue to work towards a ban on the export and import of shark fins in Australia, to stop our involvement in this terrible trade.

### SEACAGE FISH FARMING STOPPED

Through seeding and empowering a local community group, Friends of Sceale Bay, AMCS protected sea lion colonies in South Australia from unsustainable sea cage aquaculture development. They have also contested unsustainable sea cage proposals in NSW and Queensland. They are working with industry to lessen the impact of fish farms on our precious oceans.

### MARINE WILDLIFE PROTECTED

They have reduced the amount of sharks that can be fished in the East Coast Inshore Finfish Fishery, protected all seahorses and relatives (33 species) in NSW waters, secured (endangered) grey nurse shark critical habitats in Queensland and saved turtles from fishing nets and crab pots. They've also worked with their partners to stop fisheries killing dolphins and sea lions off South Australia.

### MANGROVE PROTECTION

AMCS has helped government and industry value mangroves as critical nursery areas for fish and other wildlife. They have undertaken extensive littoral mangrove surveys that led to protection of important wetlands, including the World Heritage Kakadu National Park in the NT and the Boondall Wetlands Reserve in Qld.

**Editorial sourced from AMCS**



# VMR

## BRIBIE ISLAND

### RADIO MAST MAINTENANCE

Maintenance Work on the Radio Tower has started in May and will continue throughout the month. VMR Bribie Island recently engaged Telco Antennas to inspect, repair and replace the guyed wires, antenna mounts, antennas and cabling for our radio communication systems on the guyed lattice tower installed at our VMR Base. Scope of the work will include replacing some aerials, installing a couple of new aerials in preparation for the new radio system planned for later in the year and relocation of several aerials to improve reception. Our Radio Officer John Bodycombe has been doing some testing with the current aerial configuration to ensure we get maximum coverage and reception.



"Cherry picker" at work replacing and adjusting aerial components on the tower.



Maintenance was also required on the mast stays.

### NEW TRACTOR FOR VMRBI

VMRBI now has a permit to use our new pull-out trailer for Bribie 1 and Bribie 2. This will enable us to do more regular maintenance to Bribie 1 and Bribie 2 and will save us money and help to extend the working life of our rescue vessels.

We are now pleased to advise you that after a lot of searching we have been able to purchase a second hand tractor that is capable of pulling Bribie 1 and Bribie 2 out of the water to perform this regular cost saving maintenance.

Our maintenance manager Bob Skinner located a couple of possible tractors for sale – both of them



around Mackay. There was nothing big enough to do the job in our region at the right price. Bob enlisted the help of VMR Mackay President and Life member Russell McLennan, who also happens to be a cane farmer, and a transport company operator. He knows tractors! Russell took some time out to

travel to inspect both tractors; test drove them and gave us a terrific report. Thanks Russell!

Eventually we settled on a Case MX135HP four wheel drive tractor supplied by Ray Borg from Carlisle Tractors in Mackay. Ray did a great job getting the tractor up to scratch including getting it fully registered and supplying a brand new towing frame as part of the deal. He also arranged free transport to Bribie Island, saving us lots of transport costs. Thanks Ray! Willkie's Towing on Bribie Island also helped out with unloading the tractor off the back of the semi into our yard. Thanks Wilkies!

The new tractor/trailer combination was put into action at Monday Maintenance on 11th May 2020 and proved very effective! The tractor had its flashing lights on and our maintenance team members acted as traffic marshals to

ensure that there were no traffic issues. All the maintenance team were issued with 2-way radios for safety.



Bribie Two was skippered by Allan Tranter and Ray Gibb, who drew the short straw to attach the shackles to Bribie 2 and was still smiling, even when the water was very cold!



VMR Maintenance Manager Bob Skinner doing some minor adjustments to ensure that B2 was securely attached to the trailer



Allan Tranter gurneys off the hull of Bribie 2.



VMR tractor driven by Gary Bunker pulls Bribie 2 out of the water for the first time on the new trailer.



**YEAR TO DATE RADIO ROOM STATISTICS**

To Thursday 14th May 2020:  
4,881 Calls, 1,428 vessels logged on,  
112 Vessel Assists, 500 Sitreps, 220 Requests, 20 overdue vessels, 3 Vessel Tracking,  
503 Radio Checks, 16 Weather Broadcasts, 1 Securite Broadcast, 0 Pan Pan 0 Mayday.  
VHF 76.0%, 27MHz 8.5%.

**MAY 2020 VESSEL ASSISTS:**

**SAT 02/05 1437pm – 5.7m**  
non-member was not confident in strong winds and required assistance from Tangalooma Wrecks to Spinnaker Sound Marina, VMR transported an experienced skipper to bring vessel back.

**SAT 02/05 1711pm – 3m Jet Ski**  
non-member with motor issues required a tow from Woorim Lookout to Spinnaker Sound Marina.

**SUN 03/05 1254pm – 6m**  
Sports Cruiser non-member with motor issues, required a

tow from Pumicestone Passage into Spinnaker Sound Marina.  
**MON 04/05 0001am – Request**  
from Water Police to locate a woman heading from a Yacht to Spinnaker Sound Marina – investigated and located.

**MON 04/05 1444pm – 7.4m**  
Centre Console member with engine problems just south of the Bribie Bridge required a tow to Spinnaker Sound Marina.  
**TUE 05/05 1212pm – MOP**  
reported drifting Yacht opposite Cotterill Ave and Welsby Pde, investigate and secure.

**WED 06/05 1100am – VMR**  
member advised that a 10.5m vessel adrift, vessel secured and owner notified.

**THU 07/05 1024am – 6m Half Cabin**  
non-member with a flat battery, required a tow 1km from Toorbul to Toorbul area.

**FRI 08/05 1310pm – 4.5m Tinny**  
member with a flat battery required a tow from Avon Wreck to Voyager Canal.

**FRI 08/05 1906pm – Water Police**  
requested search with 2 VMRBI Vessels between Elimbah and Ningi Creeks for missing 14 ft fibre glass dinghy. Found at

boat ramp all OK.

**FRI 08/05 2026pm – Requested**  
by Water Police to check possible flare sighting on a direction of 128 from Sandstone Point. Later stood down, after more reports in different directions, possible meteorites.

**SAT 09/05 1446pm – 4.3m**  
Runabout member with engine issues required a tow from Bribie Bridge to Pacific Harbour Canals.

**SAT 09/05 1705pm – 4.5m**  
Runabout non-member with motor issues, required a tow from under Bribie Bridge to Bellara Boat Ramp.

**SAT 09/05 1908pm – 4.8m**  
Crestliner non-member required a tow from 500m South of Bongaree Jetty to Spinnaker Sound Marina.

**MON 11/05 0610am – Requested**  
by Water Police to transport QAS officer to Barge at 4 Beacons, Tangalooma for medical emergency. Later stood down before departure, attended to locally.

**MON 11/05 1611pm – 14m**  
Cruiser stuck on a sand bar

and on its side just off Mission Point. Attended and expected vessel to float off on high tide.  
**MON 11/05 2109pm – 14m**  
Cruiser was taking on water as it started to float off sand bar, required pumping out. Bribie 2 attended and pumped vessel out, owner was able to repair leak and anchored in deeper water OK.

**MON 11/05 2132pm – Water**  
Police advised 3 youths in small dinghy stuck on sand bar between VMR Base and Pacific Harbour. Jonkers Bribie 3 was launched and towed dinghy back to Base pontoon.



14m Cruiser off Mission Point stuck on sand bar, as the tide rose, she started taking on water and required pumping out and repairs were successfully conducted by owner.

**SAFETY DAVE****The Frenchie's Message:****PLAN YOUR TRIP**

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

au/Safety/Preparing-for-severe-weather)

- Tell someone where you are going, what time you are returning, where you are leaving from & returning to.
  - LOG ON with your local VMR or Coast Guard
- Please continue practising social distancing! 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!"



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# THE ALVIS AND THE BUNYIP.

By David Horrocks

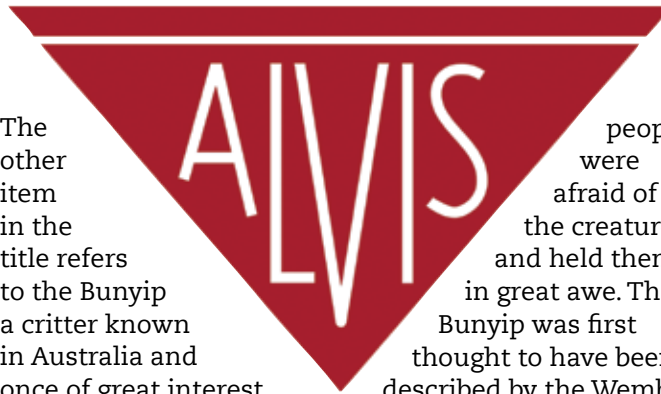
**M**any of the readers of this piece may not know what an Alvis is. It is, in fact, a make of classic British car – a marque of good pedigree and interesting history.

The name came into being in the early 1920s and continued in existence as a car make until the last ones were built in 1967. An early advertising slogan ran 'Less cash than a Bentley but more class than a Jaguar'. There have been many distinguished Alvis owners including Prince Philip and the WW11 fighter pilot

Douglas Bader. Of less distinction has been the writer of this little story.

The other item in the title refers to the Bunyip a critter known in Australia and once of great interest. Researching the elusive creature on the internet reveals several different explanations covering the maybe mythical maybe real creature. Early settlers learned of the beastie from Aboriginal people they encountered. These indigenous people reported sightings of

the Bunyip often in the vicinity of billabongs or water holes. The native



people were afraid of the creature and held them in great awe. The Bunyip was first thought to have been described by the Wemba – and given the name that translates as 'devil or evil spirit'. The idea that they were just figments of vivid unsophisticated imagination was dispelled when early European settlers reported sightings. These varied in the description some stating that the Bunyip was a snake-like creature, others

that it more resembled a creature with a dog-like face and dark fur. Such reports appear in 19th-century newspaper articles. These varied sightings could indicate that there may have been a range of such creatures of the same genus. One investigator of the time stated that "in truth little is known respecting its form covering or habits as the native people have such dread of it as to have been unable to take note of its characteristics". Although sightings were not uncommon up until the 1930s in some remote regions, lately the Bunyip has been more retiring and has seldom been seen. Or at least this was the case until during the Targa Tasmania car rally in 2011 when the photo



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shown here was taken. I could be said that the Bunyip has particularly good taste when it comes to the choice of a motor car and is discerning enough to have a preference to ride in the back seat of a fine Alvis open-top touring car. The Bunyip also would seem to enjoy a fast drive and was caught on camera in a rare moment of pleasure during a fast run down the west coast of Tasmania. This part of the world is sparsely populated which explains why this particular Bunyip has maybe never been sighted before until it was snapped on camera by the photographer covering the event. This moment of pleasure for the Bunyip has resulted in us poor mortal observers

being permitted to gain a glance, albeit on film, of the rare beastie. When the processed pictures were presented to the driver it came as a complete surprise to see the creature freeloading a ride as they had not noticed its presence whilst speeding along the highway. Maybe he only rode for a short time as the car passed through his home territory and being all involved in the rally they failed to notice him.

It does seem to be the right thing to do to publish this information and accompanying picture so that the greater community can enjoy the experience of observing this fine specimen of Bunyip obviously in high enjoyment during his Alvis ride.



The author wishes to point out that the photo shown has not been photo shopped or in any way tampered with and is exactly as presented to him by the professional photographic house covering the event. They were unable to offer

any explanation. All manner of later technical examination, including even when all else failed submission to the American Society of the Paranormal has failed to provide any explanation of the image.

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# THE NEW MBRC - WHO MAKES UP OUR NEW COUNCIL?



By John Oxenford

In mid-April, and three weeks after the March 28 Local Government elections, the Electoral Commission of Queensland (ECQ)

and Anthony Latter (12)). Two councillors (Denise Sims (7) and Matthew Constance (10)) were re-elected unopposed. Of the five councillors facing re-election, four were returned (Brooke Savage (1), Adam Hain (3), Mick Gillam (8) and Darren Grimwade (11)). In Division 9 the former Deputy Mayor, Cr Mike Charlton, was surprisingly defeated by newcomer Catherine Tonks in a close vote. Cr Charlton had also been the Acting Mayor since the outgoing Mayor Alan Sutherland was forced to step down when he was charged by the Crime and Conduct Commission.

have had solid name recognition.

In the first meeting of Council after the election, Cr Denise Sims from Division 7 was elected as Deputy Mayor. This will be Cr Sims second term on Council. She is the first female to hold the role of Mayor or Deputy Mayor at MBRC.

So there will be six new councillors plus a new Mayor and a new Deputy Mayor in the new Council. And there will be five women on Council. This is the highest ratio of women in the history of MBRC and Caboolture Shire Council before that.

that Cr Flannery outspent his opponents by a considerable margin in this election, so it will be of interest to see if there are any new supporters that need to be added to the list. In addition, the Office of the Independent Assessor has advised it is investigating six Councillors from the previous Council on some matters. Cr Flannery is the only one of those six on the new Council.

And what does this mean for Cr Savage in Division 1? Like the new Mayor, Cr Savage will have her challenges. There is no question MBRC has become very Redcliffe-



finally declared the polls for Moreton Bay Regional Council (MBRC).

In Bribie Island's Division (Division 1), Brooke Savage was re-elected for a second term with 78% of the primary vote. This was certainly a strong endorsement for Cr Savage. In the other Divisions, five councillors out of MBRC's total of twelve councillors did not stand for re-election. So there were five new Councillors elected to those Divisions - (Mark Booth (Division 2), Jodie Shipway (4), Sandra Ruck (5), Karl Winchester (6),

In the Mayoral race, Cr Peter Flannery polled just 29.6% of the primary vote and after distribution of preferences, Cr Flannery was declared the winner with a small majority over businessman and consultant Chris Thompson. Chris Thompson was a virtual unknown and a late entry to the mayoral race. Cr Flannery has been on Council since 2004 when he was first elected to Caboolture Shire Council so this result is hardly a strong endorsement for someone who should

What does this mean for our new Mayor? He will certainly have his challenges in developing a vision for MBRC and bringing Council and the ratepayers along with that vision. He does not have a strong mandate from electors. He was one of the Councillors to receive funding from the Moreton Futures Trust. He will have to declare an interest regarding any issues related to contributors to that Trust, and will have to absolve himself from any discussions and decisions that involve them. Various newspaper articles report

centred due to the impact of some very influential councillors from that area. This group has facetiously been referred to as the "Redcliffe mafia" and there is no question that the "Redcliffe Mafia" asserted significant influence over other councillors. Will that influence continue? Regardless of whether it continues, Cr Savage has a strong mandate from electors to progress the needs of Division 1. In the second part of this story, we will look at some of the major challenges facing MBRC and Division 1.





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

No-one knows what will happen after the current crisis is over. Some may be hoping for a new economic system, which is unlikely, but there are at least two outcomes that are far more likely.

One is a Christmas explosion in the population, who will be known as "the Coronials".

The other is a worsening epidemic of obesity as a result of delicious home cooking, and the unprecedented increase in baking of cakes and pastries, which explains the shortage of flour.

While they are learning to do cooking and gardening, I wonder how many people are learning to cut their own or family's hair. Perhaps we will see a resurgence of the mullet for those without housemates to do the back.

**Hazel Beneke**

I reside in the complex Desert Ash Grove Ningi; it astounds me that from the weekends Easter/ Labour Day weekend and now Mother's Day that there are still many people not adhering to the government regulations. Constant gatherings/ group BBQs etc. Even on Bribie Island the amount of 70yrs+ still out and about shopping. While other companies suffer Mitre 10 has significant increase in sales!

**Anon**

Couple of weeks ago my son's water shoes were stolen on Woorim Beach when we went for a walk, leaving the shoes at the entrance of the Beach access. My flip flops were stolen yesterday at the same spot. I know the times are hard, but really? Is stealing 4 year

old flip flops from the ones sharing the same difficult times really going to help? The feeling of going home barefoot, after my son going through the same just couple of weeks ago, made me feel like I have hit the bottom. Losing job, being locked up in home, then finally a bit of freedom to go out, joy was quickly swept away by bitterness of human despair.

I would really appreciate if anyone finds either of the shoes (on photos) sold in Second-hand shop or some other obscure place to let me know. Although both types of shoes are able to be bought in Australia, the colours are unique, and this particular boy shoes could only be shipped from America in that

particular colour (not possible right now) and mine are so old they are not able to be bought in the same colour anymore.

Thank you for reading and watch your shoes! **Anon**



## HELLO... 'Mr. Mindful' here.

My wife and I have just moved to the island. This article is by way of introducing myself to anyone interested in learning/ practicing meditation/ mindfulness (and other practices). I am a semi-retired Psychotherapist/Clinical Counsellor registered with the Australian Counselling Association (ACA: Level 4: highest level) since 2005. I worked for Education Queensland for forty years, the last twenty of those as a Developmental Guidance Officer in many primary schools in and around Ipswich. I have a counselling practice through which I offer free counselling on a limited basis.

I have studied, researched, taught, and practiced: mindfulness and meditation for over twenty years. All the courses I have completed have fully documented

accreditation. However, just being knowledgeable is not enough! The essence of meditation/mindfulness is to practice regularly. However, there are distinct differences between these two practices, which I shall address at a later date.

With the advent of the COVID-19 virus, the incidents of some mental health issues have increased markedly, and the long-term effects of the situation are as yet unknown as we emerge from the restrictions to a more 'normal' life. Mindfulness and other related practices are proven methods to help us through difficult times. However, many people turn away from meditation/mindfulness due to some myths and protocols surrounding some of the practices today. Mindfulness can be used to help people find what works for them, what is/not useful, what hurts and what is comfortable. Individualised acceptance is a must, not group acceptance.

Some people do not take to meditation or mindfulness at all because it serves to destabilise them: 'Therefore, mindfulness, and meditation may not prove useful for everybody' (Rothschild, 2020).

I am hoping to offer some courses via the U3A and the Community Centre later in the year, but I have not had the chance to approach them as yet with the current restrictions in place. I have written two courses; one is an introductory mindfulness course (Brain, Body, and Mind); the other (A Post Card From The Mind) is a deep-dive into the Neuroscience around anger, anxiety, depression, trauma, and more in-depth mindfulness techniques. Plus, it looks at mindfulness in society and the ramifications of an education system, not future-proofing students (primary or high school) emotionally for a highly uncertain future.

In my opinion, throughout the many years I spent in education, the education

system (not necessarily schools) viewed students as human 'doings', not human 'beings', especially with the advent of NAPLAN. If I am incorrect in thinking this, due to time passing since my retirement, I would be grateful to know what programs are now embodied in the curriculum, daily, to address the emotional education of students. Should you wish to respond to this article in any way, or seek some free counselling, my email address is: [mrmindful47@gmail.com](mailto:mrmindful47@gmail.com). Please feel free to request any information about what appears here. If you wish, you can also make suggestions for future articles that I might write.

Kindest regards,  
Mr. Mindful:



**BE MINDFUL  
OUT THERE!**

# BRIBIE ISLAND WRAP

April 2020



[www.mypolice.qld.gov.au/moreton](http://www.mypolice.qld.gov.au/moreton)

## PROPERTY OFFENCES:

At about 3.50am on May 11 North Street, Woorim - Money

Between 4pm on May 12 and 8am on May 13, Illoura Avenue, Bellara - Mobile phone

At about 1.40am on May 15 Bribie Island Road, Ningi - Smoking products and confectionary

## TRAFFIC OFFENCES:

Two persons charged with unlicensed driving and one with driving an unregistered and uninsured vehicle

A total of 15 traffic infringement notices were issued

## DOMESTIC VIOLENCE:

Four contraventions of DFVPA and five

other domestic related incidents

Between 10pm on May 8 and 6am on May 9 Lee Avenue, Bongaree Portable refrigerator

## DRUG:

Seven persons charged with drug related offences

## DRINK AND DRUG DRIVING:

One person charged with driving a motor vehicle while over the no alcohol limit

but not over the general alcohol limit while holding a provisional/learner license

## FOUND PROPERTY:

May 8 - Jewellery located at Sylvan Beach (QP2000978591)

May 12 - Drone located at Casuarina Street, Bellara (QP2000978713)

May 13 - Scooter located at Sylvan Beach Esplanade, Bongaree



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email us at [info@filesstibbe.com.au](mailto:info@filesstibbe.com.au).

## Appeal for dash-cam footage, Morayfield

Police from the Moreton Forensic Crash Unit are appealing to the public for their assistance.

At about 4.55am on Sunday, May 17, a traffic crash occurred on the south bound Bruce Highway on ramp at Morayfield, that involved a vehicle colliding with a power pole.

Witnesses pulled the driver from the vehicle who was taken to hospital with minor head injuries.

If anyone travelling in the area at the time has dash-cam footage of the vehicle, the incident or who witnessed this crash, is encouraged to contact Policelink (details below) or the Caboolture Police Station on (07) 5490 0555.





# WHAT CAN WE DO WITHOUT CROQUET?

by Kathy Vincent

So, what did you do when you couldn't play croquet? Did you enjoy that time when croquet was no longer in your life? I did! I love my croquet but the last few weeks have been a case of "Stop the world I want to get off!" It felt like a sigh Ahhhhhh!! I don't have to be anywhere at any set time. I don't have to rush out to book club or mah-jong or bridge or bowls or tennis or U3A. It actually feels quite liberating! We could take a step back in time and walk instead of driving everywhere, just as we did before our parents bought cars. Instead of checking your speed,

looking out for traffic lights, watching the car behind (which is far too close for comfort) being stuck in a



traffic jam, the alternative was much more pleasant. I could walk and appreciate my surroundings. The wagtail sitting on the bench each morning chattering away because

I was invading his space. The rainbow lorikeets squabbling over the best flowers to eat. The dolphins playing in the crystal water with no jet ski to disturb them. But oh, the clouds of butterflies fluttering in the sunlight. How good it is to enjoy the experience of a simple walk on Bribie. Those five books I have been meaning to read (I am on book four now so nearly there.) My watercolour paints came out again and of course all those jobs I have been putting off for so long. The wall painted, the garden tidied, the recipes not used for ages came out. The slow cook homemade bread came out really well once I could buy yeast! But what has this to do with croquet you ask? Absolutely nothing because we can't



play. However, the courts are immaculate thanks to the members who give up their time to care for them. Restrictions are being lifted and by the time you read this, we may be playing again. But it has been a welcome break to get all those jobs done, but most of all to keep our members free from COVID 19, then hopefully we will be fit and well to start our croquet again.

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