

The Bribie Islander

ISSUE 116 - June 19 2020

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#116

JUNE 19, 2020



welcome...

Dear Readers,

Who can believe we are already half way through the year! Time has certainly managed to get away from us. I have been in this role now for 6 months and I have loved every minute of it. I have met some beautiful people, read some fantastic local stories, and as you would be aware, I have made some changes. Some have had great feedback, some I have received criticism over. This is to be expected when changes are made.

I highly encourage you all too please email or call me if you have concerns or would like to see different things in the magazine and I will take all your suggestions on board so we can remain the same unbiased, unpolitical and non-religious community magazine we always have been.

I am unable to make changes, or fix issues if I am unaware of them so I consider everyone's opinions worthy of looking at and making any changes needed. After all, this is our COMMUNITY magazine!

Also if you have things you love about us, please let us know that as well!

June has been a month of birthdays for our staff, Deb, Richard and myself all are June babies!

Ok, now let us look at some of the wonderful things we have in the magazine this month. I fell in love with the poem we have on pages 8 and 9. What a beautiful way to sum up the COVID 19 situation.

Also, a massive congratulations to the beautiful Maria Boland for being awarded the Order of Australia Medal. How wonderfully lucky we are to have Maria in our community. If you run into Maria in the streets, make sure you wish her congratulations for the service she has provided our country!

On that note, I hope you all have a wonderful day,

Until next edition,
Take Care, Stay Safe,

Cherrie

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THE ORDER OF AUSTRALIA



19

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HAPPY 1ST BIRTHDAY Wrights Fruit Barn

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HEALTH, WELLBEING AND COMMUNITY

The Great Realisation, By: Tom Roberts

"Tell me the one about the virus again, then I'll go to bed.

'But my boy, you're growing weary, sleepy thoughts about your head.

'Please! That one's my favourite. I promise just once more.

'Okay, snuggle down my boy, though I know you know full well the story starts before then, in a world I once dwelled.

'It was a world of waste and wonder, of poverty and plenty back before we understood why hindsight's 2020.

'You see the people came up with companies to trade across all lands.

But they swelled and got bigger than we could ever have planned.

'We'd always had our wants, but now it got so quick.

You could have everything you dreamed of in a day and with a click.

'We noticed families had stopped talking. That's not to say they never spoke.

But the meaning must have melted and the work life balance broke..

'And the children's eyes got squarer and every toddler had a phone.

They filtered out the imperfections but amidst the noise, they felt alone.

And every day the sky grew thicker, til we couldn't see the stars.

So we flew in planes to find them while down below we filled our cars.

'We'd drive around all day in circles, we'd forgotten how to run. We swapped the grass for tarmac, shrunk the parks till there were none.



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'We filled the sea with plastic, because our waste was never capped.
Until each day when you went fishing, you'd pull them out already wrapped.

'And while we drank and smoked and gambled, our leaders taught us why,
It's best to not upset the lobbies, more convenient to die.

'But then in 2020, a new virus came our way.
The government reacted and told us all to hide away.

'But while we were all hidden, amidst the fear and all the while,
the people dusted off their instincts, they remembered how to smile.

'They started clapping to say thank you, and calling up their mums.
'And while the cars keys were gathering dust, they would look forward to their runs.

'And with the sky less full of planes, the earth began to breathe,
and the beaches brought new wildlife that scattered off into the seas.

'Some people started dancing, some were singing, some were baking.
We'd grown so used to bad news but some good news was in the making.

'And so when we found the cure and were allowed to go outside,
We all preferred the world we found to the one we'd left behind.

'Old habits became extinct, and they made way for the new,
and every simple act of kindness was now given its due.

'But why did it take a virus to bring the people back together?'
Well, sometimes, you got to get sick, my boy, before you start feeling better.

'Now lie down, and dream of tomorrow, and all the things that we can do.
And who knows, maybe if you dream strong enough, make some of them will come true.

'We now call it the Great Realisation, and yes, since then there have been many.

'But that's the story of how it started, and why hindsight's 2020.'



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YOU'VE ALL BEEN THERE. THAT TELL-TALE TICKLE IN YOUR THROAT, THE DRIPPY NOSE THAT STARTS A CASCADE OF SNEEZES, THAT SINKING FEELING WHEN YOU REALIZE, "OH, NO. I'M SICK!"

This early stage of cold and flu symptoms is no time to wait and see how bad it will get. If you treat your symptoms early enough, you may be able to prevent the virus from spreading to others or becoming worse. The first 24 hours are critical. If it last more than 24 hours, you may want to consult your doctor.

TIPS FOR EARLY TREATMENT:

1 Don't Over-Exert Yourself. When you're starting to feel sick, this is not the time to run a few miles or pull an all-nighter for a big project. It's your chance to rest, recuperate, and let your body recover.

Pushing your limits at this point will take away important energy your body needs to get better — and potentially increase the time it takes to get well.

2 Over the Counter Medicines Can Help. Early symptoms such as fever, headache, body aches, and sinus pain can be treated with pain-relievers like ibuprofen or Cold and Flu tablets. Be sure to read the label carefully and follow dosage recommendations exactly. Taking too little medication may not be effective — taking too much can be dangerous.


3 Avoid Cold and Damp Environments. Although it's a myth that you'll get sick just from not bundling up when it's cold outside, it's true that bacteria and viruses thrive at cooler temperatures. So if you're fighting a bug, it's best to stay warm and dry.

Editorial Supplied

4 Get Enough Sleep. In the first 24 hours of an illness, you should sleep as much as possible to give your body a chance to recover. Resist the urge to binge watch your favourite shows or stay up late catching up on emails. Go to bed!

5 Drink Plenty of Fluids. Staying hydrated is one of the best things you can do for your body while your immune system is gearing up for a fight. Water, decaffeinated tea, sport drinks, and sugar-free drinks are best. They can help fight dehydration associated with fever. Also, hot tea with lemon and honey can soothe congestion, sore throat, and cough.






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WHAT IS... sleep apnoea?

SLEEP APNOEA

is a common but serious sleep disorder in which breathing repeatedly stops and starts while you sleep. Obstructive sleep apnoea is the most common type of sleep apnoea; and it occurs when the upper airway is partially or completely blocked limiting the amount of air that reaches your lungs. Your brain then realises you have stopped breathing with a consequent drop in oxygen levels. When this happens you may either make choking noises, snore loudly or you may wake up. This may happen between a few times a night or a hundred times in more severe cases.

Sleep Apnoea is often confused as a snoring condition however the impact it can have on your overall health (both physical and emotional) makes it a serious disorder and one that requires our attention.

SYMPTOMS OF SLEEP APNOEA

- Pauses in breathing whilst sleeping usually noticed by others

- Loud or frequent snoring
- Restless and broken Sleep
- Waking up gasping or choking
- Frequent trips to the toilet at night
- Waking up tired and unrefreshed in the morning
- Poor concentration and work performance
- Feeling excessively sleepy and fatigued

CAUSES OF SLEEP APNOEA

Obesity serves as the main contributor to Sleep Apnoea, however other factors can contribute to the condition, and these include:

- Nasal obstruction and congestion
- Alcohol, as this relaxes the throat muscles and interferes with the brain's ability to react to disrupted breathing patterns during sleep
- Physical features, facial bone structure, muscles and large tonsils
- Sleep medication such as tablets and sedatives
- Thyroid problems and high blood pressure
- Family history and genetic factors

WHO IS MOST AT RISK?

Sleep Apnoea can occur at any age and demographic however statistics suggest this condition is more prevalent in the middle to older age group and more commonly in Men. It is estimated 1 in 10 middle aged woman, and 1 in 4 middle aged men suffer from this disorder.

People with naturally narrow throats or nasal passages, and children with enlarged tonsils or adenoids may also be at risk of sleep apnoea.

THE RISKS OF SLEEP APNOEA

Overall Sleep Apnoea is not good for health due to the impact it can have on our well-being, and there is evidence that untreated moderate to severe sleep apnoea can increase the risk of other health problems such as:

- diabetes
- stroke
- heart conditions & high blood pressure
- poor memory & concentration
- headaches
- moodiness, depression and change in personality
- decreased libido & impotence in men

The effect Sleep Apnoea can have on judgement may lead to increased risks of accident at home, work or whilst driving.

SLEEP APNOEA TREATMENT

Sleep Apnoea can be effectively treated.

Treatment methods include lifestyle changes such as:

- losing weight if overweight
- reducing alcohol consumption
- quitting smoking
- use of special pillows & sleeping on your side. In moderate to more severe cases further treatment may be required. these include:
- an oral appliance fitted by your dentist
- a continuous positive airway pressure (cpap) pump, which feeds pressurised air into a face mask to hold your throat open while you sleep.
- surgery, if you have severe sleep apnoea

Where Sleep Apnoea is contributed by pre-existing medical conditions these will have to be examined.



HOW CAN YOUR PHARMACIST HELP?

With the impacts of Sleep Apnoea on overall health an experienced pharmacist can help you in a variety of ways including advice, diagnosis and treatment for Sleep Apnoea.

Through the Pharmacy Sleep Services (PSS) Program, Star Discount Chemist Banksia Beach provides diagnosis and treatment for Sleep Apnoea in a manner that is quick, easy, reliable and comfortable. Our helpful and caring consultants at Star Discount Chemist Banksia

Beach can run an in-store screening through the PSS Program to identify whether a home sleep study is recommended for you.

This will enable you to attach the home sleep test device and use it in your own bed with familiar surroundings. In the morning you can remove the device and return it to the pharmacy with results & further assistance provided within 7-10 days. During this process no doctor referral is required.

Through the PSS Program we also offer Continuous positive airway pressure (CPAP) devices in store for treatment of Sleep Apnoea.

Come and visit us in-store for more information and advice regarding our sleep apnoea service.

ABOUT THE AUTHOR

Nandita Anand has been a pharmacist for over 7 years in New Zealand & Australia with experience in Community & Aged Care Pharmacy. She has been a part of the Bribie Island community for over 2 years and is now the Pharmacist Manager at Star Discount Chemist Banksia Beach, which runs a Sleep Apnoea Clinic. Nandita has been a part of the Bribie Island Community for 5 years. Her motto for her work in

the community is simple- working with you to achieve the best health outcome.

REFERENCES

- <https://www.health.qld.gov.au/news-events/news/feeling-fatigued-sleep-apnoea-tired-disorder-health>
- <https://www.healthdirect.gov.au/sleep-apnoea>
- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-apnoea>

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Tales From The Tiny Tea Room At Bribie Cove Retirement Village



Over these last few months we have all adapted to a new way of living and have stepped outside the square to stay connected to friends and family. One of our residents, Eileen has shared with us a story of how residents at Bribie Cove Retirement Village have found a way to keep the community spirit going.

"My sister and I decided to continue our social connection by meeting for morning coffee and afternoon tea on our back patios. The 'Tiny Tea Room' tea

house was soon operational. During this time one of my neighbours has dropped over yummy slice, another handed a wonderful spinach & feta dish and my sister brought sultana fairy cakes. Knitting and craft has produced shawls, scarves, rugs and jumpers while 3 of our neighbours have cooperated and collaborated to produce a limited edition of designer masks to be used personally in home if required. Morning coffee at 'Tiny Tea Room' has turned into wonderful catch up

on kindnesses and well wishes happening throughout the village.

We are fortunate that during our shut-in time, the International Space Shuttle provided at least two passes above Bribie Cove. Still keeping our physical distance, residents were able to look skyward and obtain a clear view of this technological phenomenon. It is sobering to remember that when this Shuttle blasted to Space, Covid-19 was completely unknown and the

'Tiny Tear Room' wasn't an embryo of an idea. Now both are helping me to understand our fragile humanity and the importance of my place in the worldwide community. Stay safe, Keep well, Know you are loved; **WASH YOUR HANDS!**"

To find out more about our community at Bribie Cove Retirement Village, call us on (07) 3400 1010 or visit mckenzieacg.com today.



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LETHBRIDGE 20000 SMALL SCALE ART AWARD

Our very talented local Artists, Kathrin Dierich and Trevor O'Dwyer have become finalists in the very prestigious Lethbridge 20000 Art Prize 2020 with a collaborative piece called "A silent Abode" (solitude, My Soul). With the first prize of \$20 000, the Lethbridge Art Award is open to national and international artists for small-scale artworks. Entrants submit 2D artworks up to 61cm (24 inches) in height or width. The Judging is based on three equally evaluated criteria of creativity, originality and skill. These 2 exceptionally talented artists have that in spades!

Ironically, the exhibition opens on the 18/06/2020 which is the day Kathrin and Trevor first met 2 years ago. As the story goes, Kathrin headed to the beach to undertake a photography session for a swimwear brand where she came across Trevor's R Crusoe Hut. Deciding to use the hut in her photoshoot, Kathrin's curiosity got the better of her and she actively tried to seek the builder of the hut. Obviously, Kathrin did find Trevor and they met up for the first time on the 18/06/2018. At that point, 'The Jeffrey Shack' had just been built. Today, 2 years on 'The Jeffrey Shack' is still standing proud at Bribe Island's Woody Bay. This is the second time The Jeffrey Shack has been the subject of an Art

Prize in one of Kathrin and Trevor's collaborative works ('Uncertainty Of Dreams. Childhood1' was a finalist in Devonport 'Tidal 18').

Let's hope this time around they take out the first prize! The awards night will be held on the 20th of June, so we here at The Bribie Islander Magazine would

like to wish them good luck and every success for the future. We will keep you updated on the outcome. In the meantime, check out their awesome work on Facebook!!

Kathrin Dierich - Art Page Maholi Designs by Trevor O'Dwyer

By: Cherrie Wilson



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The Smith Family's VIEW Club Bribie Island has stuck by six disadvantaged Australian children by supporting their extra education expenses. TSF's programs for sponsored students help reading outcomes, provide career mentoring, funds for computers, school excursions, sports and music participation and much much more.

But because of the COVID-19 shutdown the hard-working

Bribie VIEW women have lost their fundraising opportunities, and still want to make up the money for these children.

You can help us by taking your recyclable cans and bottles to the Woorim Recycling Centre and giving the code for the cash to be put into the Bribie VIEW account (see below).

Code: C102 473 77

We share an incredible caring community and thank you for your donations and help over 23 years on Bribie Island.

For inquiries phone Faye



Clark (President) 3410 7444

Pictured is President Faye Clark with the bin outside her house to which neighbours have been contributing.

"We are so grateful for the help" said Faye. "I took a car load to the Centre yesterday – but anyone who'd like to help can deposit them at the Recycle Centre and quote our account number"



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Order of Australia Honours

Maria Boland



ORDER OF AUSTRALIA MEDAL RECIPIENT

By Cherrie Wilson

If there is anyone who deserves this award it has to be Maria Boland. Maria is the epitome of what the award means. Awarded to those who have demonstrated outstanding service or exceptional achievement. Maria has most certainly achieved that and so much more. With 50 years of nursing service beginning in 1969 and retiring in 2019, Maria has achieved what many of us could only dream about. Dedicating her life to assist people in their most vulnerable of times.

Maria's passion has always been nursing. She recalls as far back as fourth-grade that this was what she wanted to do. And she has succeeded through her hard work and



Cooma District Hospital

dedication. Maria began her nursing career as a Registered Nurse (RN) in the very hospital she had been born in, Cooma District Hospital. Maria's first position as a

registered nurse was at the Cooma District Hospital in the new ICU/CCU unit which saw a compilation of patients from cardiac issues, post-operative care, trauma through car accidents and many

skiing accidents often smashed pelvis' etc. as the hospital was the nearest one to the snowfields.

But Maria's thirst for knowledge and her desire to help people meant this is not where she would remain. Maria studied, completed and achieved the following....

- Post Graduate Certificate in Oncology
- Post Grad Certificate in Haematology
- Haematopoietic Stem Cell Transplantation in Nursing
- Post Grad Diploma in Nursing Science (Breast Cancer).
- Charge Nurse of a 32 Medical Ward at Calvary Hospital ACT,
- Clinical Nurse Consultant in Charge of a large outpatient Medical Oncology Treatment Centre including the Apheresis/Bone Marrow Transplant Unit.
- Commissioning the Apheresis Bone Marrow Transplant Unit at Canberra Hospital.
- Commissioning the chemotherapy Day Treatment Unit (Zita

Mary Clinic) at Calvary Hospital Canberra.

- Commissioning the Breast Cancer Care Coordinator Clinical Nurse Consultant at Redcliffe Hospital.

In Maria's long and illustrious career she has been nominated for and

in relation to the restructure of The Canberra Hospital Oncology outpatient department.

- Community Award from Rotary Club of Redcliffe for Vocational Service in 2010 as the Breast Cancer Care

shown everyone that even though you may have obstacles to overcome, if you put your mind to it, anything can be achieved. As I was writing this article, I had to pause and think, what an exceptional woman



First year nurse at Cooma Hospital NSW 1968



Clinical nurse consultant at Calvary Hospital Canberra 1985

won several awards. These being...

- The Care & Compassion category for Qld Pride of Australia Award which she was runner up as a finalist in 2012.
- Multiple Community awards through different community associations.
- Winning the Annual Mary Potter Award at Calvary Hospital ACT in association with the Medical Oncology Unit she commissioned at Calvary Hospital.
- Winning an award

Coordinator.

- And now being honoured with the Order of Australia medal.

Just so you put this in context, while Maria was achieving all of this in her career, she also is a wonderful and supportive wife to her husband John, raised 4 children, is the grandmother of 8, survived breast cancer twice, has also had a musical career and been an active member in the community. Maria certainly has



Graduated circa 1970's

this lady is. Being one of 16 children in a family that did not have strong expectations of academia, then advised by her vocational guidance interviews she would not be able to succeed in the role of a nurse academically, persevering in a time where nurses had no career structure like they do today as it was not an expectation that a nurse would enhance her knowledge bases, that was left for doctors to have all the knowledge and nurses were rather restricted in their thinking capacity, well, that was until Maria came along and showed her exceptional capabilities and sheer determination to succeed and looked what she has achieved. Rather extraordinary if you

think about it.

Maria and her also very talented and hardworking husband John, are now enjoying their newfound love of music with the locally loved and adored band the Celtic Minstrels. Even in retirement, Maria is still constantly on the go, bringing love, light and entertainment to people as she always has done. I personally take my hat off to this lady and I can only imagine just how many lives she has changed, empowered and inspired. What an achievement. On behalf of the team at The Bribie Islander we are very proud to have Maria as part of our community and would like to congratulate her on her outstanding career and the well-deserved recognition for it.



A FIGHTER PILOT'S STORY

"A United States Air Force Veteran"

Ever wondered about why an eagle, hawk or an owl would allow a smaller bird to chase and harass it when there was an obvious power difference? Maybe this is the answer! This came from a gentleman in the United States who now runs a 2,000-acre corn farm. He used to fly F-4Es and F-16s Fighters for the US Air Force and participated in the first Gulf War.

HIS STORY:

"I went out to plant corn to finish a field and witnessed what I have come to call 'The Great Battle'. A golden eagle -- big, with about a two metre wingspan - flew right in front of my tractor. It was being chased by three crows that were continually dive bombing it and

pecking at it. The crows do this because the eagles rob their nests when they find them.

The eagle banked hard right in one evasive manoeuvre, then landed in the field about 30m from the tractor. This eagle stood about 1 metre tall. The crows all landed too and took up positions around the eagle at 120 degrees apart, but kept their distance at about 10m from the big bird. The eagle would take a couple steps towards one of the crows and they'd hop backwards and forward to keep their distance. Then the reinforcement showed up. The eagle's mate came hurtling down out of the sky at what appeared to be approximately Mach 1.5. Just before impact, the eagle on the

ground took flight, (obviously a coordinated tactic; probably pre-briefed) and the three crows that were watching the grounded eagle also took flight -- thinking they were going to get in some more pecking on the big bird.

The first crow being targeted by the diving eagle never stood a chance. There was a mid-air explosion of black feathers, and that crow was done.

The diving eagle then banked hard left in what had to be a 9G climbing turn, using the energy it had accumulated in the dive, and hit crow number two less than two seconds later. Another crow dead.

The grounded eagle, which was now airborne and had an altitude

advantage on the remaining crow that was streaking eastward in full burner, made a short dive, then banked hard right when the escaping crow tried to evade the hit. It didn't work - crow number three it the dust.

This aerial battle was better than any air show I've been to, including the 'War Birds'. The two eagles ripped the crows apart, and ate them on the ground; and, as I got closer and closer working my way across the field, I passed within a few meters of one of them as it ate its catch. It stopped and looked at me as I went by, and you could see in the look of that bird that it knew whose 'Boss of the Sky'.

What a beautiful bird!"



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TAX TIPS

Tax Accountant, Business Advisor, Or Both?



Many business owners view their Accountant as a "tax only" service provider, but your Accountant should also be well versed in business matters so he or she can fulfil the role of your Business advisor as well. Your Accountant need to understand and focus on:

- the entrepreneurial cycle of business,
- the profit drivers in your business,
- the operating cycle or cash

flow of your business,

- and the major financial calculations needed in a business.

- Identifying and advising you of your competitive advantages.

If your Accountant is not analysing your business and providing business advice, then they are merely a "tax only" service provider.

How does your Accountant assist you? Is it time for a change?

NOELENE LAKE
Bribie Accounting Services

62 Cosmos Avenue, Banksia Beach
 www.bribieaccounting.com.au - info@bribieaccounting.com.au

PHONE 3408 9539



Wash Your LEGS

by Sue Wighton

Recently while talking with friends, a rather intriguing question came up. The questioner was taking a short survey, regarding the delicate matter of personal hygiene.

We were asked what appeared to be a fairly simple question: **Do you wash your legs?** This is not a topic to be broached without serious consideration. Most of us surveyed decided we, in fact, did not purposefully and regularly wash our legs.

As I pondered my own shower routine, I mentally revisited my washing

process. Wash the face. Tick. Wash the underarms, the naughty bits, and the feet. Tick. Tick. Tick. But the legs?

Let's look at the facts. Unless you've been gardening, or riding a bike through muddy puddles, your legs don't really get grubby, do they? It's true that feet and hands can attract dirt, as can the face (I'm afraid food debris on the face becomes more common as the years roll on). But the legs seem to march dirt free to the beat of their own drum.

Still, I was shocked to learn that in our group of eight or so, pretty much no one actually consciously washes their legs. There we sat, in full view, brazenly flaunting our filthy, unwashed legs for all to see.

In my defence, I contend that the soapy water from the assiduous washing of the upper regions – the

head, neck and torso – makes its way down the legs, rendering any actual scrubbing of these limbs superfluous. Still, I must admit I can feel the hot shame of this admission burning up my scrupulously clean neck and settling on my shining, scrubbed face.

This legs thing makes me wonder what other areas of the body are overlooked in ablutions. Do you wash your forearms? I think I do. Or do I? Once again, unless you're heaving animal carcasses in an abattoir-type situation, or carrying charred logs to the fireplace, arms remain reasonably pristine. Still ...

This discussion makes me consider overall cleanliness – which after all is next to godliness. Like, for example, how often do you wash your sheets?

When I was young, I probably didn't wash my sheets very often. This is ironic because, let's face it, when you're young you're more likely to undertake a whole range of activities in bed, which necessitate regular sheet washing. Before you leap to

conclusions, I'm thinking of things like eating chocolate, chips or drinking red wine.

Now I'm older and my bed is primarily (though not exclusively) used for sleeping. Surely the act of sleeping is fairly clean? And yet, I change the sheets every ... well, how about you say first? That's the thing ... cleanliness is relative. Maybe these standards go back to our family of origin.

In my family, we all drank milk straight from the bottle. I'm sure my mum wiped my face cursorily with a tea towel on more than one occasion. And we kids sometimes wouldn't have a bath every day (and it was always a bath, not a shower). Or maybe you'd share the bathwater with siblings.

This funny old rhyme just popped into my head: Dan Dan the dirty old man, washed his face in a frying pan; Combed his hair with the leg of a chair, Died with a toothpick in his ear.

See? Not a word about the legs!



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\$30.4M**Locked in for Bribie Island Road upgrade in QLD**

The Federal and Queensland Governments have locked in \$30.4 million of joint funding, in an agreement to upgrade Bribie Island Road. Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development Michael McCormack said the agreement removed a hurdle to allow works to get under way as soon as possible, supporting local jobs.

"Moving forward with priority projects is important now more than ever to support local jobs, bolster our economy and provide the safe



and efficient transport connections needed for all Australians to get moving again," Mr. McCormack said.

Queensland Transport and Main Roads Minister Mark Bailey said the package of works would deliver targeted upgrades to tackle local congestion and make the busy route safer for local families and businesses, adding to other projects already completed like the \$3.7 million Peel Road intersection upgrade at Ningi.

"We'll see the first shovels hit the ground in July to

upgrade the Bribie Island and Old Toorbul Point roads intersection, installing new traffic signals, four through-lanes on Bribie Island Road, plus left and right-turn lanes for traffic turning into or out of Old Toorbul Point Road," Mr. Bailey said.

This work will be followed by the duplication of the road up to the four lane section, east of Saint Road. There will also be further safety improvements between Hickey and Old Toorbul Point roads.

Federal Member for Longman Terry Young said the project complements

the Federal Government's \$10 billion investment in the Bruce Highway Upgrade Program, Queensland's largest road infrastructure program that is improving safety, flood resilience and capacity along the heavily used route.

"This includes \$1.42 billion to upgrade the Pine River to Caloundra corridor, which intersects with Bribie Island Road and is the main road to Brisbane, as well as the \$660 million upgrade between Bribie Island Road and Steve Irwin Way," Mr. Young said.

The Federal Government has committed \$20 million towards the Bribie Island Road Upgrade, with the remaining \$10.4 million provided by the Queensland Government.

Article by



Carolyn's Tax UPDATE

with **Carolyn Wheeler**
CM Wheeler & Associates



We are now into the middle of June and you are probably thinking about getting your personal tax return done soon and that refund ASAP, right? Wrong! Now that the ATO has all your group certificate information through STP it should be plain sailing. And from their point of view it should be. You don't even need to download the payment advice anymore.

But have you received your interest statement from the bank? No? Good chance neither has the ATO. Many people assume they can have their

Tax Return done on or before 1st July, but no-one is ready. The banks have to send thousands of bank account information to the ATO for both interest received and interest charged on business loans, rental loans and machinery loans, motor vehicle loans to name a few. Portfolio fund information can sometimes not be received until November. Centrelink has trillions??? of data to send to the ATO. Super funds need to collate information to determine the deductibility of any contributions received or prepare any pension documentation. Tax Agents

and Accountants receive new annual software that needs to be uploaded and rolled over from 2019 to 2020. Speaking from experience, I have found that the last week of July is the better time to start preparing and lodging ITR's. Paying to have your return amended to include any missed information is not ideal. Nor is receiving an amended assessment from the ATO for omitted income that could come with both penalty and interest.

Need help or assistance, please ring my office for advice and have peace of mind. My offices are open both in Woodford and Bribie.

Regards Carolyn Wheeler of C M Wheeler & Assoc. FCPA Accountant, Woodford and Bongaree.

Ph 0754961156;

mobile 0428 733132

email cwheeler@caliph.net.au;
web: www.cmwheeler.com.au and Facebook.

CULTURE AND HISTORY OF THE FIRST NATIONS PEOPLE

FIRST NATION PEOPLES HAVE USED THE PLENTIFUL SEAFOOD AND COASTAL RESOURCES FOR MANY GENERATIONS.

Evidence of their presence can be seen in many places on Bribie Island. Large shell middens present demonstrate continual use of this coastal area over thousands of years.

Families journeyed throughout the island, staying for varying periods on the northern sections of the island and on what is now the western coastline. They favoured the northern areas close to the river with access to a wide diversity of resources—marine, estuarine, wetland and freshwater. Cypress pine forests growing there provided good protection.

As the seasons changed, family groups moved to where resources were available. When cyclones occurred, people moved away from the coast along the rivers and streams. Families took different routes along the way to gather food, fibres, medicines and raw materials for tools and utensils.

Each person had their own distinctive call by which they were recognised. People called to one another through the bush. Carved message sticks carried by a messenger and smoke signals were used to send messages to distant families.

A MEETING PLACE

Pumicestone Passage's rich seafood resources were shared with other groups of aboriginal peoples as they travelled to attend the Bonyee Bunya festival in the mountain ranges. Visiting groups camped along the old coastal dunes from Sandstone Point south to Caboolture River. A rich

archaeological record of stone tools from distant regions has been found in the shell middens in these dunes.

ON THE MENU

As with high-quality restaurants today, the menu of the day consisted of foods that were seasonally available.

From extensive intertidal mudflats, people harvested oysters, cockles, mud whelks, ribbed ceriths, hairy mussels and eugaries (pipis).

On the water, fish, turtles and dugong were caught using nets

and spears.

Women frequently prepared string for weaving fishing nets. Men prepared spears and boomerangs from various types of hard timbers, then 'fired' them to add strength. Canoes for water travel were made from Stringybark, tallowwood and other tree bark. The bark was slowly prised from the tree when the sap was running to avoid cracking and splitting from lack of moisture. It was then smoked and treated, the sides curled up and the ends sealed with clay to make it watertight. Vines were used to strengthen the canoe, and cross-pieces inserted to prevent shrinkage. Melaleuca saplings and vines were used to make rafts for travelling short distances.

Various birds and their eggs were eaten. Small groups worked together to flush

quail into the open where they knocked them down with small waddies (clubs). They hunted brush turkeys and raided their nests for eggs. Small hawk-like boomerangs were thrown to frighten ducks into nets placed across lagoons. A similar method was used to capture parrots and cockatoos.

Kangaroos, wallabies and other small marsupials were hunted into mesh nets, which were about 1.2m high with 50mm to 60mm mesh.



The controlled fire was a tool used to maintain open spaces with grass regrowth, to attract marsupials for easier capture.

Flying foxes were knocked down while roosting during the day. Snakes and goannas were eaten and goanna fat was saved for skin decoration.

Bungwall fern (*Blechnum indicum*) from melaleuca wetlands was the staple plant food. Women and children dug up large quantities of fern rhizomes (roots) and prepared them by lightly roasting and pounding. Roasted fern was eaten with meat or fish or on its own, somewhat like bread.

Many other plants were eaten, including roots from freshwater bulrush (*Typha*

spp.), which were chewed raw until only the fibre remained. Yams (*Dioscoria transversa*) were dug from up to one metre underground and roasted. The hearts of cabbage palms were eaten raw and honey was collected from the native beehives.

When First Nation Peoples hunted here just over 200 years ago, the winter runs of sea mullet and bream were thick enough to colour the water. The catch was so plentiful that excess fish were preserved for future eating. Fish were wrapped in plant twine to keep the flies off and hung in dilly bags in the trees.

The local Aboriginal peoples understood the importance of ecological sustainability and had laws prohibiting the taking of undersized fish or animals that were breeding, rearing young or carrying eggs.

A CHANGING ISLAND

In the early 1860s, the traditional First Nation Peoples way of life changed forever with the arrival of pastoralists and timber-getters.

Queensland's first Aboriginal Reserve was located on Bribie Island, near White Patch in 1877. Elderly people and those who did jobs for the settlers were given sugar and one pint (about 2 cups) of flour each day. When fish were in short supply, they were given more flour.

Later, many people were moved from their traditional land to reserves including Durundur, Monkey Bong Creek and Barambah (Cherbourg). Those that stayed on Bribie Island, found occasional work and adapted with great resilience to this radical change.

Today, many of the Aboriginal peoples living on and around Bribie Island maintain strong spiritual and cultural links with their traditional land.

Information sourced from the Queensland Government, Department of Environment and Science.

BUSY FINGERS

BUSY FINGERS LOSS OF A FAMILY MEMBER

It is regret that the Busy Fingers family has to inform our customers and supporters of the passing of our President



Karen Highlands last month. Karen joined Busy Fingers in October 2002 and worked as a volunteer for six years before becoming President of the committee, and acted in that role for over a decade. Karen saw many improvements occur within Busy Fingers as well as on the Island she loved, as she was born and bred here with her siblings. She would often talk about the ferry ride across the passage each morning and the ongoing bus trip to the Caboolture High School where she finished her schooling, before leaving the island for a short stint in Sydney. While there she met her husband Tony and had 2 sons, she returned to the island to raise her family

here. Her parents were also involved in many community issues and events and she followed in their footsteps.

Besides volunteering at Busy Fingers, where she loved surfing the net investigating the many old paintings and other donated items we were given, she undertook other fundraising activities. Over the last 2 years she organised a Golf Day and raffle in support of the Queensland Cancer Council, last year she raised over \$20,000. Even though she was sick and receiving treatment she was determined to arrange another one this year and with the help of some dear friends, the day was as successful as last year. Karen will not only be sorely missed by her associates at Busy Fingers but also her many friends on the island. We send our condolences to her husband Tony and sons Brett and Brad and family and friends.

SHOP HOURS

After being closed for 6 weeks we finally re-opened on 18th May for limited hours over 3 days a week for 4 weeks, before finally returning to as normal as we possibly could on 15th June.

We apologise for not being able to open our shop toilets or change rooms but until the government advises it is safe to do so they

will remain closed. We are still operating with only a few men as the employment agencies have not yet permitted for their clients to return, as soon as we have our full quota of men we will be able to get back to a manageable donation drop off point.

PICK UP AND DELIVERY SERVICE FROM WEDNESDAY 1ST JULY
As from the 1st July, there will be changes to our pickup and delivery service due to new Occupational Health and Safety rules.

PICKUPS

All items must be in the garage or the front room of the house with clear access.

DELIVERIES

All items will be dropped at front of house or in carport or garage for a small service fee.

Under no circumstances are our drivers allowed to take furniture from any upstairs areas. If you require a free pickup service please call 3408 1014 for a date and time.

DONATIONS

After being unable to have a meeting for a few months, the committee



got together last week and have been able to

grant some requests for help. As well as our monthly support of VMR, BI Hospice and also BI Global Care which continued while we were closed, we have been able to accommodate the following groups. With the current health issues in mind, the BI Indoor Bowls Club has been granted a dishwasher and also Jet Hand Dryers for their clubhouse toilets, Bongaree Bowls Club has been granted a plastic card printer to ensure that member's cards have a longer life span than the current laminated cards. BI Tennis Club will receive some much-needed benches for their courtside areas.

VOLUNTEERS

We have welcomed several new volunteers over the last week, we



hope they will enjoy their time with us, make a few new friends while giving back to their community. If you wish to join our family please call Sonia on 3408 1014 for more information.

As always I wish to thank The Bribie Islander Family and our customers for their continued support and I hope to see you in the shop soon.

Sandra

FOOD, WINE and ISLAND TIMES

6 THINGS YOU THOUGHT YOU KNEW ABOUT SALT that just aren't true

Too much salt isn't great, especially for our health.

Salt – it's a natural resource found everywhere from the ocean to our tears, it's tasty and it can be really cheap to buy. But like many things, too much salt isn't great, especially for our health.

Because it's linked to Australia's biggest killer – cardiovascular disease – salt is talked about a lot in health messaging and the media. But some messages about salt need to be taken with a grain of, well, salt. We've busted some salt myths to make it easier for you to stay healthy.

MYTH 1: All salt is out to kill you and you shouldn't eat any of it

Eating too much salt can contribute to high blood pressure, which is linked to conditions like heart failure and heart attack, kidney problems, fluid retention, stroke and osteoporosis. You might think this should mean you need to cut out salt completely, but salt is actually an

important nutrient for the human body. Your body uses salt to balance fluids in the blood and maintain healthy blood pressure, and it is also essential for nerve and muscle function. It's impossible to live a life without any salt (you'll die!), but this isn't a problem for most Australians; the average Australian is consuming double the recommended amount of salt.

So, while a little salt in your diet is necessary, it's important to keep the amount in check. The Australian Dietary Guidelines recommend adults eat no more than 5 grams of salt a day, which is less than one teaspoon. Most of us are consuming about 9 grams a day. To help you track how much salt you're eating, you can find out how much salt is in packaged foods by looking at the food label for the 'sodium' level - salt is made up of sodium and chloride. Try to aim for items that have less than 120mg of sodium per 100 grams of the food. You should aim for a

maximum of 2000mg of sodium a day.

MYTH 2: Pink/black/rock/sea/Himalayan salt is better for you than other types of salt

You might have seen some varieties of salt advertised as having extra health benefits that regular table salt doesn't, like containing minerals that are good for your body. Consumer advocacy group CHOICE say that Australians should be wary of these kinds of health claims, as the minerals found in salts like Himalayan Sea Salt are often present only in very small amounts.

Himalayan salt, sea salt, rock salt, black salt, pink salt, unicorn salt – in the end, it's all still salt. Upping your salt intake to try and get the benefits of an advertised mineral might lead you to consume far too much salt, putting yourself at risk of disease.

If you're looking for a great way to get healthy minerals and other nutrients in



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your diet, fruits and veggies are a great source of these. Head on over to the Healthier. Happier. Colour Wheel to find out what nutrients are in your favourite fruit and veggies.

MYTH 3: Some people naturally crave more salt than others

Good news for those who think they're naturally a salt eater – the taste for salty foods is learned, rather than built in. It's possible to retrain your taste buds to like foods with less salt in them, it'll just take a little time.

Try these tips from Eat for Health for eating less salt:

- eat mostly fresh food instead of processed food which tend to be high in added salt
- go for packaged and canned foods labelled 'no added salt', 'low salt' or 'salt reduced'
- compare similar packaged foods by looking at the food labels and choosing the item with less sodium
- swap deli meats like ham for canned fish (in spring water) or leftover meat from your last meal
- use small amounts of sauces with a high salt content
- flavour your cooking with a variety of herbs and spices
- avoid adding salt at the table – you could even leave the salt grinder in the cupboard.

Himalayan salt, sea salt, rock salt, black salt, pink salt, unicorn salt – in the end, it's all still salt.

MYTH 4: You can tell that a food is salty by tasting it

Some foods with a high salt content won't taste very salty at all. Many packaged foods that contain a lot of salt have other ingredients that balance out the salty flavour, so that the salt is effectively hidden in the food.

You can visit the Heart Foundation and VicHealth's website Unpack The Salt to find out more about reducing hidden salts in your diet.

MYTH 5: You should eat or drink more salt after working out

Salt comes out of your body in two ways – through urine and through perspiration – but that doesn't mean you need to add extra salt to your diet every time you break a sweat.

Some products, like sports drinks, are advertised as a good way to replace lost salts after working out. Under usual circumstances, sports drinks that contain electrolytes are not necessary for rehydration – the process of replacing lost fluids and salts. Tap water and consuming a healthy diet will help replace any nutrients lost during any activity. You can read more about good hydration and how

to avoid dehydration here.

Sports drinks can be used to rehydrate if you have exercised continuously for 90 minutes or more. If you're thinking about starting a new and more strenuous exercise regime and wondering about how to rehydrate properly, it's a good idea to talk to your doctor about how this might affect your health and your dietary needs.

MYTH 6: If you had high blood pressure caused by too much salt, you'd be able to tell

More than 30% of Australian adults have high blood pressure, and according to the Heart Foundation, half of them don't even know it.

Most people with high blood pressure don't display any symptoms, so it's important to get your blood pressure checked regularly. If you do have high blood pressure, reducing salt, along with getting regular physical activity, moderating alcohol intake, quitting smoking and reducing stress, might help manage it, reducing the risk of damage to your body.

You can find out more about blood pressure here.

It's possible to retrain your taste buds to like foods with less salt in them, it'll just take a little time.

Supplied by QLD Health

*"What are you,
doing this weekend?"*



TRADING HOURS

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Saturday: 10am-8pm

Sunday: 10am-8pm

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Support your local businesses.

HAPPY 1st BIRTHDAY

Michael, Kristy and their family moved to Bribie Island 3 years ago after falling in love with the beautiful surroundings and friendly residents. So they decided, if they were to live on the Island they would need to buy a business and after many hours of solid research they decided to buy Wrights Fruitbarn and have never looked back as they have said "it is the best decision they have ever made."

Kristy commented that when taking over Wrights Fruitbarn, Jackie and the Wrights family assisted them greatly, helping them settle in and showing them the ropes as long as they needed them too. Kristy says for this, she will be forever grateful.

Michael and Kristy also said they have such fantastic staff, they make the business a warm and welcoming place to shop, with good old fashion service with a smile and a joy for them to come to work each day.

Michael and Kristy would like to take this opportunity to thank both the Wrights family and their fabulous staff for helping them bring their dreams to fruition.

Michael and Kristy also want to thank the locals for all the support they have been shown and what better way than inviting them to help celebrate their first birthday. Only this time YOU get the presents!!!

EVERY PURCHASE MADE ON WED THE 1ST OF JULY, WILL GET A TICKET IN THE DRAW TO WIN

1ST PRIZE - \$100 VOUCHER

2ND PRIZE - \$50 VOUCHER

ALSO YOU HAVE THE CHANCE TO WIN ONE OF THE 3 BEAUTIFUL FRUIT AND VEGGIE TRAYS PICTURED.

ALL PRIZES WILL BE DRAWN THAT NIGHT WITH THE WINNERS BEING NOTIFIED THE NEXT DAY.

AND THE KIDS ALL GET A FREE LOLLY BAG!



MEATBALL cob loaf dip

INGREDIENTS

- 500g pork mince
- 1 onion, grated
- 2 cloves garlic, crushed
- 2 tablespoons chopped fresh oregano or basil
- 2 tablespoons olive oil
- 400g jar Napolitano sauce
- 75g (1/4 cup) pizza sauce
- 1 large cob loaf
- 100g light cream cheese
- 80g (1/3 cup) sour cream
- 100g (1 cup) 3 cheese melt

METHOD

• Step 1

Combine mince, onion, garlic and oregano in a large bowl. Season well with salt and pepper. Roll two teaspoonful's of mixture into balls and place on a tray.

• Step 2

Heat oil in a large, heavy-based non-stick frying pan over medium heat. Cook meatballs, in batches, for 3-4 minutes until browned and cooked through. Place on a plate. Add Napolitano and pizza sauce to pan with 60 ml (1/4 cup) water. Bring to boil, add meatballs. Reduce heat and simmer for 5-10 minutes, until sauce reduces and thickens slightly.



• Step 3

Meanwhile, preheat oven to 180C/160C fan-forced. Cut the top off the cob loaf and scoop the soft bread out of the centre, leaving a 2-3 cm shell. Scoop any soft bread from the lid also. Lay two sheets of foil on the bench at crossways to each other. Lay non-stick baking paper over the top. Place the cob in the centre of the cross. Spoon the meatball mixture into the cob. Scrunch or roll the paper up around the edges of the cob, to protect it from burning.

• Step 4

Combine cream cheese, sour cream and half the cheese. Mix well. Spoon over the meatballs. Scatter over the remaining cheese. Bake for 25-30 minutes or until the cob is crisp and cheese is melted and warmed through. Serve.

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dine in / takeaway



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HOT-CHOCOLATE Mousse Cob Loaf

INGREDIENTS

450g cob loaf
50g butter, melted
1/2 tspn Cinnamon Sugar
1/2 cup vanilla mini marshmallows, plus extra to serve

Finely grated dark chocolate, to serve
Cream-filled wafers, to serve
Pretzels, to serve
Chocolate wafer sticks, to serve

HOT FUDGE SAUCE

1 1/2 cups marshmallows
1/4 cup thickened cream
1/2 x 200g block dark chocolate, chopped

CHOCOLATE MOUSSE

1 1/2 x 200g blocks dark chocolate, chopped
600ml thickened cream, at room temperature

MARSHMALLOW CREAM

3/4 cup vanilla marshmallows
2 tablespoons thickened cream
1/2 cup thickened cream, whipped

METHOD - Step 1

Make Hot Fudge Sauce: Place the marshmallows and cream in a saucepan over medium heat. Cook, stirring constantly, for 2 to 3 minutes or until marshmallows are semi-melted. Add chocolate. Cook, stirring constantly, until mixture is smooth and combined. Transfer to a bowl. Set aside for 1 hour to cool and thicken.

Step 2

Meanwhile, make Chocolate Mousse: Place the chocolate and 3/4 cup of cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds, for 1 to 2 minutes or until chocolate is melted and smooth. Set aside for 1 hour to cool.

Step 3

Meanwhile, make Marshmallow Cream: Place the marshmallows and cream in a saucepan over medium heat. Cook, stirring constantly, for 3 to 4 minutes or until smooth and combined. Transfer to a bowl. Set aside for 45 minutes or until cool. Fold in whipped cream.

Step 4

Preheat oven to 190C/170C fan-forced. Line a large baking tray with baking paper. Trim 4cm off the top of cob. Leaving a 1cm thick edge, remove bread from centre of cob. Set cob aside. Tear

bread and bread top into large pieces. Transfer to a bowl. Drizzle with melted butter. Toss to coat. Arrange bread pieces on prepared tray. Sprinkle with cinnamon sugar. Bake, turning bread halfway through, for 15 minutes or until golden.

Step 5

Meanwhile, using an electric mixer, beat the remaining cream until just-firm peaks form. Fold into cooled mousse mixture, being careful not to over-mix as the mousse will start to split.

Step 6

Spoon mousse, marshmallow cream and 3/4 of the hot fudge sauce, alternating and slightly marbling, into cob. Top with mini marshmallows and remaining fudge sauce. Sprinkle with grated chocolate and serve with toasted bread pieces, wafers, pretzels, wafer sticks and extra mini marshmallows.



Shop for Rent



- CAFE FOR LEASE located in the Heart of BONGAREE and available for immediate viewing.
- Reasonable rent and has been a food outlet for 15 plus years. Excellent location and
- great sea views and plenty of outdoor area for seating. Located in the Bongaree Arcade
- opposite Brennan Park and in between the Post Office and the Barber Shop.
- To make an appointment to view please call **3408 0999**

REGULAR FEATURES



HOME-Schooling

BY: Elaine Lutton

In Queensland, the children are, in the most part, back at school. Much to the relief of those parents who have been attempting to work from home themselves. Maybe it has instilled new respect for the work that teachers do, not just having to be responsible for the few children of their own, but entire classes of children. It is not as though the teachers have been having some kind of "holiday" during this time. Preparing and marking online lessons is a new and arduous experience for them, whilst for parents or grandparents, motivating and supervising the little darlings, as you may have discovered, can be a challenge.

At the time of writing this article, however, several states are not as fortunate as Queensland. They are still not allowed to hand over their little angels to the professionals.

Amongst these are my son and daughter-in-law in Victoria, who for the past few months have been coping with their three primary school-age daughters, two miscreant kittens, and their own demanding jobs.

They are fortunate in that every member of the household has their own computers, iPads, tablets etc. They are well aware that not everyone is so fortunate as to be able to afford all these devices, however, all of their children are IT literate.

I was speaking on the phone to my son, who sounded more than usually weary and he began telling me the latest news. Two triumphs; the 6-year-old was returning to Grade 1. Phew! During her time at home, they had managed to teach her how to

read and she was now a confident little reader for her age. She knew her phonics and numbers before starting school and so it was a matter of encouragement and practice. I wondered how she would feel about being the only one of her sisters who had to return to school, but apparently, she could not wait to show off her new-found skills. She also writes me sweet little notes saying that she loves me. She has also been known to leave notes for members of the family that have displeased her saying that she hates them. The Uses of Literacy have not escaped her!

The nine-year-old is what my son terms his "quiet achiever". She simply collects her allotted work, goes into her bedroom and does not come out until it is all accomplished. She then occupies herself for the rest of the day. A dream.

The eldest girl, 12 years, is not quite so easy. She is a Questioner. Way beyond asking where babies come from, two years ago, she was asking me the difference between a castrato and a counter-tenor. She was relieved to learn that unlike the former, the latter had retained all his "bits" and that their speaking voice was quite normal. I was also able to reassure her that castratos belonged to history.

Recently she has asked her Father to explain Communism as against Socialism, and said she wanted to read Animal Farm by George Orwell.

My son asked me to email her some kind of study guide to help her with the novel, which I have done. She retired to her room and read the novel and is now

following my guide. I have taken the precaution of posting her a copy of Jane Eyre to further keep her occupied.

Ah yes, the miscreant kittens. The kittens are Blue Russians, two brothers from the same litter and have been named Franc and Dmitri in honour of their heritage. As well as the usual expenses that are incurred in taking on pets, de-sexing etc. Franc and Dmitri have added others.

One evening, the wife of my son placed the flowers that she had received on the mantle-piece in the lounge room. In the middle of the night, she heard a crash and got up from her bed to find the kittens had achieved what she had thought was impossible. They had climbed up on the mantle-piece and knocked the vase on to the floor. The vase was broken into smithereens and the water spilt all over the floor. There was only the sound of heavy breathing from the bedroom so she knew it was up to her to clear up the mess. This she did so there was no danger of cut feet in the morning. The flowers she put in the kitchen sink to be dealt with later and went back to bed.

She was hoping to be met with tea and toast on awakening, it was Mother's Day, but instead, she was met with lots of questions. The flowers were on the kitchen floor and showed signs of having been given a good chew. Franc and Dmitri again. What kind of flowers were they? Some kind of Asian Lilies which Dr Google informed my son was Toxic to Cats.

Instead of having a lie-in and breakfast-in-bed my poor daughter-in-law spent the

morning sat in the car waiting to see the emergency Vet.

After three days in the Vet's animal hospital and the paying of



an enormous bill, the kittens were collected by the relieved family.

Have the kittens learnt any better behaviour? My son seems to doubt it.

First day back at school.

Further mischief.

Bribie State School



Students attending school over the past weeks have been working hard competing their on-line learning as have many at home with family supervision. There is always down-time and for the junior grades it was art and craft activities, nature documentaries on the Barrier Reef and endangered whales and their very favourite, Bluey from ABC iView.



Junior Pom Pom art



Mr B at the sound desk



Senior school students and on-line learning in the hall Social Distancing at Bribie

Island State School as COVID-19 precautions are in force across the State. Children of essential workers and those considered vulnerable are attending many schools across the State of Queensland and Nationally. At Bribie Island State School an estimated 15% of normal school numbers were



attending the school each day to complete supervised on-line learning activities. Teachers and Teacher Aides were on hand to guide them through the new learning style, much of which was new to many parents and teachers as well. "Although initial teething issues created confusion and angst with the web-based learning style, there has been a lot of success happening in many homes", commented Acting Principal Mr Vipen "and we are very proud of our community of parents and carers who have stepped up to the mark to assist their children". For those who do not have internet access at home but have adult supervision to complete their work, some hard-copy paper packs were been created. Mrs Kay, Deputy Principal at Bribie Island State School made note that "there are some families who need further

support with learning at home activities". This can be due to many reasons and through negotiation with teachers and the Department of Education, some support packs with "a week's worth of work in each pack" have been provided to those families. The next few weeks will see changes again in the

fight against COVID-19 and this may have a further influence on how schools operate again. Some Australian States have made progress in the return to school for students and others and being more cautious. Only time will tell but thank you to all for your consistent support of the Social Distancing Guidelines outlined this month by our State Premiere. Progressive attending starting Monday 11 May 2020 With the absence of most children, there was a lot of maintenance work



Junior grades have some down time in the Arts Tech Theatre space

happening at our local schools. Bribie Island State School had a lighting technician service the over-head projectors and theatre lights in their hall. Deputy Principal Simone Kay said, "Amongst all the uncertainty of late, to have complex maintenance completed without putting our young people at risk was opportune. The building maintenance and servicing of the hall lights gives us a fresh start for future learning here at Bribie State School". School is back to normal and all students have returned to face-to-face learning in classrooms.



They have been welcomed back by enthusiastic and dedicated Teachers and Teacher Aids to a new environment. Year 4 students have acknowledged Reconciliation Week on behalf of us all and we pay our respects to the traditional owners, their Elders and emerging leaders.

STREETS OF BRIBIE - *Banksia Beach*

ELIZABETH BATTS C^tENDEAVOUR D^{ve}SOLANDER E^{sp}

WRIGHTS CREEK

DUX CREEK

SUNDERLAND D^{VE}CAPTAIN COOK D^{VE}

BANKS STREET



By Barry Clark
Bribie Island Historical
Society

This article is about a few street and place names in Banksia Beach. This year is the 250th Anniversary of James Cook “discovering” and mapping the east coast of Australia. In mid-June 1770, his ship Endeavour beached for repair for 6 weeks near today's Cooktown, after hitting the Great Barrier Reef. Fortunately, for Cook and his crew, they eventually made remarkable repairs and were able to navigate out of the reef and return to England. History would have been very different if they had not, and we would not be living in the Australia we know today.

MEMORIES OF COOK.

James Cook aboard *Endeavour* was way off the coast here, and did not see Bribie Island or Moreton Bay, so it is interesting that the initial developer of Banksia Beach decided to name several streets related to his voyage.

SOLANDER Esplanade runs along the foreshore. He was the assistant to the wealthy self-funded Scientist and Botanist Joseph **BANKS**, after whom many things were named, including **BANKSIA Beach**, the Tree and **BANKS Street**. Other street names include **ENDEAVOUR Drive**, and **VENUS Court**, from their observation of the Transit of Venus, prior to mapping NZ and Australia.

ELIZABETH BATTS C^t.

honours James Cook's wife, a remarkable woman who lived to the age of 93. They had six children, three died in childbirth, he never saw them, and she survived her



Elizabeth Batts

husband by 56 years, and outlived all of her children.

GUSTAV DUX

Banksia Beach was an isolated Bribie place in the early days, being north of the sprawling wet lands of **DUX Creek**, original known

as **Cobblers Peg Creek**. Johann Gustav DUX was born in Prussia in 1852, and at age 18 as a navy seaman he jumped ship in Cooktown. He worked his way south to “**German Station**” near Nundah, where there were German missionaries. He met and married a 17-year-old Prussian, Bertha, and they moved to live on the Caboolture river in 1880's. Dux Street also bears his name, beside the river, on approach to Caboolture. They had 10 children and made a living Fishing, catching Crabs and Oysters between the river and Bribie Island. It was a very long haul in a rowboat to



Gustav Dux

HISTORY

Bribie, and he often camped overnight at what became known as **DUX CREEK**. He died in 1927 and his name lives on in memory.

DUX CREEK

is now the main entrance to the extensive Pacific

chooks, growing vegetables and battling dingoes and foxes, with a shotgun under her bed every night.

Fish were plentiful and good quality, and they gave away more than they kept. Harry and Phyllis interviewed in 1980 remembered



Original Dux Creek

Harbour canal development, which began as a small development beside what was Solander Lake. The road to Banksia Beach is **SUNDERLAND Drive**, which crosses **DUX** creek near the boat pond, and over the Canal development at Banksia beach.

HARRY SUNDERLAND

was a shearer with 227 acres of land at Banksia Beach back in 1945. The only access was by boat,

remains of military training operations around Bribie after the War, including unexploded bombs and craters.

"The fishing is buggered now" he said simply "you don't catch squire or parrot any more, the mangroves have been razed, and chemicals from Pine forests have found their way into the Passage to the detriment of seagrass beds and fish breeding areas"

When Solander Lake Estate started in 1970's and



Phyl and Harry Sunderland

when there were no roads in the area. When Harry was away shearing his wife Phyllis spent much time in isolation, feeding ducks and

Sunderland Drive built as the main access road, they sold their land and retained a house block on Solander Esplanade.

COL FISCHER

The north end of Banksia beach foreshore is named **COL FISCHER Park**.



Col Fischer

Colin and his wife Bry were among the first residents building 33 Solander Esplanade in 1979. They were wonderful gardeners and won **"Best Garden in the Shire"** for three years. He also landscaped and beautified the public foreshore and gardens over many years, and constructed the replica models of the Glasshouses. Prior to his death in 2011 he published a book the **"History of Banksia Beach"** which Bry later launched at the Historical Society.

his sloop **Norfolk** for repairs (a familiar story) with a small crew including aboriginal friend **Bongaree**.

They explored Moreton Bay and what he called the **Pumicestone River** and climbed a **Glasshouse mountain**.

WRIGHTS CREEK

named for Harry Wright, Secretary of Licensed Victuallers Assoc. in Brisbane from the mid 1880's. His riverfront home was flooded in 1893 floods and he lived on Bribie from 1907 to 1924, owning land around Wrights Creek and at Bongaree. In 1925, he proposed a grand **"Ocean Club"** development at Bongaree that did not eventuate.



Fischer Prize Garden

WHITE PATCH

is north of Banksia Beach and Wrights creek. This was an aboriginal reserve back in 1877 and the planned site for **Town of Bribie** in 1887, before Bongaree settlement began.

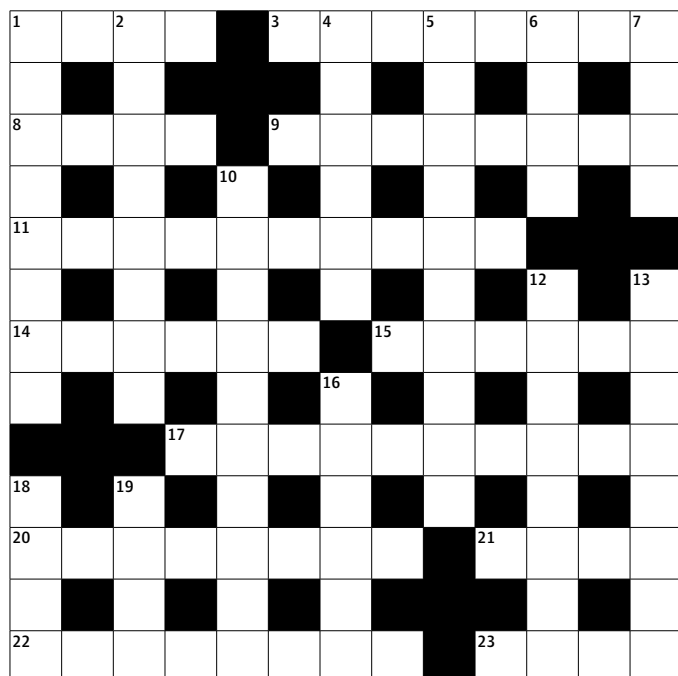
White Patch named by the first white man to visit Bribie Island, **Matthew Flinders** in 1799. He beached

MORE BRIBIE HISTORY

Our monthly meetings 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

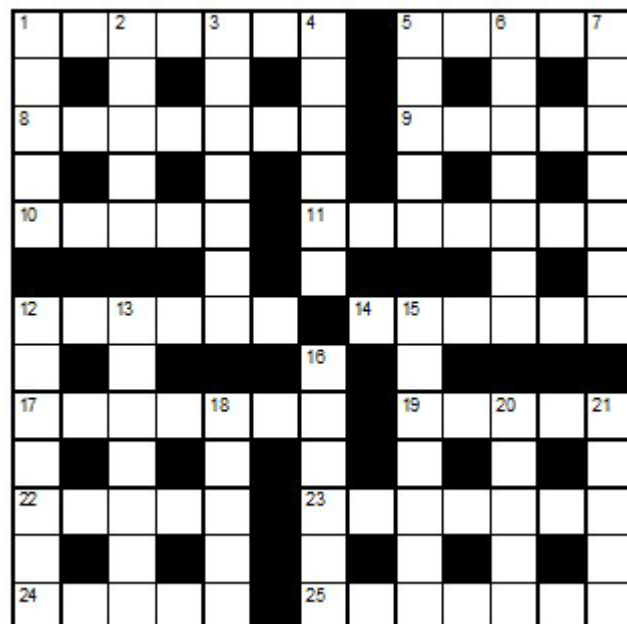
Crosswords - QUICK & CRYPTIC

**Across**

- 1 Be furious (4)
 3 White wine and soda water (8)
 8 Fiver, say (4)
 9 From the very beginning (3,5)
 11 Wind gauge (10)
 14 Oesophagus (6)
 15 Projectile (6)
 17 Not fitting (10)
 20 Group of atoms bonded together (8)
 21 Hair style (abbr) (4)
 22 Pertinent (8)
 23 Nicholas II was the last (4)

Down

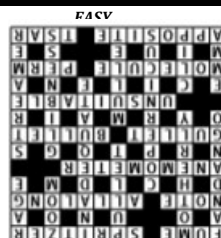
- 1 Lively Spanish dance (8)
 2 Maternal (8)
 4 Young hen (6)
 5 Short of what is required (10)
 6 Video communications system (4)
 7 Be furious (4)
 10 Polish astronomer d. 1543 (10)
 12 Blessing (anag) — slickness of speech (8)
 13 Long flag — bad cold (8)
 16 Fish (red or grey) (6)
 18 Lady Hamilton or Lady Thompson? (4)
 19 Cut with shears (4)

**Across**

- 1 Some thing to shake the talc over (7)
 5 Consensus of rum attitude (5)
 8 Blow up relatives - for a vegetable? (7)
 9 It's quite common with us in the lead (5)
 10 To repeat - the same as before (5)
 11 The aims, sadly, are nothing to look forward to... (7)
 12 Without direction getting the gist after an article (6)
 14 Control is to rule.. (6)
 17 Delicate but with flair, for example, properly handled (7)
 19 Panics, looking for safer arrangement (5)
 22 Blow up a Liberal MP like a balloon (5)
 23 Image is to the point - admire (7)
 24 Singularly ** I've got something in my tummy - refrain? (5)
 25 Flakes out as Dons upset and gone (4, 3)

Down

- 1 Contain spirit as he signifies love in the air (5)
 2 Made it a point to concede - disturbed, then concede (5)
 3 Impersonate and hit the road (4-3)
 4 Alien left in a direct relationship (6)
 5 Pull the plug and go red with embarrassment (5)
 6 Direction in planning is normal (7)
 7 They called him "Ernie" (9)
 12 Very strong note ably produced benevolently (7)
 13 Common sense from a smiler (7)
 15 Get rid of sour goods (7)
 16 Eight year old will become warm and affectionate, we hear (6)
 18 Suggest a sprite with lovely wings (5)
 20 A good friend from Madrid? (5)
 21 Hothead safe making a bundle (5)

BY CYRUS**SOLUTIONS**

LULU'S PARTY SHOP & EVENTS
GORILLAGRAMS - COMEDYGRAMS
HELIUM BALLOONS & PARTY NOVELTIES FOR SALE
COSTUME & WEDDING HIRE KIDS BIRTHDAY PARTIES
 Find us at Lulu's Place - 33 Toorbul St, Bongaree
0407 148 554
 Email: luluspartyhire@hotmail.com
 www.luluspartyhire.com

Kids @ Page

INGREDIENTS

- 12 large eggs
- 1/2 cup mayonnaise
- 1/4 cup parmesan cheese
- 2tsp Dijon mustard
- 3 slice carrot
- 24 capers (blotted dry)
- fresh dill (to garnish)

METHOD

- Place eggs in a saucepan and with enough water to fully submerge them. Bring the water to a boil on a high heat, cover with the lid and remove from the heat.
- Leave the eggs to cook in the saucepan for 12 minutes. Cool, then peel.
- Slice a bit off the bottom of the egg so that it can stand upright on its own. Cut off the top third of the egg, reserving the "lid" you've just removed. Gently remove

the yolks and place in a medium-sized bowl.

- Add the mayonnaise, Parmesan and mustard to the egg yolk and mix together until smooth. Transfer the yolk mixture to a zip-lock bag.



- Snip a small hole in the corner of the bag and pipe the mixture back into the hollowed out eggs. Fill the egg, as well as in extra inch above the rim.³⁸

HOW TO PREPARE CARROTS

- Cut carrot (or you could use capsicum) into very small triangles. Place capers in the place of eyes and carrot as a beak. Top the yolk face with the egg white "lid" we removed earlier.
- Refrigerate for at least an hour or up to one day. To serve, line platter with dill. Arrange chicks carefully on top.

Q. 12. What did the Dalmatian say after lunch?

That hit the spot

Q. Why did the cookie go to the hospital?

Because he felt crummy.

Q. How do you make a tissue dance?

You put a little boogie in it.

Q. Why did the kid bring a ladder to school?

Because she wanted to go to high school.

DIFFERENT TYPES OF BOATS

CAN YOU UN-JUMBLE THE DIFFERENT TYPES OF BOATS BELOW?

- nnatie _____
- camaatrna _____
- lasi bato _____
- Sik dna waoakbdre btoa _____
- Hsuoaoatbs _____
- Bwordiers _____
- Ifinaatble _____



WORDSEARCH

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

Acoustics
Anatomy
Anthropology
Astronomy
Biology
Chemistry
Ecology
Embryology
Entomology
Gemology

Geology
Histology
Hydrology
Ichthyology
Kinetics
Lithology
Meteorology
Metrology
Mycology
Oceanology

Ornithology
Paleontology
Parasitology
Physics
Physiology
Phytology
Toxicology
Virology
Vulcanology
Zoology



BRIBIE U3A REMAINS CLOSED

Barry Clark- U3A Public Relations

The U3A Management Committee made a critical early call three months ago, on March 16th, to immediately stop all classes and close the facility.

The impact was significant for the 150 different weekly classes and almost 2000 students who attend them.

These classes play a significant role in the lives of so many people, who are learning and experiencing new things, but most importantly enjoying regular social contact.

The early shutdown call was certainly not easy, but in view of the high risk age category of our membership it was essential.

Following that decision, both the Federal and State Governments made series of restrictive decisions, together with Queensland Health and our own MBRC Council that endorsed our decision. The entire community has made significant adjustments to personal, social and business lifestyle over the last three months.

RESTRICTIONS EASING

Social restrictions are now being slowly lifted, but full recovery will be a long process, and personal risk remains high as travel and movement

increase.

The U3A Management Committee have decided that U3A will remain closed for the whole of Term 3.

It is just not possible to maintain the procedures required with student numbers involved.

Further decision on the possible reopening for Term 4, which is scheduled to commence on October 4th, will be made in due course and in the light of developments as they roll out.

Scheduled annual events have also been cancelled, including the U3A Players drama performances, the combined classes Art Exhibition, and all Theatre Group trips have been cancelled for the rest of the year. Major maintenance work by Council will be carried out in the Hall and entrance foyer during the shutdown, and Solar Panels will be fitted to the roof of U3A, following recent receipt of a Grant.

Some of the regular weekly classes may be conducted

by their Tutors in suitable off-site locations. Individual Tutors will communicate directly with their class members if appropriate.

A monthly Newsletter is being produced to maintain contact with everyone, and is being sent out by email. Personal deliveries of paper copies will be made to those who don't have email. Further information and updates are posted on the



U3A web site www.u3abribie.org.au.

The U3A office and premises will remain closed until further notice, but brief contact and communication can be made by email to ThirdAge@bribieU3a.com.au

QUIZ 1

The first in hopefully a long set subject - eg TV. If anyone has ideas or feedback please let the paper know. I hope you all enjoy the Quizzes - but remember - always Quiz responsibly; AND please - only use Google as a last resort.

QUIZ ONE

Q1. Who is the Latin phrase Veni, Vidi, Vici attributed to?

Q2. Who was dressed in black at the Heartbreak Hotel?

Q3. In the TV Show Bonanza - who was the Cartwright's cook?

Q4. Who wrote "The Ugly Duckling"?



Q5. In the TV series Poirot - what is Captain Hastings "nick-name"?

Q6. In which book did the Cheshire Cat make its appearance?

Q7. Who is Maurice Micklewhite?

Q8. What was the Tin Man looking for?

Q9. Which tribe did Sitting Bull belong to?

Q10. What was a Penny Black (specifically)?

Answers to Quiz: 1. Julius Caesar. 2. The Desk Clerk. 3. Hop Sing. 4. Hans Christian Andersen. 5. "Battler" - as in "The Battle of Hastings". 6. Alice in Wonderland. 7. Michael Caine. 8. A Heart. 9. Sioux - or Hunkpapa Lakota. 10. The world's first adhesive postage stamp.

SODUKO

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

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

SOLUTION



HUMOUR IN TRAGEDY

By: David Horrocks

This idea shouldn't sound incompatible. Shakespeare used this artifice in all his tragedies. Hitchcock always used a comic episode to relieve tension in his films. And honestly who hasn't laughed out loud at bloopers when some poor sap has gone base over apex?

My story maybe details such a situation.

In December 1917 there occurred a disaster in Halifax harbour, Nova Scotia Canada. There was an explosion; at the time the largest, most devastating man made event in history. Hardly a cue for humour, however as in all dreadful occasions an incident occurred to maybe mitigate the horror.

Halifax was the main assembly and departure point for the WW1 convoys then being sailed from North America to Europe. They carried lifeblood to beleaguered nations engaged in a death struggle. The large harbour could accommodate very many waiting ships before they were formed up into the protective convoy to set sail for Europe.

Unbeknown to others, in the harbour was a French munitions ship the Mont Blanc that carried 3000 tonnes of high explosives. Another ship the Imo a Norwegian ship carrying relief supplies was manoeuvring to leave the harbour when it collided with the Mont Blanc. The ships locked together.

As well as all the dangerous cargo below decks the French ship had, stowed on deck, drums of highly flammable Benzol.

Some of these containers were punctured in the collision; the contents spewed onto the deck; the grinding of metal as the ships drove into each other caused sparks which ignited the volatile liquid. A fire started. The burning Benzol ran down into the ship. Disaster was imminent.

The French crew wanted out. A fatalistic bunch that knew if their ship was ever torpedoed they need not fear a protracted drowning in the icy waters.

They lowered the lifeboat. The captain bravely said he would go down into the bowels of the ship and open the seacocks to sink the vessel. The crew objected saying it was all too late as the stricken vessel drifted towards the near shore.

Lifeboats are not built for speed. However with desperate men at the oars they careened across to the far shore, away from the ship at a speed that would have made oarsmen in racing skiffs jealous. They made the shore, the boat grounded, the men leapt out desperate to breast the hill bordering the harbour waters and achieve shelter in its lee from the coming explosion.

They ran like demented demons, up the gravel beach and onto a small roadway that skirted the harbour foreshore. When, to their horror they saw a young woman pushing her baby in a pram oblivious to the looming catastrophe. They ran to her screaming for her to run with them.

Now this is where more problems start. Halifax is not in the French speaking part of Canada. The crew screaming in French and wildly gesticulating to the girl who knew only English caused utter confusion and terror in the girl. She refused to run with them. Then, a decision by one clear thinking crewman – he reached into the pram, picked up the innocent and ran up the hill, carrying with him the child.

The horrified woman watching some deranged foreigner abscond with her beloved offspring threw caution to the wind and set off in hot pursuit intent on at least murder at the outrage. The rest of the crew seeing the problem being resolved set off after her. The girl ran even faster sure that the crew running behind her were also intent on evil doing.

Finally stopping, exhausted at the far side bottom of the hill the girl caught up with the child - laden seaman. There is no record of what she actually said to the man as she snatched back the bewildered baby. Being that the Frenchman didn't understand English and the girl on reflection thought it best not to repeat the words they have been lost to history.

Just after 9AM the Mont Blanc blew up. The girl and the crew were safe but the city was devastated. Heavy parts of the ship were found five miles away.

Not to be outdone Mother Nature also took a mean turn in the horror by visiting on Halifax the worst blizzard in living memory on the following day.

All the unhoused residents; their wooden homes either destroyed in the explosion or in the accompanying fires that followed suffered terribly.

A consoling footnote to the story is that the citizens of Boston were so moved at the plight of the Halifax residents that they rapidly mounted a relief train and brought succour. To this day, in gratitude the city of Halifax sends each year a Christmas tree, a gift to the city of Boston.

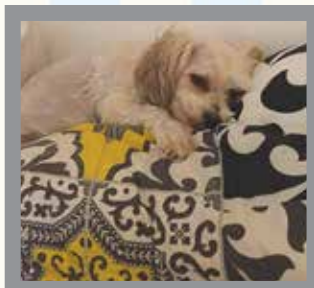


PET PAGES - share your pets pics

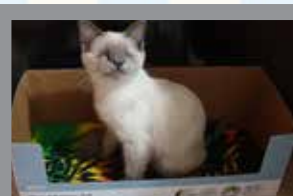


Teenie Weenie Baby

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



Shhhhhh....



Peek A Boo



You cant really see me on the bed can you?



What Big Ears you Have!



I dont scratch & I dont bite but you lean back and I just might



Golden Spooning



Doggie Distancing



WHO'S HOLDING THE BABY?

We evolved for our parents to do the bulk of the childcare. The younger, more fertile, stronger generation were thus freed of the burden of childcare and able to perform other tasks like hunting and defending the tribe. These days it is common for us to hear that our patients in fact belong to the children of the clients who come in to see us!

I pondered this for a while trying to make sense of this widespread phenomenon of reported pet ownership. The best answer I have is that those pets are a substitution for

offspring and form an important intergenerational link that holds your tribe, or pack, together. Treat them well. And save the bills to let your children know how much they and their fur babies mean to you.

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

6. TRAINING AND SOCIALISING - PART 1.

This is one of the most important factors towards a dog's wellbeing and adjusting in a human environment and preventing dog to dog aggression.

A lot of people believe that dogs are automatically a social friendly animal and generally they are. The false belief that people have is thinking or expecting their dogs to be friendly and social towards all dogs and people and this is not necessary the case. Puppies learn social skills within their litter and from their mum from the time they are born. Then at eight weeks old they are removed and taken to a

strange home that may include other pets as well. Usually puppies learn very quickly and adjust to their new pack. By the time puppies are 14 weeks old and fully vaccinated they can safely venture into the big, wide world and this is the start of a whole new game.

Most important imprinting stage is between 3 - 17 weeks old. During this period it is important for puppies to learn things in a positive way and learn how to interact with one another. When placed in a new home at 8 weeks puppies do not have the ability to interact with their own species for another 6 weeks or in some cases longer. How to overcome the 6 weeks period I will address in next issue

Happy training

Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

Puppy Classes: 7 wks to 16 wks of age

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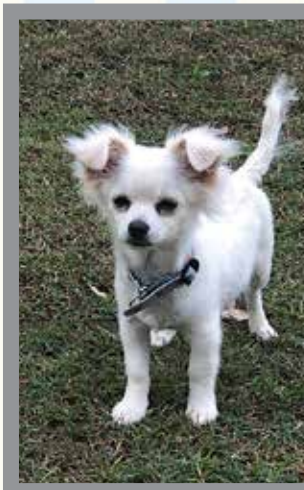
Hat Trick



Family Affair



Will you PLEASE throw that ball



Cute as a button



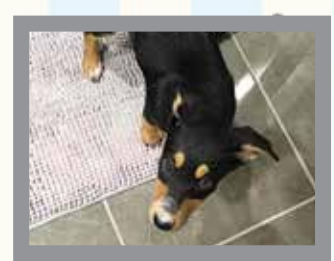
6mth Lilac Rag Doll
Peek A Boo



Miss Closelie sporting a smart pink number this week



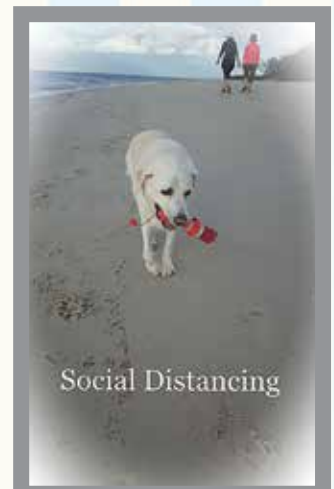
Says it all really....



You look sooo tall to me



Covid-19 prepared family



Social Distancing

Social Distancing



What?....



Double Trouble but oh so cute!



Us dog owners know this





As with all sporting groups, this year has been an especially hard one due to the COVID 19 pandemic. But with the true Tiger's spirit and a lot of support from our sponsors, we are back! Bribie Tigers would like to say a massive **THANKYOU** to our coach shirt sponsors this year. Thank you to Goodwin Drive Family Medical, Bribie Signs and Bribie RSL for their sponsorship.



Our coaches look great in their new shirts and are ready to whip us into shape for the season! As you all would know, the Bribie Tigers were established in 1977 and have a long



history competing in the Sunshine Coast competition. We are very excited to be back on the fields, but without community support it makes it hard to run a club, so we are very



grateful for any support anyone can give. This week our teams commenced training and we go back to playing games on the 10th July. We look forward to seeing you there!



MEET THE TEAMS

Come on down to meet our Junior football teams!!!



From Back Right: Shayne law – Team manager, Jason Jones – Under 13.5 Maroons coach, Tim Smith – Coach, McKenzie Brady- Coach, Cindy Hodnet – Team Manager, Sarah Smith – Vice President Not Pictured, Stephen Nicholson – Maroon Assistant Coach Miche Brady – White Team Manager

We have under 10.5 mixed teams with Coach Tim Smith and Team Manager Cindy Hodnet working together to create an amazing mixed under 10.5 team for footy loving kids. These kids are full of energy and chomping at the bit to get back on the fields! We also have two under 13.5 girls' teams rearing to go. These girls are full of passion and play with their hearts on their sleeves. With Coach McKenzie Brady and Team Manager Miche Brady steering them in the right direction, the Under 13.5 White Team is one great team to join.

Our Second Under 13.5 Maroon Team is full of footy loving girls out to win and have a fabulous time on the field. And they can't go wrong with Coach's Jason Jones, Stephen Nicholson and Team Manager Shayne law. They are defiantly a team to keep a watch out for this year.

Please direct any enquiries to our new Junior Vice president Sarah Smith on 0412297572 or bribiebulldogs@outlook.com or come on down to our club house on Tuesdays and Thursdays from 4:15 pm

LADIES GOLF DAY

TUES 2/6/20

Ladies 4BBB Stableford –

Overall Winners:

- 1st Vivienne Learoyd & Marjorie Stoddart 46
- 2nd Myra Dickson & Charmaine Price 45
- 3rd Colleen Whitney: & Cheryl Loimaranta 43 C/B
- 4th Heather Croukamp & Lulu Drew 43 C/B
- 5th Lyndall Pinson & Robyn Cantrill 43

THURS 4/6/20

Ladies Single Stableford

- Div 1 Winner: Ros Gardiner 38 C/B
- R/U: Jo Malone 38
- 2nd R/U: Margrit Pearce 37
- 3rd R/U: Susie Smith 36
- Div 2 Winner: Joy Jordan 38
- R/U: Jude Dorhauer 37
- 2nd R/U: Sylvia White 35 C/B
- 3rd R/U: Di Croft 35

- Div 3 Winner: Stina Barnulf 37
- R/U: Marjorie Stoddart 35
- 2nd R/U: Sonia Ferrante 34 C/B
- 3rd R/U: Angela Roberts 34 C/B

TUES 9/6/20 – Ladies 2 Person

Aggregate Stableford

Sponsor: Belles of the Ball.

Overall Winners:

- 1st: Stina Barnulf & Carol Williams 74.
- 2nd Maree Bailey & Tricia Brown 72 C/B.
- 3rd Ruby McKinnon & Abby Driver 72

THURS 11/6/20 – Ladies Single

Stableford

- Div 1 Winner: Myra Dickson 36 C/B
- R/U: Susie Smith 36
- 2nd R/U: Ros Gardiner 35 C/B
- 3rd R/U: Abby Driver 35 C/B
- Div 2 Winner: Mary Carruthers 42
- R/U: Jude Dorhauer 38
- 2nd R/U: Helena Winterflood 36 C/B
- 3rd R/U: Charmaine Price 36
- Div 3 Winner: Sue Tailford 36
- R/U: Stina Barnulf 34
- 2nd R/U: Hazel McDonnell 32 C/B
- 3rd R/U: Ros Crossley 32

SPORTS

HOORAY WE'RE BACK... Croquet on the Courts!

Well it seemed we would not be playing again until much later in the year, but surprise surprise, we're back!!

BUT this is not croquet as we know it, oh no – so many changes needed to be made so that we can play.

It is quite easy to play croquet and socially distance. We have a full size

court and we have started off with just games of singles, so there is plenty of room for just two people on the court. By the time you read this it may be four on a court, but that still leaves plenty of space to socially distance.

Can we open the Club House? **NO**. So no signing in to play.

Can we play any time like before? **NO**. Two brave souls have volunteered to draw up a rota of who can play when and with whom once you have contacted them to say you would like to play. One committee member needs to supervise 'cos " rules is rules "

Can we have tea and biscuits after our games? **NO**. You must take your own refreshments.

So what else is different? Well here is sanitizer on every equipment trolley

for your hands. There are disinfectant wipes to clean the balls after play and to wipe down all the handles. You can only play with your own mallet but as most people have their own mallet that's not a problem.

But let's be positive we can play , we are all fit and healthy, we have not been infected with the virus.



The courts are in excellent condition thanks to the members who have been looking after them while we couldn't play. We can just enjoy our games and play for fun no competitions. And things can only get better !!

Croquet will eventually get back to normal

Our committee have worked hard to make this happen

Very few people have opted out

Ideally we will have some galas before the end of the year

Don't forget you are always welcome
19 no it's 20 now!!

Have fun

Kathy Vincent



DON'T MISS OUT ON AN EXCITING RETURN TO THE COURTS

Local tennis players are about to get a vibrant boost to the local tennis scene with the Bribie Island Tennis Club partnering with Malpass Tennis to provide some amazing new opportunities. After play was halted due to COVID-19, the local club took the time to look at new ways to bring the great game of tennis to more people on Bribie and this new partnership was formed. Many of us may be a little wary about getting back out and about after the past few months at home but tennis is a very safe sport. It is, by its nature socially distanced and with limited physical contact between players, it can be enjoyed safely. It is planned that Malpass Tennis will offer a variety of opportunities for the Club so that both adults and children can get in on the fun.

FOR THE KIDS:

- After school coaching
- Competitions here on Bribie and within

the local area

- Top tips from Australia's top players like John Millman

FOR THE ADULTS:

- Cardio tennis – a racquet and lots of running (and laughing)
 - Adult coaching at flexible times
- Malpass Tennis are a professional and energetic team who have services aimed at helping you achieve your tennis related goals.

Bribie Tennis Club also offers a variety of opportunities for social mixed doubles. These mornings and evenings are a social hit that cater for the beginner, the returning player and the more advanced. Just come along for a great hit. It is a lovely time of year to be on the court.

Mon 7:30am – 9:30am

Tue 7.00pm – 9.00pm

Wed 7:30am – 9:30am

Thu 7.00pm – 9.00pm

Fri 8.00am – 10.00am

Court hire is also available for those who want to gather a few friends and have a hit. A great way to spend a Sunday afternoon.

For more information about any of these great opportunities call the club



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www.briebieislandtennisclub.com.au

We look forward to seeing you on the courts.


HOME and GARDEN

Common Edible Weeds




Dandelion	Chickweed	Purslane	Nasturtiums
			
<ul style="list-style-type: none"> • Toss young leaves and flowers through salads. • Older, bitter leaves are great braised. • Eat the root raw or roast it for a coffee substitute. 	<ul style="list-style-type: none"> • A common backyard weed. • Stir it raw into salads. • Toss quickly in a stir fry. • High in vitamin C. 	<ul style="list-style-type: none"> • Slightly salty, sour flavour, it has edible seeds. • Its crunchy texture works well in salads, and soups. • High in omega 3 fatty acids and vitamins A and C. 	<ul style="list-style-type: none"> • The whole plant is edible. • High in vitamins A, C, and D. • It tastes peppery and spicy, it is a great substitute for rocket in salads.

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The Plant Patch



WEEDING WONDERLAND. WITH THE JOY OF GARDENING COMES THE TASK OF WEEDING BUT WITH A BIT OF PLANNING, THIS CAN BE EASY TO MANAGE.

A weed is simply a plant in the wrong place. This might include your yard, or it could be a plant that has been introduced from overseas, found the local conditions a bit too inviting and now taken over the landscape. Our ecosystems are sensitive to non-native species and the quicker we manage weeds & invasive plants, the better for all.

Weeds & invasive plants tend to produce large numbers of seeds, tubers, offshoots or runners, have excellent survival rates, and love to take the first foothold in ground that has been disturbed.

Helping their spread are our native birds & animals. They snack on weed flowers, ingest their seeds, and deposit them via their droppings in a new area. And no matter how diligent you are to sift your new soils, weeds will appear. They come in all shapes and sizes so their removal can sometimes be challenging. Aim to kill or remove weed before they flower & set seed, to minimise the opportunity for further scatter around your yard.

Most garden shops will have products to apply directly to weed leaves for direct chemical control. If you have time, first try digging them up from the ground to reduce the environmental impacts of adding additional chemicals to your outdoor spaces.

Did you know that the following weeds & invasive pests were once common garden plants? The dandelion is classed as a weed. It has a taproot that needs to be physically removed from the soil or it will regrow from the root even though you have cut off all parts above ground. It also reproduces from its flower seeds - use a forked 'daisy grubber' and a bit of muscle to remove from the soil. Other common lawn weeds include bindweed, crowsfoot grass, and nutgrass.

Likewise, the African Tulip tree is also a weed even though it has beautiful orange flowers. Depending on its size you may need to get help from the tree loppers to cut it down. Use its bark chips to mulch your garden afterwards. To stop the stump from regrowing you will need to use plant

poison as recommended by your garden care specialist. Once dead, why not use it as a natural plant pot feature? The African Tulip tree is also a native bee killer - all the more reason to remove them.

And the Camphor Laurel tree can produce up to 100,000 seeds per year, usually spread by bird droppings. It lacks any serious predators or diseases and is likely to form single-species colonies, excluding most other types of trees.

Lantana covers approximately 5 million hectares in Australia, forming almost impenetrable shrubs. It's one of Australia's 20 Weeds of National Significance and is the most serious environmental weed in south-eastern Queensland.

Mother of Millions, also known as Mission Bells or Christmas Bells, infests our grasslands, woodlands and open dunes, and is poisonous to stock. Management includes controlled burning, physical removal or chemical treatment.

And who hasn't been on the pointy end of Prickly Pear, commonplace in many acreage & rural areas? Biological control is the best solution of which the Cactoblastis stem-boring moth has made the greatest impact controlling the spread. It is still listed as an official weed though.

So while we can't stop weeds, with a bit of knowledge and regular maintenance, we can control & reduce their spread. Remember the old rule of thumb - one year of seeds is equal to 5 years of weeds.



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Garden Centre OPEN 7 DAYS

BEST TIPS FOR HAVING A SUCCESSFUL GARAGE SALE



PART 3

6 TIPS ON HOW TO PRICE GARAGE SALE ITEMS...

1 HAVE CHANGE ON HAND.

You don't want to lose a sale just because you don't have some spare George Washington's floating around (that's dollar bills,

folks). Make sure you have enough small bills to make change for your customers.

2 KNOW HOW TO NEGOTIATE/HAGGLE.

Everyone wants a deal. That's why people wake up early on Saturday mornings to buy your

castoffs! If the customer wants to negotiate, then let them negotiate, but stick to your guns if the price gets too low. You're not giving your stuff away! Well, not yet anyway.

3 MAKE IT APPEALING.

If you really want your stuff to sell, you've got to

make it look nice. Before you try to sell those things that have been collecting dust, actually clean them off! Fill bicycle tires and basketballs with air. Scrape the mud out of your kid's old soccer cleats.

If something needs batteries to run, fill it



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HOME & GARDEN

with some half-used batteries so the buyer knows it works. Keep an extension cord handy for buyers to test out appliances that require an outlet. And place a mirror near the clothing and accessories. It might seem silly, but going the extra mile can really make a big difference between making a sale and losing one.

4 POSITION YOUR STUFF.

The morning of the sale, get up early and do a little setting up. Make sure whatever you're selling looks attractive. Put your more interesting items closer to the street so people know you're selling more than just T-shirts, costume jewellery, and old coffee mugs.

For everything else, keep it organized, clearly priced, and easy to sort through. Stock your checkout area with plastic grocery bags and newspaper to wrap up fragile items. Those small touches will go a long way!



5 GET YOUR FAMILY INVOLVED.

If you have a teenager, you know it's hard to get them excited about most things that happen early on a Saturday morning—let alone a garage sale. So, why not cut them in on the profits? Make a deal with your teen: if they gather up their unwanted items to sell, you'll let them keep whatever cash they

make. Is this just a secret ploy to get your teen to clean their room? Absolutely. But they'll never know.

6 BE SAFE.

Okay, this might seem like a strange garage sale tip, but stay with us. Most shoppers are well-meaning people just out looking for a good deal. But the reality is, you're still letting strangers shop on your front lawn. So just stay aware of what's going on.

It's a good idea to keep the doors of your house locked during the sale. Don't let anyone into your house to use the bathroom or get a drink of water. Just keep a pitcher of complimentary water outside and point them in the direction of the nearest petrol station.

Be on guard when it comes to all that cash, too. Keep the smaller bills in a cash box or on your body with an apron or travel bag. If someone makes a purchase with a large bill, it's best to give it to a family member to take inside for safekeeping.

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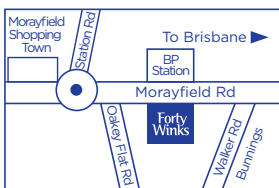
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Down to Earth Plumbing and Gas

is family owned and operated by lovely local couple Tim & Ashleigh Burr. Both of who have grown up on the Island and intend on raising their 2 beautiful children, aged 7 & 3 here as well.

Down to Earth Plumbing and Gas was established in 2018 and since then, Tim & Ashleigh have not only strived to offer the best possible service to their clients, they have succeeded. Quickly building a strong reputation as a business who offers exceptional service, quality workmanship and exceeding standards through Tim's attention to detail.

Tim has a passion for doing bathroom/ kitchen/laundry renovations &

extensions and it clearly shows in every aspect of his work.

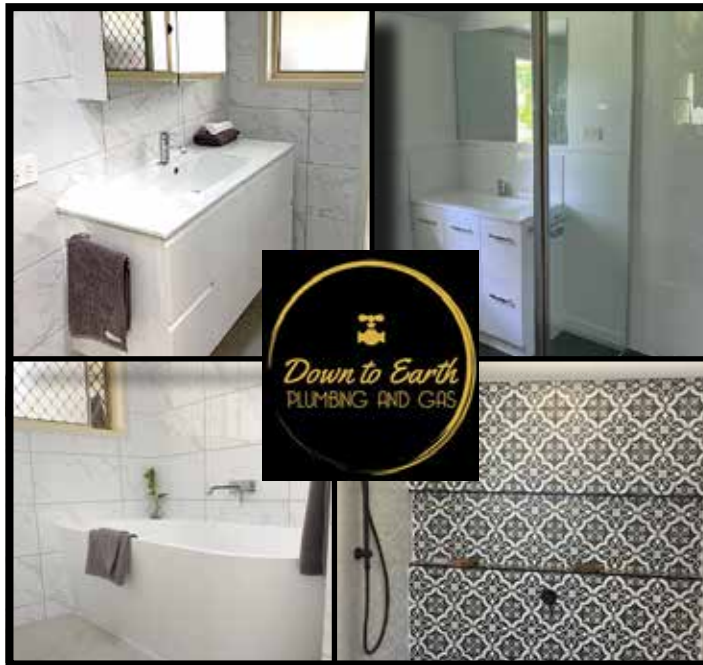
Tim & Ashleigh said, "Clarity in communication with our clients is

every one of our clients, turning their dreams into a reality".

Down to Earth Plumbing services offer all aspects of plumbing and drainage,

roofing, water & gas reports & certificates, pool plumbing and all elements of gas fitting. Working on all types of jobs, whether they be residential, strata, commercial, or industrial Tim and his team give 100% and delivery a quality finish each and every time. Tim and Ashleigh have also purchased a Jetter which is a powerful drain cleaning machine using high-pressure water jets to clear obstructions in residential and commercial drain pipes.

Tim prides himself on having in-depth knowledge of all aspects of the Plumbing and Gas industry so for professionalism, passion, and expertise, Down to Earth Plumbing and Gas is your one-stop solution for all of your Plumbing and Gas needs.













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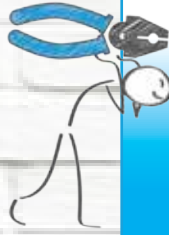
Local Tradie

is nearly out of his time and both love their jobs.

Bill is happy to travel off the Island and has done a lot of work at Toorbul, Donnybrook and surrounding areas. He does commercial and residential, external, internal, driveways etc., and is happy to come and give you a free quote. No job is too small or too big.



So with 35 years' experience as a painter, Bill still enjoys his work and is not sure when he will actually get to retire, but just happy he gets to work and live on our beautiful Island.



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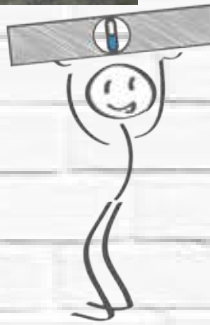
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BOATING, FISHING and ADVENTURES

OzFish makes national call to focus on waterway health

A campaign to accelerate the recreational fishing community involvement in fish habitat restoration was launched today by OzFish Unlimited. Through a series of powerful images, the online campaign flips the cliched bragging right photo of an angler and their catch with the waterways in focus instead of the fish. CEO and Founder of OzFish Unlimited Craig Copeland said it's time to disrupt traditional thinking and turn attention to improving waterways instead of just the fish that we can catch from them. "We have noticed a distinct



spike in the number of people worried about our waterways health and concerned about the reduced number of fish. Particularly after the recent bushfires and flooding," Craig said. "We hope this powerful message will transcend generations, activate fishers, and get people to understand the issues and involved in our work. "If you care about fishing, and you want it to be around for the future, I'd encourage you to get involved with OzFish." Fishing World magazine has joined the campaign with a special edition issue and

front cover image this month that is certain to have readers looking twice.

Scott Thomas, Editor of Fishing World was keen to get involved, after hearing about the concept.

"We must have healthy waterways to boost fish stocks and provide fishing opportunities. I'm positive Fishing World readers will acknowledge and get involved with the ground breaking work OzFish and its volunteers are doing to improve our waterways while ensuring the future of our pastime," Said Scott.

Major OzFish partner BCF will also back the campaign with imagery to be seen instore over coming months. Interested recreational fishers are encouraged to become a member and start to get active in habitat restoration. OzFish is a national not-for-profit charity, where

recreational fishers come together and help restore, protect and enhance fishing across Australia.

The campaign will launch across Australia this week through Fishing World and then through a series of digital platforms.

If you would like to know more about the project or get involved become a member of OzFish online at www.ozfish.org.au or contact 1800 431 308.

About OzFish

OzFish Unlimited is a national fishing conservation charity established to improve the health of our rivers, lakes and estuaries. It is a member-based organisation dedicated to make our fishing grounds healthy, vibrant and more productive. Their active work includes; habitat restoration such as resnagging, riverbank planting, fishways, shellfish reefs and educational and community capacity building programs.

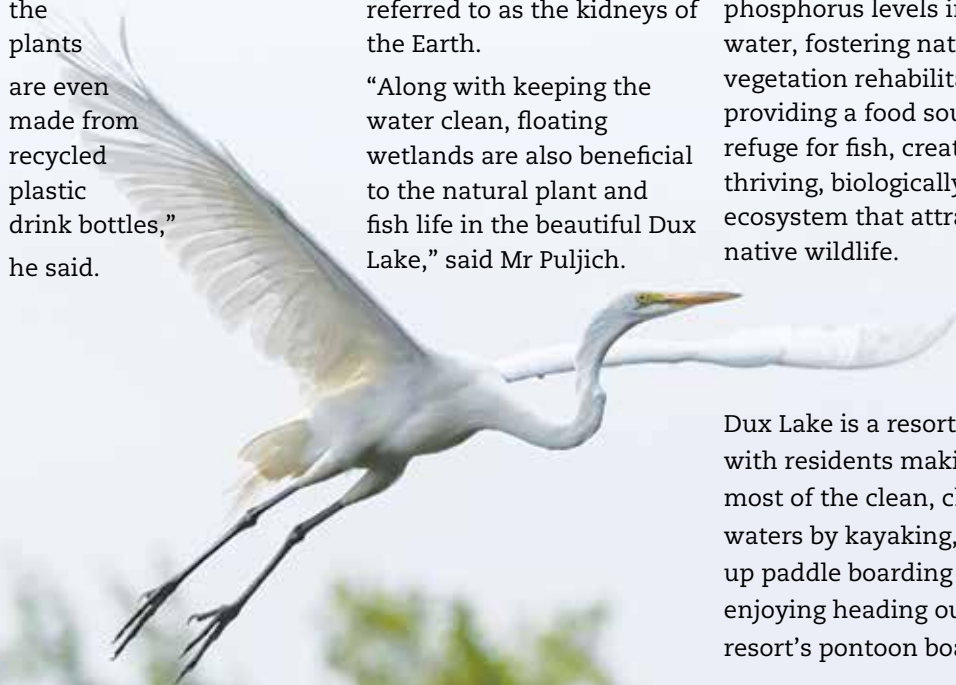
Phase two of GemLife Bribie Island's all-natural water-cleaning floating wetlands has kicked off, harnessing the power of plants to purify the water of Bribie's Dux Lake.

Expanding on the floating wetlands, or Floating Water Treatment System (FWTS), already in place, this phase will introduce more man-made rafts, containing hundreds of wetland plants native to the Bribie region into the resort's 9ha lake.

GemLife Director and CEO Adrian Puljich said the floating wetlands are part of GemLife's mission to make the resort as eco-friendly as possible.

"Environmental sustainability is very important and the wetland

system has a number of environmental benefits and the rafts used to house the plants are even made from recycled plastic drink bottles," he said.



FWTS function as flood barriers and natural water purifiers and are sometimes referred to as the kidneys of the Earth.

"Along with keeping the water clean, floating wetlands are also beneficial to the natural plant and fish life in the beautiful Dux Lake," said Mr Puljich.

FWTS environmental benefits include removing pollutants and lowering phosphorus levels in the water, fostering natural vegetation rehabilitation and providing a food source and refuge for fish, creating a thriving, biologically diverse ecosystem that attracts native wildlife.

Dux Lake is a resort hotspot with residents making the most of the clean, clear waters by kayaking, stand-up paddle boarding and enjoying heading out on the resort's pontoon boat.

ESCAPE ON THE WATER

Recreational boating is now possible in all States and Territories in Australia following encouraging signs of containment of COVID-19.

Recreational boating is on the road to recovery with members of a household able to go out boating in all forms of recreational craft which importantly includes the most popular type of boat... the family runabout.

This means a typical family household can go out together as there does not need to be 4 square metres of space for each

person on-board. Meanwhile people who are not from the same household can also go recreational boating but should maintain a physical distance of 1.5 metres from others.

Intrastate travel and staying overnight is opening across Australia which is a boon for recreational and commercial boating. NSW, Queensland and Victoria this week joined South Australia, Western Australia and Northern Territory to enable people to travel intrastate and stay overnight. Tasmania announced on the 2nd of June that it would also allow travel and overnighting from the 5th of June.

The move is expected to reinvigorate the boating sector which shares much common ground with tourism.

The ability to get out in the fresh air and sunshine on a boat, whether it be a paddle, power or sail, will be possible in all States and Territories. You will also be able to relax and stay overnight on a boat which can only help deliver social benefits all round.

This winter could be a great time to escape on the water in your own boat, or to get into boating by buying one, or simply hire one. Charter boats can deliver amazing experiences from bareboat yachts in the Whitsunday Islands to houseboats on our mighty rivers.

People will be able to enjoy experiences like whale watching, fishing charters and sightseeing cruises in regional areas, whilst also helping to support local economies.

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Fishing REPORT

By Bribie Bait Tackle & Bikes

The weather hasn't really favoured us this past fortnight, but having said that there has been a window of opportunity for the keen anglers to wet a line, and those who have, have fared quite well. Pictured are a nice couple of fish caught off the jetty since our last report. Heidi Williamson caught this very nice Sweetlip on a Yabbie, and James (the big fellow) got this nice Cod on a live Poddy Mullet. There has also been some better than pan sized Bream caught, the most popular being Herring. Those of you who have been around the Island for 40 years plus would remember 'old Joe' the Cod catcher. Joe was a very well spoken, eccentric gentleman, and his passion

was catching big Cod and Grouper off the jetty. He used to target them around this time of the year. I remember he used to fish with a hand line with 500lb venetian bind cord, he would loop it around the big bollards that were on the jetty, then using a whole Mud Crab for bait. Joe would camp out on the jetty for days and nights on end, until he succeeded. After about 10 years using this method, Joe considered that his catch rate was slowly starting to deteriorate, so he thought if he started fishing light, his catch would improve. He dropped his line from 500lb to 200lb mono using the same method and same bait. Whether that helped I don't know, but Joe was convinced it did, although on a number of occasions he got smashed up on his 200lb mono. You may be interested to know, our shop use to sell 200lb mono by the metre back in those days at 20c a metre. All of the kids that fished off the

jetty had a 200lb mono hand line, all trying to outdo Joe. It simply never happened. There have been a few Tailor caught, but they have been a bit patchy. With a bit of cold weather and some cold westerly winds, both them and the Mullet should improve. The Diver Whiting have still been plentiful for those who have ventured out onto the cockle banks, and there have been some reports of the Whiting anglers also getting a good feed of Squid. John Cayne caught 3 beautiful Flathead, fishing with Claude using soft plastics. Claude also got a 50cm bar-tailed Flathead on the same outing using a pilchard. You better be careful, John, don't forget if you keep out- fishing the magician, you mightn't be asked out again!!

According to the almanac, we have a full moon on Sunday 21st June, but the hot days are 22,23, and 24th June.

That's all for this report, stay safe and tight lines.



TIDE TIMES

BRIBIE ISLAND
& MORETON BAY

FRI 19 Jun 2:45 am 0.63m 8:21 am 1.48m 2:21 pm 0.32m 9:08 pm 1.98m	SAT 20 Jun 3:23 am 0.58m 9:00 am 1.48m 2:55 pm 0.29m 9:42 pm 2.04m	SUN 21 Jun 4:01 am 0.53m 9:37 am 1.48m 3:30 pm 0.27m 10:16 pm 2.09m	MON 22 Jun 4:41 am 0.5m 10:17 am 1.47m 4:06 pm 0.28m 10:53 pm 2.11m	TUE 23 Jun 5:21 am 0.48m 10:59 am 1.45m 4:45 pm 0.3m 11:32 pm 2.11m	WED 24 Jun 6:04 am 0.47m 11:43 am 1.44m 5:27 pm 0.33m	THU 25 Jun 12:14 am 2.09m 6:48 am 0.46m 12:30 pm 1.43m 6:12 pm 0.38m	FRI 26 Jun 12:57 am 2.04m 7:34 am 0.45m 1:23 pm 1.43m 7:03 pm 0.43m
SUN 28 Jun 2:36 am 1.88m 9:15 am 0.42m 3:29 pm 1.52m 9:14 pm 0.58m	MON 29 Jun 3:34 am 1.76m 10:11 am 0.4m 4:42 pm 1.61m 10:35 pm 0.62m	TUE 30 Jun 4:39 am 1.66m 11:08 am 0.36m 5:54 pm 1.74m 11:55 pm 0.61m	WED 1 Jul 5:48 am 1.58m 12:04 pm 0.31m 7:00 pm 1.89m	THU 2 Jul 1:10 am 0.55m 6:57 am 1.53m 1:00 pm 0.26m 7:58 pm 2.03m	FRI 3 Jul 2:17 am 0.48m 7:59 am 1.51m 1:52 pm 0.22m 8:51 pm 2.14m	SAT 4 Jul 3:15 am 0.42m 8:55 am 1.5m 2:43 pm 0.2m 9:40 pm 2.19m	SUN 5 Jul 4:05 am 0.38m 9:45 am 1.5m 3:30 pm 0.21m 10:26 pm 2.2m

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VMR

BRIBIE ISLAND



WE'RE BACK

VMR Bribie Crews are back on deck at the Base from Saturday the 6th June 2020. Due to the COVID-19 restrictions and concerns for our Volunteers our rescue crews have only been responding to calls for assistance and coming in from home when required. But as the restrictions are now easing the Red Saturday Crew, skipped by Simon Middap, were the first crew back at the base for their normal weekend shift. It did not take long and they had their first assist for the day. Social distancing was maintained in the crew room and a maximum of seven crew are allowed in the crew room at one time.

CREW TRAINING

Well it is that time again where our new recruits are put through their paces, by participating in the Elements of Shipboard Safety course. This has to be passed by all new trainee crew to progress to boat crew. This looks fun, but it can be quite hard as there is a lot of water time and stamina required. They all learnt survival techniques, safe working procedures for emergency situations on board a vessel, survival techniques on a vessel in

an emergency situation, as well as abiding by safe working procedures.



VMR Skipper Simon Middap checking the buoyancy of the life raft as it was going to be used as part of his Elements of Shipboard Safety Course for New VMR Trainees,



New VMR Trainee Glenn Taylor learning how to abandon ship as part of his Elements of Shipboard Safety course.



New VMR Trainee Celal Erisir doing his buoyancy test and swim as part of his Elements of Shipboard Safety course



New VMR Trainee Mike Lucas learning how to right a life raft as part of his Elements of Shipboard Safety course.



New VMR Trainee Craig McShane learning how to use a Marine Flare as part of his Elements of Shipboard Safety course. with Skipper Simon Middap watching on in the background



Monday 8th June 2020 - When a boat beaches itself in a Marina, Bribie 1 to the rescue. Thank goodness for the joystick steering - it was tight in there at low tide!

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 11th June 2020:
5,807 Calls, 1,696 vessels logged on,
133 Vessel Assists, 603 Sitreps, 247 Requests,
24 overdue vessels, 3 Vessel Tracking,
503 Radio Checks, 22 Weather Broadcasts,
1 Securite Broadcast, 0 Pan Pan 0 Mayday.
VHF 76.2%, 27MHz 8.5%.

MAY/JUNE 2020 VESSEL ASSISTS:

SAT 30/05 1407pm - 4.8m
Runabout non-member with a flat battery required a jump start in the Pumicestone Passage at Toorbul.

SUN 31/05 1356pm - 5m
Runabout non-member with a fuel problem 500m off beach halfway to Caloundra required a tow to Spinnaker Sound Marina.

TUE 02/06 0554am - 10.4m
Cruiser member with anchor chain around propeller on beach near Tangalooma Resort and taking on water. Bribie 1 attended but conditions too rough to tow, owner arranged salvage.

WED 03/06 1036am - 6m
Runabout member broken down at Mission Point required a tow to Spinnaker Sound Marina.

FRI 05/06 0044am - 5m ½
Cabin non-member with engine problems required a tow from Mouth of Caboolture River to Monty's Marina Beachmere.

FRI 05/06 0851am - 3.5m
Tinny non-member engine died after about 100m just off Airforce Park, required a tow to Bongaree Ramp.

SAT 06/06 0719am - 4.8m
Tinny member with motor problems, required a tow from Pacific Harbour to Bellara Boat Ramp.

SUN 07/06 0734am - 8m
Cruiser member with engine failure at Spitfire Channel required a tow to Spinnaker Sound Marina.

SUN 07/06 0843 am - 7.3m
Centre Console member with engine problems, required a tow from Wild Banks to Spinnaker Sound Marina.

SUN 07/06 1413pm - 5m
Runabout non-member stuck in mud at Bongaree, required a tow to refloat.

SUN 07/06 2020pm - 5.7m Half
Cabin non-member with engine required a tow from Shipping Channel near Cape Moreton to Bellara Boat Ramp.

MON 08/06 1415pm - 10.5m
Cruiser non-member stuck on sandbank in Spinnaker Sound Marina with engine not working, required assistance to berth in the Spinnaker Sound Marina.

TUE 09/06 0835am - 11.5m

Trimaran non-member drifting toward shore near IGA Bongaree, required resecuring on mooring at Bongaree.

DRIFTING TRIMARAN

Tuesday morning 9th June 2020 - VMR Bribie received a call for assistance from an 11.5m Trimaran that had dragged its anchor and was heading for the beach area opposite IGA. With the assistance of Bribie 1, Bribie 2 and the crew of the Trimaran they were able to secure the vessel.



VMR BRIBIE IS HERE TO STAY!

VMR Bribie Island is an integral component of our community's emergency services. We also contribute as advisors to the Local Disaster Management Group within the Moreton Bay Regional Council Local Disaster Management Plan.

Over recent days there have been some public statements by Volunteer Marine Rescue Queensland (and some northern VMR representatives) suggesting that VMR squadrons across Queensland will close in 3-5 years without additional funding from the Government.

We want to reassure you that VMR Bribie will not be closing down or reducing services. We have been part of the Bribie Island community for 45 years, and we are not going anywhere!

Thanks to our members and the generous support of our community, VMR Bribie is in a good financial position for the future. Our boats are relatively new, our base is in good condition, and we have a sound financial plan in place for maintenance and eventual



replacement of our boats.

VMR Queensland is a representative body that supports and assists all 26 independent VMR squadrons across the state. VMRAQ's statements reflect that there are some squadrons across the state - particularly in remote areas - that need additional funding just to survive.

Unfortunately, the VMRAQ statements have been interpreted to mean that all VMR squadrons are in dire financial straits, which is not the case - at least for VMR Bribie.

We have over 1500 members, whose annual fees underpin our financial position. On top of this, VMR Bribie volunteers work tirelessly to raise extra funds -- we sell raffle tickets around Bribie three times a week, we do car parking at events, we hold Golf Days and social events -- all of which are essential in maintaining a

sustainable service to our local boating community.

We also rely heavily on our amazing sponsors and supporters like Busy Fingers, the Sandstone Point Hotel, Martin Jonkers Motors, and many others -- all of whom are instrumental in VMR Bribie maintaining a 24/7 service to our community.

It would obviously be great if we could get more State Government funding, but there is no suggestion that VMR Bribie will close down if we don't get additional funding.

We will continue to raise funds with the support of our members and the community as we have for the last 45 years, and we will continue to provide a valuable service to the local boating community.

We are ready to go whenever and wherever you need us - up the passage, in the bay or out wide.



SAFETY DAVE

The Frenchie's Message:

"Ensure your safety gear is in good condition AND in an easily accessed position, your flares must be dry and have not expired. "Keep a sharp lookout at all times, observe COLREGS, give clear indication about passing, approaching,

giving way and overtaking to avoid collisions with other boats. They are the traffic laws on the water

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



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ON THE ROAD

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Ford Bronco 1965:



Long before the Range Rover pushed the 4x4 upmarket, the Ford Bronco started this upward movement by offering drivers something more than just a rugged pick-up or de-militarised off-roader. The first-generation Bronco had a bespoke chassis and all came

with four-wheel drive. This included a shift-on-the-fly Dana transfer case to swap between rear- and all-wheel drive. There were also locking hubs at the front for more serious off-road work.

The first Broncos could only be bought with a 170cu in (2.8-litre) inline six-cylinder motor, but from 1966 a 289cu in (4.7-litre) V8 gave the Bronco the punch to match its aspirations. Even so, Ford still insisted on only offering a three-speed column shift gearbox until it relented in 1973 with a three-speed auto 'box. The Bronco nameplate

disappeared in 1996 after five model generations, but an all-new Bronco is set to arrive on our roads later in 2020.

Jensen Interceptor FF



1968: The FF in this Jensen's name refers to its Ferguson Formula four-wheel drive system. Ferguson had already developed all-wheel drive for agricultural vehicles and also a Formula 1 car, the P99 raced in 1961. That experiment proved unsuccessful, but the Jensen was a different prospect and aimed at the very wealthy looking for the ultimate GT car.

Jensen sold 320 FFs, but what held it back from greater success was the four-wheel drive transfer case jutting into the left-hand front passenger space.

This made offering a left-hand drive version all but impossible and cut off the all-important US market. It was a bitter blow as the FF was a superb car as the first non-SUV 4x4 to go on general sale. It was also the first production car offered with ABS anti-lock brakes.

Subaru Leone 1972:



The Leone was launched by Subaru in 1971, but it wasn't until 1972 that it was available with the four-wheel drive that was to become the Japanese firm's calling card. There was no nod to off-roading here and instead the Leone's all-wheel drive system was aimed squarely at making the car safer to drive in all conditions.

The first-generation Leone made do with four- or five-speed manual or three-speed automatic gearboxes. For

Bribie Car Care is a family owned and run mechanical workshop that has been servicing Bribie Island for many years. They also have many specials that offer discounted rates and more deals to keep you happy. They can provide you with a courtesy car available free of charge as one of their customers. They even offer a free local pick up of your vehicle from work or home to enable your servicing experience to be 'too easy'.

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ON THE ROAD

the 1979 second-generation version, a high and low ratio transfer 'box was added and Subaru hit pay dirt in the USA where the car rapidly found favour. It was also immortalised as a radio-controlled model with the Tamiya Brat pick-up version.

AMC Eagle 1979:



Before AMC was swallowed up by Chrysler in 1987, it was an innovative firm that had to duck and dive to keep up with the Big Three. One of its ideas was the Eagle. A rival to the Subaru Leone, the Eagle was a compact estate car with the unusual for the period feature of four-wheel drive. A raised ride height gave the Eagle decent off-road ability and a range of four-

and six-cylinder engines balanced performance with economy.

The four-wheel drive package was devised by FF Developments, the same company responsible for the Jensen FF. There was no low ratio, but a viscous coupling gave quiet running and seamless division of power to whichever axle had the greater traction. In the end, though, the AMC Eagle was a car ahead of its time and didn't sell in the numbers it deserved, shifting 37,429 units over eight years.

Audi Quattro 1980:



The world may have seen several four-wheel drive passenger cars by 1980, but it hadn't expected a full-on

all-wheel drive performance car. From the moment the Audi Quattro hit the road, it was a revelation, beating cars with more power and bigger price tags, though its launch price of £14,500 (\$AU28,982) in 1980 was far from cheap.

None of this mattered. The Quattro was an instant hit and Audi backed it up with a world rally campaign, though it took till 1983 to sort many of the niggles with overheating and understeer on stages. The reason the Quattro was so good was its mechanical centre differential that let the driver choose the split of power between the front and rear wheels. In 1987, Audi swapped to a Torsen torque-sensing centre differential to simplify the process.

Fiat Panda 4x4 1983:



If the Audi Quattro made 4WD desirable, the Fiat Panda made it accessible to all. Fiat looked to Austrian firm Steyr-Puch for the gearbox, clutch, back axle and differential and even the propshaft. All of this was fitted into a beefed-up Panda body and one of the world's most unexpected and enduring classics was born, with prices on the up.

Fiat kept things simple and affordable in the Panda 4x4 by not using a high-low transfer 'box. Instead, first gear was very low to give excellent off-road climbing and hill descending skill, while the upper four gears allowed for normal on-road driving.

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LETTERS



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

Dear Editor,

I would like to thank all the advertisers who make The Bribie Islander possible.

With newspapers closing down left, right and centre, we need to maintain ours. We can all get national and international news through other media, but only our local newspaper provides the really local news.

It is great to see the pictures and stories about what is happening here on the island. So thank you again to all the advertisers, and others, please keep buying locally and using local services.

Hazel Beneke

The Editor

Sadly News Corp have cancelled more urban and rural newspapers. Costing people's jobs and denying those without a community newspaper to get the local news. Many older Australians do not have IT knowledge nor do they want it, they rely on a community newspaper to keep them informed locally. Many people do not want social media and feel treated by isolation from news and articles with the use of advertisers to guide their services locally.

The small independent newspapers and magazines are struggling to stay afloat due to lack of advertisers and the effects of Covid-19. To ensure that the Independent community press Survives communities must rally together and support physically and financially. Encourage advertisers, supply articles and be generous readers.

The Bribie Islander has remained a community magazine that is, non-political religious or diversity biased magazine. We must all support the initiative of Richard Whetlor so that we can have local news, and articles from awesome Wordsmiths like Anne Matthews, Barry Clark, Helly Kemp, Dr Jackie, and Elaine Lutton, the Fishing news, Health and well-being to mention a few.

William Peacock OAM

Dear Editor,

Speed Kills – Again!

Yet again this morning we saw the end results of a speeding car in the Pacific Harbour Golf and Country Club Estate. Tradie or local – who knows? Another dead Kangaroo. It could just as easily have been a young child.

It is meant to be a “50” zone yet drivers WILL NOT slow down. I have asked Council to put in speed bumps at certain places – like at Woolworths, but they claim lines on the ground work better! Tell that to the ducks, birds, and kangaroos etc. that are constantly killed here.

Most drivers do care, however a certain minority don't. Many of these drivers live in the Estate but don't seem to care for the animals that live here – or the pedestrians. They ignore speed limits and ignore give-way rules at roundabouts. Many blame Tradies, who can speed through, especially in the mornings and afternoons, but I've witnessed the school mums racing along, the new “P” drivers who think

the road lines are part of a chicane, and the speeding 4WDs that people seem to see as obligatory today – whether they go off-road or not. Old and young drivers speed. Men and women. It is time to stop!

Driving at “45” in the Estate will mean you are home perhaps 30/40 seconds later than if you speed! It might also mean you can brake in time to save a life! Give it a try – SLOW DOWN!

**Michael Matthews
Bribie Island**

The Editor

LOSS OF MATURE TREES

A few BIEPA members met with members of the Queensland Parks and Wildlife Service and officers from the Queensland Fire Service on Tuesday, 26th. May to discuss the removal of over 70 trees in the fire break behind the Bribie Pines Retirement Village (behind Godwin Drive and Cotterill Avenue).

The loss of these mature trees is tragic. More than ever we are aware that “trees create soil, store and cycle water, trade nutrients, generate humidity, build weather systems and conjure up the very miracle we call photosynthesis”. Last year's scary fires have accentuated the necessity for fire breaks for sure but why are developers allowed to build up to the edge of national parks?? The building up to these boundaries has forced national parks to clear national park assets: mature trees and wildlife habitat. The public has had to bear

the cost of this wholesale removal of trees to ensure “people and property” are protected.

Isn't it time that property developers ensure the safety of their residents by including firebreaks in their proposals? Elderly people, in particular, cannot be evacuated quickly. The public is paying the bills for developers!

The Queensland National Parks personnel appeared to be as upset as the BIEPA members that these National Park assets have had to be mown down.

Can our Bribie community get active and make sure new developments respect our dwindling natural resources?? We are seeing wholesale habitat loss on a large scale on Bribie. Note the large cranes and the scale of works on the Church of Christ site near the corner of Cotterill Avenue and Godwin Drive. Again, there was no thought for the loss of the magnificent mature trees and the myriad of creatures lost.

In the words of David Attenborough, “We depend upon the natural world for every mouthful of food we eat and every mouthful of air we breathe.”

What developments are in the pipeline for Bribie and what safeguards are in place to maintain our natural assets?

**Glenda Charles
(for BIEPA)**





Horoscope

We all have phone numbers we ought to delete. Maybe it's an ex we shouldn't text when we're feeling out of sorts. Since I started losing weight I feel the same way about a certain pizza delivery company! In July, Capricorn makes a celestial call to Saturn as the great planet returns, having left in March. Yet, even if the past looms large this month, we're not stuck in reverse, or in bad habits. The New Moon, encouraged by Jupiter and Neptune, brings vision to build for a happy and healthy future.

CAPRICORN (Dec 22 - Jan 20)

Sometimes, being 'smart' involves using your powers to discriminate and draw on past experience to influence situations that need to be smoothed out. There are other times when it's better to simply accept what's unfolding. There will be times in July when standing back, and allowing other people to call the shots will be to your advantage. Reducing the levels of stress you're under will not only allow you to recuperate, it will enable you to do things the way you want to do them in the very near future. There's heart-warming news in your month-ahead forecast. Call 1300 017 319.



SAGITTARIUS (Nov 23 - Dec 21)

Success, it's said, often comes down to 'who you know rather than what you know'. Of course, there's an element of truth in this; good connections are always helpful. This month, as you begin to appreciate how well connected you are, the positivity you're beginning to feel about a new venture will enable you to change a situation for the better. You just need to speak quietly into the right ear. As long as you ensure that you've carefully considered your needs and make a fair request, you'll get the help you need. Keep moving in the right direction this month. Call 1300 017 319.



AQUARIUS (Jan 21 - Feb 19)

Arguments are much harder to get out of than they are to get into; and when solutions first appear, they're often an uncomfortable fit. Like new shoes, they need stretching and squeezing into before we feel at home in them. Just because something is challenging doesn't mean that it's 'wrong'. Neither is there any point getting into a dispute just because someone holds the opposite position to you. Mars enables you to find constructive ways to move ahead in July. You just need to look for them. The planets bring inspiring energy your way in July. Call 1300 017 319.



PISCES (Feb 20 - Mar 20)

Your ability to adapt and flow with situations gives you a natural resilience and a remarkable way of dealing with pressure. It enables you to push forwards and accomplish things that other people would not be able to complete. Yet the turmoil you've recently been through has left you feeling exhausted. No wonder you're tired and ready for a rest. The good news is that the cosmos brings you a reason to feel jubilant this month. As the reasons for worry are resolved, things are about to get much easier. For support that inspires you call your month-ahead forecast: 1300 017 319.



ARIES (Mar 21 - Apr 20)

Surely you don't have time to sit around reading your horoscope? With Mars, your ruler, in your sign for the entire month of July, you're under pressure to get ahead, go faster, try harder and take less time to relax. No! Rather than allowing yourself to be wound up into a frenzy, you can galvanise the gift of energy you're being given and direct it calmly and confidently into the areas of your life that need change. Don't be driven by deadlines. The more time you take, the more success will follow. What's the best way to ensure your success this month? Call 1300 017 319.



TAURUS (Apr 21 - May 21)

Many of the people who look into the future believe in reincarnation. Personally, I'm not sure; it might happen, it might not. If the concept that there will be something better happening in the next life leads us to put up with second-best in this one, it doesn't seem like a healthy way to approach this lifetime. Conversely, thinking that things are tricky because of what we've done in the past isn't particularly helpful either. When July brings a once-in-a-lifetime opportunity your way, don't hesitate! How can you stay focused and happy in this crazy world? Call 1300 017 319.



GEMINI (May 22 - Jun 22)

When life is like a bowl of cherries, full of sweetness, we can cope with any problems that crop up. Yet appearances can be deceiving. Just because someone is surrounded by success and wealth doesn't mean they're content with their lives. Being happy takes more than power or money, and is much more valuable. Plus, when we experience happiness, we somehow attract what we need into our world. This month, with Venus in your sign, prioritise your wellbeing and everything else will follow. Stay hopeful in challenging times. Call your July forecast: 1300 017 319.



CANCER (Jun 23 - Jul 23)

The world is filled with mysteries we're unlikely to ever solve, and questions that are impossible to answer. Since we're aware of this, we manage to find ways to overlook complex paradoxes and accept things the way they are without questioning them. This sometimes manifests into turning a blind eye to what's going on in our own lives. This month, when a key person in your world stirs up uncertainty and confusion, simply step back. Hypothetical questions don't have to become real. Your month-ahead forecast contains inspiring news. Call 1300 017 319.



LEO (Jul 24 - Aug 23)

There's no point wasting time engaging in a futile debate this month. There are more important things to focus on. Even if you're drawn into an argument that feels important, there's a strong chance that you'll be wasting your time and energy getting wrapped up in an avoidable drama. July brings opportunities for constructive change. In order to maximise the chances that come your way your discriminatory powers are being called for. Focus on what seems simple, clear and worthy of your time. For an inspiring way to deal with any challenges, call 1300 017 319.



VIRGO (Aug 24 - Sept 23)

Finding yourself at the edge of a metaphorical cliff can be exhilarating. A sense of false confidence can make us venture close to the edge. Conversely, making important life decisions often induces anxiety. Recent events are making you wonder where you stand vis-à-vis an important situation or relationship. But just because the ground under your feet feels less secure doesn't mean there's anything wrong. Trust what inspires you this month. And take your time when you feel uncertain. For support that can help you through the month, call 1300 017 319.



LIBRA (Sept 24 - Oct 23)

Rules and magic don't sit well together. In order for magical things to occur there needs to be space for creativity and impulsivity; spontaneous laughter and a willingness to embrace uncertainty. This month, if you allow yourself to relax, and step back from trying to control challenging situations, magic can happen in your world. If you find a way to be grateful for what feels impermanent, hard to understand, even troublesome and problematic, it's in these areas that transformation can be found. Navigate your way through this month's challenges. Call 1300 017 319.



SCORPIO (Oct 24 - Nov 22)

Can one new idea make a real difference? Well, it depends on what it is, who has it and how much it's needed. Throughout July, you'll be presented with situations that enable you to build on recent past challenges, turning them into cornerstones that support you in a positive way. Things aren't how they used to be, and they won't be the same again. As long as you have confidence in your ideas about your future direction, you're being blessed with the impetus to take you to a new and brighter place. There's hope on the horizon. For an uplifting guide, call 1300 017 319.



CRIME REPORT

BRIBIE ISLAND WRAP

MAY 2020



www.mypolice.qld.gov.au/moreton

PROPERTY OFFENCES:

Between 3pm on May 22 and 1.30pm on June 5 Cotterill Avenue, Bongaree
Household appliances
Forced entry to back door

Between 10pm on June 8 and 7am on June 9
Foley Street, Bongaree
Shed entered
Nothing stolen Via door

Between 12pm and 2pm on June 10
First Avenue, Bongaree
Entry gained and damage to property

Persons responsible located and dealt with by Moreton North Child Protection Investigation Unit

TRAFFIC OFFENCES:

Three persons dealt with for unlicensed driving
A total of 14 traffic infringement notices were issued

DOMESTIC VIOLENCE:

One DFVPA police protection notice, one contraventions of DFVPA and four other domestic related incidents

DRUG:

Nine persons dealt with

for 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

TRAFFIC:

On June 12, Bribie Island Police conducted a targeted traffic operation in the vicinity of the Bribie Island Bridge with the assistance of officers from the Road Policing Command and Moreton Tactical Crime Unit

STOLEN VEHICLES:

June 9, 12.10pm
Bribie Island Road, Ningi
2015 Mitsubishi ASX
Vehicle left running with keys in ignition

Offender located and vehicle recovered



The Queensland Police Service (QPS) have resumed static roadside breath and drug testing.

The multi-vehicle sites had previously been suspended to reduce the risk of COVID-19 transmission and to minimise health risks to QPS officers and the community.

These high visibility road safety initiatives

resumed from 5pm on the 15/06/2020 after careful consideration. Road safety continues to be a significant priority for the QPS and motorists can expect to be tested anytime, anywhere.

The community will see the static sites right across the State, back in place to ensure the safety of everyone on our road network.



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