



The **Bribie Islander**

ISSUE 120 AUG 14 2020

www.thebribieislander.com.au

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**Bribie Respite & Support Services Supporting
Bribie Community Members
To Live Well. Pg 12 & 13**

SENIORS WEEK CELEBRATIONS

Bribie School

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#120

AUG 14, 2020



Dear Readers,

Welcome to edition 120! We are celebrating our birthday this month, being your local community magazine now for 6 years! We would like to thank everyone for their support throughout the years and we are looking forward to continuing to be the communities most loved and well-read publication on the Island. So our present back to you is we are now offering **FREE** notices for your garage sales, wedding, engagement, birth, death and funeral notices. Just call our lovely Michele and she will arrange this for you!

While we are talking about celebrating, this edition we are celebrating the annual Seniors week!

We have some great stories this edition and a wealth of information on where to find the services you may require in your area. We are very lucky to have the senior population we have, sharing the wisdom and experiences they have been through and I myself, find the stories they have to tell fascinating! I hope you all enjoy this very special edition and find some time to be with the seniors in your life and show them just how loved and appreciated they are.

Until next edition, Take Care, Stay Safe,

Cherrie

MEET THE TEAM...

Cherrie Wilson

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Shop 9 / 9 Toorbul St, BONGAREE. PO Box 1160,
Bongaree, BRIBIE ISLAND



Caring for our elders is a privilege, not a burden.

To care for those who've cared for us is an honour for certain.

So treat them well, take care of them, show kindness and respect.

Teach your children how it's done for when it's your turn next.

Thank your elders for:

The lessons they've taught you,
The experiences they've shared,
The discipline they've given you,
The sacrifices they've made for you,
The history they've passed on to you,
The times they've worried about you,
The times they've celebrated with you,
And how they've loved you no matter what.

Thank them now while you still have the opportunity.

By Kelly Roper



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Bribie Bait & Tackle

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Elaine Lutton

Hazel Beneke

Helly Kemp

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in this issue



12-13

Bribie Respite & Support Services



06-27

Seniors Week



30-31

Bribie School

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BEST THINGS About GROWING Old...

A Happier Outlook

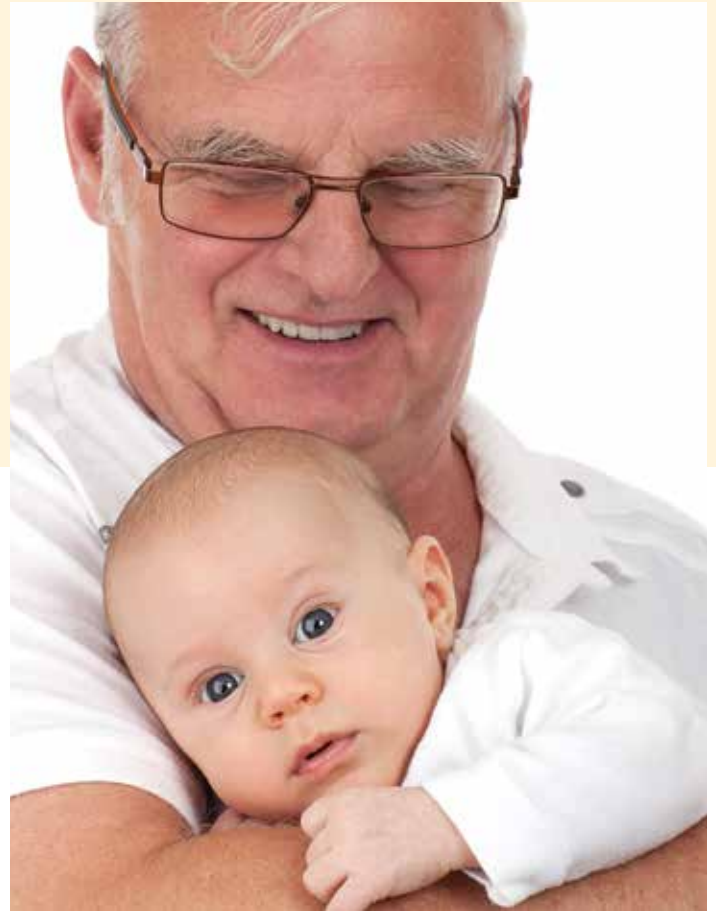
It may surprise some, but studies show that seniors are among the happiest groups of people and that they are significantly happier than their middle-aged counterparts.

This could be due to better coping abilities. Older people tend to have internal mechanisms to deal better with hardship or negative circumstances than

those who are younger. Another reason seniors may also be happier is that age means that they are "more comfortable being themselves."

Grandchildren

Grandparents often get to experience the joys of little children without nappy changes and sleepless nights. Grandparents love their grandchildren, and this love lightens



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



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their own heart while simultaneously benefiting the grandchildren who receive this love.

Research shows children need four to six involved, caring adults in their lives to fully develop emotionally and socially and that the grandparent/grandchild relationship is second in emotional importance only to the parent/child relationship.

More Time for Loved Ones

Retirement isn't inherently joyful or relaxing — its how that time is used that makes it special.

One of the best parts of retirement is spending time with family, friends and other loved ones.

Opportunity to Pursue Your Dreams

The time gained during retirement is an excellent opportunity to pursue

dreams and passions that you might have put on hold. For instance, you can learn a new language, take that trip you've always dreamed of, or write the novel in your head that's been waiting to get out.

Guaranteed Minimum Income, Medicare and Social Security

While poverty is still a big problem among seniors, safety-net programs such as Medicare and the pension, seniors should have a guaranteed minimum income and health insurance even if they aren't wealthy and don't have children who can support them.

Senior Discounts

As trivial as senior discounts may seem, there must have been a time you envied them. The discounts offered to seniors can help



people save money in a period when income tends to be fixed and limited. These discounts also provide a great incentive for seniors to make the most of their retirement, for the discounts are often for the exact types of services that help seniors stay engaged and active, such as dining, medication, entertainment and transportation.

Sense of Accomplishment

Older people often have

a healthy sense of pride that comes from their accomplishments. These accomplishments needn't be great feats.

Seemingly ordinary achievements like raising a healthy and happy child, being happily married, serving in defence of the nation, or retiring from a job in good-standing after years of dedicated service, can be the foundation of pleasant contentment in old age.



Unsure about seniors living?

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Elder abuse can take many different forms. The most common forms of elder abuse are financial abuse and neglect.

ELDER PHYSICAL ABUSE

Physical abuse describes any deliberate act that causes pain for, injury to, or intimidation of, an older person. This includes all forms of physical assault, along with the use of restraint by physical or chemical methods.

ELDER PSYCHOLOGICAL/EMOTIONAL ABUSE

Psychological or emotional abuse involves any action or threat that causes fear of violence, isolation, deprivation, humiliation or powerlessness.

For example, treating the elder like a child, preventing access to services, making threats (such as preventing them from seeing loved ones) or telling them they have dementia.

ELDER SOCIAL ABUSE

Social abuse is forced isolation that prevents or restricts the older person's contact with friends, family or the community.

This could involve withholding or controlling mail or phone calls, preventing them from attending

religious or cultural events, or taking over their home without consent. Social isolation often allows other forms of abuse to take place.

ELDER FINANCIAL ABUSE

This is the illegal, mismanagement or improper use of the older person's finances.

This includes stealing money or possessions, controlling their finances without permission, threats or coercion to gain Power of Attorney or pressuring them for early inheritances.

ELDER SEXUAL ABUSE

Any sexual contact, language or display of pornography without the older person's consent, or through coercion.

For example, making obscene phone calls in the person's presence, inappropriate handling when undertaking personal care activities, or making the person perform a sexual act they don't want.

ELDER NEGLECT

Neglect involves the failure of a carer to provide basic necessities such as food, shelter, or medical care, or preventing someone else from providing them.

WHEN IS ELDER ABUSE LIKELY TO OCCUR?



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HEALTH, WEALTH & COMMUNITY

Some of the possible risk factors for elder abuse include situations where:

- the carer is experiencing high levels of stress, for example, health or financial pressures
- the older person is unable to stop or report abuse due to cognitive impairment or physical limitations
- there is isolation as a result of location, cultural or language barriers, or health complications
- the carer or older person is dealing with addiction
- the carer or older person is dependent on the other person for support, for example, financially, socially, or physically.

WHAT SHOULD YOU DO IF YOU ARE BEING EXPLOITED OR MISTREATED?

The first priority is your safety. If you feel threatened or unsafe, call 000. The police can assist you in removing an abusive person from your home, or help you to find safe accommodation.

If you decide to stay in the situation, having a safety plan can help you know what to do

in an emergency.

Finding someone to talk to and share your concerns with can be very helpful. This could be a trusted friend, family member or a trained person from a professional organisation.

If someone close to you is placing unwelcome restrictions on you, is emotionally mistreating you, or taking advantage of you financially, you may want to try to resolve things with them informally. Elder support services such as those provided by Relationships Australia could help to improve your situation.

You may be protective of the person mistreating or exploiting you, particularly if they are your adult children. It is important to remember that you have a right to feel comfortable and safe, and that people, including adult children, can get help for their problems. They may not be aware of the impact of their behaviour.

WHAT SHOULD I DO IF I SUSPECT ELDER ABUSE?

Elder abuse is distressing, and finding someone who understands the sensitive and

confidential nature of the issue can help you in deciding what to do if you suspect an older person is being mistreated or exploited.

If someone is in immediate danger, call 000.

Remember that physical and sexual abuse are criminal acts. Other types of abuse are assessed on their particular circumstances.

Where it is appropriate, ask general questions about the person's wellbeing and their relationships.

Blame and judgement are never helpful. Listen to what the older person says and be understanding.

Understand that older people are often hesitant to cause trouble, as they may feel ashamed or worried about possible consequences.

Often, an older person feels protective of their adult children who may be mistreating or exploiting them.

The adult child may have drug or alcohol dependency, mental health issues or difficult circumstances or challenges that are contributing to the

abusive situation. An older person is more likely to accept help if they think their adult child's needs will be considered and addressed.

Keep a record of events. Taking note of signs and symptoms may help those who investigate, to effectively address the abuse.

It is generally not advisable to confront the abuser without careful thought.

Reassure the older person that there is help available.

If the older person is willing to get support, help them contact a relevant organisation. See where to get help below.

If they are unwilling to get help, provide them with emotional support and offer contact details of support services should they want them later. Keep checking in on them where possible. It's important that an older person feels in control of the help seeking process.

Where to get help

Relationships Australia
Queensland 1300 063 232
Elder Abuse Prevention Unit
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WELCOME TO BRIBIE ISLAND PHYSIOTHERAPY AND PERFORMANCE GYM.

We have been servicing the bribie island community for over 40 years as one of the islands longest established businesses and have a reputation for giving the utmost care and dedication to our large client base. We have recently added an extension to our practice to include a new gym and rehabilitation space which will enable our team of Physiotherapists and Exercise Physiologists to continue to progress the standard of care and results that we can give our clients.



CLASSES:

- Pilates
- Mobility and stretching
- Healthy for life - elderly group class
- Resistance based circuit training
- After school youth development
- Hydrotherapy

WHAT WE DO: - Our team is experienced and equipped to assist clients with a range of conditions. These include:

- Acute and chronic musculoskeletal injuries
- Sports performance and injuries
- Diabetes
- Osteoporosis balance and fall prevention
- Orthopaedic - post surgery
- Neurological conditions e.g parkinson's/MS
- Disabilities

- BPPV - Vertigo
- Cancer
- Women's Health
- Respiratory/pulmonary conditions
- Weight Management
- Paediatrics

We have options for one on one supervised exercise sessions with our exercise physiologists as well as group classes and membership options.

SERVICES WE OFFER:

- DVA
- NDIS
- Workcover
- Medicare
- HICAPS
- Home visits
- Manual Therapy
- "Hands on" Dry needling
- Education

WHAT IS EXERCISE PHYSIOLOGY

Our accredited exercise physiologists Mitchell and Dana are university qualified allied health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub - acute or chronic medical conditions, injuries or disabilities. Pathology domains covered by the services of AEPs include cardiovascular, metabolic, neurological, musculoskeletal, cancers, kidney, respiratory/pulmonary and mental health, and any other conditions for which there is evidence that exercise can improve the client's clinical status.

WHAT IS PHYSIOTHERAPY

Our Physiotherapists help you get the most out of life. They help you recover from injury, reduce pain and stiffness, increase mobility and prevent further injury. They listen to your needs to tailor a treatment specific to your condition and utilise a "Hands on" approach to your treatment. Our Physiotherapists will also use education to give you a better understanding of your conditions and equip you with the knowledge to manage your condition. As first contact practitioners, you do not need a doctor's referral to see a physiotherapist. Physiotherapists, doctors and other health professionals will often work as part of a team to plan and manage treatment for a specific condition. **Please contact the practice to book in with our Physiotherapists, Alayne, Alex or Daniel.**



ph: 07 3408 0000
website: www.bribiephysio.com.au
email: admin@bribiephysio.com.au

COST OF LIVING HELP FOR SENIORS DURING COVID-19

Older Queenslanders built our state and they deserve respect!

COVID-19 has reminded us how valuable our Seniors are. Whether it's ourselves, treasured grandparents or community elders, it's heartwrenching that Seniors are vulnerable to this terrible virus.

COVID-19 has been tough on Seniors. Visits from family were risky and home care services were sometimes patchy. The things that give life its sparkle, like lunch at the Club or a game of golf were cancelled.

Yet we've also seen community spirit at work! Nearly 30,000 people joined the Care Army to support vulnerable and older people. Neighbours dropped off groceries and walked pets. Everyone pulled together to

support local businesses.

In the thousands of calls, I made to older people during COVID-19, one thing came up over and over. There were tragic stories, like Ray who lost his wife and couldn't hold a normal funeral. But everyone said, "There are people out there much worse off than me - it's THEM I'm most worried about".

It's testament to the generous spirit of our community that Seniors' first thoughts were for others.

Every Queenslander can be proud of our amazing health response. Premier Annastacia Palaszczuk took action to close our borders and our community worked together to keep cases low.

Because of that strong health response, we can now focus on Queensland's economic recovery.

A big part of Queensland's economic recovery plan is making sure Seniors get a

helping hand.

By now you should have received \$200 off your utility bill, most often as a credit on your power bill. People say it's been a big help, like Joan who told me the extra money in her budget meant she could buy soccer boots for her grandson.

Even better - another \$50 will come off your bill around September.

We want Seniors to know what concessions they can claim. That's where the Smart Savings website comes in.

You'll find Smart Savings at www.qld.gov.au/concessions

From transport to Council rates to power bills and a special section just for Seniors, the Smart Savings website lets you apply for a whole range of concessions in one place.

There's some you might not have heard of! Most Seniors

know about water rebates, but did you know that you are entitled to free glasses through the Spectacle Supply Scheme?

I'm sure you know about discounted public transport, but did you realise that you can head off on a low-cost long-distance train trip, or get concession rates to visit one of our wonderful Queensland Museums?

There's lots more, so do visit www.qld.gov.au/concessions or if you don't have internet access give my office a call on 0435 091 746 and we'll take you through what's available.

Finally, Happy Seniors Week! While it looks different this year there are wonderful events available online for Virtual Seniors Week, so take a look at www.qldseniorsweek.org.au or phone 07 3316 2908 to register.





**Bribie
Respite &
Support
Services**

By Joanne Allison-Schouw, Director

**BRIBIE
RESPITE AND
SUPPORT
SERVICES
SUPPORTING
BRIBIE
COMMUNITY
MEMBERS TO
LIVE WELL**

Bribie Respite and Support Services offers a range of services to support older members of our community to live well and remain in their own home in our beautiful Bribie Island community.

Our organisation is home-grown having served the Bribie community for nearly 40 years. We employ local people to support local people. Our team provides quality care and support to fellow community members

when they need assistance to enjoy a good life.

We aim to assist the people who choose our services to improve their life, remain independent and live their best life. Our staff are trained to support people living with Dementia, their family members and carers. Our team supports people with Dementia to enable them to continue living in and participating in our community while living with Dementia. We support family members and carers

of people by providing practical and emotional support so carers have better an understanding of Dementia and feel more able to continue in their carer role.

Our team is mindful of the absolute necessity of practicing all the precautions necessary during these difficult days. All our staff have completed the Australian Government recommended COVID19 training for Aged Care and Disability service providers,



have been immunised against Influenza, practice social distancing, have wellness and temperature checks performed each day and carry a full PPE kit with them each day. All clients are asked to consent to a wellness check prior to each service.

Our Commonwealth Home Support Program (CHSP) funding allows us to provide a wide range of services to older people in our community.

SERVICES AVAILABLE:

- Assistance with shopping both on-line and at the local shopping centres.
- Assistance with meal preparation and organising pre-cooked meals
- Phone and in-person welfare checks
- Social visits to participate in special interests and to get out and about in our community.
- Flexible In-Home Day Respite to support carers and family members by providing an opportunity to have a break while their loved one is supported in the home.
- Transport and assistance to attend local appointments
- Personal Care Assistance

Our Group Based Day Respite Service is currently closed, as we support a vulnerable group of people within our community, our organisation is practicing extreme caution around the risks associated with COVID19, group gatherings and transport via our buses.

We are closely monitoring the ever-changing COVID19 situation and planning to reopen Group Based Day Respite activities in Mid - September if the situation at that time enables us to do so.

Group-Based Day Respite is a wonderful way for older members of our community who perhaps don't get out as much as they used to, to form friendships, enjoy the company of others, get out and about, enjoy a day out and a fresh home-cooked meal in a social environment. Group-Based and In-Home Day Respite also gives family members and carers a break from the demands of the role of assisting a loved one.

Our CHSP Co-coordinator Jo is available to assist you to get the very best



assistance and support you need to make life at home easier and enable older people to live their best life in our beautiful community.

If you would like to find out more about how we can assist you, give Jo a call on 07 3408 2112 or see our website www.briebierespite.com.au



HEALTHY AGEING RESEARCH COMES TO BRIBIE ISLAND



Bribie Island residents are now able to contribute to one of Australia's largest medical research studies.

With a desire to prolong healthy ageing and independent living for Australians, in 2017 Monash University commenced the Statins in Reducing Events in the Elderly (STAREE) clinical study. The study seeks to answer one of the key questions confronting GPs: should statins, a cholesterol-lowering drug, be prescribed to healthy older people to prevent the onset of future disease, dementia and disability. Ultimately, the study will clarify whether statins keep Australians living healthier for longer.

The STAREE Study is nationwide and strictly government-funded through a National Health and Medical Research

Council (NHMRC) Grant, with no funding from the pharmaceutical industry. Following a series of screening processes and final approval from their GP, study participants deemed eligible will be randomly allocated to take either a statin or placebo tablet.

To be involved in the STAREE study and contribute to evolving medical research which will affect the management of healthy ageing in the future, participants must be aged 70 years or above and be free of diabetes, dementia, heart attack and stroke, not currently undertaking statin therapy, and be independent and community living.

For more information about the STAREE study, please phone 1800 770 664 or email staree@monash.edu. Further details may be obtained at www.staree.org.au

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UNDERSTANDING ASTHMA



ASTHMA STATISTICS ACCORDING TO THE AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE, ONE IN EVERY NINE AUSTRALIANS HAVE ASTHMA.

Asthma is:

- ▶ slightly more common in women.
- ▶ more common in boys younger than 14, but more common in females 15 years and over
- ▶ also more common in people living in remote areas than in cities

UNDERSTANDING ASTHMA

Asthma is a long term inflammatory airways disease which causes the muscles in the airways to tighten and the lining of the airway to become swollen and inflamed. These changes cause the airways to become narrow, making breathing difficult and causing coughing, a whistling sound when you breathe out and shortness of breath. Asthma can be triggered by a range of factors and currently there is no cure, but with good management, people with asthma can live a normal and active lives. Asthma runs strongly in families but it affects everyone differently.

SYMPTOMS OF ASTHMA

Symptoms of asthma can include:

- ▶ Wheezing - a whistling noise when breathing
- ▶ Shortness of breath
- ▶ Chest tightness or pain
- ▶ Coughing

These symptoms are often worse at night, in the early morning or during exercise.

Symptoms that your Asthma could be worsening include:

- ▶ Asthma signs and symptoms that are more frequent and bothersome
- ▶ Increased difficulty breathing - by visiting your pharmacy we can measure how well your lungs are working using a peak flow meter
- ▶ Use of a quick-relief inhaler more often than normal

TREATMENT FOR ASTHMA

There are a range of medications and devices that are available to manage and control asthma attacks. The most common types of medications are relievers and preventers, they are usually in inhalers or puffers. Everyone with asthma should have a reliever (a "puffer") to use whenever they experience symptoms to relax the muscles around the airways and open them up within minutes, their effects last for up to four hours. Most relievers are available from pharmacies without a prescription. Do not overuse your reliever, use only when you have symptoms or if your doctor tells you to take it before exercise. Most adults with asthma need to take a low dose of an inhaled corticosteroid preventer medicine every day to reduce inflammation inside the airways and lessen the risk of a severe asthma flare up. If you have been prescribed a preventer, you should take it every day even when you have no symptoms and also during colds and asthma flare-ups.

All medicines have possible side effects. It is important to rinse the mouth with water after using the preventer as inhaled corticosteroid medicines can cause hoarseness of the voice and oral thrush. The risk can be reduced by using a spacer with the puffer to help increase the amount of the medicine that reaches the small airways in the lungs. Puffers are available from pharmacies and your Pharmacists can help you to choose the suitable spacer and show you how to use it.

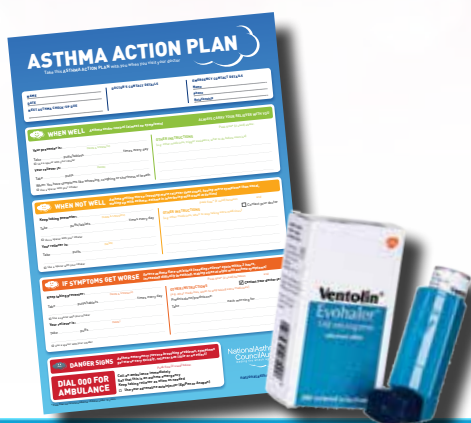
ASTHMA ACTION PLAN

In order to manage your asthma effectively it is important to have a written Asthma Action Plan with your doctor. This will help you recognise worsening asthma symptoms and give clear instructions on what to do in response. Even if you think you are in control of your asthma, ask yourself, "Am I needing my reliever on more than 2 days a week?" If the answer is yes, your asthma might be controlling you.

The team at Woorim Surfside Pharmacy are here to answer any questions about your asthma medications. If you feel you need to use your Ventolin or Asmol inhaler more than a few times a week or are suffering the symptoms of asthma visit Sing, our Pharmacist Manager, for a free in pharmacy consultation.

References:

1. National Asthma Council Australia <https://www.nationalasthma.org.au/unders>
2. Australian Institute of Health and Welfare (AIHW) 2018. Asthma Snapshot, Canberra: AIHW
3. Asthma Australia <https://asthma.org.au>



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TIPS TO AGEING Beautifully

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Aging is inescapable but it is also a glorious thing, you have done the work, you have learned many of life's lessons, now you can sit back and enjoy life without all that youthful angst and uncertainty. Let's have a look at a few simple things you can do to look and consequently feel great. So, why not age gracefully and beautifully and maybe get back that natural glow?



USE SUNSCREEN - While the sun nourishes us with vitamin D, it also has harmful ultraviolet rays which can potentially lead to skin cancer. Some dermatologists say that 90 percent of dark spots, wrinkles, and sagging are as a result of sun exposure. This is because as we get older the structural fibre of the skin known as collagen begins to degenerate. Exposure to the sun accelerates this degeneration. Therefore, it is advisable on a hot day to make sure to apply sunscreen generously. When going out, wear sunglasses and a hat to protect your skin. Regular moisturizing will do wonders to the smoothness and elasticity of your skin, leaving it protected against wrinkles and scarring, keeping it soft and touchable.



DRINK PLENTY OF WATER

'Water is life' is a commonly used phrase which happens to be very accurate. Water is the way to look and feel youthful. Drinking plenty of water daily nourishes the skin by keeping it moist

and your nails and hair looking healthy and soft. Other than drinking you can spray your hair with some water daily to keep it healthy and moisturized.

In addition, water also aids in smooth digestion. When combined with herbal teas it helps flush toxins out of the body leaving you feeling reenergized. When you do not take enough water, your skin becomes flaky and dry leading to early aging.

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WATCH YOUR DIET

Diet plays a huge part in our appearance, health, and mood. It is important that we pay attention to this part of our lives. A diet rich in fruits, vegetables, lean protein, whole grains and low in sugar is highly advisable. This is in contrast to a diet that is rich in fatty foods and processed sugars, which will leave you feeling lethargic and accelerates aging. Vegetables and fruits contain antioxidants which reverse the signs of aging.

Including good fats, such as omega-3 fatty acids found in such foods as walnuts, salmon, and tuna are great for protecting your skin and making you look younger

EXERCISE REGULARLY AND PRACTICE GOOD POSTURE

The benefits of exercise are extensive. Among them are the feel-good hormones which are produced when we exercise: endorphins. These make us happier and improve our energy levels. Exercise is also a great way to build muscle. The older we get, the more muscle we lose; this is as a result of degeneration. Staying active does not have to involve the gym. You can go for a walk or take the stairs instead of the elevator, play with your children or grandchildren, or even attend yoga sessions. These activities keep your heart rate up and keep you looking young and feeling healthy. Exercise is also great for the skin because it increases the blood flow to the cells including skin cells hence nourishing them. At the same time, the blood flow carries away the waste products from the cells. This process, therefore, cleanses the skin.



GET ENOUGH SLEEP

In the high paced world that we live in, the value of sleep is overlooked. The need to sleep is numbed down by another cup of coffee. Sleeping poorly will not only show visible signs of aging on your face, but it will also make you perceive yourself as being less attractive. While you are asleep, your body will release a hormone that aids in growth which in turn restores collagen and elastin, which are the main constituents in the essential building blocks of young, glowing skin.



If you don't get enough sleep, your skin won't renew itself and will start looking dull—especially as you age, when cell turnover is slowing down." Skin temperature also rises when you sleep, allowing topical treatments to penetrate the skin more effectively than they do during the day.



VISIT YOUR DENTIST

Over time our teeth discolour due to wine stains, coffee, tea or smoking. A visit to your dentist will have your teeth whiter and looking great in no time. Other than aesthetic reasons,

other age-related issues such as natural recession of the gums which causes teeth to look longer may occur. For this reason, it is advisable to go for a dental check-up twice a year. It is also advisable to brush regularly and floss. Drinking milk and taking calcium supplements is also a good way to maintain your teeth.

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Vanhub pride themselves on the service side of their business offering a mobile service for customers which is so much easier than having to move your caravan every time you need work done.

They want to offer more to travellers, purchasers and

the industry. Sharing time with partners and or family exploring this amazing country of ours is such an amazing experience. They want to help customers enjoy their journeys safely with the independent and expert advice they deserve.

Vanhub is a new business, however with over 40 years combined experience within the caravan industry, running large RV businesses in QLD this is the place you need to see if you are looking for a caravan.

Vanhub is a family business owned by two mates Dan & Glen. These guys are truly passionate about their chosen industry, love camping, caravanning and the outdoors. Glen has travelled Australia for nearly 6 years, leaving with wife Amiee and one child and returning with two more!

Both Dan and Glen are Qld

Hvras officers, with Dan spending two years on the board of Caravan Industry Victoria.

Then you add Ron Williams to the team...

Ron is a veteran of the industry and he heads up the service and repair centre which is located at 3/15 Cessna Drive Caboolture. Ron takes great pride in his work and makes sure he maintains the highest safety standards in the business. The new service centre has been established to service all brands not only Vanhub's. They guarantee quality and workmanship and safe future travels...Insurance specialists in the event of accidents, hail damage etc.

Vanhub's business is all about giving clients true, accurate information allowing them to make a fantastic choice when buying their van or camper, very few have the experience to model & design a caravan not knowing the variables in weight changes when

planning.

Vanhub offer a range of products from the full off road hybrid's by Altitude Campers, Eternity Caravans and their very own Australian built custom vans "Iconic Caravans".

They also offer a pre-purchase inspection that helps our clients make a great decision and investment when considering a used van...a little like an RACQ inspection for cars, but caravan specific! If there's water leaks that are covered over, maybe the tyres are not correctly load rated, just to name two? Vanhub will give you peace of mind.

Times have changed and now people aged from 20, through to the retired love camping, and seeing our amazing country and we cater for all.

Customers will leave Vanhub with information that you cannot find elsewhere. They will be very well educated after their visit helping them to make a great choice!

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Pre-purchase inspections save you time and money, minimising what could be costly repairs down the track. Ensure your caravan purchase is a sound and safe choice. Inspections cover all aspects of the caravan.


Caravan Valuations

The value of assets you own can affect Age Pension benefits. Items you own can affect payments. The Department of Human Services will assess the market value of caravans in the assets test. Speak to Vanhub about caravan evaluations


Service & Repair

VanHub's service centre caters for all brands and NOW OFFERING Mobile Servicing in the Bribie Island/Sandstone area. We offer pensioner discounts and ensure trouble free travel.








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YOU'VE WAITED AND WORKED AND SAVED YOUR WHOLE LIFE FOR RETIREMENT. NOW IT'S HERE AND IT'S YOUR TIME TO MAKE THE MOST OF EVERY DAY. WHAT WILL YOU DO? FOR MANY, IT'S A TIME TO SEE THE WORLD. FOR THE FIRST TIME IN YOUR LIFE, YOU HAVE THE TIME TO GO WHERE YOU WANT. TO DO WHAT YOU WANT. HERE ARE SOME REASONS WHY TRAVELLING WHEN YOUR OLDER HAS ITS BENEFITS!

THERE'S LESS PRESSURE

Travellers in their 20s may have youth on their side, but being young also means there are certain pressures – to focus on a high-flying career, for example, or settle down and have kids. But a little later in life, you can afford to take a more carefree approach to exploring. Chances are, you've already got the career bit nailed, and any kids on the scene might even be big enough to take care of themselves at home.

YOU CAN TRAVEL WHEN YOU LIKE

Forget battling with the crowds on public holidays or paying twice as much for a trip away just because the kids are out of school. With all that behind you, you're free to travel whenever and wherever you please.

YOU KNOW WHAT YOU WANT

One of the best things about getting older is that you have a better idea of what you want from a trip away. Why waste your time on a guided tour when you know that your perfect holiday involves exploring alone?

And why bother with five different museums when you're perfectly happy to lose yourself in a good book on the beach? With experience you learn to focus on what you really want to get out of travelling, rather than trying to keep others happy.

YOU CAN REALLY LIVE THE DREAM

As you progress from backpacker budgets, you might gain access to top-end travel experiences that your penny-pinching former-self might have once dreamed of.

That's not to say that all older travellers are rich, but having a couple of years (even decades) of work behind you means that 'luxury' travel is now within reach – buy the caravan of your dreams, motorhome or simply find accommodation to suit your needs.

IT CAN MAKE YOU HEALTHIER AND HAPPIER

Taking the plunge and heading out on a big adventure later in life could actually be beneficial for your health and happiness.

Travelling is one of those great pastimes that, if done properly, can keep mind and the body ticking along like clockwork. That isn't just an opinion: studies have suggested that taking trips away may actually increase longevity.

With a little planning and foresight, senior travel can be an amazing experience. **LET THE ADVENTURE BEGIN!**

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As you get older some things get looser. Things that used to be tight become loose. I'm thinking here about those muscles that keep your stomach flat – I believe they're called abs? Is that really a thing? I'm pretty sure abs are a modern innovation. Well, when I was young we'd never heard of them.

Neither did we know about such things as probiotics, super foods, ADHD, gluten intolerance or narcissism. If someone said you were 'on the spectrum' (and just about everyone is these days) I would have imagined they were talking about their favourite colour. Perhaps whether they are an Autumn or a Spring. Remember in the '80s when you paid someone a ridiculous amount of money to tell you what colours look good on you?

Anyway I digress. And this is exactly what I mean. As you get older things get a bit looser. You lose focus. And your car keys. I was thinking about this idea of looseness the other day, probably when I noticed the skin on my arms and the way it moves when I hold my arms up. Note to self. Wear long sleeves. Alternatively do not put your arms up.

Or I may have been thinking about the way I approach anything remotely related to work these days. Some things are definitely getting looser around here.

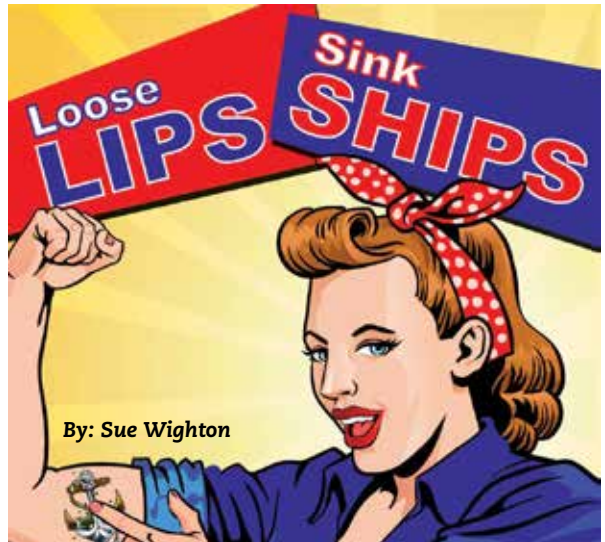
Society values tightness. We prefer things to be tight. Tight fiscal policy is good, right? Tight abs and pecs and those other fit sounding body parts – they're good. If you sleep tight the bed bugs won't bite. I wonder what seriously nasty things might befall me if start to sleep loose. I guess that would make me a loose woman and goodness knows, we all know where that leads.

The Bible says and I quote: 'Do not go to meet a loose woman lest you fall into her snares.' Hah! What about loose men? And where are they please?

I must admit that as I get older I'm getting looser all round. My shape is somewhat looser than it used to be. I'm more of a beanbag than a mid-century modern chair. And as for being a loose woman, well loose morals were always frowned upon back in the day.

Yes, my morals are definitely starting to lose their tautness in a kind of 'what the hell, time's running out' kinda fashion. And I'm pretty OK about it, in a loose kind of way.

These days I'm all for loose comfort



rather than speed. For example, I hate tight clothes. Mind you, apparently tight clothes are sexy. Like that tight sheath I used to fit into. Or those figure-hugging jeans that show your comely shape. I now think of these things as a form of voluntary bondage.

Forget tight shoes. Tight corners. Tight tights. Tight lips.

Let's all loosen up and embrace our looseness.

Yes, even our loose lips. I intend to sink as many ships as I can.



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ROSS KONOWALENKO

PUMICESTONE



Hello to each of you again,

While out and about in Pumicestone since my last update, I have been asking the question of particular members of our community, "What affects you most now that you are retired?" The question was prompted with the advent of the upcoming 'Seniors Week' commencing Saturday 15 August and I would be very interested to hear your response to that same question. Because by asking that question, these are some of the concerns that get raised. For most, it was the frustration of not being able to do, what in the past was done without even having to think about it. When speaking to Brenda, the restrictions caused by health issues were her main source of frustration. As a result of a stroke, she now required the aid of a walker for her mobility, and something simple like getting up from a table and placing a used cup in a nearby rubbish bin, was now no longer a 'simple task', but one requiring an additional amount of effort to undertake.

She, and another gentleman I spoke to, Mervyn, also spoke of the impact of losing a life partner and the loneliness and isolation that can result when faced with the challenge of having to keep one's self 'occupied'

at different times of the day or week. This and other significant life events, also required at times, the moving of various family members so each could then be more readily available to support the other. Listening to these and other life experiences, I was so impressed with the resilience and practicality each person applied to their situation. And by listening to their experiences, I also picked up on other 'more subtle' aspects that impact on their daily lives.

One issue that was commonly raised, is how does one access the support services available if you either do not have access to a computer or do not know how to use a computer or mobile phone to find out what help is available? Yes, the Queensland Government web site <https://www.qld.gov.au/seniors> is a 'one-stop-shop' for information for seniors, provided you can access it. For those who don't have a computer or access to one, may I suggest you consider joining a local U3A group as they at times have introductory computer courses on offer. The President of the Bribie Island group is Greg Siphthorpe on 34081450 or PO Box 440 Bribie Island 4507. The President of the Beachmere group is Mary Brown on 0456 685 736 or PO Box 103 Beachmere, 4510.

Because these organisations are run for seniors who 'have a love of learning', the volunteer tutors are keen to share their knowledge and experience in a learning environment that is both supportive and enjoyable. By being a member of the U3A, you are also able to meet others who have a similar interest to yourself as there are many other courses also available.

This also another positive that I heard when talking to other seniors, that is how friendly people are in our various communities. When chatting with Sandra and John who recently moved to the area from Sydney in NSW, they told me how different it was to now be walking along and to be greeted by locals who they did not know, as compared to where they previously lived where you were one of a couple of hundred thousand locals and each was an island to themselves. They admit it took a bit of getting used to, but now really enjoy being part of their community and are so thankful that they made the choice to move and join us.

When listening to the positives of what our Pumicestone area has to offer, this has reaffirmed my commitment to make sure that these 'positives' are supported and maintained, while also driving the changes needed to meet the needs of our collective future, while maintaining the liveability and beauty that makes Pumicestone the place of choice for people to live and visit. I value the wisdom of the elders and look forward to hearing from you, the issues you would like me to pursue on your behalf.

Till we next chat, stay safe,
Ross



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Home Care Packages are subsidies provided by the Government to older Australians who need some help to remain living independently at home. This subsidy allows you to select a provider of your choice to deliver services to meet your individual needs. This can range from low-level needs such as cleaning and meal preparation at home, to high-level care.

In order to obtain a Home Care Package, you will need to apply via My Aged Care, which is an Australian Government department, to get an assessment to establish your needs and eligibility. Candice Care will happily talk you through this process and assist you with your application to My Aged Care, as we understand things can get confusing and we would like to make things as easy as possible for you.

Once you have been approved for a Home Care Package, Candice Care is here to provide you with the services and support you need. We provide supports on all levels and will work with you to identify how we can best assist you – we are simply here to help you live your life, the way you want. Our team can for example help you with your shopping, drive you to appointments, attend social activities with you, or assist with personal care such as showering, toileting, dressing and more. Our list of what we can do is much more extensive – please get in touch with us to see how we can help you or your loved one.

Candice Care's team consists of qualified employees who have all the necessary qualifications and mandatory checks. Every team member at

Candice Care is driven by our strong belief that respect, integrity and heart are the solid foundations of community spirit.

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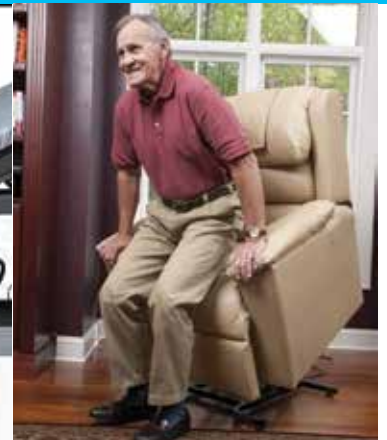
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Authorised by L Folo, Liberal National Party of Queensland, 281 Sandgate Road, Albion Qld 4010.

FOR SENIORS, ACCESS TO IMPROVED HEALTH SERVICES, PARTICULARLY AFTER HOURS IS ONE OF THE MOST IMPORTANT ISSUES WE FACE. OUR RETIREE POPULATION IS ONE OF THE HIGHEST PER CAPITA OF ANY COMMUNITY AND I'M YET TO FIND ANY OTHER TOWN OR CITY WHERE SENIORS CONTRIBUTE SO MUCH AND PARTICIPATE SO ENTHUSIASTICALLY IN OUR LOCAL ACTIVITIES.

Yet, when it comes to their needs, in particular emergency and after hours health services, I feel there's so much more that needs to be done.

In my career as a speech pathologist, I have had the privilege of working with and learning from our seniors, a number of whom had experienced stroke or brain injury or were living with dementia.

I was also privileged to work with

Rotary in creating a Music and Movement class, particularly for people living with and caring for those with dementia. Music brings such joy and a great sense of well being to these people.

Here in Pumicestone, I've been listening to the concerns and frustrations from so many people upset at being unable to access emergency health services on Bribie Island, particularly after hours.

Some 5000 people arrive at the Caboolture Hospital from Bribie Island alone each year. Statistics show around half are admitted. The other half could have been treated at an emergency care clinic on the island – had there been one! Think of the time and anxiety that could have been saved, as well as the reduced demand on the ambulance service and resources at the hospital Emergency Department.

Many promises have been made over the years for emergency care facilities and other much needed after hour medical services but sadly few have

ever been delivered. I do however welcome the latest private efforts to get an emergency care centre established on Bribie and also the great work done within our GP clinics, other medical facilities and the Caboolture Hospital. With a state election due in October and an opportunity to force a change of government, I commit to working with you in attracting funding for a model of care that will allow much needed after hours medical services to be finally provided.

Over the next 2 months leading up to the election I want to hear your thoughts around access to after-hours health services in particular, what you feel is needed and how an LNP Government may be able to assist. **I can be contacted on email at pumicestone@lnpq.org.au or on 0499 444 921.**

I am very keen to identify the best and most workable solution.

Fiona Gaske, LNP candidate for Pumicestone.



The Complexity of Grief

Part 2 - Veronica Mercer Mental Health Accredited Social Worker

HELPING OURSELVES

There is no magic tonic that can restore your ability to function when we are overcome with emotion, but there are things that can help reduce the severity of griefs impact upon our emotional and physical well-being.

Practice self-care. When it feels like your world is falling apart, the most important thing you can do is focus on yourself. Take time out to eat well, exercise and sleep, this will help your body and your mind recuperate from grief. Insufficient “shuteye” is challenging at the best of times because it disrupts sleep and interferes with cognition and concentration.

Take a time out. It is appropriate – even necessary – to take some time off from work and daily responsibilities to process your grief. Every situation is unique, and there is no set timeline for when you need to get back in the game.

Challenge negative thought patterns. Sharing memories is healthy but ruminating on what-ifs can be mind-

numbing. So instead of heading down a rabbit hole of negative self-talk – maybe I should have said something, maybe I should have done something, maybe it is my fault – choose to delight in your happy memories.

Get support. If you are struggling to think straight, and get back to your daily activities, get help. Support groups can offer valuable resources to help manage grief. People who have been where you are can share tools and strategies to help you get back to living. Brief individual counselling can also be beneficial, particularly if you are struggling to complete your normal activities and interact with loved ones.

Search for the silver lining. It is not uncommon for grief to evolve into maladaptive thinking. With some practice, we can learn to reframe nearly every situation to focus on the positive (<https://www.goodgrief.org.au>).

RITUALS AND HISTORY

Funeral customs are as old as civilisation itself. Every culture and civilisation attends to the proper care of their dead. Every culture and civilisation ever studied has three things in common relating to death and the disposition of the dead:

- ▶ Some type of funeral rites, rituals,

and ceremonies

- ▶ A sacred place for the dead
- ▶ Memorialization of the dead.

Funerals are an important part of the grieving process. By planning a heartfelt and memorable service, we can confront our feelings of loss and publicly share in our grief with friends and family members. It is also an occasion where we remember and honour our loved one, both mourning for them and celebrating their achievements.

While funerals can be difficult and bittersweet occasions, they are an important part of every person’s life cycle. Across the world, there are many different rituals, rites, and ceremony styles. However, the main objective of every service is to show respect and grief for the passing of a loved one.

Floral offerings were originally intended to gain favour with the spirit of the deceased. Funeral music had its origins in the ancient chants designed to placate the spirits.

Throughout the history of funerals, obituaries or published death announcements have been somewhat commonplace. There is evidence of obituaries from the 1600s, and it was customary in the 1800s for public figures to have their death announced





to the community (or the country).

However, it was not until the 20th century that obituaries for non-prolific individuals became common. These were often announced in the local paper, giving the date of death and the details of the funeral. This is something that is still done today, as well as the use of online methods through social media, to officially announce a death.

In the history of funerals and wakes, many of the rituals or traditions we have can be traced back to pagan practises. It is thought that the tradition of a wake can be traced back to pre-Christian times, in which family members would keep a constant vigil over their deceased loved one lest they wake. It is also thought that this vigil would help to prevent evil spirits from taking hold. It is typically believed that this type of wake would be held before the funeral or burial.

The word 'funeral' is believed to have first been used by Geoffrey Chaucer, who is often considered the father of the English language. It appeared in writing in his Middle English work *The Knight's Tale*, in which he refers to a 'funeral servyse' after

a character passes away. It was published in 1386, making it the first written use of the word funeral that we know of.

Today, we tend to hold a wake after the burial or funeral service. Instead of keeping vigil over the body, we use this time to celebrate our loved one's life and grieve together with friends and family.

Unless requested to wear a specific colour, it is usually respectful to wear black or dark shades to funeral services. It is believed that this tradition dates to the Roman period, where individuals would wear a dark toga (known as a toga pulla) after the passing of a loved one or family member. This tradition persisted throughout British history, with the Victorians favouring black as the colour of mourning.

Cremation is often a common practice today, with many choosing this option over a burial. For this reason, we may often think that cremation is a relatively new process. While it is certainly true that cremation has gained popularity since the Victorian era, the oldest evidence of cremation in funeral history is believed to be over 20,000 years old. This archaeological

evidence was found in Australia, near Lake Mungo (and is aptly known as the Mungo Lady).

While flowers are common at services throughout the world, rosemary also has a significant place in the history of funerals too. This fragrant herb is rich in symbolism, with its meaning ranging from

remembrance to loyalty and friendship. As an evergreen plant, it was often also associated with eternal life.

There may be a practical reason why rosemary was often used at funerals too. Before mortuary science developed, the fragrant herb may have been used to mask unpleasant odours (www.history.com).

Guiding local families through their final goodbyes for generations.

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THIS IS A TRUE STORY; IT'S OFFERED AS A COUNTER TO THE ONGOING MISERY BEING FORCED UPON US BY THE MASS MEDIA THAT SEEM NEVER TO OFFER AN ENCOURAGING STORY. BAD NEWS GETS THEM VIEWERS, NOT SO GOOD NEWS.

The best way to face adversity has always been to use humour - laughter being the best medicine - try this out! Friend Danny became a victim of forced detention and treatment when the Dreaded Lergie, now known by its modern name Covid19 extended its grasping tentacles during the early peak of the pandemic. I've known Danny for many years and will admit he can get himself into scrapes, but this one might be the best yet.

Danny could be described as an innocent abroad in this little saga. The drama begins in a club in NSW where our hero is an active director. One of his colleagues in the club works in a major local hospital where she assists a distinguished cardiologist. Now Danny happens to inform his lady friend that he has been suffering shortness of breath and some mild chest pains She offers to help by making a quick appointment for him to see the eminent physician. Now, this particular lady is not one to brook argument so Danny agrees.

Two days later Danny is driving when he receives a phone call from the friend. "Where are you? Turn around right now and go to the hospital - you could be having little heart attacks - get over here right now. I'll be waiting" - See what I mean about her being forceful.

Danny, a bit put out, phones his lady wife asking her to bring him

On the next bed is a weird-looking character not wired up as much as the others, but he's real skinny, sallow complexion with ginger hair and a mullet. This guy is on something. He keeps nodding and muttering to himself.

"Only way out is through them doors and they're locked". says the spook. "You'll have to wait 'til somebody comes in and make a run for it".

They put heart monitors on Danny and start trying to fit a catheter into his arm to take blood. After three or four attempts they finally succeed but leave a black bruise the size of a tennis ball as a souvenir. Then Danny hears the spook again. "You're not going to enjoy this - you wait to find out - it ain't over yet".

He turns. Oh No, it's not a Hitchcock movie; it's One Flew over the Cuckoo's nest and suddenly its Nurse Ratched - in a spacesuit. She's carrying a long straw thing in each hand.

"Don't spew all over me" she says and puts one of the things down his throat. I thought she was going to push the other thing through the top of my head he told me later.

Finally when this ordeal is over his phone rings. It's his lady friend not very patiently asking where he is.

"What are you doing there?" she responds to his answer. He tells her. "I cannot help you in there," she tells him. Later the heart doc phones and tells Danny he's sorry, but he can't help and Danny is just going to have to endure it.

Danny told me that was the moment that broke his heart. He just surrendered to it all.



some clothes. She has already had a call from the 'organiser' friend and has misunderstood - she thinks he's having a heart attack. She's on red alert!

Danny arrives at the hospital a bit worried by now; the place appears almost deserted. A receptionist asks what is he doing there. He tries to tell her that he's come in about shortness of breath and chest pains. He wipes his nose on his hanky, as it turns out not the best action given the circumstances. The receptionist immediately gives him a facemask telling him "Don't take that off".

She takes him through big double doors, into a ward with beds down each side all occupied with sick looking people, masked up, tubes connected everywhere.

Now he's getting freaked out. Danny tries to argue and tells the guide that he has to contact his organiser friend because he's in the wrong place.

"You're not going anywhere" is the reply.

In a panic, he starts back towards the doors. "They're locked", he's told. "You won't be going home tonight, put that mask on".

"But I'm in the wrong room, I came in for heart tests," says Danny.

"We'll do tests for Covid AND your heart. Strip down to your jeans, sit on that bed - number 17 - there". A large security guard is all the while watching the proceedings.

Danny thinks, Oh My God, I'm in a Hitchcock movie.

From walking into the chamber of horrors at 2 PM it's not until 3 AM the following morning that he gets out. They had brought food but I didn't touch anything he told me. At one point the weirdo tells him "I'm goin' to get a drink. I'll get you one Bro - you'll feel better". At that, he walks over to the sink, picks up two used cups, doesn't bother to wash them, fills them and brings them back.

I thought for a minute when he got to the sink that it really was the Cuckoo movie and that he was going to rip the thing off the wall and throw it through the window, he told me. He didn't. Danny doesn't touch the cup or anything else whilst he's in there.

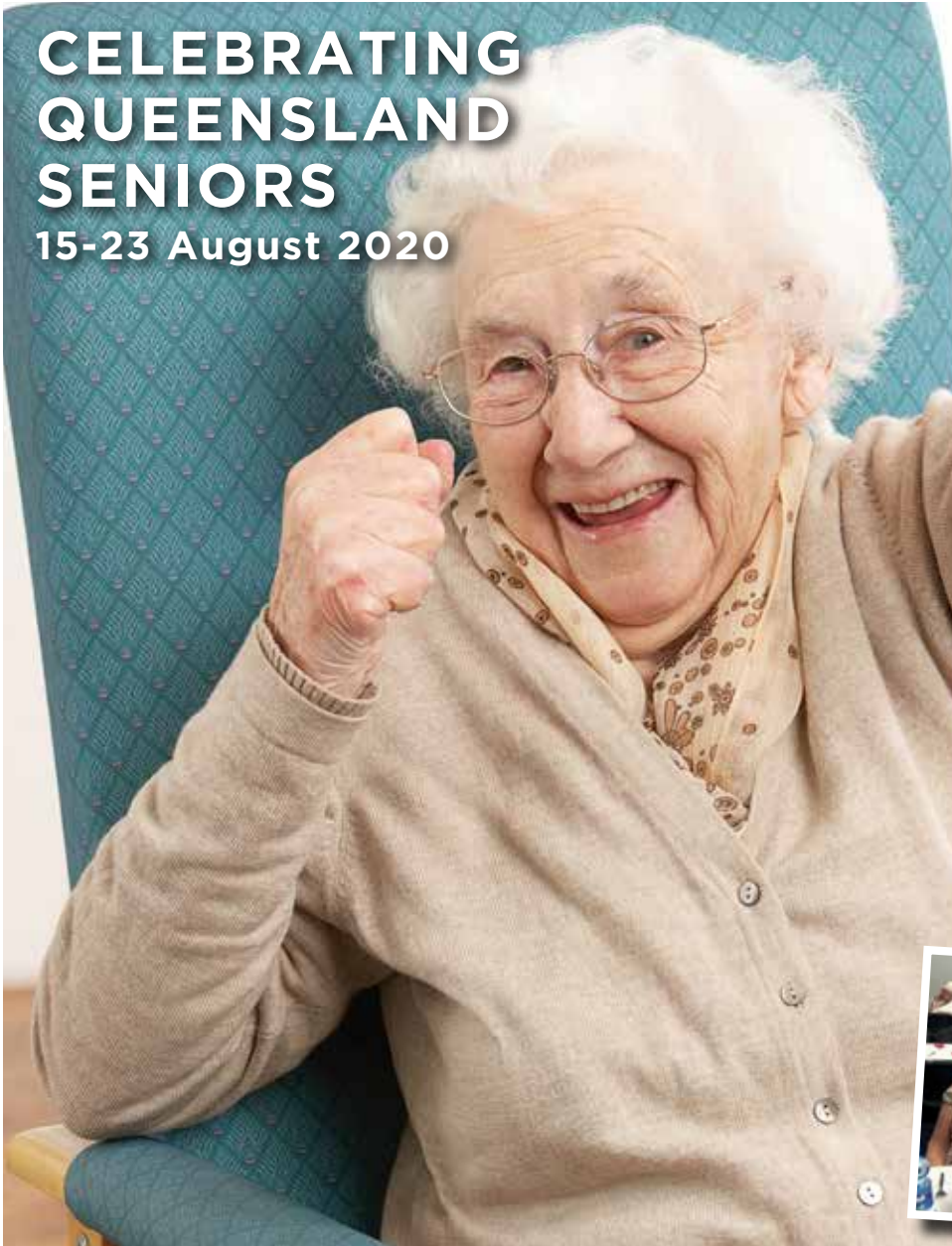
Finally, at 3 AM they let him free telling him that all the tests have been sent away and that they'll get a response in a week but in the meantime, he's given dire warnings to quarantine when he gets home. His wife waiting at the entrance is the best sight he's ever seen in his life

Two weeks later he's told, by his lady friend that he can see the Cardio but this time in the private hospital, which adjoins the main buildings. Danny arrives, sees the main hospital, takes a half a mile walking detour around the very outside of the car park. He's not going within shouting distance of the place he fears.

The final outcome is that Danny neither has Covid19 nor a heart condition. But he's right off watching certain movies on Netflix now!

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Show Respect for Your Elders

When you see an elderly person looking for a place to sit, Get up and offer your chair so he or she can sit in it.

When you see a senior citizen trying to open a heavy door, Hold it open yourself; don't let that senior struggle anymore.

When you see an elder anxiously trying to cross a busy road, Help him or her across; you've no idea of the gift you've bestowed.

When you see an elderly person sitting quietly alone in a park, Stop and strike up a conversation; your kindness will surely leave its mark.

When an elder speaks to you, try to focus and listen, There's often wisdom in those words that you just might be missing.

Let's show our elders we respect and honour all that they've lived through.

Don't forget that if we're lucky, someday we'll be elders too.



Around this time each year I'm usually busy arranging cakes to deliver to our wonderful Seniors in aged care. This year will be a little different due to COVID-19. Instead I'll be giving away 15 beautiful gift hampers to some very special and deserving seniors. I really want to honour the outstanding and valuable contributions that older people make to the Pumicestone

Electorate and so I'm asking you to nominate a senior who deserves some special recognition for the great work they do in our community.

Please email your nominations to pumicestone@parliament.qld.gov.au and be sure to include their full details so I can deliver the hampers during Seniors Week - with a great big Pumicestone smile!

Warm regards, Simone #lovepumicestone #QSW20



Simone WILSON MP

Member for **Pumicestone**

1/43 Benabrow Avenue, Bellara QLD 4507 ☎ 07 3474 2100
pumicestone@parliament.qld.gov.au simonewilson.com.au [f](#) SimoneWilsonMP

Bribie Island State School is a garden of growth. Many people consider gardening a great way to relax and renew depleted energies, especially community gardens which help to grow healthier communities. Schools are also considered gardens of growth, areas of space where people of many ages come together to learn skills, build friendships and experience the joy of life as only gardens can bring.

Bribie Island State School has its own garden which is tended by many students and supervised by our wonderful Mrs Rosi Riek who has a passion for both gardens and education and encourages our students to get involved in recycling waste from around the schoolyard and composting plant and vegetable matter to assist in building the soil quality in the gardens. Mrs Riek told me, "Gardens are like children, you have to feed them well and provide love and warmth for them to grow". A fantastic analogy for our school community and the support the wonderful staff at Bribie Island State provide for their students.

Many of our very young students require an early introduction to being away



from home and family. Julie Thomas coordinates a team of motivated Prep Teachers engaged in the successful Bribie Island State School Pre-Prep program. Mrs Thomas is enthusiastic about the program and holds the opinion that these types of programs are beneficial because "they prepare young children for life at school and have a lot of fun learning basic academic skills as well as social skills they need to be successful. Parents can send their children here knowing they will be in a safe environment and in a place where they can explore their interests and

get a head start on their education". Life over the past months for us all has been demanding and complicated to say the least but with the situation in Queensland remaining stable, our school community is getting back to normal. Students are at their desks and enjoying the social and academic aspects they did not realise they had. One student has mentioned that he couldn't wait to get back to school to see his friends and have his teacher in the classroom with him. Although we are all back at school the risk remains and simple precautions are



always required to stay safe. Covid-19 is a disease caused by a new strain of coronavirus. Symptoms can include fever, cough and shortness of breath. In more severe cases, the infection can cause pneumonia or breathing difficulties. As this is a new virus, we are still learning about how it affects children.

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

- Staying home when sick;
- Covering mouth and nose with

flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately;

- Washing hands often with soap and water;
- Cleaning frequently touched surfaces and objects.

As we learn more about COVID-19 public health officials may recommend additional actions but for now, if your child is showing signs of not being well, advise the school of their absence and stay safe.

A long-awaited re-opening of the school tuckshop has happened with Sandy and her team from the School

P&C preparing and delivering fabulously delicious, home-style healthy food alternatives for all staff and students at Bribie

Island State School. Many thanks go out to our strong team of volunteers and sponsors of school events and projects. Without your support, many activities could not happen.



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HOW LONG WILL THIS ECONOMIC RECESSION LAST?



Interview with Mario D. Conti
PART 1 OF 3

YOU HAVE BEEN WORKING IN THE FINANCIAL MARKET FOR OVER THREE DECADES. HAVE YOU BEEN INSPIRED BY ANYONE'S WORK? Two economists, in particular, caught my attention for their

pragmatic approach to monetary policy: the 1976 Nobel Prize winner Milton Friedman and the German economist Richard Werner who proposed a new monetary policy called Quantitative Easing (Q.E.). Friedman studied the 1929-1932 crash where 33% of

the liquidity (cash money) vaporised in a blink of an eye and 1/3 of the banks went out of business, plunging the US economy into a deep depression. He once said: "Had the Federal Reserve provided the necessary liquidity during the panic set by the

crash, the Great Depression wouldn't have taken place".
WHAT IS THE INNOVATION PROPOSED BY RICHARD WERNER? He suggested a direct purchase of non-performing assets from commercial banks (bad credits) by the central bank and direct

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4507

lending to companies (corporate bond issuance). In addition, National governments should preferably borrow directly from private banks by taking out long-term loans at low interest rates to fund public deficits.

PRIVATE BANKS LENDING MONEY TO THE GOVERNMENT?

There’s nothing new with it. A similar solution was adopted in Great Britain during WWII when, on the advice of economist John Maynard Keynes, the British Treasury borrowed funds from the commercial banks at 1.125% interest.

WOULD IT WORK TODAY?

This new macroeconomic paradigm has been successfully tested in Japan since 2001 and it has been adopted by two other Central Banks amongst the G20 countries to counter the

2009 liquidity crunch. WHICH CENTRAL BANKS? The US Federal Reserve (FED) and the People Bank of China (PBC). However, the new approach is applicable far beyond Japan.

WHAT ABOUT THE RESERVE BANK OF AUSTRALIA?

The RBA implemented some Q.E. but with a much more conservative style, as they didn’t take charge of bank’s bed credits nor they encouraged the Government to borrow money from private banks. Furthermore, the RBA did not create a favourable environment to boost credit creation which represents the most essential aspect of the monetary policy devised by Werner.

WHAT HAPPENS DURING AN ECONOMIC DOWNTURNS?

The value of savings

decreases swiftly, usually due to a stock market crash (see chart 1). As a reaction, consumer spending drops sharply followed immediately by a decrease in manufacturing. The subsequent unemployment further decreases consumer spending and the whole economy comes to a crushing halt.

WHAT IS THE DIFFERENCE BETWEEN QUANTITATIVE EASING AND GOVERNMENT STIMULUS?

Normally, Central Banks print an amount of money equal to the GDP. Quantitative Easing refers to the process of printing an additional amount of money to boost credit creation and to be used to purchase Government Bonds and Corporate Bonds. In turn, with the money borrowed by the central bank, the Government prepares a stimulus package

with usually consists of some cash handouts to help lower income earners in addition to extra funds for public projects.

BIO - Mario D. Conti
 After his BA in Economics, he joined his first security firm in 1989 as market analyst.
 He watched the market closely for 30 years: exchange rates, stock indices, interest rates and commodity price. Over time, he gained the hat of economist with a special eye to the consequences of the past crisis and the remedies adopted to overcome them.
 He moved from Sydney to Banksia Beach in 2018 to retire. To contact the author please email to “editor.thebribieislander@gmail.com”



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Australian Government

We're extending financial support

The Australian Government is extending JobKeeper until 28 March 2021 and the temporary Coronavirus Supplement for those on income support until 31 December 2020, after which income support will continue.

For JobKeeper and the temporary Coronavirus Supplement there will be some changes to payments and eligibility to support businesses and households who need it most.

For information on how these changes affect you, visit Australia.gov.au



28 Mar 2021 ▶

JobKeeper
Payment

31 Dec 2020 ▶

Coronavirus Supplement

Income support continues

Visit Australia.gov.au



At first I was afraid, I was petrified,
Thinking I would catch the virus, so I stayed inside.
I didn't want to waste a single minute feeling sorry for my plight -
I grabbed some spray ... cleaning everything in sight.

And now I'm safe, inside my home
And it really doesn't worry me to spend some time alone.
I can read my favourite books, watch television cooks,
Or look out in my garden to watch lorikeets and rooks.

I've lots of time ...to find each rhyme;
I can sit and write all day, and I wouldn't give a dime
If the windows panes need washing, or the flooring needs a broom.
I'll just turn to the computer, and chat with friends on Zoom.

Yes, I'm alive..... and I can thrive!
For as long as I have things to learn, I know I'll stay alive.
I've got lots of time to live, and lessons I can give ...
To help me thrive....I am alive.....I will survive!

I found forgotten fabrics, and began to sew.
When I'd finished and I wore things, I'd nowhere to go.
But that didn't really matter, as I was getting fatter -
I love to bake, and I love to eat for goodness sake!

Now you see me ... a different lady
Singing new songs, to go with my ukulele.
I've got lots of time to burn, and lots of songs to learn,
If someone wants to listen, when it's time to take my turn.

When I get out ... and walk about
We'll have beaten this dread virus - there isn't any doubt.
But for now I'm in a state, while I try to lose some weight
For when lesson do resume ... If they ever name a date!

Yes, I'm alive....and I can thrive!
For as long as I have things to learn, I know I'll stay alive.
I've got lots of time to live, and lessons I can give ...
To help me thrive....I am alive....I will survive!

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TAX TIPS MAXIMISE YOUR TAX DEDUCTIONS

If you work from home: keep a diary of hours worked in your home office for your job or business and record your internet usage.
Donations: Make donations to registered charities before 30 th June and obtain a receipt in the name of the highest income earner in your family.
Income Protection Insurance: This is tax deductible. Life Insurance is NOT.
Interest Income: If you have interest bearing bank accounts, put the investment in an account that is in the name of the lowest income earner, if you are in different tax brackets (you can both be signatories).
Logbooks: Make sure you have one for at least 13 weeks of the financial year.
If you are claiming work/business related motor vehicle expenses.
Superannuation: consider salary sacrificing bonuses or some of your income to Superannuation.
Rental properties: Consider an "interest only" loan and a "Tax Depreciation Report" if you haven't already.

Capital Gains: If you made a capital gain this financial year and you have some poor performing shares, consider selling them prior to 30 th June to offset a capital loss against that gain.
Keep receipts and records: If you find it difficult to keep receipts, use a credit card or eftpos for all your expenses then highlight the work/business ones. As you return home from work/business, put all your receipts in one place e.g., a desk drawer, a container or a filing system.
Claim all of your allowable deductions and tax offsets. The ones mentioned here are just some deductions that may be available to you.
As your Registered Tax Accountant I will make sure you get the maximum tax refund possible.



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“BRIBIE ISLAND RSL WOMEN’S AUXILIARY BINGO

Every Wednesday in the Auditorium of the Bribie RSL Citizens club

“Eyes down” at 2 p.m.
2 x \$500 and 1 x \$1000 Jackpot.
“All very welcome.”



The lions club of sandstone point and the sandstone

point community association together with the carols committee have decided to not go ahead with the 2020 sandstone point community carols in 2020.

It was not an easy decision to make however, due to Covid 19 risks and the additional restrictions placed on community events of this nature, it was felt that it was better to

make an early decision not to go ahead.

The event is hosted by the Lions Club of Sandstone Point and the Sandstone Point Community Association. Both groups would like to thank the community for their support in the past and look forward to bringing this fantastic free event back to the community in 2021.



Favorite Family Meal Recipe.

Entry Fee: \$5.00 (or \$10.00 as it's a donation)
Instructions

1. **Provide your favorite family recipe**
2. **Cook and Photograph**
3. **Include a Photo of the family member who the recipe originated from or yourself.**
4. **Send your Recipe and Photographs to wpeacock658@gmail.com by 25th Day of August 2020**
5. **Send donation to the Treasurer d9560. lyn.schumann@cib.com.au**
6. **On completion of the received recipes and receipt of donation the recipes and photographs will be correlated and printed in a Recipe book for sale**

Donations to the Rotary Foundation Polio Plus End Polio Now as a World's Greatest Meal



BRIBIE U3A REMAINS CLOSED

Hopes that Bribie Island U3A would reopen for Term 4 have been dashed by the continued spread and threat of Covid-19...

The Management Committee met recently to review and consider the many limitations and requirements involved in safely conducting classes at the U3A Centre in the Recreation Hall.

After extensive discussion and consideration, the Management Committee reached a

unanimous decision not to re-open until next year. Understandably, many of the 2000+ students who attend the 150 classes will be disappointed, and in some cases unhappy at this decision. Several factors influenced the decision, not the least of which is the volatile situation now happening in Victoria and NSW, and what seems to be an inevitable spread to Queensland.

The Covid safe guidelines issued by the Queensland Government, as well as MBRC Council expectations concerning the use of the facilities, would require a complex re-organisation

of the timetable and room usage. Complex measures and strict supervision would be essential to ensure social distancing, avoiding members assembling before or after classes and sanitising of furniture and common areas

after each class. The number of members able to attend any class is limited by the size of the U3A rooms and the current space per person restriction.

The 14 members of the Management Committee did not make this decision lightly, with the primary focus and concern being the insurmountable challenge of providing a Covid safe environment and the welfare and health of vulnerable members.

Difficult and disappointing that this decision has been, it is hoped that the logic and reasons will be fully understood and that

everyone will comprehend and endorse the reasons for it.

Several class Tutors have already arranged to conduct sessions for appropriate subjects at off-site locations, or by on-line communication. Monthly Newsletters to maintain contact and communication will continue to be published and sent to all members by email, or personally delivered to those without.

The fourth and final Term of the year scheduled to commence in early October will not now happen. Further details of proposed classes and Timetable for Term 1, commencing in January 2021, will appear in future Newsletters, and we sincerely hope that by then we will be able to return to our classes, and the much loved and supportive culture of U3A knowing it is safe to do so.

MEET THE NEW OWNERS OF BELLARA NEWSAGENCY.

On Monday the 3rd of August long time Bribie Island locals took over the ownership and running of Bellara Newsagency. Angela and Darrin Kratzmann purchased the business off the previous owner's Gayle and Darryl Ferguson who has owned the business for 6 years however sold due to retirement.

Angela & Darrin Kratzmann said they are thrilled with the warm welcome they

have received from customers, family and friends, "Everyone has been so welcoming and embraced us as the new owners," said Angela.

Angela and Darrin have spent over 30 years each on Bribie Island and have raised 3 children on the Island as well. "We love Bribie." Said Darrin, "I was born and bred in Brisbane and have been coming to the Island since I was a baby, so when the opportunity to buy a business on Bribie came up, we couldn't refuse."

The new owners plan on making some minor changes to the store over the

next few months including expanding the gift line on offer. Bellara News offers a good variety of lotto, scratchies, newspapers, magazines, cold drinks, groceries, Ladbrokes top-ups, parcel pick-ups, dry cleaning and

more.

Bellara News is located at Shop 1/25 Benabrow Avenue in Bellara Arcade off the first roundabout as you come onto Bribie Island. For any further enquiries phone 3408 8285.



Carolyn's Tax UPDATE

with **Carolyn Wheeler**
CM Wheeler & Associates



Another error I have seen is with some of the group certificates issued to my clients. The job keeper is showing on their PAYG payment summary which is not right. The employer pays the employee as normal, but the employer receives the refund of wages as job keeper payments. This becomes income to the employer which is offset against wages paid. Employees show the same as always with gross income and tax withheld. Nothing to do with job keeper for them.

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 075496 1156;
mobile 0428 733132

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

So, the end of the financial year has come and gone and already we are in August with the windy weather. I always know that when the Ekka is on, there is no turning back the flow for the work in.

Everyone is wanting their tax refund ASAP but there are some processes that require completion first.

As an employer and using the Single Touch Payroll system, you must go into your STP area and finalise the 2020 group certificates for your employees. Else they remain unfinalized in the ATO

system and on the prefills we need to download. Before you finalise and make a declaration, ensure that your computer figures agree with the documentation sent to the ATO. If they are different, corrections need to be made. I had a client who printed out his group certificates for his employees and they were different from his MYOB which was different again to the information sent to the ATO. Of course, he has rolled over the payroll to 2021 and to fix it I am currently in no man's land waiting for the ATO to get back to me with a solution.

FOOD, WINE and ISLAND TIMES



WHEN IT'S TIME... IT'S TIME! By: Colin Walker

I'VE NEVER BEEN ONE TO BEGRUDGE ANYONE A DRINK (AN ALCOHOLIC BEVERAGE, THAT IS) WHEN THEIR TASTE BUDS TELL THEM "IT'S TIME".

I mean its pub opening time somewhere in the world at just about any time, isn't it? And as far as a celebratory drink goes, there's always a reason to celebrate something isn't there???even if it's only another excuse for yet another public holiday!

I blame Paddy (who I never knew), my maternal grandfather, Henry Nixon (who migrated from Ireland in the 1890s) and my paternal great-grandfather, Capt. Matthew Walker (renowned for his love

of a pint or two) for my drinking habits..... family DNA, you could say. (Mind you, my old drinking habits and prowess (?) are as good as ancient history now..... a case of "the process of ageing" and battered taste buds, maybe?). And who (or was) "Paddy"?

I was visiting an old cemetery in Toowong (Brisbane) when I came across a headstone which read "Here lies Paddy, he's gone down the track; have a drink for our Paddy, he's not coming back". Now, being part Irish (and part English) by ancestrya typical hybrid Aussie, you might say....

that touched me! I thought of Grandfather Henry (who I never met) and had a drink, to honour Paddy and my Grandfather Henry.

Family folklore has it that Henry left Ireland in a hurry in the 1880/early '90s.... possibly due to his suggested feisty disposition, robust clashes with authorities (and, it was rumoured) his close association with the I.R.A. / "the Irish troubles" at that time. We never did find out.

Great grandfather Matthew Walker's nature, and his liking for "a pint or two" (and a few rums) was much easier to track down and verify. Family history (not just folklore) tells us that he managed to get himself jailed, in Melbourne, for unruly behaviour, disturbing the peace and then later (in Queensland, where he finally settled) he managed to lose an interest in a gold mine, at Gympie (which later became a gold rush "cracker") following drink-fuelled disputes with his partners. (Later still, he owned a pub in the Burrum district). So it shouldn't come as any great surprise to anyone that

- in my younger days - I had a reputation for "enjoying a cold drink on a hot day"....or was it "a hot drink on a cold day"?

So what's this all about...? Strangely enough, it's about celebrating birthdays - and our national "birthday", Australia Day, specifically.

Unlike people in other countries who DO observe their "national day" on the date of their nations actual birth DATE, we don't! Our January 26 observance (or celebration) of Australia Day falls on the date on which our country(then an officially unnamed continent known only as "The Great Southern Continent") was annexed by Capt. James Cook in the name of Britain(and it's King George 3rd) as a colonial dumping ground for Britain's excess criminals, rotting in its over-crowded prisons. (That was on January 26, 1770.)

The actual DATE of "birth" (DOB) of our Australian nation, when Britain's collection of colonies merged, by the federation, to become the "Commonwealth of Australia", was January 1, 1901.....just 119 years ago. That's the historical fact - not just a personal view (or "spin") on when we SHOULD be celebrating Australia's actual "birthday".

As indicated earlier, I'm up for

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House Baked with our own unique culture - NO YEAST!

BAKED FRESH DAILY
A taste of the good life.

Shop 3/33 Benabrow Ave, Bellara, Bribie Island 4507

MON - FRI 5.30AM - 5PM
SAT 6AM - 2PM, SUN 6AM - 2PM

The Big Bun Bakery and Takeaway

celebrations (with a good feed and a drink or three) about just about anything... just about any time.

But I am also a firm believer that history is history ... and facts are facts ... and that neither should be ignored (or tampered with), just for the sake of a good celebratory drink or convenience – or another public holiday even - whatever the occasion.

I believe that we are not giving due respect to either verified Australian history or facts associated with it, by observing our Australia Day on January 26 instead of the day we actually WERE born, as a nation....and that is/was January 1, 1901.

AND there are other dates and events associated with the birth of our nation and its systems of parliamentary democracy which are eminently more appropriate (than January 26) to mark and celebrate our “national day”, also.

FOR EXAMPLE.....

- Federation Day (when we



actually became “Australia”)..... which I have already covered. Our first Australian elections, on March 29 and 30 that year (1901).

- The opening of our first national Parliament (in Melbourne, on May 9, 1901).
- Sittings of our national Parliament in Melbourne until May 1927.

- The opening of the first Parliament House in Canberra (opened on May 9 that year by King George 6th), and
- The opening of our new (current) Federal Parliament in Canberra on May 9, 1988.

If there is a day OTHER than January

1 (Federation Day) or January 26 (the day we were annexed

as a British colony in 1770) warranting a good celebration to mark our emergence as a nation, then May 9 would have to stand a good chance of “getting the nod”....justifiably.

My advice (and desire) would be to see our Government put the issue to “the people”.....and let us decide the issue, once and for all.



Visit us on facebook

What a lovely experience we had meeting our LNP Candidate for Pumistone- Fiona Gaske. Fiona is so knowledgable, forward thinking and best of all approachable; and open to listen. We hope to see you often Fiona!

TRADING HOURS
 CLOSED MONDAYS
 Tuesday: 10am-7.30pm
 Wednesday: 10am-7.30pm
 Thursday: 10am-7.30pm
 Friday: 10am-8pm
 Saturday: 10am-8pm
 Sunday: 10am-7.30pm



Bribie Island. Ph. 3410 0084
 Shop 3/12, First Ave, Service Road,
 BONGAREE (Across from Bongaree Car Park)

Chilli Con Carne

INGREDIENTS

- 2 teaspoons olive oil
- 125g rindless bacon, roughly chopped
- 750g lean beef mince
- 2 medium brown onions, finely chopped
- 2 medium red capsicums, chopped
- 3 garlic cloves, crushed
- 1 long red chilli, chopped
- 2 tablespoons Mexican chilli powder
- 800g can chopped tomatoes
- 400g can red kidney beans, drained, rinsed
- toppings, to serve

METHOD

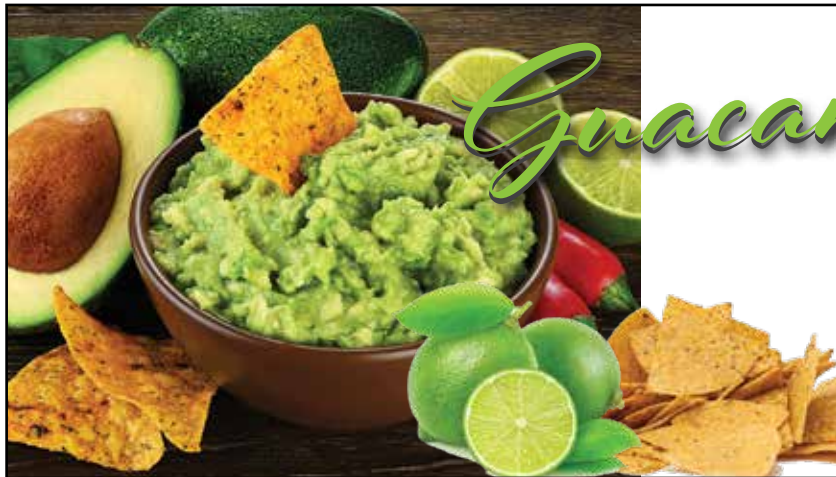
- Step 1
Heat oil in a large saucepan over medium heat. Add bacon. Cook for 5 to 6 minutes or until crisp. Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.
- Step 2
Add onions, capsicums, garlic and chopped chilli. Cook for 5 to 6 minutes or until vegetables are soft.

Add chilli powder. Cook, stirring, for 1 minute or until fragrant.

- Step 3
Add tomatoes and 1 cup

cold water. Bring to the boil. Reduce heat to medium low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.

- Step 4
Add beans. Increase heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened. Serve chilli with toppings



Guacamole

INGREDIENTS

- 2 avocados, halved and pitted
- 2 tbsp. lime juice
- 3 dashes Worcester sauce
- 2 dashes Tabasco
- 1 clove garlic, finely diced or crushed
- 1 tomato, diced

METHOD

Mash the avocados with a fork and mix with the lime juice, Worcester sauce and Tabasco. Stir in the garlic and the tomato and season with salt. Serve with nachos.

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for any occasion...

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Sat 8.30 - 10.00, or
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Village Deli
bongaree
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Wright's Fruit Barn



1 Coolgarra Avenue, Bongaree. (Next to McDonalds)

MON-SAT: 7AM TO 5:00PM, SUN: 7AM TO 3.30PM **CUT OFF TIME FOR DELIVERIES IS 1PM**

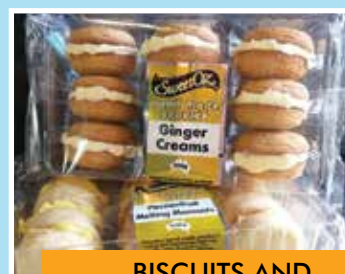
Just call and we can deliver all your fruit, vegetables, milk, yogurt, Kenilworth cheese, eggs, bread and many more products. Phone orders also accepted for people who would like us to do the shopping for them, it will be ready for pick upon your arrival **Minimum Order \$20**



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Support your local businesses.

John grew up and went to school in Woodford, moving over to this area about 40 years ago.

This is when John decided to get into the fruit and veggie game. The reason John started selling fresh local produce was due to him being sick of the big supermarkets and stores charging ridiculous prices for fresh fruit and veg, so decided to start his own business to supply the locals with fresh produce. John has now been supplying fresh local produce for over forty years, running the

business 7 days a week, with his mother pitching in when busy to help out.

John has always had a passion for delivering great customer service and fantastic everyday low prices. John takes great pride in listening to his customers and sourcing what they want and need. To achieve this he has fresh fruit and veg delivered three times a week and soon will be offering home delivery.

John's goal is to be able to deliver everyday low prices and support local businesses, products and produce. John stocks local Kenilworth and Melany milk and exclusively sell Emeila's sauces which are all made with natural products.

John constantly has specials to offer his customers including his one price fresh bread rolls at \$1.49, Pineapples at \$1 and Bananas at \$1.99 per kilo.

Beachmere Fresh and General Store also stocks a range of grocery and everyday household items. So drop in and see John at Beachmere Fresh and General Store for some great local produce!



BEACHMERE FRESH AND GENERAL STORE

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**PINEAPPLES
\$1⁰⁰**

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- Kenilworth Milk
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7am to 8pm 7 DAYS A WEEK



**BANANAS
\$1⁹⁹**



FOOD, WINE AND ISLAND TIMES



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A Touch of Class Art Exhibition

11th to 23rd Aug 2020

A GLORIOUS TRILOGY OF COLOUR, DESIGN AND BEAUTY.

Watercolour artists at Bribie Island Community Arts Centre present an exhibition of bright vibrant modern designs to traditional landscape, seascape, floral and bird paintings.

Elsu Gold and Silver Jewellery display high class works by goldsmiths Sue and Elmar Rothbrust, to complement the paintings and Australasian Porcelain Art Teachers Qld group present a range of beautifully painted porcelain works.

BRIBIE ISLAND WATERCOLOUR ARTISTS



ELSU DESIGNS GOLD AND SILVER JEWELLERY



AUSTRALASIAN PORCELAIN ART TEACHERS QLD INC



A Collaborative Exhibition

The Bribie Island Watercolour Group

The Australasian Porcelain Art Teachers Qld Inc. Porcelain

elsu designs Gold & Silver Jewellery

191 Sunderland Drive Bribie Island

07 3408 9288

11th Aug until 23rd Aug



Bribie Island Photography Club

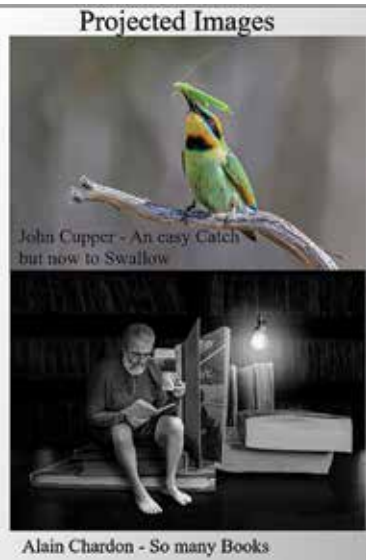
For the first time since February, we were able to hold our monthly meeting at the Arts Centre. There was a good attendance, just reaching the maximum of twenty attendees allowed in the boardroom at the present time. Our judge Graham Martin travelled from Brisbane and gave us a critique on each photo and excellent suggestions on how to improve our photography. He also gave a short talk on photography tips.

The theme for the month was "Looking Down" and was won by Roger Bawden with his "Looking Down on Brisbane" a beautiful shot taken on high of the Albert Street Uniting Church. This photo also won "Image of the Month". Roger was also the winner of the Mono Print category with his lovely "Amsterdam" image.

Mike Ktori won the Open Colour Print section with a magic shot of a bee titled "Bumble".

John Cupper was the winner of the Projected Image Open Colour category with a fantastic shot of a Rainbow Bee-eater with a captured Katydid in its bill titled "An Easy Catch but now to Swallow".

Alain Chardon took out the PI Mono with his very clever "So many Books" which is one of many of his imaginative, composite arrangements. During the month Alain hosted a successful workshop on composite photography at his home. Our new trial "Creative" category which is a fun activity and not part of the competition has proved popular with



John Cupper - An easy Catch but now to Swallow

Alain Chardon - So many Books



Roger Bawden - Image of the Month - Brisbane

several members taking part and many creative images being produced.

Our next activity is a trip in August to Southbank for a City Lights shoot.

Monthly meetings in the Boardroom at the Arts Centre, on Sunderland Drive, will continue at 7 pm on the fourth Monday of each month. Covid 19 restrictions will apply and limit

attendees to a maximum of 20 persons. Members and guests **MUST** pre-register by email prior to each meeting at bribephotographyclub@gmail.com, **MUST** arrive by 7.10 pm and will be required to complete an attendance form with the correct details.

Hopefully, this is only a temporary arrangement.

For enquiries please ring Gordon at 3408 2649 and Gail at 0419 638 865



Prints

Mike Ktori - Bumble

Roger Bawden - Amsterdam



Fun with Creative Images

HISTORY



TWO FAMOUS BRIBIE-ARTISTS



By Barry Clark
Bribie Island
Historical Society

Bribie Island's most famous resident lived a solitary life in a grass hut in the Bribie bush for 21 years before his death in 1974. His works now hang in Art Galleries around the world. Books have been written and films made about his amazing life, and there is a permanent display at the Bribie Museum.

This was **Ian Fairweather**. Another famous and more recent Bribie artist also has works in galleries around the world, is better known locally for his huge, recently refurbished, Welcome to Bribie Mural that stands near the bridge.

The artist is **Dale Marsh**. When the Bribie Seaside Museum opened ten years ago the big **Welcome** Mural was replaced with a Fairweather painting for a while to promote the new Museum.

As a young man back in the 1950s and 60's, Dale Marsh spent time with Ian Fairweather in his Bribie hut and later painted his famous portrait just days before he died.

Dale Marsh recently invited me to visit him at his Studio at Kurwongbah where he shared some vivid memories of time spent with Ian Fairweather, and stories of his Bribie childhood more than 70 years ago.

The life and memories of these

two remarkable artists will be told in two parts. This article is Part 1 and tells of their initial meeting.

IAN FAIRWEATHER



Ian Fairweather lived and painted on Bribie Island over a period of 21 years from 1953 until he died in 1974.

Born in Scotland in 1891, the ninth and youngest son of a military doctor, he was raised by two maiden aunts, while the rest of his family lived in India. He joined the Army in 1914, was captured on the first day of World War I, and spent four years in prison, despite five attempts to escape.

In 1920's he studied at the Slade Art School in London, then travelled extensively in Canada, China, South East Asia & India, where he again joined the Army as a Captain in World War 2.

After the war, he was jailed in Indonesia as a suspected spy after sailing a homemade raft from Darwin to Timor. He was lucky to survive that adventure. Ian Fairweather came to the quiet of Bribie Island in 1953,

seeking a lifestyle of isolation, and a chance to live life and paint in his own unique way. He built a Polynesian style grass-hut, with a thatched roof and earth floor, where he lived and painted, and pursued his interest in Oriental studies and Chinese translation.

The international art world had long since recognised his talent, but Bribie Islanders saw little of him and even less of his unusual work. He was seen as a weird and unhealthy hermit, living in the bush, without power or water, at one with nature, and keeping to himself. He lived close to the rubbish tip, the source of many of his painting surfaces, and after 21 years of this unusual lifestyle, and in declining health, he died in 1973 at the age of 83.

DALE MARSH

Was born in Brisbane in 1940 and has lived and visited Bribie Island most of his life. Many

exhibitions of his work have been held throughout the world, prestigious Awards won, and books about his life and works have been published. Bribie scenes feature in much of his work hanging in major Art galleries.

Dale continues to paint at his bush hideaway in Kurwongbah, and a recent exhibition Bribie Museum showed many remarkable paintings. His huge **"Welcome to Bribie"** mural by the bridge has recently been refurbished, and during my recent visit, he showed me the painting he offered as a replacement for the Welcome to Bribie Mural.

MARSH met FAIRWEATHER in 1954

The following words are some of the memories Dale Marsh shared with me, as he reflected on the impact of his relationship with Ian Fairweather, after meeting him almost 70 years ago...



HISTORY

I was obsessed with painting and drawing as a child, the passion didn't die out in me as it does with most kids, but instead continued to build all through my teenage years. When I was about 14 years old I was still working in watercolour from a little paint box I would carry about with me. At about this time I heard from my Aunt that the famous painter Ian Fairweather had come to live on Bribie Island. **"He's an old hobo with a bushy beard and long matted hair and he lives in the bush in a bark humpy just in from the Bongaree end of the main island road. He won't talk to anyone and when he goes to the little Bribie cinema in the church hall, no one will sit near him because he smells."** Such was the local opinion at that time of one of Australia's most prominent artists.

I was intrigued. In the depths of my secret soul, this was how I would have preferred to live too. I disliked suburbia intensely and longed to live away by myself in some peaceful place where no one would bother me, but felt powerless to change.



With the prospect of a real artist nearby, I desperately wanted to meet him, so one morning I gathered my watercolours and set off to meet the man that was so famous, that the Courier Mail had written stories about him. I found the tree archway that was the entry to Fairweather's place and at the end of a sandy track, hidden away amongst a clump of Bribie pine trees stood two bark huts. There

was nothing to knock on so I called out his name several times. The door opened, and Ian Fairweather stood at the entrance. I introduced myself, said I was an aspiring painter and proceeded to show him my watercolours. Simple plain subjects of sailboats, trees, sand dunes and beaches. He looked carefully at each one and finally shook his head, turned his blue eyes full on me and said in a gentle voice, **"I don't understand them"**. This bewildered me. As far as I knew, there was nothing to understand in my simple pictures. He then invited me into the bark hut to look at his paintings. Just inside the doorway was a huge carpet snake. **"Step over the snake"** he said, **"He's digesting a possum"**. The interior of the hut was chaos. There along one wall was his bed made from tee tree saplings, raised off the ground probably because of snakes. There was a shabby small table with two chairs that looked as though they had been reclaimed from a tip. The light streamed in through a panel of translucent plastic in

the roof stretched between two logs, and gave an eerie glow to the interior. Another bench was jam-packed with half-used tins of house paint in a variety of colours, and jam jars of old brushes encrusted with paint. On another bench stood a well-daubed plywood panel with paintings pinned to it. Those paintings were a revelation of colour, form, and a curious sort of primitive spiritual strength. I felt shivers go up to my spine to the top of my head. There on

that studio wall were the forms of the bracken fern and twisted tree shapes that were part of that environment. It captured the essence of the island that I was always aware of. A spiritual thing, I could always feel it, was aware of it. You felt close to it, especially where the Bribie pines grew. I called it the spirit of Bribie. The forms in the paintings combined with the quiet colour harmonies soared high with the intensity of an angelic choir. There were no recognisable objects anywhere in his pictures. This shocked me. Just shapes, coloured forms, and lines that snaked through the composition. It was my first encounter with abstract art. I simply said to him **"I don't understand them"**. My own modest pictures now seemed to me so empty and



simplicistic. The experience peeled my eyes and I saw for the first time the really enormous and profound potential of painting. I think it was the man's calmness that fascinated me most of all. There seemed to be a great mystery about him, a deep serenity that radiated all about his person. Even his environment, the huts, and the sweet-smelling pine grove emanated this quality. He possessed a quiet dignity quite rare in human beings, as though his mind was a lake of perfectly still water without the slightest ripple. In conversation, the power of his intellect amazed me. There was such an incongruity between what he said and the gentle way he spoke and his physical appearance. He looked like

a hobo. Long unkempt hair, bushy beard, wearing dirty old pyjamas in the daytime. His toenails grew out from his unwashed feet and curled around underneath his feet making it difficult for him to walk.

He spoke of the hardness of his life, always travelling in foreign countries, always in poverty, and always the outsider. We talked for a time about art and life then I felt I had already taken up too much of his time. I should go and let him get on with his work. Actually, my heart was bursting with newfound inspiration I needed to get away and express it all in a painting. Even after I had left and headed home, something of his serenity stayed with me a while. I did not revisit Fairweather for the rest of that holiday, did not feel I should

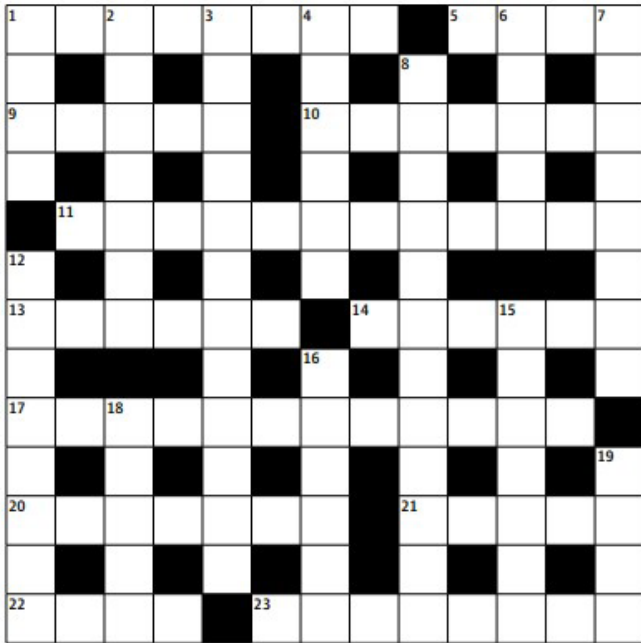
take up his time, but for every subsequent year, I came to the island I would always call on him. I was never quite sure if he remembered me.

MORE BRIBIE HISTORY

The second part of this article will be published in the next edition. It tells of the inspiring relationship Dale Marsh had with Ian Fairweather, painting his portrait just days before he died, and of the work and achievements of Dale Marsh own amazing life...

Bribie Island Historical Society welcomes visitors to Monthly meetings at the RSL on the second Wednesday evening of each month at 6:30pm. 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

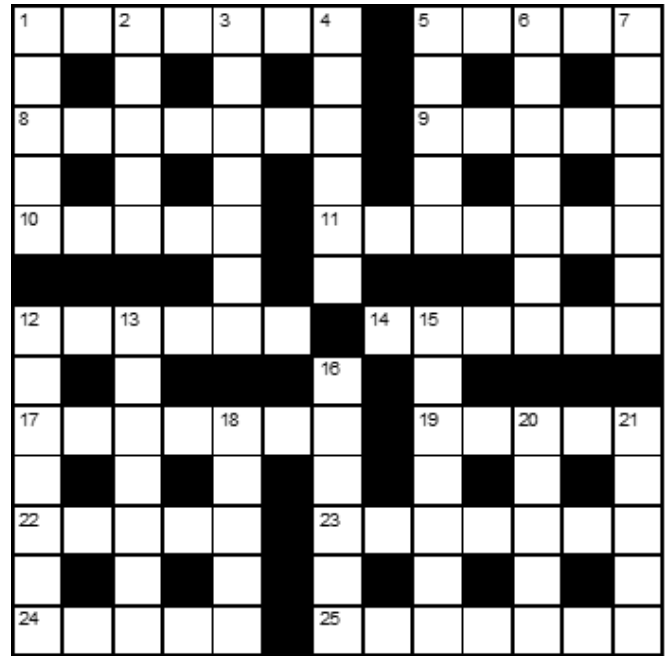


Across

- 1 Facial hair (8)
- 5 Develop (4)
- 9 Stolen (5)
- 10 Hinged window blind (7)
- 11 24 June (9,3)
- 13 Valuable little piece (6)
- 14 Ten a penny (6)
- 17 Arousing violent feelings (12)
- 20 Warm and friendly (7)
- 21 Parent's brother (5)
- 22 Objectives (4)
- 23 Obstinate (8)

Down

- 1 Unit of electric power (4)
- 2 Glimmer of understanding (7)
- 3 Lucky Jim author (8,4)
- 4 Start again after a break (6)
- 6 Assessed (5)
- 7 Causing anxiety (8)
- 8 Practical guidelines (5,2,5)
- 12 Surround (8)
- 15 African country — leather (7)
- 16 Charm worn to ward off evil (6)
- 18 Sacked (5)



Across

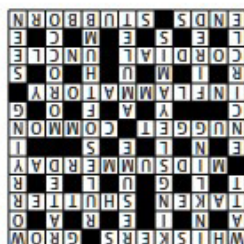
- 1 Hairless - distressed? (7)
- 5 Encourages - sometimes, up and down (5)
- 8 Florence's native language (7)
- 9 Venetian leader with fever is not with it (5)
- 10 More with a part to play (5)
- 11 Linked to elder at assembly (7)
- 12 MG lover does a runner (6)
- 14 Marriage commitment that would not prefer the downside referred to (6)
- 17 Power given to Laurence, in turmoil - the point being lost (7)
- 19 Items on display for ages (5)
- 22 For and on behalf of beer brewed for fruity result (5)
- 23 Enlist leading general destined to shine (7)
- 24 Certainly not bland (5)
- 25 Taunts wool blenders (7)

Down

- 1 Tack in direction shows backbone (5)
- 2 A bit cut off (5)
- 3 Reserved, secretive man of war? (7)
- 4 Rand is acceptable in the Middle East (6)
- 5 Even back to front - it's the same result (5)
- 6 Her gift as a battler (7)
- 7 Trim lenders' conditions (7)
- 12 Meet scam with diplomacy (7)
- 13 Instructions need to be somewhat precise (7)
- 15 Dined alfresco, as I used to (7)
- 16 Starting with genesis (6)
- 18 For or against - the latter, unfortunately (5)
- 20 Steel character, maybe (5)
- 21 Unable to keep one's head above water - the obvious result (5)

SOLUTION

EASY crossword Issue 120



SOLUTION

CYRUS crossword Issue 120



Kids @ Page



CRUMPET PIZZAS

INGREDIENTS

- 6 crumpets
- 4 tbsp. Tomato paste
- 75g shredded cheese
- ½ tsp dried oregano
- Toppings of your choice (Capsicum, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)

METHOD

1. Heat the grill to high. Lightly toast the crumpets in a toaster or under the grill. Meanwhile, mix the tomato paste and oregano together in a bowl. Season. Chop your chosen toppings into small pieces – young children can tear basil, or chop soft veg in a cup using safety scissors.
2. Line a baking tray with foil. Spread the sauce over the crumpets, then top with



the veg and cheese. Arrange on the tray and grill for 3-4 minutes, until the cheese is golden and bubbling. Leave to cool slightly before eating.

Jokes...

- Q Why did the teddy bear say no to dessert?
A Because she was stuffed.
- Q What has ears but cannot hear?
A A cornfield.
- Q What did the left eye say to the right eye?
A Between us, something smells!
- Q Why did the kid cross the playground?
A To get to the other slide.
- Q How does a vampire start a letter?
A Tomb it may concern... 7.
- Q What do sprinters eat before a race?
A Nothing. They fast.
- Q. What do you call a fly without wings?
A A walk!
- Q. What happens when you witness a ship wreck?

- A You let it sink in.
- Q. How can you find Will Smith in the snow?
A Follow the fresh prints.

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

SPOT THE DIFFERENCE



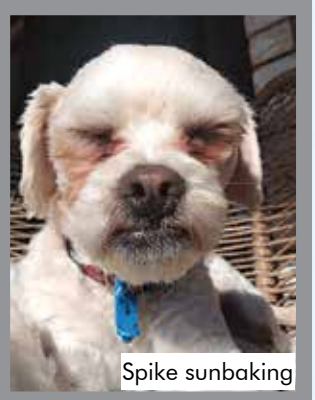
SPOT THE DIFFERENCES - THERE ARE 10 TO SPOT

- | | | | |
|-------------|-------------|--------------|-------------|
| Admits | Foray | Naturalizes | Song |
| Asps | Geode | Peasantry | Spurs |
| Astronomers | Heart | Pedigree | Tepee |
| Bands | Hippies | Phantasy | Tiebreakers |
| Blinds | Ineluctably | Pterodactyls | Twenty |
| Brand | Infuses | Quaint | Undone |
| Colorless | Jinn | Quests | Vice |
| Crash | Loudmouths | Railroading | Wore |
| Fad | Mangy | Scat | Workbenches |
| Flabbier | Mixt | Smokes | Zincs |

PET PAGES - share your pets pics



Rocky being a good boy



Spike sunbaking

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



Baby Dustin you are just adorable



A bird in the hand???



Relationships with Pets

Our pets have similar social structures to us, hence they can slot effortlessly into our family. They are deeply social creatures who throw their lot in with us and can teach us a lot about relationships. Since Covid-19 there has been an increase in pet ownership, perhaps due in part to an increase in loneliness. Some of these pet owners will be inexperienced, and it is completely okay (and advisable) to get a puppy rather than re-homing a dog

who may come with some complex issues. Dogs with problems need experienced owners to navigate them through the re-homing process. Relationships with other people can be a bit like advanced pet ownership, so do not be daunted by taking on a pet; it is not that difficult with the right understanding and commitment.

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. Experiences the puppy/dog has in its environment.

Puppies start learning about their environment from 3 weeks old. Throughout their lives they will associate good and bad things. Their behaviour will be dictated by what they have and currently experience.

People talk about their dog's behaviour as being friendly, not aggressive etc. We must be careful not to be complacent about this as behaviour changes and is adapted to the situation in the moment. For eg we think a happy go lucky Golden Retriever is a friendly breed incapable of attacking or biting a person or another dog but this is dangerous to think this. In the wrong circumstances he is capable of attacking another dog or person. We look at "dangerous" breeds as being reactive but with the right circumstances and training and socialising from

puppies these breeds can be easily controlled.

Each dog has their own personality and every animal have their own defence drive to protect them. Most common drives are defence flight/fight, fidget or freeze. As dog owners it is important to understand and read your dog's body language. Just because your dog has never exhibited aggressive behaviour does not mean that he never will. You may be a friendly, happy person but I'm sure your behaviour will change if someone tries to assault you or another family member.

A dog that may have attacked another dog does not necessarily label the dog aggressive. He may have had to show this behaviour due to feeling or being threatened by the other dog. Dogs behaviours are never static, constantly changing to whatever the circumstances are.

Happy training
Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

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Tilk an RSPCA happy ending



Millie and Roxie



Eddie beautiful rescue boy



Blakie all dressed up with no where to go



Cheesy Sleep for Roxy



Camo & Missie love liver treats



Bruno the bush walker

ARRIVAL



A Lovers Tiff

“The course of true love never did run smooth,” says the Bard, and of late, I am afraid my little Ferrari has been behaving like so many lovers uncertain of their true feelings. In fact, he threw me over! I was crushed, in more ways than one. Let me tell you the story of our rocky romance.

All was going well until last evening when I took the new love of my life on his maiden, forgive the oxymoron, voyage. Since I had been without a vehicle for a week, I had run out of many essentials and needed to do a big shop. I had packed some of my many purchases in the basket at the front and more in the large shopping bag at the rear, and I suspect that I may have unbalanced my little Ferrari who took umbrage at being

so burdened on our first trip together. Anyway, whilst negotiating a steep bend with an incline in order to try and avoid some pedestrian bars, Ferrari, in a fit of pique, decided that enough was enough, and toppled over, pinning me beneath him. As I lay there in his embrace, unable to either extricate myself or get back on to my feet, I had time for contemplation. I felt pretty sure that I was not seriously hurt even though I could feel the odd trickle of blood running down my arm and hands, but what of Ferrari? I was in no position to examine him but felt he must, at the very least, have acquired some serious scratches. I felt confident that help would come reasonably quickly, surely no-one seeing an elderly lady lying on the footpath with a scooter on top of her, would think she was just having a rest. I tried to be philosophical about the indignity of my predicament but was grateful when a delightful young lady called others to assist her in my rescue. From being alone, I was

suddenly an object of interest to a great multitude of concerned well-wishers. Three or four folks lifted Ferrari off me and assured me he was undamaged. Not quite the case as, like myself, he had several scratches and one of his little wing mirrors was bent, but most importantly of all, the two bottles of wine I had previously purchased, remained intact. As I was bleeding and had knocked my head, the populace insisted on calling an ambulance which arrived in record time. The lovely “ambos” checked me over and pronounced me bloodied but not terminally battered and there followed a lively discussion as to how I was going to get Ferrari back to his docking station. I assured everyone that that I felt quite well enough to drive him home and so was allowed to do so provided that I took extra care and reported if I began to feel ill in any way. When home, I had a warm



shower to wash off the gore, changed into clean clothes and attended a zoom meeting I had already scheduled. I must admit I hid my damaged hands beneath my computer desk but thanks to the long-sleeved tee-shirt I was wearing the blood I could feel trickling down my right arm remained invisible. I am a tough old chuck! The next morning I felt fine apart from bruising and the loss of some fingertips. After a few words with Ferrari, I assured him that all was forgiven and that since we were both to blame, the wisest thing to do was to kiss and make-up.

Codicil: Sincere thanks to the holidaymakers and especially Bribie Ambulance who came to my aid.

Elaine Lutton

BUSY FINGERS

SAFE DISTANCING

We still need all our customers and volunteers to ensure they practise safe distancing, sometimes there could be moments when this is not possible such as when a customer needs help, but at all other times please try to follow the government's instructions.

Please use our hand sanitizer as you enter the front door, it is situated to the right just inside the door, we are sorry but there is **NO ENTRY** to anyone who refuses to use it. It is a health and hygiene issue that we take very seriously, and we have a duty of care to all our staff, volunteers and YOU. We are sincerely sorry for any inconvenience, but we need to continue to keep the toilets closed until advised by the government regulators that it is safe to open them. I am afraid that it would be impossible for us to monitor the usage and continually clean them throughout the day.

Once again, we are asking all customers to keep their distance from other shoppers, by all means, browse through the shop, but once you have finished shopping please make your way to the counter, so that other customers can enter the shop, we continually monitor how many we have in the shop at one time.

We have markers on the floor leading to the counter, so you can keep your distance while waiting to be served, please be patient as it is not always possible to have a second cashier at the counter. It saves time if you have the correct money if you only one or two items.

If we all follow the rules, we can remain open for the benefit of the island residents while we can continue to stay safe and well, which is our number one priority.

RUDENESS

It does not change the situation or make it any better when staff are challenged or abused when they are trying to help customers and continue to follow the rules. We have signs advising our ZERO tolerance and we will continue to ask people to leave if they become rude or abusive to our wonderful ladies and gents who donate their time to help our community. There is no need to be rude at all and it will not be tolerated, we thank you for your cooperation in this matter.

NEW HOURS & SALES

NEW Opening Hours

We have started to stay open until 3.30 pm through the week, so we are now open 8.30 – 3.30 Monday to Friday and 8 am to 12 noon on Saturday, feedback on the new hours has been positive. As our overstocks occur at different times it is impossible to put up a schedule for sale items, so please look at the



blackboard as you enter the shop to see what is available on the day. We also have several tables throughout the shop stocking many books and knick-knacks at bargain prices.

SAFETY IN THE CARPARK AND ROAD ENTRANCE

We have a 5KPH sign at the entrance and several speed bumps in the carpark, but some drivers seem to believe they are Michael Schumacher, Alain Prost or Peter Brock. We have had several near misses lately, at times we have children or very elderly walking across to their cars, sometimes they do not real-



ise someone is backing out. So please take your time and care in the carpark as we do not want to see anyone injured or have damage to their cars. So PLEASE SLOW DOWN AND BE ALERT.

We have installed a turn-around section at the end of the driveway and an extra lane as you turn around, this will allow supporters to drop off their donations and then continue back to the road without having to park. Our donations area is behind the building and not on the carpark, resulting in another 5 car spaces available. We hope this will alleviate any problems in the carpark and result in a quicker and safer drop off point while ensuring the safety of both

pedestrians and drivers.

DONATIONS

With your help we have been able to assist many clubs on the island this month, as usual, we continue to support the VMR with fuel, BI Global Care with Foodbank and the Hospice with Palliative Care. We have also been able to purchase new camping equipment, life jackets and paddles for the Bribie Boy Scouts, Water



Urns for the BB Garden Club and a new laptop for the BI Social Seniors. Some Security Equipment for the AFL Club and Linen for the BI Aged Care and finally much needed hurdles for the Bribie District Little Athletics. It is good to see that many clubs are re-opening not only the senior clubs but also the sporting clubs for the juniors and especially the Boy Scouts, we hope they all enjoy their new equipment.

As usual, I would like to thank all our supporters including the Bribie Islander family, our customers and I must mention Rodney of Bribie Signs 3408 1151 who has looked after us for many years with all our signage needs. We have kept him busy lately with arrows, footprints and COVID signs, so thank you, Rodney.

Keep safe everyone and I hope to see you in the shop soon. Sandra

HOME and GARDEN

1.



LAYER SMALLER RUGS.

Plush rugs make wooden floors more enjoyable for playtime and smaller ones are easy to move around.

INCORPORATE SPORTS EQUIPMENT.

Not all sports equipment is worthy of display, but if your child has a beloved skateboard, baseball bat or even surfboard, consider finding a home for it in their room.

2.



3.



ADD A MEMO BOARD.

Memo boards are great for keeping kids of all ages organized. Encourage creativity by letting them choose what to pin.

4.



CONSIDER GRAFFITI ART.

Just like paintings or posters, graffiti is a great way to bring major impact to your child's bedroom walls. Have your child pick a local artist whose style they like and collaborate on a design.

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to styling
your
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5.

PRACTICE PATTERN MIXING.

Stripes, florals, zig zags, oh my! Don't be afraid to pair different designs together — kids' rooms are a great place to take a design risk (or two).



ORGANIZE WITH OPEN SHELVING.

Custom built-ins in a mix of simple white and blond wood feel fresh with a collection of colorful books and stuffed animals.



7.



6.

HANG ARTWORK

Paint a graphic pattern on the wall. Choose a graphic shape you can both agree on, like triangles or squares. Tape off a pattern to paint over together.

TRY A PRIMARY COLOR PALETTE.

Vibrant shades of red, green and blue exude youthful energy and look great when paired together in a playful way. Throw a blanket on the end of the bed or hang bold artwork overhead.



8.

Trading Hours:
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The Plant Patch

By Darren from Grow Plant Nursery

HEDGING YOUR FUTURE, NATURALLY!

Enjoy living in coastal communities but like your private spaces too?

Time to consider growing a hedge or two around your home today.

Traditionally, hedges were more commonly found in formal, manicured gardens but over the decades have evolved to suit many outdoor settings.

The reasons for growing hedges vary. Perhaps you need privacy from the neighbours, the street, or a resilient windbreak for the brisk, coastal Moreton Bay breezes. Do you love repetition-style plantings, or want to create a wildlife habitat or corridor? Are you seeking a "green" fence? Whatever the reason, your purpose will influence the types of plants you choose.

Decide on the overall dimensions of your hedge and select plants that will grow comfortably into those spaces. Also, consider the maintenance of your hedge. Do you want to trim it regularly or are you more into "free-spirited" growth? Some plants will drop a lot of leaf litter – this could be a problem near swimming pools and ponds.

Some popular types of hedge plants are the Lilly Pilly, Coastal Rosemary, Mock Orange (*Murraya*), Clumping bamboo varieties, Japanese Box, *Sasanqua* camellia & *Photinia* Red Robin

Once you have selected your plant type, the next step is to figure out how many plants you require. We suggest a 1/3 guide. Multiply your preferred hedge height by 1/3 to get your horizontal plant spacing distance. If you want a 1m height hedge, allow 33 cm between each of your plants. For the taller hedges, it might be better to reduce the ratio so that you still end up with a tight foliage spread. Also, consider root competition. Some bigger plants have an extensive root system and need more water & nutrients from the surrounding soil so you might need to feed your hedge semi-regularly.

To help you get the correct alignment, mark out your plant holes with spot paint first. If you are planting in a straight line, use a string line to help determine your plant locations. For a curved hedge, use a garden hose to map out the shapes. Then dig out holes for your plants – ensure

that the depth of the hole is slightly less than the height of the soil in the plant pots. Take the opportunity to mix your extracted soil with some organic compost, ready for backfilling.

Position your plants next to their holes and rotate the pots so that the sides of each plant that present the greatest number of branches face along the hedge direction.

Water the holes first before placing the plants in them. Then backfill



with your enriched soil and gently tamp down the soil to remove pockets of air. Generously water in the plants and use a seaweed fertiliser solution to give them a good head-start.

Minimise water evaporation & weed growth by mulching around the plants – keep away from the plant trunks.

Then tip prune all plants to the same height – this will encourage more growth to occur on the sides. Focus on getting the lower half of the plants filling out correctly first. As your hedge grows through the years, keeping pruning to create your desired shape.

Keep feeding your hedges regularly so they will bring you many years of natural beauty for your coastal homes.



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Tracie is client focused and always goes the extra mile to ensure she achieves the best outcome. As a sales professional working within the McGrath network she has access to premium interstate, and out of town buyers and as a long term resident she understands the needs of locals too – the perfect combination to achieve the best results. Friendly, approachable and knowledgeable, Tracie should be the first person you call for all of your real estate needs.

Tracie Robinson

Bribie Island Specialist
tracierobinson@mcgrath.com.au
0401 091 182

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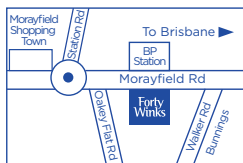
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YOUR RESPONSIBILITY as a fence owner

Dividing fences are a common cause of disputes between neighbours.

People often disagree over who pays for the building and upkeep of the fence, or the type of fence needed, particularly when one neighbour wants a fence for a specific purpose, such as to keep a dog.

WHAT IS A DIVIDING FENCE?

A fence does not just mean a line of posts, wire or panels; rather, it is anything that encloses an area of land—including a ditch, embankment, a hedge or even a creek—and it does not have to extend along the whole boundary. It also includes gates, cattle grids, or anything else that forms part of the enclosure. A dividing fence is normally constructed on the common boundary line between two properties, although it may be built off the boundary line when the physical features of the land prevent it. This, however, has ownership implications.

WHO OWNS A FENCE?

If it is built on the common boundary line, a dividing fence is owned equally by the adjoining neighbours. However, a fence, or part of a fence, built on one neighbour's



PART ONE.

land is owned by that neighbour, even if the other neighbour helped pay for the fence. You should be careful to build your fence on the boundary if you are paying half the cost.

BASIC RULES FOR DIVIDING FENCES

1. There should be a 'sufficient' dividing fence between properties if an adjoining owner requests one—even if one or both pieces of land are empty.

2. Usually neighbours must contribute equally to the cost of building and maintaining a dividing fence.

3. You should not attach anything to a dividing fence that could damage it.

4. In most cases, issues about dividing fences need to be solved by the owners of the properties. If you are a tenant, unless you have a long-term lease on the land, you should refer queries over a dividing fence to the property owner or agent.

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So, if you need concrete around Bribie Island and the Moreton Bay area, we are in a great location to supply our quality premixed concrete in one of our Company owned and operated 7.2m³ or 3.2m³ concrete truck fleet.

Please give our team a call to discuss your needs or book in delivery.

Bribie Island SOLAR

At Bribie Island Solar we aim to save you money on power bills. Installing a solar system on your roof will generate power but how you manage your energy use will determine how much you save.

SUN SUN SUN

Living at Bribie Island, we are fortunate to have one of the best climates and most sunny environments on the planet. We are admired by many for the lifestyle of beautiful beaches, great weather and an average of 261 days per year of clear sunshine per year.

Smart Bribie Island homeowners are using new technology to turn our abundant sunshine into electricity to power our homes. Solar power has advanced to the point where it's cheaper than buying your electricity from the power grid. We can now live in paradise with very little ongoing costs of electricity as we can power our homes simply from the sun, whilst using the grid for backup and night-time use.

FREE ENERGY FROM THE SUN

When you look at the total costs to own a solar system over a long period, you can see that solar is really affordable. The key is to do your research and work with a trusted provider and installer of solar power equipment. As is the case with any major upgrade to your home, you get what you pay for. This is true because in many cases, cheap solar can be of very poor quality, ineffective or even dangerous. The cheapest installations often come with no warranty to protect the customer. When you look at the facts, solar is not too expensive when you have the peace of mind that you are purchasing quality products.

Before you invest in and install a solar power system, it would be in your own best interest to understand the difference between cheap and unreliable solar products and safe quality products, which may comparably have a higher cost.

QUALITY PRODUCTS GIVE YOU PEACE OF MIND

Prudent customers know that they can achieve greater peace of mind if they take the time to find and research a reputable company that stands by its solar products. The two main components of a solar system are the solar panels on the roof and the solar inverter, which transfers the DC energy into 240V AC electricity.

When selecting products, think long term. We live on the ocean and surrounded by water, and our environment is harsh on electrical appliances. Look for solar panels that are on the higher quality range and avoid any panels that are from budget companies. Brands such as LG, REC, Longi, JA, Canadian Solar and Risen have a long-term presence in Australia and have been designed to handle the conditions Bribie Island can throw at them. The best solar panel systems will often come with warranties with local support offices. This means that if there is an issue, your money hasn't gone down the drain.

Failures of solar inverters are the most common problems with solar. There are hundreds of options available on the Australian market. We recommend three brands that have been tried and tested, too often we see cheaper Chinese inverters fail as they are not suited to the Australian environment and made from inferior products. We recommend three brands that have a track record for longevity, Fronius, Delta and Sungrow.

Homeowners may not realize that installing solar power can actually make money. The payback period will show you how you make money back on the investment. The electricity that your family doesn't need can go to the utility, providing power to others who are connected to the grid. Speak with us about the payback periods of your solar system to learn specific details of how you'll do this to save money in the long run.

Are You Ready for Solar?

Now that you have had a chance to evaluate the most common concerns and considerations about solar power and whether it is too expensive, you may be ready for more insight into how a solar system can benefit your family. Give Bribie Island Solar a call and have a chat about what solar can do for you!

Solar is supported by the government in the form of Rebates

We can offer advice on the rebates and offer zero deposit finance if required.

Currently, there are generous rebates available to help bring down the price of your solar system. Discuss the long-term costs of owning a solar it's also a good idea to ask about the latest rebates and other programs, such as the Small-scale Technology Certificate and feed-in-tariffs that can help with the long-term costs of having solar. The government is motivated to encourage solar power system adoption to curb pollution and to help us all be more self-sufficient.

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Meet Your

DECIDING TO BECOME A TRADIE COULD BE THE BEST CHOICE YOU'LL EVER MAKE!

WHAT IS A TRADESMAN?

A tradesman or trades person, or more commonly known as a "Tradie", is a skilled manual worker in a particular craft or trade. A tradesman is considered a professional with a high degree of both theoretical and practical knowledge of his/ her own trade. Generally and famously known as one of the most sought after careers in Australia, the tradesman is among the top earners when it comes to salaries and wages. The higher your qualification, the higher your potential wage. Naturally, a tradie's job is tough and one of the most physically demanding careers – a long way from your typical 9-5 office job. Ranging from being called "sparkies, chippies, brickies" – being a tradie can mean any number of roles, but they do have plenty in common as well.

WHAT MAKES BEING A TRADIE SO POPULAR?

1. JOB SECURITY

As one of the most in-demand services in Australia, Tradies are among the top when it comes to in demand and most sought after jobs. There is no and will never be a shortage of the handyman repair, house-building, landscape contracting and plumbing jobs, to name a few. To say that the Tradie will be needed all day, every day is no exaggeration. The trade career pathway for those young people considering their future prospects is bright and promising.

3. WORK FLEXIBILITY

Once a Tradie masters his or her trade, gets that qualification, he/she can essentially pick their own projects and be their own boss. Many tradespeople end up working for themselves and building a business as the opportunity and potential to have full control of their work and careers are up for grabs and a thoroughly gratifying prospect.

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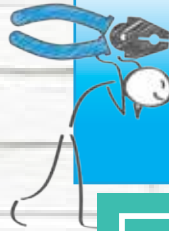
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4. SAY NO TO THE OFFICE CUBICLE

A Tradie can hold office practically anywhere. For a Tradie, the office is much more exciting and free than that boxed-in cubicle at a building square. You get to spend days outside, working on different sites, stand up and move around, doing the things you love – rather than stay seated all day, and interact with people.

5. WAGES

In terms of salary, your income as a Tradie is not limited to the hours a day spent at work. With the proper trade qualification, the more you learn, the more skills you develop, the higher you can earn. Getting a license, for a specific trade, be it a plumber, electrician, etc., increases your ability to earn as well. With your license, you can be self-employed, start your own company and employ other skilled tradespeople to work for you, increasing your income greatly.

6. TRAVEL

As a tradie develops his/her skills and earn their qualifications, the doors (and windows) to different opportunities open up. They are free to travel to other cities, especially with a nationally recognized qualification under their [tool] belts. No matter where they go, there will always be a need for skilled workers in their trades and professions. You can literally set up shop anywhere.

7. SATISFACTION

When you talk to tradespeople, one of the things they all talk about is the real sense of satisfaction they get from finishing a job. It's not uncommon to drive around an area or a neighbourhood and see the sites you've had a hand at creating, infrastructures you helped build and pieces you've crafted. It could be a house, landscaping, a business, an item of machinery or something else – you know you've done a good job and have others appreciate and enjoy.



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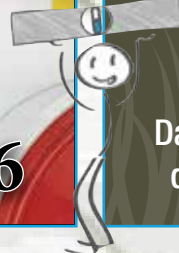
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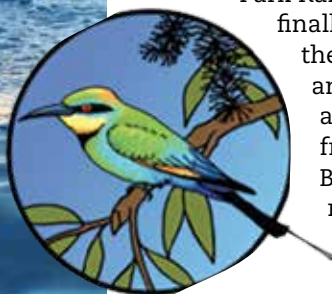
HAPPY ENDING FOR YOUNG DOLPHIN

Woody Bay, Woorim
BRIBIE ISLAND



On Friday afternoon (31 July 2020) one happy young dolphin was freed from having its dorsal fin entangled by crab pot rope and floats. Wayne (Marine Park Duty Ranger - 0427753683) and his team from Marine Strandings, based in Manly, spent Friday out in their boat searching for the juvenile dolphin. The dolphin had been reported late on Thursday afternoon showing signs of distress as it struggled to break free from the crab pot rope and floats. The Marine

Park Rangers finally found the dolphin and were able to cut it free. BIEPA received a number of phone



calls on Thursday afternoon from beach walkers who had spotted the dolphin in distress in the water off Woody Bay, south of Skirmish Point on Bribie's eastern coastline.

THIS IS A "HAPPY ENDING" STORY!

It is such a pleasure for BIEPA to share a HAPPY ENDING with you Everyone who enjoys walking, cycling, sailing, surfing, kayaking, paddle boarding around Bribie Island's coastline is always excited and enchanted by the sight of the dolphins frolicking and playing out in ocean. It is magic!

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Fishing REPORT

By Bribie Bait Tackle & Bikes

The weather has been quite favourable for the past fortnight, and there have been some very nice fish taken. Have a look at this prize Flathead of 72cm caught by Claude on soft plastics, drifting the Pebble Beach bank. Claude has caught some beautiful



fish during the last couple of weeks drifting over that bank with fresh hardiheads, baby blue pilchards (which are available from Bribie Bait Tackle and Bikes), and casting soft plastics as he goes. By doing so, he covers many avenues and many species. The baby blue is out there just in case there is a tailor around, and all anglers know that the hardihead is the favourite tucker of the big Bream. It appears that the summer Whiting is showing up early. Normally we don't see too many until about the second week in September, but traditionally over the last 40 odd years, the dyed in the wool Whiting anglers have always had a crack from Exhibition Day on. Have a look at the lovely Whiting caught by Danny's brother, Clinton. He got 6 in total, just before the first lagoon on the Woorim beach, on our special live blood

worms. I have mentioned the sand spit on the northern side of the Pacific Harbour



canal as a "hot" spot in my last couple of reports, and here are 3 good fish taken by Kegan there. The Flathead went 73cm and 45cm and the Bream 30cm". There has also been some beautiful Whiting taken there on yabbies. By the time you receive this report, the Snapper season should be open once again. With that in mind, we have a full moon on Wednesday 19th August, and the Almanac says our

hot time is 20th, 21st, and 22nd August. This would be a great time to have a crack at catching a "knobby". As I mentioned earlier, many of the 'old-timers' start fishing for summer Whiting on Red Beach and the main beach from Ekka day onwards, and for the last 2 years, they have had success with these earlier fish. Why not have a try for our prize-winning Whiting during the above almanac period? Also, tradition says that we usually get cold westerly winds during the Ekka period. Hopefully, this will be the case this year which should stir up the Tailor once again. Remember - all very successful anglers vary their methods and locations, so, have a go at the few methods I have mentioned in this and past reports. All for now. Keep safe and tight lines.

TIDE TIMES

BRIBIE ISLAND & MORETON BAY

SAT 15 Aug 1:15 am 0.7m 6:42 am 1.21m 12:38 pm 0.43m 7:36 pm 1.76m	SUN 16 Aug 2:10 am 0.59m 7:41 am 1.28m 1:30 pm 0.33m 8:21 pm 1.9m	MON 17 Aug 2:52 am 0.47m 8:29 am 1.38m 2:16 pm 0.22m 9:03 pm 2.03m	TUE 18 Aug 3:31 am 0.37m 9:14 am 1.46m 3:01 pm 0.12m 9:45 pm 2.13m	WED 19 Aug 4:11 am 0.29m 9:57 am 1.53m 3:45 pm 0.07m 10:26 pm 2.17m	THU 20 Aug 4:50 am 0.25m 10:40 am 1.58m 4:29 pm 0.07m 11:06 pm 2.15m	FRI 21 Aug 5:30 am 0.24m 11:25 am 1.61m 5:14 pm 0.12m 11:47 pm 2.06m	SAT 22 Aug 6:07 am 0.25m 12:10 pm 1.63m 6:00 pm 0.21m
SUN 23 Aug 12:28 am 1.91m 6:45 am 0.28m 12:58 pm 1.65m 6:51 pm 0.34m	MON 24 Aug 1:08 am 1.73m 7:20 am 0.32m 1:48 pm 1.66m 7:46 pm 0.47m	TUE 25 Aug 1:52 am 1.55m 7:59 am 0.36m 2:45 pm 1.66m 8:56 pm 0.58m	WED 26 Aug 2:42 am 1.38m 8:45 am 0.4m 3:51 pm 1.66m 10:18 pm 0.65m	THU 27 Aug 3:47 am 1.24m 9:48 am 0.45m 5:08 pm 1.69m 11:47 pm 0.64m	FRI 21 Aug 5:30 am 0.24m 11:25 am 1.61m 5:14 pm 0.12m 11:47 pm 2.06m	SAT 22 Aug 6:07 am 0.25m 12:10 pm 1.63m 6:00 pm 0.21m	SUN 23 Aug 12:28 am 1.91m 6:45 am 0.28m 12:58 pm 1.65m 6:51 pm 0.34m

BRIBIE BAIT TACKLE & BIKES



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VMR BRIBIE ISLAND

MBRC GRANT

VMR Bribie Island recently engaged Telco Antennas to inspect and upgrade the guyed wires, antenna mounts, antennas and cabling for our radio communication systems on the guyed lattice tower installed at our VMR Base. Scope of the work included

the addition of several new VHF aerials installed at the top of the VMR Radio Tower and testing with the configuration of aerials to ensure maximum coverage and reception in preparation for phase 2 of the Radio Room Upgrade - to be completed later this year.



Vice Commodore Ces Luscombe and Radio Officer John Bodycombe discuss the radio mast upgrade with MBRC Division 1 Councillor Brooke Savage.



Councillor Brooke Savage receives a briefing on the upgrade so far, and plans for the future from Radio Officer John Bodycombe and Vice Commodore Ces Luscombe.

This upgrade has been made possible, in part, thanks to a \$7326 grant from The Moreton Bay Regional Council's Community Facilities Grant. VMRBI would like to thank MBRC and in particular Division 1 Councillor Brooke Savage, who visited VMR Bribie on Friday 31st July 2020 to inspect progress.

- possibility of multiple operator and radio sites installed at various remote locations.
- One operator can operate several radios simultaneously with the Voice User Interface and cover a large area of responsibility as well as the ability to monitor and control each individual radio.



Our Radio Officer John Bodycombe has been doing some testing in conjunction with Senior Radio Operator and IT Guru Peter Morton with the current aerial configuration to ensure we get maximum coverage and reception.

Phase 2 of the VMR Bribie Radio Room Upgrade includes installation of a base radio network of radios with the capability of complying with the relevant Australian and International Standards & Requirements and more specifically, reliable 24/7 operational needs. This would include:

- a software suite to encompass all management, system and operator functions and processes.
- intuitive user interface via touch screen computers

EMERGENCY SERVICES EXPO

As the Combined Emergency Services EXPO 2020 was cancelled due to the COVID-19, the 2019 EXPO certificates of appreciation were unable to be handed out during the planned stakeholder meetings. Accordingly, VMRBI visited participants when time and conditions were suitable and delivered the following certificates.

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Martin Leach, Principal of Banksia Beach State School receives a framed certificate of appreciation from Graham Gibb. Graham commented "VMR is looking forward to 2021 now and we hope the Young Emergency Services Ambassador will be from your students and of course we would welcome your amazing the band once again."



Graham Gibb presents Jarrod Thorne, OIC Bribie Island QAS, with a framed certificate of appreciation for their valuable and continued support of EXPO.



Graham Gibb and Commodore Liz Radajewski dropped in to present Konrad Sawczynski Area Director of the Rural Fire Service a framed certificate of appreciation to thank them for all their amazing support to ensure the success of the Emergency Services EXPO.



Graham Gibb presents a framed expo certificate of appreciation to TS Koopa's Garth Schmith and Dave Withers for their participation and support of our EXPO.

YEAR TO DATE RADIO ROOM STATISTICS

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 6th August 2020:
7,742 Calls, 2,236 vessels logged on,
171 Vessel Assists, 809 Sitreps, 327 Requests,
30 overdue vessels, 6 Vessel Tracking,
861 Radio Checks, 31 Weather Broadcasts,
14 Securite Broadcasts, 0 Pan Pan 0 Mayday.
VHF 76.3%, 27MHz 8.8%.

JULY/AUGUST 2020 VESSEL ASSISTS:

SUN 26/07 1650pm – Member of the Public reported a House Boat drifting near Turner's Camp – investigated and secured.
TUE 28/07 1330pm – 11 Kayakers were overdue, investigate at Skirmish Point, on-route we were contacted and stood down.
TUE 28/07 1559pm – 9.5m Cruiser member with engine

failure required a tow from near Bongaree Jetty to Spinnaker Sound Marina.
WED 29/07 1321pm – 6.5m Half Cabin member with engine problems required a tow from Yellow Patch/North Point to Spinnaker Sound Marina. 10 minutes into the trip, assist was cancelled.
SAT 01/08 0834am – 5m Cuddy Cabin member with motor issues required a tow from Bongaree to Pacific Harbour Canals.
SUN 02/08 0947am – 4.3m Tinny non-member with a flat battery, required a tow from Red Beach to Bongaree Boat Ramp.
SUN 02/08 1554pm – 4.7m Centre Console non-member with motor issues required a tow from 1km North-West of Flinders Reef.
THU 06/08 0914am – 4.8m Runabout member with motor issues, required a tow from Red Marker Pumicestone Passage to Pacific Harbour Canals.

SAFETY DAVE The Frenchie's Message:



Safety Queensland shows that 18 people died in Queensland waters last year in reported

marine incidents, including 14 who drowned or went missing. Of the 14 who drowned or went missing in 2019, only one was known to be wearing a life jacket. Queensland research shows few Queenslanders wear a life jacket in a boat, contributing to drownings. "Over the past 20 years, 113 people have drowned during marine incidents in Queensland, and only five of them were known to have been wearing a lifejacket," he said.

"The water safety message hasn't changed over that time. Boat operators need to keep a proper lookout at all times and always travel at a safe speed. However, most importantly, they must have enough life jackets on board for everyone and make sure everyone knows how to use them." Do you always wear your Life Jacket? "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!"



Safety Dave The Frenchie ensures us that "When old enough I will make sure my puppies wear their life jackets!"

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ON THE ROAD



THERE'S SOMETHING TO BE SAID ABOUT A CLASSIC CAR.

FROM THEIR BEAUTIFUL FORM TO THEIR LACK OF FANCY ELECTRONICS LEAVING THE RUNNING OF THE VEHICLE PURELY BETWEEN MAN AND MACHINE, THEY HAVE STOOD THE TEST OF TIME (GIVEN THE RIGHT AMOUNT OF CARE AND MAINTENANCE OF COURSE). THINK OF THE IMMENSE POWER OF A 70'S V8 MUSCLE CAR OR A HEAD-TURNING HOT ROD.

Countless car shows and drag challenges around the country put these magnificent beasts on display to show off their amazing curves, brand new or restored engines and perhaps a few with some extra modifications that might make a purist's blood turn cold but give that extra bit of grunt when you want to show off.



HOLDEN FJ

The Holden FJ, also referred to as the FX, was one of the first affordable Australian made cars in the 1950s. Its sedan line had three models: the Standard, the Business and the Special. Of the three, the Holden Special was the most popular model because it was more comfortable to drive than the other two. It has a six-cylinder engine with a maximum power output of 65 bhp at 4,000 rpm and three-speed column shift manual gearbox.



1971 FORD XY FALCON GT-HO PHASE III

With only 300 units released in 1971, a Falcon GTHO Phase III was once sold for a record-breaking \$683,000 at auction. With a 5.8 Litre Cleveland V8 engine with a four-speed top loader gearbox and Detroit locker nine-inch differential that makes it a heavily equipped version of the Ford Falcon. This model was also considered the fastest four-door sedan in the world in 1972 when it reached 7,000 rpm at fourth gear. It was one of the most powerful cars around and with only half of them still believed to have survived, quite rare.

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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tech equipment that we have invested in. We are here to help'.

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1977 Holden Torana A9X

The Holden LX Torana with the A9X option was specially designed to compete and has a 5.0 litre V8 SLR 5000 engine and a 4-speed manual transmission. The rear-facing bonnet scoop of the A9X helps produce maximum power in racing applications by increasing the airflow into the engine bay. The A9X had both front and rear disc brakes with heavy-duty axles and a 10-bolt differential. All that helped the A9X (driven by Peter Brock and Bob Morris) win the 1978 and 79 Australian Touring Car Championships. About 400 A9Xs were made (about 300 sedans and 100 hatchbacks) so they're highly sought after and highly valued – one A9X that was recently uncovered in a Sydney storage unit and in pristine condition was expected to fetch between \$200,000 and \$250,000 at auction.



1973 Ford Falcon XB GT Coupe

This list wouldn't be complete without mentioning the Falcon XB GT. For anyone that's seen Mad Max, the "Pursuit Special" 351 cu with a 5.8-litre V8 engine is the ultimate Aussie muscle car. Alan Moffat won the '74 Sandown 250 and the '76 Australian Touring Car Championship driving an XB Falcon GT Hardtop, as well as the 1977 Australian Touring Car Championship driving an XB GT Hardtop and an XC Falcon GS Hardtop. Touring Car Championships.

PART 2 NEXT ISSUE 121

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Bongaree Bowls Club

Social games results:-

Tuesday July 28, Winners: Brien Skerten and Max Nganeko.
R/Up: Col Erhardt.

Friday 31, Winners Beryl Moor and Di Davidson.

R/Up: Doreen Pennery and Wendy Rollason

Tuesday 4th, Winners David Vaughan, Arne Jensen.

R/Up: Judy and Mike Hanson

Finalists in the Bongaree Bowls Ladies Pairs Championship for 2020.

Pictured are runners up Janice Mason and Sandra Scott with the winners Elna Jensen and Gail Parker.



BRIBIE ISLAND LADIES GOLF RESULTS

THURS 30/7/20

Ladies Single Stroke
Div. 1 Winner: Carole Watson 71

R/U: Gwen Clutterbuck 73 c/b. 2nd R/U: Cheryl Loimaranta 73. 3rd R/U: Ailsa Lauchlan 74 c/b.

Div 2 Winner: Jude Dorhauer 74 c/b

R/U: Fitzie Jackson 74 c/b. 2nd R/U: Margaret Huxley 74 c/b. 3rd R/U: Lenore Wilson 74.

Div 3 Winner: Paddy Hyde 75

R/U: Sue Tailford 76. 2nd R/U: Carol McAllister 77 c/b. 3rd R/U: Jennifer Stafford 77 c/b.

Best Gross: Ros Gardiner
Best Putting: Val Smith.
TUES 4/8/20

Ladies Single Stableford
- Sponsor: Team Girls
Div 1 Winner: Val Smith 38 c/b

R/U: Suzanne Valley 38. 2nd R/U: Di Binghamy 37 c/b. 3rd R/U: Sylvia White 37.

Div 2 Winner: Lenore Wilson 41
R/U: Charmaine Price

40. 2nd R/U: Vivienne Learoyd 37 c/b. 3rd R/U: Ingrid Coburn 37 c/b.

Div 3 Winner: Heather Croukamp 39. R/U: Jan Jennings 36. 2nd R/U: Sylvia Kuhbauch 35 c/b. 3rd R/U: Carol Mc Alister 35.

THURS 6/8/20 Ladies Monthly Medal Sponsor: Woorim Surfside Pharmacy.

Div 1 Winner: Val Smith 76

R/U: Suzanne Valley 77 c/b. 2nd R/U: Linda Urquhart 77.

Best Putting: Suzanne Valley.

Best Gross: Di Binghamy.

Div 2 Winner: Judith Umlauf 74 c/b.
R/U: Ingrid Coburn 74. 2nd R/U: Yvonne Nicklin 75.

Best Putting: Lulu Drew
Best Gross: Judith Umlauf.

Div 3 Winner: Sue Tailford 76
R/U: Jan Jennings 78 c/b. 2nd R/U: Angela Jordan 78.

Best Putting: Angela Roberts.
Best Gross: Sue Tailford.

BONGAREE BOWLS MEN'S RESULTS

Wed 29th July Mixed 4's winners: P Clancy, Beryl Moor, H Crouch and D Davidson.

Runners up: I Valentine, L Clark, R Mills, R Smith.

Sat 1st Aug Scroungers winner: T Richardson, 2nd M Weston, and 3rd E Fender.

Wed 5th 4's winners: I Virgen, G Pitts, R Black, and R Mills.

Runners up: G O'Halloran, B Watson, I Hargreaves, D Pascoe.

Thurs 6th Aug men's pair's winners: Butch, M Miles
.Runner up P Vljajic, G Hanlin.

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Sept 10th 7pm Start

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Where: Bribie Island AFL Club First ave, Bongaree
When: SEPTEMBER 10TH
Time: 7pm for a BBQ dinner and a show, drink on arrival and so much more.
Tickets :\$55.00 p.p. please contact Lucy on 0459119477



The Bribie Tigers are going strong even through these tough times. There has been a lot of action happening around the club, with us launching our pop up canteen on field 2, still needs some tweaking but it's getting there.

Our Walking Football is launching Friday 14th August. This is a small-sided version of football specifically modified for older Generations. Come down for a try. Register on the day or contact Jacob on 0406 178 942

Also Coming up is our AGM on the 31st August at the Blue Pacific Hotel.

Our massive Friday night on the 7th August was action packed with a tough game from the senior ladies, Over 35s had a very intense game on field 2 and the night finished off with a Fantastic game by the senior Men.

Results for week ending 2nd August

Over 35s Vs Relics 2-2 Draw
Senior Men Vs Caloundra Black 2-3 Loss

Senior Women Vs Noosa 5-2 Win

U15/16 Div2 Vs Kawana 1-2 Loss

U15/16 Div3 Vs Bye
U14 Girls Vs Buderim 0-4 Loss

U12 Girls Vs Noosa 10-0 Win

U13 Div2 Vs Maleny 3-3 Draw

U12 Div3 Vs Suncoast 1-1 Draw

Results for week ending 9th August

Over 35s

Senior Men Vs Beerwah Glasshouse 3-0 Win

Senior Women Vs Maleny 2-4 Loss

U15/16 Div2 Vs Nambour Yandina 1-3 Loss

U15/16 Div3 Vs Woombye 1-11 Loss

U14 Girls Vs Maleny 2-1 Win

U12 Girls Vs Maroochyore Black 0-8 Loss

U13 Div2 Vs Maroochyore 4-2 Win

U12 Div3 Vs Baringa 11-2 Win

SPORT

It was a beautiful sunny day for sad farewells for two Dragons Abreast members at a luncheon in the Social Cafe of the RSL Services Club on Bribie Island. Approx 45 members attended to say goodbye to our founding member, Dawn Worley and Sweep, Bevanne Stanley.

Dawn Worley 2008- founding and Life Member; the driving force for Dragons Abreast Bribie Island, receiving her bouquet and photographic presentation book from current President Judith Finegan.

Whilst training with the Redcliffe Pink Snapdragons, Dawn advocated that the Pumicestone Passage was the perfect place for a Bribie team to paddle. With the encouragement and fundraising



of some formidable women and the financial support of Rotary, Zonta, and local community groups, we gratefully launched our first boat, "Spirit of Bribie" in 2009. Since then, in roles as Secretary and President, and ongoing DABI member, Dawn has enthusiastically pursued her paddling in the channel and at International Regattas with her husband, Jack's total support. As time progressed, a recent move closer to family was determined but regular social club interactions and engagements with friends keep our Dawn firmly in our minds and hearts.

Bevanne Stanley 2009 – 2020 Paddler and Sweep (Helm) for DABI responding to Farewell speech from Janet Brooks, while the DABI Co-Ordinator, Beth Sowter looks on, social distancing of course!

With gentle persuasion by one of the initiating members, Janet Brooks, Bev joined DABI 2009. For 11 years Bev has been a constant, attending training sessions, local regattas and the IBCPC International regatta in Italy. She became a strong paddler and a great sweep. None of us could possibly forget her banshee cooes from under the the Florentine bridge, Ponte Vecchio and her motivational yelling during the final 50m of a race.

We will miss her banter and laughter from

the back of the boat, her gentle, friendly demeanour on a personal level, and of course, her pink hair! We loved her "she'll be right mate" and "it is what it is" attitude to life and we know our Xmas parties will never be the same without Santa Bev!

With mixed feelings, we know our loss, of a valued and much loved member, will be DA's gain, at Currumbin, as Bev starts a new phase of her life, close to the support of her family at the Gold Coast.

loved her "she'll be right mate" and "it is what it is" attitude to life and we know our Xmas parties will never be the same without Santa Bev!

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LIGHTS, Racquet, ACTION!

Thanks to a \$15 000 Smarty Grant from Moreton Bay Regional Council, the Bribie Island Tennis Club have been able to install new energy-efficient LED lighting on some of their courts. These lights not only offer superior visibility during evening play but are also half the cost to run. "The lights were installed by local electrician Andrew Kedian who managed to do the job in just one day!" Club President Greg Beh. But the improvements don't stop there. Generous support from the Busy Fingers Community fund has allowed the club to purchase new between court bench seating, replacing the old umpire chairs. These provide players with a spot to store their gear as well as a welcome place to sit between the changing of ends. The Club has also entered into a Sponsorship arrangement with

the Bribie Island Bowls Club. This arrangement includes a 3-year sponsorship of the Senior and Junior Club Championships and Christmas party raffle with a total value of approximately \$2000. It also included offers of a discounted membership to the Bowls Club.

The club recently held a ceremony to acknowledge and thank the supporters.

As a part of this event, Bribie Tennis also hosted a successful 'come and try' night where new players were able to try out the facilities and enjoy some coaching and social play. The first-ever Cardio-tennis was run by our new coaches from Malpass Tennis and was deemed a great success by those involved. This will now be offered regularly along with a women's group coaching class. Tennis players old and new are invited to head down to the courts on a Tuesday or Thursday evening from 7 pm – 9 pm to play under these new lights and enjoy a social hit of tennis. Or hire a court with a few friends for a great night of fun and exercise!



CRIME REPORT

BRIBIE ISLAND WRAP

MAY 2020



www.mypolice.qld.gov.au/moreton

PROPERTY OFFENCES:

July 5, 2pm – July 6, 10am Benabrow Avenue, Bellara No entry gained and no property stolen Attempted entry by forcing main sliding door

July 7, 7.05pm – July 8, 6.05am. Orara Avenue, Banksia Beach Entry gained

Garden tool stolen. Forced entry via side door

July 7, 6pm – July 8, 6.25pm. First Avenue, Bongaree No entry gained and no property stolen. Attempted entry via side door

DOMESTIC VIOLENCE:

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

DRUG:

Seven persons deal with for drug related offences

WILFUL DAMAGE:

August 1, 12.30pm – 4.50pm - Toorbul Street, Bongaree Damage to vehicle Damage to panel of vehicle

August 6, 8pm – 8.30pm - Bestmann Road East, Sandstone Point Damage to vehicle - Hose placed into vehicle filling it with water. Water and sugar also put into fuel tank

STOLEN VEHICLES:

August 2, 7.30am – 1.30pm Spinnaker Drive, Sandstone Point Number plates stolen from vehicle Property not recovered

TRAFFIC:

One person dealt with for disqualified driving

A total of 49 traffic infringement notices were issued and 178 RBT's conducted

If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

LETTERS

Dear Editor

BEING KIND

I feel compelled for the first time ever to put pen to paper and share my feelings.

I am astounded by the number of people willing to share their unkind comments, nasty language and generally rude opinions at a stranger for no good reason.

Just walking my dog has become a nightmare. I have been abused purely because they think he has emptied out on their garden or lawn. Dogs have to go to the toilet too, but I am responsible and always pick up after him.

Three cyclists rode by me early one morning with a friendly 'morning' only for one rider to utter something about dog owners looking like their dogs.

Totally uncalled for and not funny. Words are hurtful and out there forever.

What's going on in your life to make you be so mean to a stranger?

I would hope the good people far outnumber the bad. But lately it seems, they are everywhere.

In our supermarkets, on our roads. People are so nasty and hostile. Can't we treat one another with respect?

Support one another in these troubling times. Being kind costs nothing.

Be role models to our children and treat people like you would like to be treated yourself.

Don't take joy out of embarrassing or humiliating friends or strangers. We all have feelings. Put a smile on someone's face, not a cringe.

OR if you can't say something nice, don't say anything at all.

Poem by Ehrmann Desiderata says it all. Avoid loud and aggressive persons, they are vexatious to the spirit.

Regards

S.Collins - Banksia Beach



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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

Residents of Bribe

You all should make yourself aware of the number and spread of trees marked for destruction at the corner of South Esplanade and Renton Lane ASAP. An apartment development there has arranged for the removal of the trees that give that area it's uniquely "Bribe" feeling to be replaced by a multi-story concrete box.

How the MBRC can, with a straight face, say that they are obligated to protect the Bribe environment, its flora and fauna and all its appeal, is laughable.

There seems to be NO "Green Clause" in Development Applications that gives some conditions that take into account the screaming need to retain AND increase the vegetation that is wholly dispensable in the decisions of this rampant destruction.

Go down and take a look and respond. A renowned piece of the foreshore is about to be ruined.

Geoff - Bongaree

Dear Editor,

I wish to voice my disappointment in regards the Caboolture-Bribe Island Rd upgrade. From what I have read on the QLD government website the work involved is limited to the intersection with Old Toorbul Rd.

What a wasted opportunity when the new two lanes could have been extended the short distance to the King John Creek crossing area. Raising the road level would have gone a long way towards preventing Bribe & surrounding areas from being cut off during periods of flooding. Think about emergency services unable to get through. This should be put on the front burner for future upgrades.

Regards J. Keeley

Dear Editor,

WhitePatch Gallery closed 2006, because some residents complained to Caboolture Council that Commercial business shouldn't operate in Residential areas. Surprisingly, one complainant who gave submissions featured in 'Moreton Life' magazine, 2018 Edition 6. 'WhitePatch's Man of Steel'.

"The couple's front yard is their Gallery, and most of the items have a price." (Google BuggerMe Designs-Moreton Life) BuggerMe Designs Facebook advertising 'Art Gallery'... Hypocrisy?

Complaints to our Councillor about Items displayed on the footpath, took 2 years before Council responded 'Probably nothing Council could do,' and asked for Home Business complaint be withdrawn, knowing local laws were breached.

What kind of Council won't implement their own laws? Solicitors retained; footpath items removed; BuggerMe Designs Facebook changed from 'Art Gallery to 'Hobby'.

DeHey's applied for 'Development permit-Manufacturing Hobby Items'. Approval was 'code assessable', so residents have no right of appeal, and subjected to living beside a 'Metal Workshop' in a residential area.

Town Planning Regulations:

* Home Business does not involve manufacturing.

* Does not include Hobby.

* Items cannot be displayed outside the house, because outdoor displays make the house appear as a shop.

(Regulations obviously waived for this applicant.)

Approval conditions: - Metal Garden Sculpture is the only approved product; Products not to be advertised or displayed

outside the house, including the veranda; However, Garden Sculptures can be used for personal use within on-site Gardens.

BuggerMe Designs have a huge display in Gardens AND Veranda; business sign 'Take a Pricelist', so public stop and shop.

Come along to 158 WhitePatch Esplanade and see for yourself, it's open 365 days.

BuggerMe Designs is a registered business, yet their Facebook says 'This is a Hobby, not a Business'. 'These items are for sale.'

Will Development Compliance enforce this abuse of approval conditions?

Doubtful, unless residents complain.

Please contact MBRCouncil; CEO; and all councillors.

Regards

L. Shelley - White Patch

Dear Editor,

While waiting for a vaccine, and to prevent further deaths, all people over 60 should be provided with a free Vitamin D3 supplement, subsidised by the Pharmaceutical Benefits Scheme. Nursing home patients should be first on the list.

And here's why:-

Low plasma 25(OH) vitamin D level associated with increased risk of COVID-19 infection Dr. Milana Frenkel-Morgenstern, Azrieli Faculty of Medicine. Credit: Bar-Ilan University Vitamin D is recognized as an important co-factor in several physiological processes linked with bone and calcium metabolism, and also in diverse non-skeletal outcomes, including autoimmune diseases, cardiovascular diseases, type 2 diabetes, obesity and cognitive decline, and infections. In particular, the pronounced impact of vitamin D metabolites on the

immune system response, and on the development of COVID-19 infection by the novel SARS CoV-2 virus, has been previously described in a few studies worldwide.

The collaborative group of scientists from the Leumit Health Services (LHS) and the Azrieli Faculty of Medicine of Bar-Ilan University aimed to determine associations of low plasma 25(OH) D with the risk of COVID-19 infection and hospitalization. Using the real-world data and Israeli cohort of 782 COVID-19 positive patients and 7,025 COVID-19 negative patients, the groups identified that low plasma vitamin D level appears to be an independent risk factor for COVID-19 infection and hospitalization. The research was just published in The FEBS Journal.

"The main finding of our study was the significant association of low plasma vitamin D level with the likelihood of COVID-19 infection among patients who were tested for COVID-19, even after adjustment for age, gender, socio-economic status and chronic, mental and physical disorders,"-

Safety studies of any potential COVID-19 vaccine should be able to prove whether or not the risks of the vaccine are less than the risks of the infection. Research suggests your risk of developing and dying from COVID-19 virtually disappears once your vitamin D level gets above 30 ng/mL (75 nmol/L). To ignore this seems foolish in the extreme, especially since vitamin D supplementation is both safe and inexpensive.

<https://medicalxpress.com/news/2020-07-plasma-25oh-vitamin-d-covid-.html>
<https://pubmed.ncbi.nlm.nih.gov/17031013/>

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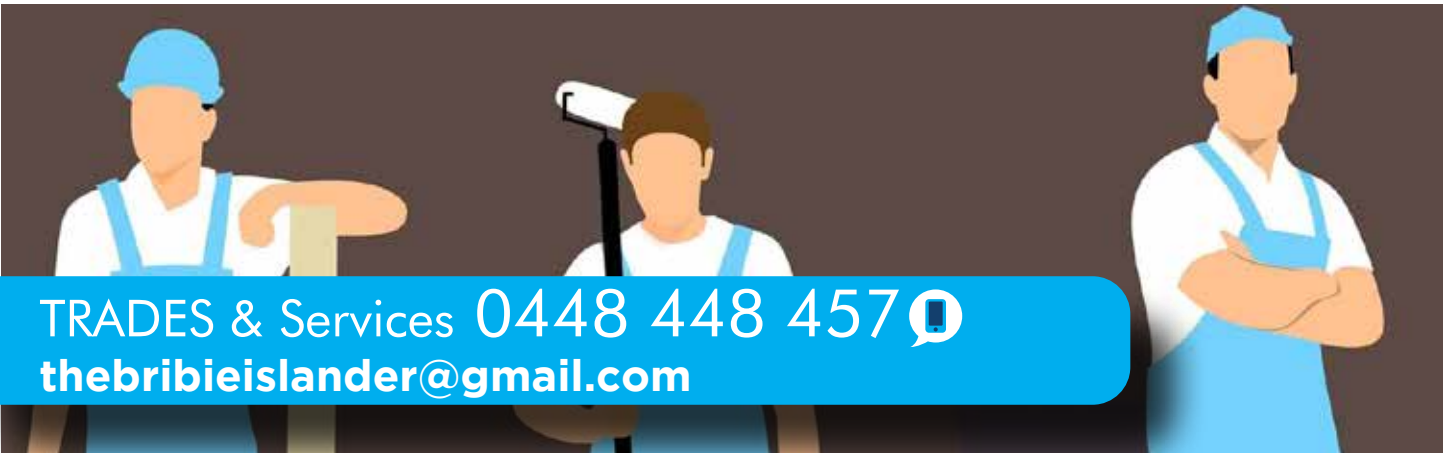
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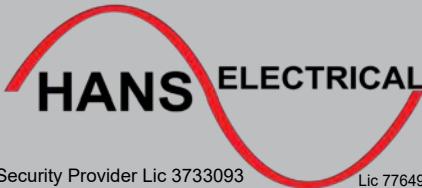
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