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MAGAZINE**

ISSUE 123 SEPT 25 2020

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Dear Readers,

As I am writing this I must say it is with a full heart so please excuse me if I sound a little emotional.

I am going a little bit personal here, but I am beyond proud to say my little great-niece Ella Louise Chalk has finally made her safe arrival and is a very welcomed and much-anticipated addition

to our family. How proud I am of my nephew Kurt and his partner Shannon is beyond words. It brings so much joy to our lives to see the next generation starting. Ironically, a good friend of mine Caitlin Lee Curren and her partner Ben Rust also welcomed their beautiful baby boy Finnley Michael Rust on the same day! Congratulations to both families, my cup runneth over for you



all. This I believe is a good omen and a start of wonderful new things to come. Speaking of things to come, we are just going to squash any silly little rumours that we are becoming obsolete and being replaced. Nothing could be further from the truth. We promised you a what's on section and classifieds and WE have delivered on that promise. We are back to 80 pages and have been for the last 4 issues as well as expanding our print run by 1000 copies! We will be only getting bigger and better from this point on so please keep sending in your notices and they will be printed for FREE.

We have a great 2-page spread on what's on in our local area, so check it out! It is so lovely to see the Island spring to life again, people out walking and dining out, sports are back on the go and our markets are starting to appear again. Keep an eye out for the most loved magazine on the Island as WE WILL provide you with the local news and what is happening in our community.

Take care, Stay safe,

Cherrie



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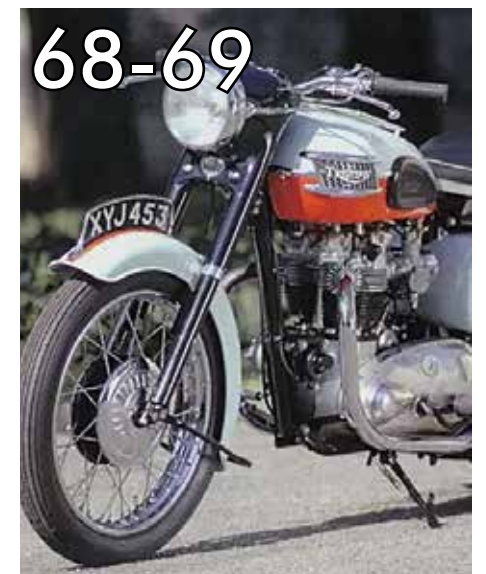
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HEALTH, WEALTH & COMMUNITY



Robert Titterton and Racheal Medley have been left broken hearted and in an unliveable situation due to being blindsided by a shoddy builder. To make matters worse, one of them has been diagnosed with an extremely serious illness and the stress this has put them under has not helped their medical condition, making an already hard enough battle to fight, almost impossible.

Due to the nature of the illness, they must have a fully functioning bathroom, something that was stressed to the builder before work started. They also told the builder about the situation and he was fully aware they were using the last of their money to get this done.

Robert and Racheal had to rent while the work was being completed, yet another cost they really couldn't afford, only to return home to find an incomplete and unusable bathroom and kitchen.

The work can only be described as disgusting and unacceptable, and certainly does not conform to the building code. Robert and Racheal paid the builder \$45k in total and he has left them high and dry with no mandatory contract and a house that in my opinion is a complete shambles. I was contacted by local builder Greg Watling from Bribie Building who asked me to help him put the call out to tradies and businesses to try to help this distressed couple.

After going to have a look at the property myself, I could not believe the state this so called builder left the home in.

While Racheal was telling me her story, she was barely holding back her tears as she explained they had used the last of their money to outfit the home so while fighting this illness, they had a home suitable for their needs, only to be left with no money and their home in a horrendous state.

Greg has come to the rescue, but he needs help from our

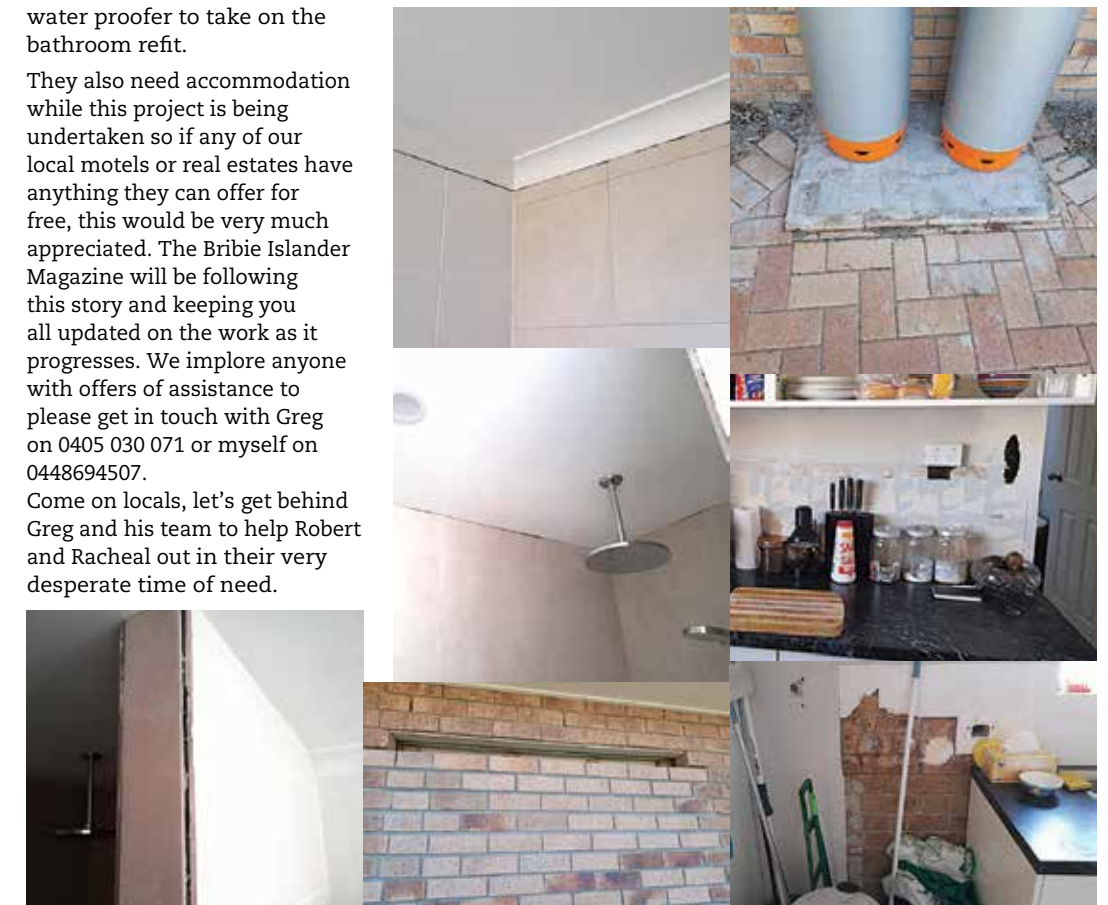
locals to assist the complete gutting of the bathroom and kitchen. So far Greg has compiled a team of tradesman that will donate their time but will be looking for local support for building materials and possibly some short term accommodation to allow Greg to remove their entire bathroom and kitchen and start again.

To date Greg has a Plumber (LPG Plumbing and Gas) Plasterer (Ed Taylor) Brick Layer (Neville White) and Kitchen Company (Bribie Kitchen Man) secured with local skip company (Raw Skips) donating a skip for him to dispose of building rubble.

What we need is local business and trades to donate their time and materials so this couple can fight the battle they need to without the added stress of a home they cannot afford to repair.

Greg is in a desperate need of Bathroom Tiles, Shower Screen as well as a local tiler and

water proofer to take on the bathroom refit. They also need accommodation while this project is being undertaken so if any of our local motels or real estates have anything they can offer for free, this would be very much appreciated. The Bribie Islander Magazine will be following this story and keeping you all updated on the work as it progresses. We implore anyone with offers of assistance to please get in touch with Greg on 0405 030 071 or myself on 0448694507. Come on locals, let's get behind Greg and his team to help Robert and Racheal out in their very desperate time of need.



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WHAT IS New Body Therapy?

Dianne was recently given the opportunity to learn **New Body Therapy** and has incorporated it into her toolkit to facilitate wellness and to experience the wonders of the body's ability to return to a healthy state of normality. This therapy is a business of Love. This Technique is about Trust. This Modality is about **Change**.



When you are ready for change. Everything happens for a reason in the bigger picture of All That Is.

New Body Therapy resonates with Dianne because it is all about frequency and holding a sacred space so the client can release the energy blocks from the body. Energy blocks can present in many ways but often via pain and stress held in the body.

There can be many different factors influencing your body and point of pain that may impact your health and wellbeing e.g. accidents mental and emotional stress and/or chemical stress.

This technique gently nudges the body to activate and set a process into place. It allows things to shift on a deeper level for the soul: Spiritual, emotional, physical and/or mental. It is now the key to our sessions with sound. Music is our medicine and the new body therapy activates the

body to open up and allow the healing to begin and Dianne will sing and tone to help move out the old energies and patterns held in your being. It is recommended that the client has 3 visits initially within a two-week period for a positive outcome. This gives your body a chance to begin to respond. It allows the body time to begin its journey of change. It is important to remember that you are always in the driver's seat when it comes to your destiny, health and life. With gentle guidance you can make great changes in your journey and life path if you choose. You co- create.

What You Think and Believe Is What You Create Remember we all have room to grow as we experience life and connect with the real reason we are here. Music, love and light will always transmute the denser frequencies if you choose to participate. That is pure science.

Songdahla share their love through the music, energy and wisdom through the session with love, light and song.

DIANNE BUTLER- Songdahla - 2020
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Dianne Butler
Contact via - Phone or Text : 0417 263 425
email - info@songdahla.com.au



Who is Songdahla?

Songdahla is about High Frequency Health. For the last 25 years Dianne Butler has actively shared/taught healing techniques on the Central Coast in NSW. 2 years ago, she moved to Sandstone Lakes near Bribie Island in Queensland with her partner Bruce Bubb and together they facilitate Songdahla. Songdahla is anyone who joins in and sings their song too. Together we create the new song lines for this moment in time. It could be described as a mandala of sound co creating a world and body of love. Songdahla share sound wellness and high frequency healing circles and 1 on 1 sessions. They incorporate the music that sings you back to wellness. They facilitate house concerts, house clearings, meditation gatherings, blessings and ceremony. They are often found at Woorim Beach Lions Markets on the hill in Tintookie Park Jacana Ave Bribie Island held the 2nd Saturday each month. Songdahla believe we are all connected, and our mission is to share the love, raise our frequency and co create a world of love, peace and harmony. They share the message that we each do the work on ourselves and then this in turn helps your family friends and community to heal as it ripples across the planet and beyond.



Be the light ... Dianne and Bruce write original songs incorporating mantra, parapsychology and light language. This talks to your soul via the Heart/Soul/Energy and assists in releasing the lower frequencies from your world. They share the music each month in group circles and meditation sessions at Sandstone Lakes.

A Gift for you ... Songdahla have a website <http://www.songdahla.com.au> and if you go on their mailing list you can have a free download of healing music that will assist to clear your home or workspace and raise your frequency. The Powerful healing mantra Ho'Po'Pono In Song - Dianne and Bruce - Songdahla 2020

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I 'VE BEEN WEARING GLASSES FOR 25 YEARS. SINCE I WAS 40-ISH. WELL, GO ON, DO THE MATH.

In fact, I remember my forties well – my middle age. (To be honest, I still think of myself as middle-aged. Who am I kidding? If this were true, I could expect to shuffle off this mortal coil at the ripe old age of about 135.)

Middle age. That was when the rot really set in. My previously clear and accurate, indeed

2020 Vision

By Sue Wighton

20-20 vision began to play tricks on me. Print got smaller, people in the distance got blurrier, and I often ended up sitting with total strangers on the beach, wondering where my brightly striped towel had got to, and why they wouldn't talk to me.

I drove around for weeks with a pair of knickers on my dashboard. Don't ask. I thought they were a chamois.

Oh, what a time that was! My skin began to develop protuberances (apparently they're called barnacles) and I started to sprout the occasional wiry black hair from my chin. Oh, yes, and the hot flushes. Let's not forget them.

But it was my eyes that really bothered me. And my eyesight has progressively worsened over the years.

Wearing glasses has been the bane of my existence since then. I started with reading glasses; then added distance glasses. I wear disposable single prescription contact lenses occasionally when I'm feeling particularly vain. I need special reading glasses to wear over the contacts when I read. A few years

HEALTH, WEALTH & COMMUNITY

ago I progressed (regressed?) to progressive glasses. But I need a special pair of glasses for computer work.

Let's face it ... I have more glasses than Imelda Marcos had shoes.

When I was young my blue eyes were one of my better features, according to some more discerning members of the opposite sex. Perhaps the occasional young man saw promise in those baby blues. Now I'm older and wearing spectacles, men rarely make passes. If the eyes are the windows to the soul, it's been ages since anyone has looked into mine. The glasses get in the way and you look like someone's gran. Plus I now have cataracts.

The only sexy bespectacled woman I can think of is the marvelous Tina Fey. And she often removes the face furniture for photos.

Perhaps there are some advantages to wearing spectacles. You're not subjected to that oh so accurate, and a little bit frightening reflection of yourself in the full-length mirror first thing in the morning. Most housework, including cleaning the

bathroom sink has become irrelevant. Hey, if I can't see the grime, it ain't there!

So here we are in 2020. It's been a terrible year. But it's about to get a whole lot better for me. You see I've decided to hell with lockdown and pandemics. I'm taking the plunge and having cataract surgery, where they replace your old, clapped-out lenses with perfect, pristine, plastic ones.

After this Friday I will be glasses-free. No more struggling to read menus, medicine bottles and manuals. When I go to the beach I will run gaily back to my designated spot and throw myself enthusiastically onto my own towel. No more sand in my glasses case.

I'll say goodbye to smudges and fogged up spectacles when cooking.

If I decide to give you the glad eye, you'll be well and truly eyeballed. Look into my eyes and you will have an unimpeded view straight to my soul.

I may have to up my cleaning standards though. My, how that bathroom sink will shine!



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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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THE STORIES AMONGST US

By: Charmian Campbell

The daughter of a Gurkha - Felicity Megner



As soon as I met Felicity, or Flick as she is affectionately known, I spotted the telltale signs of someone with some stories to discover and was determined to find out more.

This incurable optimist was born in Hong Kong to a British Indian father and Irish mother. Her father was an officer in the British Army with the Brigade of Gurkhas, a specialist fighting force made up of soldiers from the Nepalese hills, and a 200-year history dating back to the partition of India. She spent her childhood in Hong Kong, Malaysia and Brunei, so was sent to boarding school in the UK from 8 years of age, which taught her resilience and the need to be independent. Mother to a daughter and son, Felicity kicked off married life unconventionally, secretly marrying her husband, Jean-Xavier 12 months before the family attended what they thought was the official

wedding. In her early career, she held the role as Senior Manager of Marketing for British Airways, responsible for the long haul and premium brands; First Class, Club World and Concorde. An exciting role that saw her taking tea with Margaret Thatcher, flying to New York with Bob Geldolf and meeting Richard Branson, to name a few. Giving in to her need for Entrepreneurship, Felicity started her own Design Agency with 2 others. Building quickly, they went on to be recognized in Design Week Top 100 and Virgin's Fastest Growth Company shortlist. Many years as a creative agency owner followed, through various sales, mergers and acquisitions. What brought you to Bribie Island? "An adventure," said Felicity. With her husband being a Doctor, they saw an opportunity to work abroad. With grown children and no further family commitments to their parents, they had a window of opportunity before

any grandchildren arrived. So together they looked for places to embark on their adventure with the help of a medical recruitment agency. After considering New Zealand and Tasmania, Queensland won, with the warm weather being a deciding factor. UK Doctors are required to work in an area of need and Caboolture presented an opportunity. Keeping an open mind, Felicity explored all around the hinterland and coastal areas close by for somewhere to settle. "If we were going to do this differently then we decided to make sure it was as different as possible from the UK, so what's better than living on an island by the sea? That's the Australian dream. And the lovely thing about Bribie is it's a community" she said. Being a self-confessed risk-taker, Felicity quite likes being thrown into tricky situations and having to find a way out of it. An experience that she will never forget, was having to hitchhike across France because she had run out of money and needed to get from the South of

France to Brussels. There were many interesting encounters and a few hair-raising situations to deal with, all in French. "It was the most useful French class I ever had!" she recounted. Asked about defining moments in her life thus far, Felicity shared that she felt her failures had taught her the most valuable lessons, including a time in her early 20's when she applied to be a volunteer for the Samaritans and was rejected after the assessment. At the time it caused her distress, yet on reflection, it was an early lesson in understanding and accepting her own strengths and weaknesses. "The Samaritans purpose was to listen, offer empathy and be accepting of the caller's state of mind. They identified that I felt compelled to try to solve people's problems and change the situation. It was the right decision." If you could change one thing, what would it be? "People being able to see things from other people's point of view. If we all had more empathy and kindness for each other a lot of big issues would be solved"



Dating These Days

By Cherrie Wilson

As we get older, we may part from our significant others as sometimes we grow apart from them, they may, unfortunately, pass away leaving us missing a huge part of our lives. Companionship. Dating isn't what it used to be. You met at dances, through friends or family, but now, it seems to be all a computerised set up with dating sites and the like, not exactly the most romantic of situations and also can be quite dangerous. We asked local single man Harry Hippe what he thought of dating these days. Harry said he very briefly tried a dating site but quickly decided that was not for him. He would much prefer to meet a lady the old way but as time has changed, it was not as easy as going to a dance as it was back in the day. So we have decided to help Harry in his quest for love.

Michele and I find Harry to be a lovely man with a fantastic sense of humour, great morals, honest, respectful and very easy to talk

to. He likes going for walks, fishing, boating, quiet nights in and trips away in his caravan. Harry is easy going, he enjoys a social drink, is a non-smoker and enjoys dining out. Harry is a fit and healthy 70 years young gentleman, who would like to find love/friendship with someone that's between 60y to 70y old. Harry has lived on the Island for about 16 years and now he is retired he loves to get out and about, he loves the outdoors and enjoys gardening. So if you are a lovely lady out there who is looking for the same thing, Harry would love to hear from you and is happy for you to call or text him on 0414999557. Harry would be happy to meet for coffee and a chat and see what develops. We would love to see Harry find some companionship, so ladies, please give Harry a call and you never know, sparks could fly!!!

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Fiona GASKE

LNP Candidate for Pumicestone

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



AT FIRST GLIMPSE, IT MIGHT BE HARD TO SEE WHAT A RETIREMENT VILLAGE RESIDENT FROM BRIBIE ISLAND HAS IN COMMON WITH SOMEONE LIVING ROUGH IN MELBOURNE. THE CLUE IS IN THE FACE MASK.

For Melbourne people who are at risk of homelessness or living rough, accessing face masks to meet COVID-19 directives and reduce the risk of infection has been a critical issue.

Bolton Clarke's Homeless Persons Program (HPP) teams in Melbourne have been working to solve the problem in partnership with three of the organisation's Queensland retirement villages, CWA members and Masks for Mates.

So far, village residents and CWA members have sewn 550 reusable masks which have been donated to the HPP for distribution to clients in need. Program Manager Mary-Anne Rushford said the project had brought a smile for nurses and clients alike after the introduction of compulsory masks created anxiety for many disadvantaged and marginalised people.

"It's so great to have the support from our retirement village residents in Queensland - and to know that they are thinking about our program team and clients in Melbourne," she said.

Bolton Clarke Retirement Village Manager Phillip Wyld said that it was nice to be able to contribute in such a

practical way.

"When we heard they needed masks, Gaby took up the charge - I believe she would have continued to make more but she was running out of material," he said.

Village resident Gaby Williamson, who lives at Bolton Clarke's Bongaree retirement village in Bribie Island, was one of the women making masks and said that being able to contribute was very rewarding.

"It's a terrible situation down there," she said.

"They need [the masks] desperately. We need more people to do things to help. I think it's great that people can benefit from what I am doing up here. I really like to help, because we've been so safe up here - especially in the retirement village."

Bolton Clarke clients Brian and Eden were some of the first to receive one of the donated reusable masks.

"I don't really like wearing masks, but at least this one looks good and keeps me safe," said Eden.

Program Manager Mary-Anne Rushford said the support was very welcome.

"Our nurses always appreciate having something practical and necessary to give out to clients and the reusable face

masks have been very much needed. They have been greatly appreciated by the clients who have received them."

"Many of our clients were concerned that they would be fined if they didn't have access to masks," she said.

"This has been a great collaboration between Masks for Mates, the CWA and from Bolton Clarke residents in our Maryborough, Mackay and Bribie Island retirement villages."

In addition to masks, the Bolton Clarke nurses are supplying other items including beanies and scarves to their clients. If you would like to support Bolton Clarke's Homeless Persons Program, please go to www.boltonclarke.com.au/homelessprogram



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As your prospective representative in our state parliament, I am under no illusion that I will be working for you in continuation of the public service I have been providing for the majority of my working life, in my roles as a police officer, school teacher, corrections officer and justice of the peace. With your support, if we can have sufficient One Nation candidates elected to our parliament on 31 October to then hold the 'balance of power', then the elected government will have no choice but to be transparent and accountable in all aspects of its decision processes. I and my colleagues will be able to give you the facts without the 'smoke and mirrors' in timely

updates on a range of issues of public interest attended to during the government's term of office.

So what will this mean? It will mean that the government will have to present a budget that will withstand scrutiny on how they intend to maintain the services that are needed by our community, while at the same time reducing the current debt of \$102 billion.

It will mean that before there is any consideration to be given to increase revenue by raising taxes and charges and thereby placing unjust pressures on the family budget and that of small business, that government review and audit each of their departments and processes to identify where efficiencies and savings can be made. This is no different to what you as a wage earner or business operator do. You establish a budget, identify from your income the necessities that must be paid, then determine how much you are going to spend on the non-essentials and in what priority, then ensure you have some savings in case of an unexpected expense or to service a large expense item that you are aware you must pay at a future time.

In principle, the adage 'count the pennies and the pounds look after themselves' applies to both. Same as you look after your hard-earned money, you should expect the government to do the same. After all, it is your money they are spending.

It will mean that the government will be required to 'please explain' the rationale and evidence that has brought them to determine a particular policy or course of action that will affect our community. How can it be justified in a 'civil society' such as ours, that it is acceptable to allow a full-term 'abortion' where the baby who is the innocent victim, is permitted to then be left alone with no medical care until it dies regardless of how much time and suffering that this process takes. The One Nation 'Right to Life Policy' will address this issue in that neonatal care must be provided to babies born alive during an abortion, as would be given to any other child born at the same stage of pregnancy and in the same medical condition. The current survival rate for premature babies at 26 weeks has significantly increased due to medical and technological advances. In Australia, only about 10 per cent of hopeful parents are able to be placed with an infant baby, so there is any number of parents who would benefit from adopting these unwanted children. This is the expectation of a compassionate society as opposed to the laws currently

in place as of 2018 within the term of the current Labor government. Compassion is a word that is not in Labor's vocabulary.

It will mean that all election promises made by the government to their respective electorates will be held to account. It was 10 years ago that the intersection of Old Toorbul Road and Bribie Road was going to be upgraded with traffic control lights and after three terms of government, (with a state election in progress), that is finally happening. In 2014 a preliminary evaluation was completed on the construction of a second Bribie Island bridge and to date, there appears to be no further progress made on this project. By holding parties accountable for the promises they make to an electorate in support of their local candidate to enhance their prospects of being elected, I will ask the hard questions and give my full attention to ensure that promises made are promises kept. The major parties will then be forced to be honest with their electorates at all stages of their term in government on their achievements and responsibilities. To do this, I need your vote on October 31, because 'if nothing changes, nothing changes'. You the people of Pumicestone deserve better than what you have been getting from this Labor government.



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Bribie Simply Healthy

By Heenam Kim

Vitamin C Shower.

This NEW product has just arrived at Bribie Simply Healthy. The Sonaki Vitamin C Shower Filter removes 99.9% of chemical residues and impurities in tap water. This product is good for those people who suffer from dry, itchy and allergic skin conditions and prevent anti-aging and eczema. The Sonaki Vitamin C Shower Filter would be especially beneficial for asthmatics and people with respiratory problems. Our tap water is treated with harsh chemicals such as chlorine, chloramines and more to kill bacteria and small organisms. A long-term exposure to chlorinated water has a harmful effect on our health. When chlorine and chloramines penetrate our blood system, calcification will occur in our bones causing stiffness of joints and bones, it will also go into the Pineal gland. The Pineal gland releases serotonin and melatonin and is responsible for how you think and feel.

HEALTH, WEALTH & COMMUNITY

Serotonin is known as a happy chemical that controls our mood, appetite and sleep pattern and when we don't get the required levels of melatonin, our sleep pattern will be disturbed. Chlorine and chloramines also aggravate and increase hair loss and fine lines.

Many of us try our best to avoid harmful chemical intake, using high quality water filtering systems. However, we have to realise that our skin is the largest organ with over 3 trillion pores breathing in and out. Each time we take a shower, we are also absorbing chemicals through respiration, which goes directly into our bloodstream; it only takes a fraction of time for our skin to absorb chemicals, like a sponge. The average person absorbs more chlorine into their body during a shower than they would drinking 8 glass of pool water a day. Also, when we wash organic fruits and vegetables under tap water they will also soak harmful chemicals, which defeats the purpose of eating organic food. Not too long ago, I installed the Vitamin C Shower and soon felt the results. Usually after a shower your skin feels quite squeaky clean and I never objected until after

I began using The Vitamin C Shower filter and noticed my skin began to feel, much softer. We need our natural body oil to protect the skin by

strengthening and maintaining its lipid barrier; this lipid barrier accelerates the skin's natural healing and repairing process.

Sonaki Vitamin C shower filters are affordable, they contain 100% pure Vitamin C with no added artificial colours or scents. You can even use Vitamin C filtered water direct to fish tanks with no need to treat water with any other chemicals and fish will not die. Vitamin C is proven to be the most superior filter media - 100% organic and softens water by reducing hard minerals and heavy metals. This shower system generates negative ions and promotes nature's powerful antioxidants. Vitamin C shower will prevent premature fine lines and wrinkles. A great relief of dry, itchy, eczema and other allergic skin conditions.

Note: also Iodine is great supplement to decalcification of Chlorine and Fluorides in our system; iodine has the same chemical components as chlorine and fluorides, it pushes away and replaces itself to the same habitation.



HEALTH, WEALTH & COMMUNITY

GREENS GETTING Attention in Pumicestone

It's an exciting time in Queensland in the run up to the State election. We can really send a loud message to the State government about our sense of place here on Bribie Island. What a unique place we're living in, and we must take responsibility for it. We have to make sure it isn't ruined by overdevelopment and inappropriate misuse, so that future generations can enjoy it too.

As your Greens candidate I'm pushing for protective measures for Pumicestone Passage so that dolphins, turtles and dugong aren't destroyed. That's why I'm calling for stringent checks on development so vested interests aren't always given priority. We need traffic calming measures for Welsby Parade, to foster a cafe and small business precinct. I know small business very well, having run a successful chamber of commerce for several years.

We agree with BIEPA, that our Island should be re-imagined as an eco-discovery destination respected for its unique flora and fauna, and not trashed. Our nesting turtles are an amazing natural wonder on our doorstep, and we're allowing them to be killed before they even get started on their journey. We are failing in our international duty under the RAMSAR treaty to look after this special place.

2020 is a turning point. We've faced drought,

bushfires, Covid-19, unemployment, and now economic free-fall. To come out of it better, we must make changes. Business as usual has got us here, but there are so many ways we can improve things.

The Greens are pushing for a major manufacturing restart, with factories for solar panels and wind turbines in regional areas. We want to build state-of-the-art social housing, creating a construction boom with 1700 jobs right here in Moreton Bay. We have just announced our plan to scrap fares on all public transport. And it's all possible if we transform our economy. But we must stop the influence of big business on our government, which is why we are calling for an end to corporate donations to political parties. The big banks have made \$172 billion in four years in Queensland. We are suggesting they pay a tiny levy on each transaction of just 0.05% to raise money to help Queenslanders enjoy the benefits. By investing in clean technologies we will create four times as many jobs as depending on coal and gas. And in the meantime, during the transition, we say the big miners should be paying proper royalties to the Queensland government on the \$480 billion of resources they export from our state in just a decade.

So if you believe it's time for things to change, send a signal to the State government this election: vote for the Greens.

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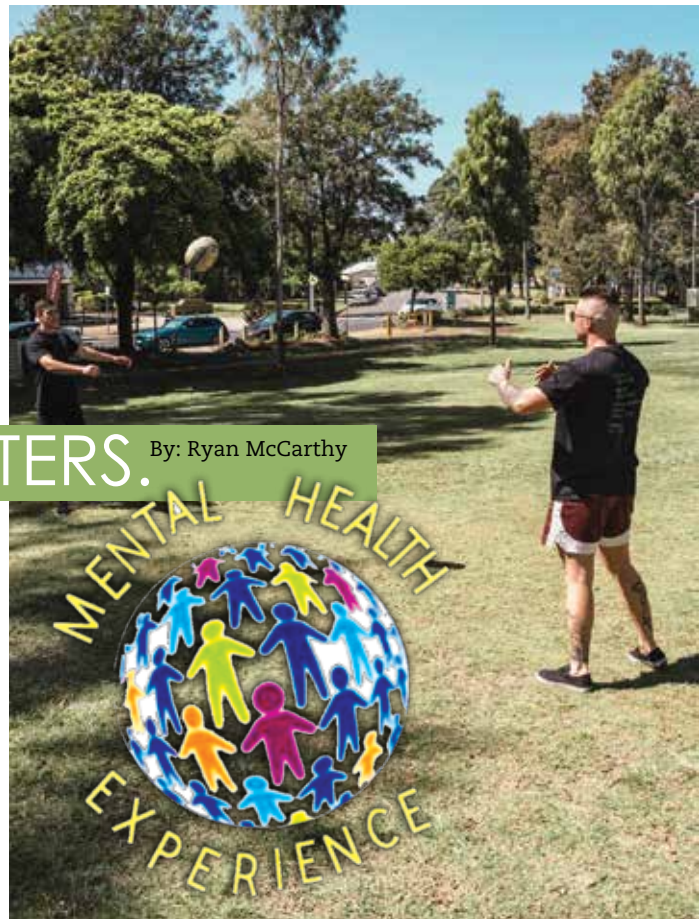
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MENTAL HEALTH MATTERS. By: Ryan McCarthy

That statement as strong as it is, is also stigmatised. Some people do not understand mental health and that is not their fault. Maybe it's the lack of resources and knowledge that haven't been taught from a young age, maybe it's a lack of publication from the media or maybe you may just avoid the topic. Either way you put it, the stigma for mental health is still there, or not recognised or 'Mental Health Experience' would like to bring more attention and awareness to mental health. We are all human, we work better together. If you are suffering from mental health then seeking support is crucial in steps to recovery. Receiving help is not weak, just like breaking an arm, you are not weak for wanting to heal and get back to living your life again. Mental health recovery journey can be different time frames for different people. If your mental health is stable, the most important thing to do is to make sure you are doing things to keep it that way, do not wait until it's too late to start looking after yourself. We may have loved ones who are suffering and we may not know how to help them, support them by encouraging them to seek help. Visit a GP, psychologist, counsellor, even call mental health helpline numbers, these are in place to help us stay as healthy as we can. Take some weight off your shoulders and seek help, you are not a burden and it also does not make you weak. Some days can be bad, it's how we react to those bad days, what do we do when we feel depressed, anxious, and many other issues we may deal with? We react and it is how we react to that. React with the intention of a positive outcome. Self-care is important, read a book, write down in a journal, exercise, walk, talk to a loved one. Whichever is your healthy self-care then keep that in place and utilise it. You are the most important person in your life, look after yourself. Focus on the present and vision your future and what you would like it to look like. Try to implement positive



changes throughout your day even the smallest of things and watch yourself evolve. If you have a bad day that is completely fine, we are all human and can't be 100% 24/7, it goes back to how you react to those moments and times. Please seek help if you need it or want it. I am wishing all the best to the people reading this, you should be proud of yourself.

MENTAL HEALTH AWARENESS BBQ AT BRENNAN PARK - BRIBIE ISLAND THE FIRST SATURDAY OF EVERY MONTH AT 10 AM. WE WELCOME ANY GENDER, AGE OR RACE TO COME DOWN. WE ARE ALL HUMAN, LET'S SUPPORT EACH OTHER!

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Mental Health Experience - Ryan McCarthy

PSYCHOTHERAPY or COUNSELLING or PSYCHOTHERAPY?

Hello. Mr. Mindful here.

I am often asked the difference(s) between psychotherapy and counselling ('therapy') by people wishing to seek some help for many issues but have an archaic view of what therapy entails. It is a prevailing image in many of those seeking help that therapy takes place in a room with a large couch with the therapist sat in a chair asking questions and taking notes as the client talks about his/her past for 'years'. There is no doubt this form of *therapy still exists and can be extremely effective but is more likely the premise of psychiatrists and maybe some psychologists. Two brief definitions of each 'therapy' follow, but they are not definitive.

*Psychotherapy is related to its cousin, psychoanalysis, but is informed by modern interpersonal and relational models of working with clients. Psychotherapists draw from advanced neurobiology and a range of evidenced-based methods of working.

Counselling generally focuses on short-term solution-focused strategies for dealing with specific life events such as bereavement, relationship therapy, domestic violence, and similar issues.

'A commonly held belief is that the benefits of therapy accrued over time; hence, the longer clients are in therapy, the more benefits they will experience (Strosahl, Robinson & Gustavsson, 2012). This belief has steered many people away from getting the help they need due to the time and costs entailed in a long-term intervention. However, the requirement for long-term therapy is not always

necessary. 'Clients who underwent brief treatments experienced relatively rapid rates of change compared with clients who received longer-term treatment. Interestingly, the number of therapy sessions was not a significant predictor of clinical change (Baldwin, Berkeljon, Atkins, Olsen, and Nielsen, 2009).

There is a plethora of counselling and psychotherapy counselling interventions available to people from many helping individuals, so choosing is not always easy. However, anyone can set up as a counsellor, so it might be preferable to check that whomever you choose is registered with a recognised supervisory organisation. No matter what therapist/counsellor you choose, or method employed, research indicates a crucial element to successful 'therapy' overall, is the relationship between client and 'therapist'.

Why do people seek you will 'therapy'? It is not possible to answer that question in the short-term. I believe that people become 'stuck' at someplace in their lives: 'When clients are stuck, they tend to withdraw from many important life activities; for example; they



may stop seeing friends, quit going to church, exercise less, or spend less time with a partner or children' (Strosahl, Robinson & Gustavsson, 2012).¶ When I work with clients, I work from the premise that the most dangerous thing about their past is that it is about to become their future: The past is history; the future a mystery; all we have is **NOW!**

Question for the month: Do you believe your mind or your brain?

If you would like a copy of this clock, please email me, or just source one from the internet I offer a free counselling on a limited basis. If anyone out there is really struggling with anxiety etc., please let me know if I can help.

Yours in Nowness,
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TAKING CONTROL OF YOUR FINANCIAL FUTURE.

Many of us would like to see the back of 2020, as it will go down as one of the most challenging years in history. So, what investment strategies should we be implementing to counteract this instability and give us greater control over our financial future? Let's break things down a little. We can find ourselves getting caught up in the emotion of the time and the vast amount of negative media that we see might make us believe that the world is ending, we should grab our money with both hands and stick it under the bed.

Smart people know that this isn't the best long term answer, so what should we do? The answer to this question is what everyone wants to know. Will markets go up or down in the short term? Will property go up or down in the short term? Are bank interest rates going to go lower? There are lots of questions, but not many answers out there. We all know though, that the answers to these questions are not straight forward. Even the experts have different opinions and the reality is that no one really knows what will happen in this crisis in the short term as there are just too many variables that could have an impact on the end result.

I'm not going to tell you anything different to what you've been told before. But I am going to help give you some clarity on the things you should be thinking about and perhaps some practical help on navigating your way through all this change.

The reality is that we need to try and pull back from the emotion that we're seeing every day and take a longer-term, more objective view and stop worrying so much

about the short term. Historically, investments like shares have always gone up and down, but over the long term, they continue to increase in value. The mistake that many people make with growth assets such as shares is taking a short term attitude where they try to time markets, wanting the ups but not the downs. When the downs inevitably come, they seem surprised and even somewhat angry or just scared that they've "lost" some of their investment. Growth assets are for the long term and a sensible investor needs a cool head to be able to withstand the ups and downs.



Sticking to your long term investment plan is generally the best option, but you need to make sure that first, you do have a long term plan and also that you have a long time to invest. That's where we come in. Our job is work with you to work out what's really important to you and to then ensure that you put in place a plan which will see your dreams become a reality. We're also someone that you can talk to in the tough times, like a personal trainer, to keep you on track, to have the tough discussions, and to ensure that you don't make an impulsive decision in a moment of fear that undoes all the good work you've put in.

We also need to ensure that we work out how much risk is the right amount of risk for you. This is different for everyone and should be different at different stages of life. Some people are just more comfortable than others when it comes to risk; some people worry less than others and are naturally more resilient in tougher times. It's important to understand how you might react when the tough

times come.

We also need to make sure that you have the time to ride the ups and downs. There's no point in investing in volatile investments if you need the monies back to use in the short term. You're now gambling that markets will be on your side, you might get lucky, but you might not.

As you can see, there is a lot to think about when it comes to investing and I could write much more on the subject. If you'd like to discuss taking control of your financial future please book a time to come and chat with us. We'd like to offer you an obligation-free, cost-free initial appointment, to have a chat and see if we can help you further. We've been on Bribie Island for many years now and have many loyal and happy clients in the area.

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HOW LONG WILL THIS ECONOMIC RECESSION LAST?



Interview with Mario D. Conti
PART 2 OF 3

Is this the case in Australia?
In Australia, a short time measure, dubbed "Helicopter money" by Milton Friedman, was introduced for the first time by the

Rudd government in 2009 in the form of a \$950 cash handout, following the crash of 2008.

DID IT WORK?

It did. It saved low income earners from misery and the Australian economy

narrowly avoided a technical recession due to a combination of cash bonus and new public investments.

An economic stimulus on a much bigger scale is being implemented in 2020 by the Morrison Government with handouts

for unemployed, pensioners and small entrepreneurs and extra funding for public investments.

WHAT DID THE AMERICANS DO IN 2009?

This was the time when Q.E. was implemented for the first time on a massive scale although

cash bonuses and unemployment benefits played a smaller role. Nevertheless, the Federal Reserve (FED) quadrupled the purchase of US Government Bonds as well as Corporate Bonds.

DID THEY DO IT AGAIN IN 2020?

Yes but, this time, the Trump administration issued more \$1000 checks to contain the consumer spending crunch. The Q.E. was also implemented on a mammoth scale.

To put it into perspective, the Federal Reserve poured US\$3 trillion in the economy during the period 2008-2014. The same amount of money was recently injected in the system from February to April 2020.

I GUESS THE CHINESE HAVEN'T BEEN LOOKING FROM THE WINDOW

Certainly not. In 2008, the People's Bank of China

purchased the Chinese banks, backed by the People's Bank of China (PBC or PBOC), granted almost unlimited loans to state owned companies and large corporations. The debt of Chinese businesses alone rose to 160% of the Chinese GDP in a matter of months.

However, all this cash spilled over into the stock market causing social unrest because the low income earners were left out from the benefit of the market rally. This time, the PBC focussed more on fiscal stimulus than Q.E.

IS THE QUANTITATIVE EASING THE REASON FOR ALL THIS STOCK MARKET BONANZA?

Although Central Banks never buy stocks as part of their financial stimulus programs, the near-zero interest rates and the credit support for large swathes of Corporations have driven

yield-hungry investors back to the equity market. The stock market took off again. (see chart 2)

IN NUMBERS?

After the news of the first Q.E. in February 2009 the Dow Jones initiated a new rally from the low at 6500 points. Due to further Quantitative Easing and many stimulus packages, the D.J. managed to climb to 29500 in precisely eleven years.

WHAT ABOUT AUSTRALIA?

In Australia the Reserve Bank of Australia (RBA) cannot buy bonds directly from the Government. However, they circumvented this prohibition by purchasing them from other intermediaries. This boosted the liquidity of the system but it didn't really spill into the ASX.

To provide a perspective,

in 2008 the ASX ended a five years rally around 6900 points, then dropped sharply to 3100 in about 18 months. It took 11 years to just recover the lost ground and narrowly break the very same top of 2008. There was no real gain for the ASX for the last 12 years.

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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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



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Income support continues

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THIS YEAR HAS BEEN incredibly TOUGH on small BUSINESSES

Having been a small business owner myself, my heart goes out to every small business in Pumicestone who is struggling to keep the bills paid and food on the table. Small businesses are a jobs powerhouse here in Pumicestone, employing thousands of local people. Keeping Pumicestone people in jobs now and into the future is my highest priority. Queensland's economic recovery plan, led by our Premier Annastacia Palaszczuk, puts supporting small business at its heart. Right across Queensland, there's been record-breaking government support for

small business, including \$200 million in COVID Adaption grants, \$1 billion in concessional loans, \$100 million in electricity rebates and \$1.3 billion in payroll tax relief. Here in Pumicestone, local small businesses have received almost half a million dollars in COVID Adaption Grants, helping them to adapt to the new normal - whether by selling online or finding new COVID safe ways of doing business. And there's more to come! Recently I visited the Abbey Museum, who used their Adaption grant to set up an online shop that keeps money coming in even though 2020's festival had to be cancelled. Their famous mead sold out in just three days - great news for the Museum but also for the mead-making business! The \$500 small business electricity rebate has been a lifesaver for small business owners like Anne, who told me that getting the unexpected \$500 off her power bill gave her the heart to keep going during a tough week. Helping small businesses build their skills is also really important. Younger people in Pumicestone have been hit extra hard because of the pandemic's impact on hospitality and retail jobs, so getting them skilled up is a top priority. That's why the Palaszczuk government has launched an online free training hub for

small businesses. There's a huge range of high-quality short courses - everything from digital marketing to business planning - and it's all free to small businesses and their staff. Learn more at <https://www.qldskills.com.au/> I was excited to see new Skilling Queenslanders for Work programs announced for Bribie, Ningi and Caboolture. These programs are success stories at helping young people re-engage with training and find work. The \$20,000 boost for employers taking on a trainee or apprentice will also help businesses grow while supporting local jobs. Small businesses can also get free mentoring sessions with business experts through the popular Mentoring for Growth program. More than 50 experienced mentors are ready to connect with your business! Mentors provide tailored support including financial mentoring, business planning, pitch development and even exporting - whatever businesses need. For more info contact 1300 654 687 or m4g@desbt.qld.gov.au Whatever your small business, I'm cheering you on! Let me know if I can help or even just give your business a shoutout on my social media! Warmly, Ali King - Labor for Pumicestone 0435 091 746 - ali.king@queenslandlabor.org



FOOD, WINE and ISLAND TIMES



Winelander

By: Philip Arlidge

In February i commented that on a visit to the United States over Christmas I couldn't help but notice the lack of treasury wine estates products on the shelves and since then it has emerged that the americans have lost their passion for the range of products that are distributed resulting in a fairly severe reduction for the companies turnover of around 21% overall and the american market down by around 37%. To counteract this situation treasury is considering cutting loose the Penfolds brand, which accounts for around 50% of the company's bottom line, and setting it up as a stand-alone brand and letting it fend for itself.

This would be a throwback to the 1970s well before the acquisition of all the brands that found their way into the massive portfolio that frankly was totally beyond the working of the average rep and consequently many of the products that were very popular with the wine drinkers of Australia were cut out and found their

way into the Treasury dustbin. Outstanding products from Seaview, Kaiser Stuhl, Seppelts, Lindermans, Leo Buring, Rosemount, Wynns, Tollana, Wolf Blass were deleted and the company was basically set up to service the major chains such as Woolworths and Coles where volumes can be driven on price, with one buyer making decisions on behalf of hundreds of outlets, whereby the independents would have to set aside several hours to sit down with a Treasury rep who had to maintain the interest of a buyer with the size of the portfolio that

would stretch the patience of the most astute buyer especially trying to serve customers as well. Following on from the last issue where we covered some of the newer grape varieties that are appearing on the shelves I thought we would carry on and also mention a few of the varieties that may have been around for some time but you may not be familiar with the style, hopefully, after reading this article you may approach the shelves with more confidence to make a change. Durif- is a red wine that has been around for some time

now and these grapes can produce simply outstanding wines. In The United States and Israel the grape is called Petit Syrah but in Australia Durif has been around for several years and is grown around the country, the wines are especially popular from Rutherglen in Victoria but now also The Riverland and The Riverina. The wine produced is inky black, quite tannic with herbal and black pepper aromas and flavours of blackberry, blueberries and plums and has an ageing potential of twenty years or more from the premium brands. Because it is not well known by most wine drinkers bargains abound but those in the know look for Campbell's of Rutherglen, Buller's of Rutherglen, De Bortoli (around \$11 a bottle in Dan Murphy's which is outstanding buying), Calabria Family Winemakers and McWilliams this is a wine worth trying if you enjoy bigger more flavourful red wines. Sangiovese- is another red wine grape variety being grown all over Australia especially the wineries that specialise in Italian grape varieties. It is the most important variety in the super Tuscan Red wine Brunello from Tuscany in Italy and the more traditional Chianti, many of you will remember the Chianti bottles with their straw covering that used to be on every table in the Italian restaurants with a candle in them. Although Sangiovese was planted in Australia in the 1970's it is only recently that it has been embraced by numerous vineyards including Coriole, Hugh Hamilton, Kangarilla Road, Pizzini, Dal Zotto, Geoff Merrill and

if you want the original bottle Cecchi Vineyards from Italy the Chianti still comes in the traditional bottle with the straw bottom. Sangiovese translates from the Latin for "The blood of Jove" which leads one to think it has been around since Roman times, it has aromas of Blackberries and Dark Cherries and because of its tangy acidity is a perfect accompaniment to tomato-based dishes, BBQs and Grilled meat. When I represented Zonin here in Australia I attended the Pacific region conference in Hong Kong where the family served the 1895 vintage at the dinner and it was drinking beautifully. Marsanne- is a white wine variety that for some unknown reason hasn't been grown by more wineries here in Australia. Originating in The Rhone Valley in France it is one of the rarest grape varieties around and makes a terrific dry white wine, the champion of the variety here in Australia is Chateau Tahbilk who make the wine from vines planted on their vineyard in 1927. It offers an alternative to Sauvignon Blanc, Riesling and Pinot Gris and is well suited to salads, shellfish and white fish dishes, Marsanne is an underrated wine it has aromas of stone and citrus fruit with a lovely mouthfeel and finishes fresh and lively. Graciano- is another red wine variety from Spain which is often blended with Tempranillo and has been grown at Brown Bros. for over twenty years. On its own it is a big soft aromatic varietal and now has about fifty vineyards

around the country producing wine from the grape including Brown Bros, Bremerton and Zontes Footsteps. We have discussed the success of Tempranillo here in Australia and how suited it is to our changing climate, it is the most planted red wine grape planted in Spain and if it is a style that appeals then look for wines labelled Rioja which is not only one of the major regions for the growth of Tempranillo grapes but under the Rioja label are produced outstanding examples of this grape variety. Finally, it is sad to see that after 143 years of family ownership it looks like the McWilliams brand is passing into the hands of a private investment company after a series of poor management decisions and the intervention of Covid, sad days indeed for the 6th largest wine operation in Australia.

Cheers Philip Arlidge
arlidge@bigpond.com.au

As the good book says...
It (wine) biteth like a serpent and stingeth like an adder, thine eyes shall behold strange women and thine heart shall utter perverse things!
Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes? They tarry long at the wine

And lastly

The book of Wisdom warns
Shew not the valiantness in wine, for wine hath destroyed many.
I'll drink to that!

BIBIE'S HOME OF ARTISAN BREAD...

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



Simply Heat and Eat

Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 10 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Bundaberg, Bribie Island & surrounds. If it's a good quality home style cooked meal your looking for then take a look at our extensive menu

with the additional choice of regular or large sizes dependant on your appetite and of course a great selection of desserts. Let Hearty Foods take the fuss and stress out of meal times, whether its lunch or dinner at home or a tasty meal at work, just grab a meal from your freezer and simply heat and eat with peace of mind.

CHICKEN DISHES

- 1. ROAST CHICKEN**
Tender roasted chicken served with roast chat potatoes, pumpkin and steamed beans.
- 3. CHICKEN A LA KING**
Delicious chicken pieces cooked in a white sauce with bacon served with seasoned chat potatoes and green beans.
- 14. SATAY CHICKEN**
Tender chicken breast topped with a satay sauce and served with yellow and green beans and rice (optional rule).
- 15. SWEET IN SOUP CHICKEN**
Asian style sweet 'n sour chicken served with steamed rice & green beans.
- 17. CHICKEN KORMA CURRY**
Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.
- 19. MUSTARD CHICKEN**
Tender chicken breast fillets, topped with creamy mustard sauce, roasted chat potatoes and green beans.
- 20. BUTTER CHICKEN**
Tender chicken cooked in a mild (mild) spicy butter sauce served with steamed rice and green beans.
- 37. CHICKEN PASTA**
Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.
- 47. MANGO CHICKEN**
Seasoned tender chicken with a mouth watering mango sauce, served with steamed quinoa beans and chat potatoes.

FISH DISHES

- 25. ATLANTIC SALMON** NEW
Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.
- 26. TUNA MONKEY PASTA**
Tuna Pasta tossed in a creamy sauce served with sweetcorn, peas and sweet potato.
- 28. ATLANTIC COD & PRAWNS** NEW
Served with lemon sauce, roasted potato, broccoli & garden peas.
- 36. SMOKED SALMON FEETUCCHINE**
Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.
- 46. BAKED FISH**
Wild caught New Zealand Hoki with a cream sauce, served with sweet potato and peas.

BEEF DISHES

- 5. COTTAGE PIE**
Good old traditional slice minced beef, topped with potato mash and served with vegetables.
- 6. ROAST BEEF**
Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.
- 7. BEEF CASSEROLE**
Tender beef cooked in rich gravy, served with mash and peas.
- 8. SPAGHETTI BOLOGNESE**
Everyone's favourite pasta topped with a beef bolognese and grated cheese.
- 9. BEEF LASAGNE**
Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.
- 30. BEEF RISSOLES**
Beef rissoles topped with gravy and served with roasted potato, peas and carrots.
- 31. BEEF STROGANOFF**
Tender beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.
- 32. MEDICAN BEEF AND BEANS**
Classic Chili Con Carne served with rice and beans.
- 35. BEEF MADRAS CURRY (MILD-MEDIUM)** NEW
A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.
- 41. SILVERIDE**
A family favourite - Cured sideside served with a sweet potato mash and vegetables.

PORK DISHES

- 12. ROAST PORK**
Roasted pork with gravy, chat potatoes and roast pumpkin.
- 27. PASTA CARBONARA**
Pasta cooked in a bacon and mushroom cream sauce.
- 33. PICKLED PORK**
Pickled pork topped with creamy mustard sauce served with chat potatoes, green and yellow beans.
- 48. CURRIED SAURAGES & RICE**
Pork sausages cooked in a mild curry sauce and served with rice and vegetables.

BANGERS AND MASH

- 1. BEEF WITH BRUSH TOMATO & PEPPER SAURAGES**
- 13. TRADITIONAL OLD ENGLISH PORK SAURAGES** NEW
- 22. LAMB, HONEY, MINT & ROSEMARY SAURAGES**

LAMB DISHES

- 10. ROAST LAMB** NEW
Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.
- 24. MASSAMAN LAMB CURRY** NEW
Lamb cooked in a Thai style massaman sauce, served with rice and green beans.
- 42. MONGOLIAN LAMB** NEW
Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

VEGETARIAN / VEGAN DISHES

- 29. VEGETABLE LASAGNE**
Marinated roast vegetables between layers of pasta, topped with three cheeses.
- 43. VEGETARIAN NOODLE STIRFRY**
Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.
- 44. CHICKPEA & VEGETABLE CURRY**
Mild chickpea & vegetable curry served with basmati rice.
- 45. CREAMY PESTO PASTA**
Penne tossed through pesto cream, broccoli and spinach, topped with parmesan cheese (optional rule).

DESSERTS

- Apple & Rhubarb Crumble & Custard \$4.50 each
Bread & Butter Pudding & Custard
Stick Date Pudding & Caramel Sauce
Rice Pudding with Raisins & Cinnamon
Chocolate & Almond Brownie & Choc Sauce
Vanilla Ice-cream Cups \$2 each
- Chocolate Bavarian
Peanutfruit Cheesecake
Strawberry Cheesecake

MAIN MEALS

Regular \$9.50 Large \$11.90
*Please note price differs for some fish & lamb dishes.

Minimum of 7 main meals for a FREE delivery
7 Regular sized meals from \$66.50
7 Large sized meals from \$83.30

Do you have a Home Care Package - Great!
You will only need to pay 30%
*Admin fee applies

Order in bulk and save
14 main meals receive 5% off
28 main meals receive 10% off

Deliveries are free for most areas, refer to our delivery information
ALL ORDERS MUST BE PLACED BY 2PM FOR THE NEXT DAYS DELIVERY



DELIVERY every Thursday

HOW TO ORDER

PHONE ORDER
Call us weekdays between 9am - 2pm

ORDER ONLINE
www.heartyfoods.com.au

EMAIL ORDER
info@heartyfoods.com.au

07 5442 7489



COOYAR HOTEL WAS ORIGINALLY A SINGLE-STORY HOTEL BUILT IN 1903 BUT WAS REBUILT INTO A TWO STOREY IN 1936 AFTER BURNING DOWN THE PREVIOUS CHRISTMAS EVE.

Cooyar Hotel with their sweeping verandas is just 2 hours from both the Sunshine and Gold Coasts, Brisbane and Bribie Island if your pulling your van. The "Outback Bar" has seen a great many BBQ, wedding and birthday party, or is the place to have just a great night out! A COVID19 plan has been implemented and we're ready to go Great area for the kids or grandkids if you're making it a family affair.

Location: 35 McDougal

Street Cooyar

Phone: 07 4692 6185

Directions: Bribie -

Wamuran. 56k

Wamuran - Woodford. 17k

Woodford - Blackbutt. 79k

Blackbutt - Cooyar. 47k

TOTAL DISTANCE

199 KILOMETRES

Great area for the kids or

grandkids if you're making

it a family affair.

Cooyar is a great little village 165 kilometres west of Bribie Island. It's been through drought and fire. Now COVID19 is decimating our small country communities. It's time for city folk to do something about it. It's a small rural town with the locality in the Toowoomba Region. In the 2016 census, it had a population of 224 people. Blink and you'll miss it on the way through, however it has several day-trippers who drop in. 2020 is the year most of us want to forget.

Let's do something different for our country cousins.

Karyn, the licensee and publican of the Cooyar Hotel has won the Leukaemia Foundation's "Ugliest" Barmaid award for Queensland with her tireless efforts to raise money for leukaemia. As of September 2013, she has raised \$45,000 in the last 3 years. She is committed to helping the community and a delight to talk to and not afraid to "put herself out there" to help others. After a brief chat and a visit to Cooyar by some of the CELTIC MINSTRELS, a plan evolved for Bribie's CELTIC MINSTRELS to go BUSH TO COOYAR

and put on a free gig and help the community.

The challenge from John (Bodhran), Maria (Fiddle), Laura, (Fiddle and Vocals) Sarah, (Guitar, Vocals and Whistle) Ted, (Mandolin, Banjo, Bass and Guitar) Mike (Mandolin and Concertina) and Beth (Fiddle) is to see how many caravaners from Bribie Island and surrounds with the help of the Bribie Islander are prepared to spend the night in the bush on Saturday October 17, 2020 for a good old fashioned "PIG ON THE SPIT", vegies and great music. The CELTIC MINSTRELS are donating their time to put this gig on, and it will only succeed if we have a caravan of caravaners heading to Cooyar for Saturday October 17th. Great CELTIC MUSIC to entertain and free camp sites for your van. Some are powered so first in best dressed, but there is plenty of unpowered sites. Fires are permitted and come out for a few days. Put some money into the bush as well as have some fun. Hook your van up, take a few days to relax and use Cooyar as your base and explore the area and really enjoy yourself! Great pub tucker at the hotel.



Waldorf Salad



INGREDIENTS

- 2 tbsp. mayonnaise
- 2 tbsp. plain yogurt (Greek or regular)
- 1 tbsp. lemon juice
- 1 cup halved red grapes
- 1 cup chopped apples
- 1 cup sliced celery
- 1/4 cup chopped parsley
- Salt
- Freshly ground black pepper
- 1 cup walnuts, toasted
- Lettuce, for serving

DIRECTIONS

1. In a large bowl, whisk together mayonnaise, yogurt, and lemon juice.
2. Add grapes, apple, celery, and parsley and fold until just combined. Season with salt and pepper. Top with walnuts and serve over lettuce.



Wright's Fruit Barn



1 Coolgarra Avenue, Bongaree. (Next to McDonald's)

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



2 PUNNETS STRAWBERRIES 500gm

\$5



1 KG BAG BEETROOT

\$2

Just call **3408 1179** by 1pm daily for same day delivery on the Island and we can hand select, pack and 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 arrival. Minimum order \$20 for pick or delivery

Not Just FISH N CHIPS It's a Seafood Experience!

Visit us on facebook

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



Savige's SEAFOOD



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



Spend \$30 or more in store to win a \$25 fruit and veg tray. Drawn at the end of every month.



per loaf \$2

FRESH BAKED TOOWOOMBA BREAD
White - Wholemeal & Multi Grain

HOME DELIVERY AVAILABLE **OPEN 7 DAYS**

PH: 3408 1179

Support your local businesses.

Rotary Pies for Polio



Pres. Sara Richards

Rotary Club of Angleton

© Anne Matthews



PIES FOR POLIO

Rotary first launched its Polio Plus Program in 1985. Since then, the world has seen a substantial reduction in the number of polio cases. In the 1980s, there were 1,000 new cases per day and the disease was prevalent in 125 countries. Last month, Nigeria, one of the three remaining countries where polio was endemic, was certified polio-free. And now, after years of work across the 47 countries on the continent, the World Health Organisation has declared the entire African region free from wild polio.

This is one of the biggest public health achievements of our time and Rotary should be shouting this news from the rooftops. With Nigeria now polio-free, the number of polio cases has been reduced by 99.9%, and only two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan.

Of course, Rotary remains committed to the end, with many of us wanting to finish the job for Sir Clem Renouf, the

man whose dream of a Polio-free world started this Rotary initiative and who sadly died on 11 June 2020.

With the eradication of polio in sight, Rotary and its partners are continuing their drive to reach every child and give them the polio vaccine. Without full funding and political commitment, this paralyzing disease could return to polio-free countries, putting children everywhere at risk. Rotary has committed to raising US\$50 million each year to support global polio eradication efforts. The Bill & Melinda Gates Foundation has pledged to match that 2-to-1, for a total yearly contribution of US\$150 million.

Just last month, Pakistan's Prime Minister, Imran Khan, met with Bill Gates and acknowledged the Gates Foundation's continued support to Pakistan in fighting COVID-19. Mr Khan said that 'the repurposing of polio infrastructure played an important role in the pandemic response and affirmed that the eradication of polio was the top priority of his government.' This is such good news for Rotary's End Polio campaign – we are so close to our goal.

Many think that amid a pandemic we shouldn't be working on the

Polio Program and celebrating this achievement; however, as Rotary International President Holger Knaack said, 'During a challenging year for global health, the certification of the African region as wild poliovirus-free is a sign of hope and progress that shows what can be accomplished through collaboration and perseverance.' Also, the infrastructure produced by the EndPolio program – from the surveillance and laboratory networks to the local health care workers – is already being used to counter COVID-19.

World Polio Day is on Saturday 24 October 2020. The purpose of the day is to raise awareness, funds, and support to end polio (a vaccine-preventable disease). A not so well known fact is that many polio survivors end up with post-polio syndrome and become wheelchair-bound due to a gradual weakening in muscles that were previously affected by the polio infection.

Rotary's World's Greatest Meal to End Polio (WGM) has organised a Pies for Polio Event at the Bribie Island Hotel. This event is among thousands that will be held by Rotary Clubs and Rotary Groups all around the world. It will be held at the Bribie Island Hotel, 29 Sylvan Beach Esplanade where a plethora of

pies will be served and drinks available for purchase.

Wendy, the Chef at Bribie Island Hotel, will be making a selection of gourmet pies – egg and bacon, steak, chicken and for those who can't resist something sweet – a special lemon meringue pie.

This year, 'Pies for Polio' is the theme for all WGM events around the World. Since 1985, Rotary has contributed more than US\$2.1 billion to ending polio. This figure includes over US\$3.715 million raised by WGM, which at the date of writing has held 6,300 events in 83 countries with 403,314 participants.

Event organiser and local identity, Bill Peacock, OAM, who is the Australian and Oceania Coordinator for WGM, said that this will be a COVID-19 safe event. Social distancing is to be observed and hand sanitiser will be supplied at the Hotel. The organisers have all completed Infectious Control Training.

Bill also said that unlike many of the Clubs in America, he is not expecting to take a pie in the face!



However, for a suitable donation, I will gladly take a lemon meringue in the face to support this worthwhile cause. Humble pie, of course, will be on the menu for those who overindulge.

Remember, until we end polio forever, every child is at risk – even here in Australia. Help Rotary make Sir Clem's vision a reality and become part of an amazing

achievement. African Beninese singer-songwriter Angelique Kidjo put it like this: 'I am from a generation

who has witnessed the devastating effects of polio. When I discovered how close we were to eradicating polio, I was very motivated to be a part of this movement. It is so rare when you can accomplish something so spectacular.'

So, come and join the fun – enjoy a pie – or two, and know you are helping this worthwhile cause.

Tickets are limited due to COVID-19 restrictions so don't be disappointed, book early via the Event Booking Website <http://1042411423.eventbookings.com/>

PIES FOR POLIO BRUNCH

SAT 24 OCT 2020

TIME: 11.30 FOR 12 NOON
BRIBIE ISLAND HOTEL,
29 Sylvan Beach Esplanade,
Bellara

Cost: \$36.00
Book: <http://1042411423.eventbookings.com/>

Contact: Bill Peacock
0403 686 998 or
Anne Matthews
0409 244 005



1 Roast Chicken, 6 Buttermilk Wings, Buttermilk Regular Pops, 2 Large Chips, Large Mash And Gravy, 1.25l Drink and Sauce.

Not Available on Delivery. For a limited time only.

NARANGBA

Cnr. Young Road & Golden Wattle Drive

BURPENGARY

163a Station Rd

NORTH LAKES

1650 Anzac Ave

DECEPTION BAY

444 Deception Bay Rd

KALLANGUR

1475 Anzac Ave

BRIBIE ISLAND

75 Cotterill Ave, Bongaree



26 Sept

Bribie Island Community Arts Centre
191 Sunderland Dr, Banksia Beach QLD

KIDS ART CLASSES

Sat, 26 Sep, 9:00 am - 11:00 am
Cost \$35.00 includes materials
Age group 10 yrs - 16yrs Contact Sabine
Mon, 28 Sep, 9:00 am - 4:00 pm

- 2-hour workshops
- Three time slots per day
- Limited to 15 children per time slot (with one adult per booked child)
- Activities include Archery, an Archaeological Dig, Viking Masterclass (including carving and runes), and Get Crafty (Museum tour and paper crafts) • \$16.50 per child, \$5 per adult

inner room

26 Sept

ANNIE SLOAN CHALK PAINT WORKSHOP

11am - 3pm INNER ROOM
17 First Avenue, Bongaree
 Book in now for the next Annie Sloan Chalk Paint workshop on Saturday the 26th of September, presented by Inner Room Bribie.
 Learn how to upcycle your home's furniture & save money in the process. Bring your own small piece of furniture & take it home refreshed with your chalk paint skills learnt at the workshop.
A light lunch is included too. Limited class size for maximum learning.



26 Sept

JANICE SMITHERS BRIBIE ISLAND RSL

Saturday 26th September @ 7.30PM
99 Toorbul St, Bongaree QLD 4507
 Janice is one of the most in demand & diverse performers on the scene today.



16 Oct

PACIFIC HARBOUR GOLF AND COUNTRY CLUB

AVON AVE, BANKSIA BEACH
12PM TO 6.00PM
 We are proud to once again get behind Tee Off for Breast Cancer Trials and hold our annual event at Pacific Harbour Golf & Country Club. \$ person Ambrose kicking off 12 noon shotgun. The day will be full of fun, games, prizes and raffles all to raise awareness and money for Breast Cancer Research. **DONT FORGET TO DRESS IN PINK AND DECORATE YOUR CARTS.**



24 Oct

PIES FOR POLIO BRUNCH

BRIBIE ISLAND HOTEL
29 Sylvan Beach Esplanade, Bellara
11.30AM TO 12 NOON
 Book: <http://1042411423.eventbookings.com/> **Cost: \$36.00**
 Book: <http://1042411423.eventbookings.com/Contact: Bill Peacock 0403 686 998 or Anne Matthews 0409 244 005>

WOT's On... Beachmere

BANG 2020

Beachmere Area Network Group Inc

Ladies, come join us for lunch and connect with other ladies that live, work and play in Beachmere and surrounds.. ALL WELCOME

LADIES LUNCH DATES

2 OCT: 6 NOV: 4 DEC 12 NOON

RSVP: TEXT or EMAIL Chrissie ladieslunch@bang.org.au

0413 73 95 73



26 Sept

BRIBIE ISLAND HOTEL
29 Sylvan Beach Esplanade, Bellara
3.00pm
BULLDOGS v PANTHERS



5.30pm
SHARKS v RAIDERS
7.35pm
WESTS TIGERS v EELS



2 Oct

HEALING SACRED MUSIC EVE

6:30 pm - 9:30 pm
Bribie Island Community Arts Centre Boardroom
 191 Sunderland Dr, Banksia Beach
 Join me for full moon! It's a joyful evening of healing song and chant again. All Welcome By DONATION - suggested \$15-20
COMPLIMENTARY AYURVEDIC CHAI PROFITS go to grass roots charities supporting women and children.
RSVP ESSENTIAL for chai catering and Space allocation



10 Oct

BRIBIE ISLAND HOTEL
29 Sylvan Beach Esplanade, Bellara
8.00pm to 11.00pm

*****EVENT RESCHEDULED ***** Bribie Island Tavern Presents LEGENDARY AUSTRALIAN MUSICIAN RUSSELL MORRIS FEAT. NEW ALBUM BLACK AND BLUE HEART After a staggering 50 year career, Russell Morris returns!



Every Fri...

Bribie Bowls Club

PRIZES VALUED AT \$1250
 Tickets on sale from 4.30pm Drawn from 6.30pm.
 Meat trays proudly supplied by **WAMURAN COUNTRY MEATS Bribie Island Bowls Club**
11-23 Welsby Parade, Bongaree 3408 1018
www.bribiebowls.com



Every Sun...

The Deck Bistro

is located at Pacific Harbour Golf & Country Club, end of Avon Avenue in Banksia Beach.
Finish your weekend on the right note with live music from 12:30pm.
 The Deck Bistro offers live music by local talent from 12.30pm-3.30pm. Enjoy a cold refreshment on The Deck or dine in for lunch with vivid views in air-conditioned comfort. Lunch service is 11am - 3pm.



BANG 2020

Beachmere Area Network Group Inc

ANYONE & EVERYONE INVITED

Would you like to be more involved with your community? Come along and see what we are all about.

Beachmere Hub **BANG GENERAL MEETINGS**
 6pm - 7pm
18 AUG, 20 OCT, 17 NOV (AGM)
 A public meeting for interested residents.

BAREFOOT BOWLS **BANG MEMBERS ONLY** **BANG XMAS SOCIAL**
 Celebrated Event - RSVP required **FRI 11 DEC - TBA**
info@bang.org.au 0456 818 017
 Become a BANG MEMBER, get involved and join in.

"Our goal is to identify and lobby for positive community outcomes in the Beachmere area."
What can we create together as a community?

Our Community



DELAYED HANDOVER OF PROBUS PRESIDENCY

Incumbent President of The Probus Club of Bribie Island, Ian Yoxall, handed over the chains of office last month to incoming President David Beatson, pictured left. The ceremony, which should have been held in March, was delayed due to David suffering a serious cardiac event which resulted in a triple by-pass procedure and a lengthy recovery period. During the handover, Ian praised members of his Management Committee, saying that the success of his tenure would have been impossible without their help. David, already having served in the appointment twice before in 2011 and 2013, expressed the hope that his term of office would see the club continue to prosper. The club meets on the first Tuesday of each month at the Bribie Island RSL with membership open to retired professional or businessmen and women residing in the broader local area. Contact Gabrielle Bain (0407 341 074) if you are interested in joining one of Bribie Island's leading social clubs.



AN EXCELLENT "ENCORE"

A wonderful afternoon of "Scones and Songs" with the sold-out signs up three weeks before the third afternoon of the toe-tapping and singalong songs from the girls of Good Company.

Good Company is a not-for-profit group and the girls thank again the Bribie community for their support as we endeavour to bring times of fellowship, singing and enjoyment to those who attend.

Look out for future events which will be advertised in the Bribie Islander, but remember, book early. We wish you a most peaceful and joyous Christmas season and look forward to seeing you in the New Year.

If you would like to book Good Company for your next function or any enquiries please feel free to contact them on 0418 157 486 or email: goodcompanysingers@gmail.com, or follow us on Facebook.

A MORNING TEA FOR DISABILITY ACTION WEEK

hosted by Spinal Life Australia was held at the Bribie Island Hotel on the 16/09/20. It was a wonderful and informative session on what people with disabilities face when travelling away from their homes. Things that able body people take for granted. The presentation was done by Bill Peacock and Lachy Chapman, highlighting the need for a smartphone app to record the accessibility of the region they plan to visit. This will make it a lot easier for people with disabilities to be able to access wheelchair friendly restaurants, accommodation, tourist attractions and the simplest of things, a suitable bathroom. After listening to the presentation, I cannot help but wonder why these things are not already in place. We all need to get behind this movement and fully support these guys to make our island a great place to live, visit and holiday for EVERYONE.

Attendees

Presentation Lachy Chapman and Bill Peacock.

Simone Wilson MP. Pumicestone

Cherrie and Michelle The Bribie Islander.

Anne Matthews Rotarian and Author Members.



Simone Wilson Member for Pumicestone congratulating Spinal Life



Australia. With Bill Peacock and Lachy Chapman.

Members intently listening to Lachy.

Rear: Cherrie Wilson Editor The Bribie Islander. Simone Wilson Member for Pumicestone. Chris Firth, Manager Bribie Island Hotel.

ARRIVAL



You Tube



My Music

I come from a musical family. My father played the violin in a university orchestra even though he had to leave school at the age of eleven. Some family friend of his parents paid for young Harry's lessons. My Uncle Ernest gained scholarships and went on to become a Cathedral Organist and piano teacher. My brother, taught by our uncle, was a good pianist. My nieces, pupils of the redoubtable Fanny Waterman, have both become excellent pianists and Nikki, sister to Susan who studied Music at Oxford, as well as playing the piano plays the French Horn and other Brass instruments in a variety of Scottish National Orchestras, as well as teaching private pupils. My son chose music as one of his senior subjects and enjoyed singing in front of an audience, as did my daughter. Another member of the family was head choirboy at Romsey Abbey and plays many woodwind instruments. He still sings. I play YouTube; an old joke but, in my case, sadly true.

However, to compensate for my total lack of performance skills, the Good Lord gave me a pair of ears, which, throughout my life, I have endeavoured to put to good use.

I love Music. From the time I get up in the morning to when I go to bed at night, there is always music in my home.

My tastes are eclectic; Classical, Pop, Folk, I know what I like, and what a joy it is to live in these present times and to be able to access, through my computer, any music I fancy. My classical taste, I used to say, began with Dowland and ended with early Beethoven, but I have grown older and wiser and go way beyond that nowadays. Try Andreas Scholl singing Vivaldi or Itzhak Perlman playing the Tchaikovsky Violin Concerto. Magnificent! I have always had a fondness for the latter as it was one of the few records we had at home. One

played it on a wind-up gramophone with steel needles that had to be changed each time one played a precious disc. Woe betide anyone who was responsible for a scratch. How my father would have loved to be able to listen to his music without the need to read through the Radio Times and circle the programmes that interested him. Music in our home was my brother playing the piano, my father playing Page-nine Caprices, as he would laughingly call them, or even my brother and I tackling some Schubert songs, "Once a boy a wild rose spied" or, if I pushed my luck, I would get out an ancient song-book and persuade my brother to accompany me to "An Arab's Farewell to his Favourite Steed". Very stirring. You can see, even then, I was a bit of a renegade. I wangled my way into the school choir by singing "Drink to me only", a merciful relief for my teacher who had sat through twenty or more renditions of "Early one Morning". As a reward, I got to sing Madrigals and a superb arrangement of Haydn's Creation for girls.

To be young in the '60s was very Heaven, to misquote. I remember deep discussions as to whom we should hold allegiance to, the Beatles or the Rolling Stones. I was a Beatles fan, my favourite album being Sergeant Pepper's Lonely Hearts Club Band, but I must admit "I can't get no Satisfaction" has stood the test of time. I loved to dance, so fortunately, did Don. In fact, our romance began to the music of Acker Bilk,

though I liked MJQ too. Don and I loved Musical theatre and were always proud of the fact we got to attend the London production of "Hair". Don's evening was enlivened by having a stark naked woman sit on his lap! Later, when we were married and had returned to Australia, we attended a series of Gilbert and Sullivan operettas, HMS Pinafore, Pirates of Penzance and The Mikado etc. The wit of the words married to that music. Unforgettable! As was the Pie and Peas we bought from a van in Brisbane as our after-theatre dining!

Generally speaking though, as we had a young family, we relied on LP's to sate our thirst for music, The Rock Follies, Rock Follies 77, Evita, War of the Worlds, and more. I must pause before my tears drown my keyboard.

In the '80s, when we had five kids between eight and thirteen due to circumstances I might explain later, every week I would buy them an LP of their choice and would enjoy the record as much as they did. A couple of Christmases ago, I was trying to think of a title that I used to love so I could find it on YouTube when my daughter said that she always remembered me dancing to "Total Eclipse of the Heart". Bingo! And The Bangles rendition of "Eternal Flame". I still enjoy these songs.

When at uni, there was a Folk Club that would meet in the engineering block of the University every Thursday evening. I would often attend. Liquid refreshment was available, music was performed by the students, proving that even Engineers have hearts. I still play Joan Baez and Dylan; still enjoy the humour of Flanders and Swann and Tom Lehrer.

I am not, and never have been, any kind of Musical snob: from Bach's St. Mathew's Passion which my girlfriends and I would attend every Easter, to my present discovery of Dana Winner and Leonard Cohen, the latter sending shivers up my spine; I love them all. I am still dancing, even if, these days, my partner is my office chair.

Elaine Lutton

Photography HAS ALWAYS played a big PART IN MY adventurous life.

All my interests and activities are directly linked to it. The great outdoors has been my playground all of my life. Nothing beats camping under the stars in a remote location.

Apart from being dragged around the ocean by a meter plus-sized long tail tuna. Or standing on top of the mountain with a breathtaking 360-degree view. These are the moments which are best remembered in a picture frame. Subconsciously, I have always taken photos of exciting places and incredible people, only to remind myself about this memorable moment.

And even though this is still the primary reason I do take photos, advanced technology allows me to share and remind everyone else about the beauty of this planet too. Mother Nature's marvel is simply extraordinary. The impact of this virus on humans is devastating. On the flip side of the very same coin, flora and fauna are flourishing. I have noticed and captured more freely animal behaviour on many occasions. It feels great. Dolphins and whales swam alongside and under my kayak not long ago. Lucky for me, I often had my camera in hand. Here in Australia in particular, one doesn't need to go far to be outdoors. Australians are spoiled for choice. I believe we should have a closer look in our own backyard and discover what really goes on. It is quite a spectacle.

Exploring different cultures, different natural habitats and everything that comes with it has been my motivation to become the adventurer and naturalist that I am. I learnt early to think outside the box. And that's where I feel most comfortable. Security and comfort are what most people yearn for. Those factors have the opposite effect on me. Challenging myself on daily basis in unfamiliar environments still is the thriving force within myself.

I was born in Namibia and lived my first eight years of childhood in a scarcely populated country.

My school education finalised in Germany, as well as my qualifications as an artisan baker and pastry chef. Germany is a leading force on education and traditional artisan baking products. These attributes allowed me to work and fund my travels all around the world. This gave me the advantage to explore and live within cultural and natural aspects, whilst saving money for my next journey. A fabulous combination that suits my lifestyle well.

<https://travelswithben.com/>

By Ben Furstenaar



ROSE CROWNED FRUIT DOVE *Ptilinopus Regina*

By: Marj Webber

Rose-crowned Fruit-Doves are infrequent visitors to Bribie Island. The most likely time for a visit from these colourful little doves is when forest trees are fruiting. This was the case in June and early July this year when the Dark Corkwood trees were fruiting. They arrived about the same time as the much larger Topknot Pigeons and remained for a few weeks. As soon as the blackberries were finished, they were gone.

Rose-crowned Fruit-Doves are small birds 22-24 cm in length and weighing 90-110 g. Green is their predominant colour with undersides of orange and pink. Crowns are bright pink (rose) and heads and necks are grey with dark stripes on the breast. Male and female are similar in appearance. The flight is swift with the wings making a whistling sound when in motion. Even though they are brightly coloured they are quite difficult to spot in the high foliage. They are sometimes confused with the male Superb Fruit-Dove which can be recognised by a black breast band.

Habitats such as rainforests, eucalypt forests and mangroves are where they are most likely to be seen. Sometimes they even visit suburban areas to obtain food. They are mostly nomadic flying to wherever forest trees are fruiting. In Australia, they inhabit areas from the Kimberly in Western Australia, along the northern coastlines of the Northern Territory and Queensland and down the east coast to about Sydney and sometimes even venturing a little further south. They are also found in Indonesia

Berries from various forest trees are their main source of food with black-purple fruit being their preference. Camphor Laurel berries since the introduction of the pest tree to Australia have also appeared on their diets. They have a large gape which enables them to swallow the fruit whole. The seeds pass through their bodies and are eventually dropped to generate forest regrowth. They feed mostly in the mornings or late afternoon alone, but sometimes in pairs or small groups high in the canopies of tall trees. Drinking water is taken from leaves and not from sources on the ground.

Courting rituals such as bowing their heads and displaying their rose-coloured crowns take place at the beginning of the breeding season which is mostly from August to February. Nests are built in small trees mainly in rainforests and sometimes in Eucalypt forests and mangroves. They are untidy, frail and cup-shaped and built of twigs. One white, shining egg is laid and incubated by both male and female for 18 days. Chicks are fed with fruit and fledge in about 11-12 days.



Photo by Tony Baker

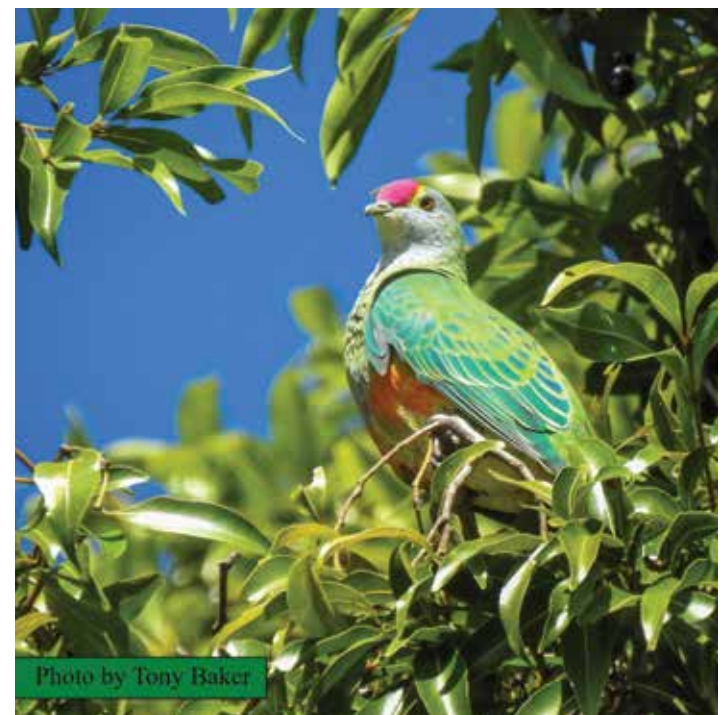


Photo by Tony Baker

Rose-crowned Fruit-Doves was first described in 1825 by William Swainson who was an English Zoologist visiting Australia in early times. John Gould attempted to change their name to "Swainson" without success.

The usual Australian bush predators such as feral cats, large snakes and lace monitors can be a danger during nesting time devouring the egg or baby bird. Bush fires, forest clearing and invasive weeds are a threat to their habitats.

Their conservation status in Western Australia, Northern Territory and Queensland is secure. In New South Wales they are listed as vulnerable. They are not present in other states.

HISTORY



WHO WAS BONGAREE



By Barry Clark
Bribie Island
Historical
Society

BONGAREE is perhaps the most famous of all Australian aborigines, after whom the first settlement on Bribie Island was named. It got this name 113 years after Bongaree first came here, with another suggestion it be called "Banya".

On 16th July 1799, the sloop **NORFOLK** brought the first white men, and the Sydney native Bongaree, into Moreton Bay. They made their first landing about where the Seaside Museum stands today, making this location the "Cradle Site of Queensland".

Bongaree was the first man ashore, making first contact with the local **Joondoburri** people, while Matthew Flinders with his much-travelled cat **Trim**, and the rest of the crew waited on the boat. Bongaree had been included in the expedition, having built good relationships with the early white settlers, to help local contact and communication. This proved quite difficult, as there were more

than 500 different tribal and language groups throughout Australia, and the native groups in Moreton Bay all spoke slightly different languages.

Bongaree acted as interpreter and go-between. Flinders said of him, "He often stood naked and unarmed between blacks and whites, the symmetry of his limbs expressing strength and agility"



THE MAN BONGAREE

Bongaree was the first person called an "Australian"

Bongaree, also known as **BUNGAREE**, was born in 1775 and was 24 years old when he came to Bribie Island, and Matthew Flinders was just 25. They were good companions, and Bongaree later accompanied Flinders and others on many voyages of exploration, including the first circumnavigation of the continent of Australia aboard the "Investigator" in 1804.

There are 17 surviving portraits of Bongaree/Bungaree, but only a handful of likenesses of the outstanding explorer and cartographer Matthew Flinders, and even less of other naval explorers and Governors whom Bongaree assisted. Such was the interest and regard for this very colourful man.

One famous paintings of Bongaree by Augustus Earle in 1826 shows him in scarlet jacket and cocked hat, raised in salute, with brass plate on his chest. With Sydney Harbour in the background, he cast Bongaree in the pose of a landowning gentleman, parodying colonial society and emphasising the tragedy of indigenous people and loss of their native land.



In 1815, Governor Lachlan Macquarie proclaimed him a "King" and presented him with a brass plate; a **Gorget** hung around the neck, and gave him land at Georges Head in Sydney.

Governor Brisbane presented Bongaree with an old military uniform, complete with sword, which he wore with pride. Every Governor from Macquarie to Gipps supplied him with old cocked hats, as did almost every regimental commander.

He was a popular and colourful character around the streets of Sydney, and he was a great mimic of previous governor's mannerismsbut never the current Governor.

On the day before his departure to England in 1822, Macquarie went to Georges Head to visit Bongaree for the last time, to introduce him to his successor Sir Thomas Brisbane, who promised Bongaree a new fishing boat and nets.

REGARD FOR BONGAREE

Army personnel saluted him as they passed him in the street. He was thrilled and honoured when the Royal Navy invited him

to live at Garden Island as their guest, and the Government paid him a full daily ration. When new ships arrived through Sydney Heads, Bongaree would meet them in full uniform, in his fishing boat, with a couple of his wives, climb aboard and welcome newcomers to "his" country.

The Sydney Gazette described him as a "Native distinguished by his remarkable courtesy". He mocked the white men by mocking himself.

In 1828 Bongaree and his clan moved their camp to the Governors Domain, where he was seen "naked and in the last stages of human infirmity". Affected by age, alcohol and malnutrition, Bongaree was admitted to hospital with a serious illness that lingered for several months. He died at Garden Island on 24 November 1830, aged 55.

He was buried at Rose Bay beside his late wife. History records that during his life Bongaree had six wives who went by the names "Askabout, Boatman, Broomstick, Onion & Pincher" and his last wife **Queen Gooseberry** survived him by over 20 years.

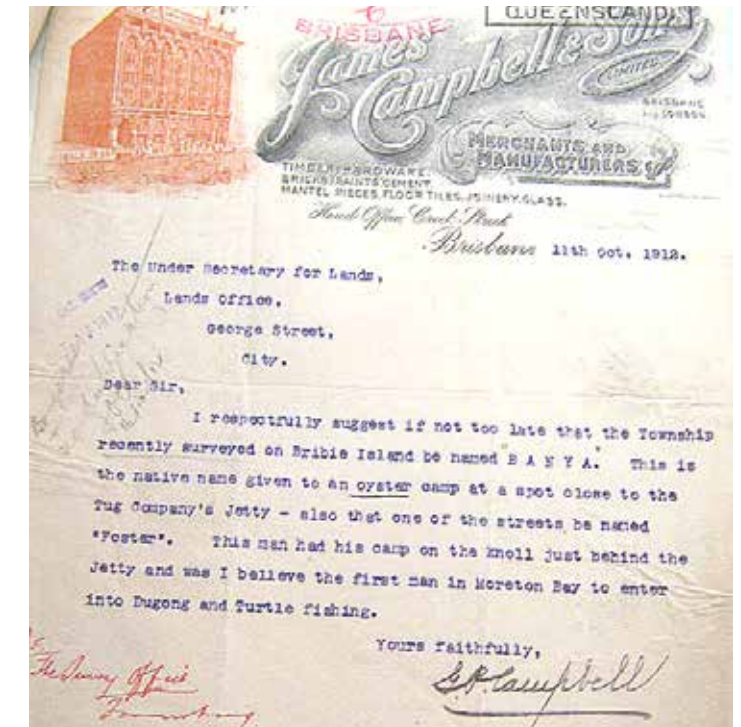


"Bongaree & wife Gooseberry"

Bongaree had accompanied Matthew Flinders on the first circumnavigation of the entire continent **TERRA AUSTRALIS**, which 14 years later was officially named **AUSTRALIA**. This **GREAT SOUTH LAND** was visited by various nations in the previous 120 years, known as **NEW HOLLAND** by the Dutch, but it was James Cook who first claimed the East Coast in 1770, naming it initially **NEW WALES**, and later **NEW SOUTH WALES**. Flinders and Bongaree proved it was one large Continent, later called **AUSTRALIA**.

BONGAREE ON BRIBIE

The name **Bongaree** was given to the first settlement here on Bribie Island when land was first offered for sale in 1912. The Brisbane Tug & Steamship Co. had invested to develop it as a tourist destination, and the company director, G.P.CAMPBELL wanted it to be called **BANYA**. A letter written to the Lands Office in October 1912 requested that



But it was too late..... the name Bongaree had already been decided.

I think there should be greater recognition of the great man **BONGAREE** on Bribie Island. Any other town would be so proud to have this historical connection. Perhaps we could have a statue of the man named Bongaree erected at the place called Bongaree.

MORE BRIBIE HISTORY

Monthly meetings of the Historical Society are on the second Wednesday of each month upstairs at the RSL Club. Covid restrictions limit numbers, so attendance notification and approval is required. On 14th October I will present "From Cook to Convict Colony".

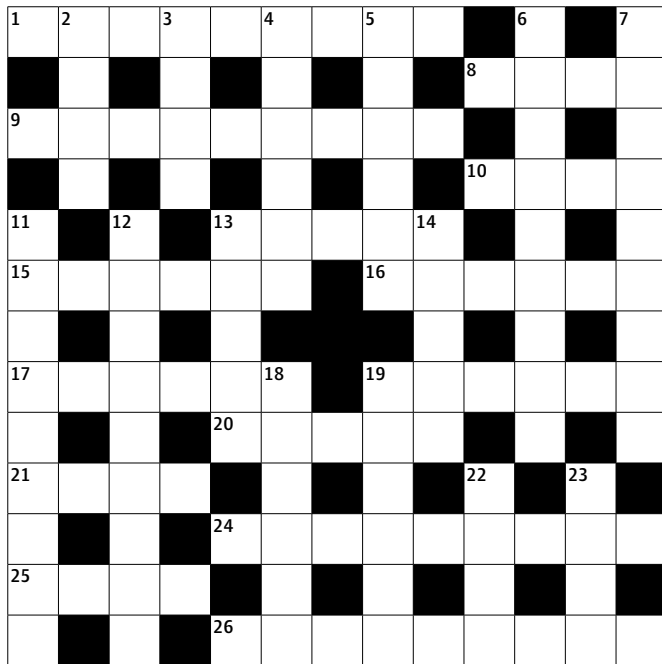
If you have questions, or information to share, please contact us.

You can see many more photos and articles on <https://sites.google.com/site/bribiehistoricalsociety>

or contact us on bribiehistoricalsociety@gmail.com

Crosswords - QUICK & CRYPTIC

REGULAR FEATURES



Across

- 1 Kind of social scientist — weekly magazine (9)
- 8 Ireland, poetically (4)
- 9 Wheedle (5-4)
- 10 Move very gradually (4)
- 13 Over (5)
- 15 Chronological account of events in successive years (6)
- 16 Stormzy, for instance (6)
- 17 Fast-flowing section of river (6)
- 19 Directionless (6)
- 20 Listing (5)
- 21 Risqué (4)
- 24 Shabby (4-5)
- 25 Ruin (4)
- 26 Adaptable — relatives (anag) (9)

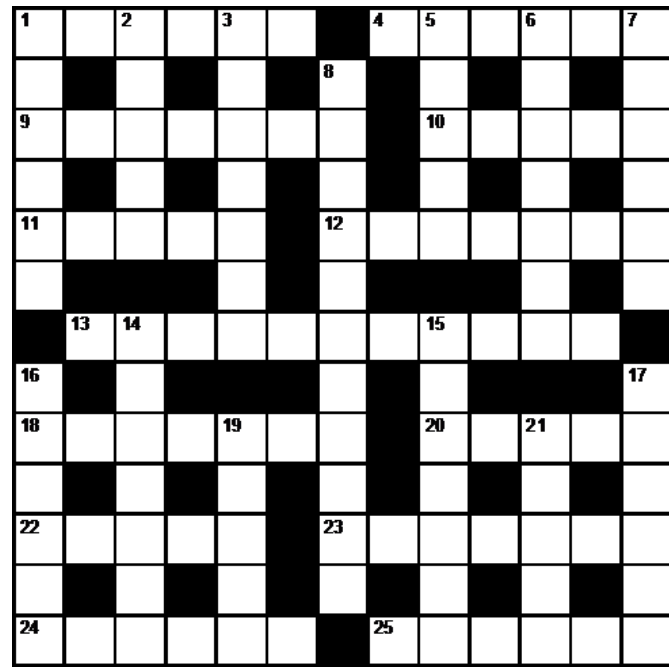
Down

- 2 Loose hood (4)
- 3 Never, poetically (4)
- 4 Morning worship (6)
- 5 Alloy used in bonding metals (6)
- 6 International motor sports event (5,4)
- 7 Religious recluse (9)
- 11 Importing that guarantees a more equitable deal for the producers (4,5)
- 12 An ___ Calls, 1945 Priestley play (9)
- 13 Avoid (5)
- 14 Dedicated follower of fashion (5)
- 18 Nap (6)
- 19 Spans (6)
- 22 Creator of the musical Oliver, d. 1999 (4)
- 23 Untrustworthy person (4)

SOLUTION



EASY crossword Issue 123



Across

- 1 Classed with their peers (6)
- 4 Cowboy getting a cough treated (6)
- 9 Get the wind up with donor at a disadvantage (7)
- 10 Loudspeaker doesn't start to aggravate (5)
- 11 A mouthful for most (5)
- 12 Business investment in a rut, even (7)
- 13 Their love could be described as out of this world (11)
- 18 Oblivious where World Body wear a situation (7)
- 20 A measure of some tremendous feats (5)
- 22 An active case at the assizes (5)
- 23 Found a sort of flagon in the mess (7)
- 24 Native American haircut (6)
- 25 Exposure to particular facet - a point of view (6)

Down

- 1 Appetite - just a portion - small, if you will (6)
- 2 A link between the lips and a handbag? (5)
- 3 Prepare the real skin (7)
- 5 Repeated a profit (5)
- 6 Beat with a horse chestnut, we hear - (for young lads?) (7)
- 7 Gone with unknowns shaken for survival (6)
- 8 Comfort for the benefit of Ladies or Gents? (11)
- 14 Upset his naps and watch out for the language! (7)
- 15 Those special times of consequences (7)
- 16 Shopper cut short as is the fashion (6)
- 17 Fanatic follows mixed-up primate for the colonel, we hear (6)
- 19 Agree to permit grant (5)
- 21 Away from the recreation ground (5)

SUPPLIED BY CYRUS

SOLUTION

CYRUS crossword Issue 123



REGULAR FEATURES

Kids @ Page



Ingredients:

- 185g butter softened
- 185g golden caster sugar
- 150g soft light brown sugar
- 2 medium eggs, beaten
- 2 tsp vanilla extract
- 335g self-raising flour
- 1 tsp salt
- 200g chocolate chips
- 200g dark chocolate, melted
- 25g giant white chocolate buttons
- 25g mini marshmallows
- 25g strawberries, hulled and sliced

Method

- STEP 1
Heat the oven to 180C. Beat the butter and sugars together in a large bowl using an electric whisk or table top mixer. Pour in the beaten eggs and vanilla, beating well until combined.

- STEP 2
Sift in the flour and salt and fold until evenly combined. Scatter over the chocolate chips and stir until they are rippled throughout the dough.
- STEP 3
Roll into a big round cookie and place onto a large baking sheet covered with baking paper. If the dough feels very soft at this stage pop it in the fridge for 30 mins to firm up. Bake in the preheated oven for 25 mins until golden at the edges and still a little wobbly in the middle. Leave to cool for a

couple of mins before topping. Spread the melted chocolate over the cookie, sprinkle with giant chocolate buttons, mini marshmallows and strawberries. Cut into about 15 slices and serve while it is still a little warm



SpOt The DiffEreNcE



Jokes...

- Why did the cookie go to the hospital?**
Because he felt crummy.
- Why was the baby strawberry crying?**
Because her parents were in a jam.
- What did the little corn say to the mama corn?**
Where is pop corn?
- What is worse than raining cats and dogs?**
Hailing taxis!

- How much does it cost a pirate to get his ears pierced?**
About a buck an ear.
- How do you talk to a giant?**
Use big words!
- What animal is always at a baseball game?**
A bat.
- What falls in winter but never gets hurt?**
Snow!
- What do you call a ghost's true love?**
His ghou-friend.
- How do we know that the ocean is friendly?**
It waves!

Find A Word

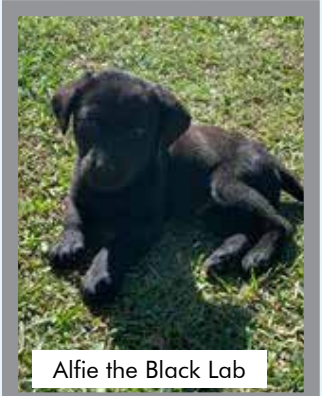


- | | | |
|----------|-------------|---------|
| CABBAGE | POTATO | CELERY |
| ZUCCHINI | CASSAVA | PEA |
| RUTABAGA | BEEF | CARROT |
| RADISH | LEEK | PUMPKIN |
| TURNIP | CAULIFLOWER | ARUGULA |
| SWEDE | PARSNIP | |
| SPINACH | GINGER | |

PET PAGES - share your pets pics

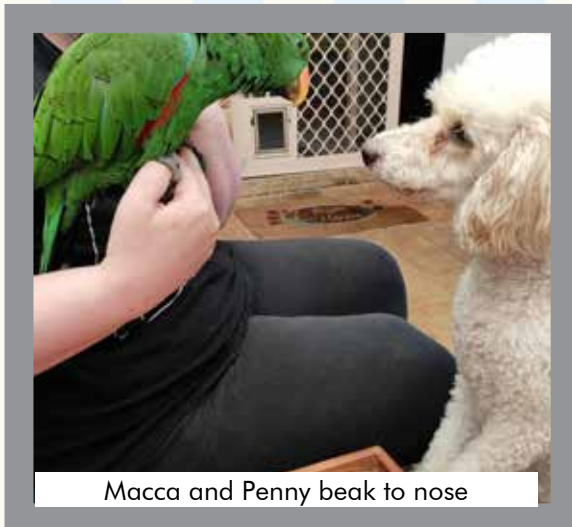


So little but soooo cute

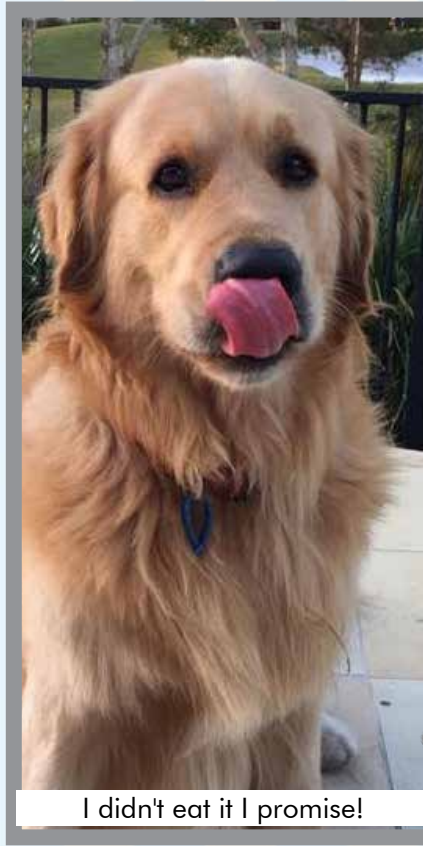


Alfie the Black Lab

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



Macca and Penny beak to nose



I didn't eat it I promise!



WHAT SHOULD MY PET EAT?

Food for people is not good for your dog or cat, we are omnivores and they are carnivores. People food often contains onion which is highly toxic to dogs and cats because they lack the enzyme to break onion down so it keeps on circulating in the bloodstream causing red blood cells to burst in circulation: rapid kidney failure and a prolonged painful death follows. Dogs and cats are prone

to pancreatitis triggered from eating fats and preservatives commonly found in people food and cheap pet foods. Feed high quality dry and/or wet food to your pet, unless you want to be on a first name basis with your Veterinarian.

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.

QUIZ 5

GATHERED TOGETHER BY SHERLOCK

This week's Quiz is based on words. Try using these words with friends - once you know what they mean. How often do we hear words used incorrectly - "pacific" used for the word "specific"? Although we all speak English - we often mis-use it and/or don't really understand it.

If anyone has ideas or feedback please let the paper know. I hope you all enjoy the Quizzes - but remember - always quiz responsibly; AND please - only use Google as a last resort.

QUIZ FIVE

- Q1. What does "pithy" mean?
- Q2. What does "prolix" mean?
- Q3. What does "succinct" mean?
- Q4. What does "peripatetic" mean?
- Q5. What does "inflammable" mean?
- Q6. What does "imply" mean?
- Q7. What does "infer" mean?
- Q8. What does "adverse" mean?
- Q9. What does "allusion" mean?
- Q10. What does "aural" mean?



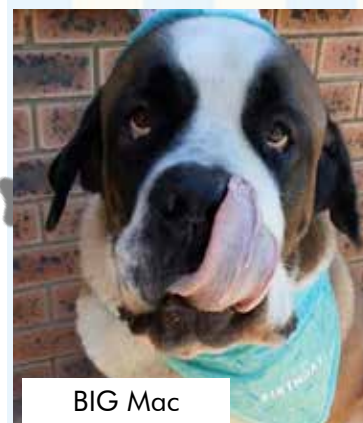
Answers to Quiz: 1. Short/brief. 2. Wordy/lengthy. 3. Short/brief. 4. Travelling about. 5. Flammable. 6. Suggest something. 7. To work something out from what is said. 8. Harmful. 9. A reference to something. 10. What you hear - via your ear.



Rita out cold!



Pippa and Elvis Shhh



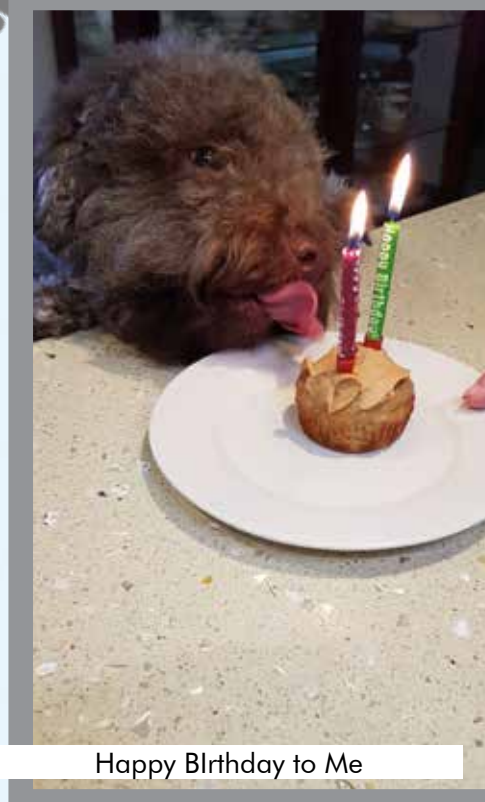
BIG Mac



Sleeping Molly



Miss Coco



Happy Birthday to Me



Look at that happy face

RESULTS FOR BONGAREE LADIES BOWLS.

Friday 4th Winners: Merna Hogg and Bruce Rodger.
 R/Up: Leigh Weston, Billy Moor and Richard Fell
 Tuesday 8th Winners: Maureen and Richie Ferguson.
 R/Up: Mike Hansen and Graeme Peach.
 Friday 11th Winners: Beryl Moor and Pat Clancy.
 R/Up: Merna Hogg and Sue Francis
 Tuesday 15th Winners: Doreen O'Halloran and Margaret McGarry.
 R/Up: Richard Allan and Ernie Connolly



Runner Up Jaapung Blundell congratulates Gail Parker, the winner of the Bongaree Ladies B singles Championship for 2020, with a Covid 19 safe handshake.

MORETON BRIBIE BRIDGE CLUB:

Sat 5 Sept: - N/S 1. A Jones & D Rubin 2. J Breene & S Pascoe 3. L Carr & J Kennedy
 E/W 1. P Edis & J Brazier 2. R Webb & L McLaren 3. M Courtney & K Thornton
 Wed 9 Sept: - N/S 1. J Breene & S Pascoe 2. A Jones & J Kennedy 3. H Tyler & J Medhurst
 E/W 1. C & S Wagg 2. B Fuller & L Ward 3. P Edis & C McAlister
 Wed 16 Sep: - N/S 1. A Jones & J Kennedy 2. J Breene & S Pascoe 3. H Tyler & J Medhurst
 E/W 1. R Webb & L McLaren 2. B Fuller & L Ward 3. N Plumb & P Tippin

CONGRATULATIONS Kayla!!!

Kayla Murcutt has been selected to play at Football



Queensland TSB state champions, and compete in games as an under 12 SAP team on the 22nd to 24th of September at Western Pride Flinders View, where they will compete against teams from all over Queensland. Kayla and her friend Selena we're both invited to try out for the comp, which was amazing but unfortunately, only Kayla made it through to Stage 2 to play. After the TSB championships the top players will then be invited back to train for final selection for the QAS 2021 squad.

Kayla is 12 years of age and she currently plays for Bribie Island Tigers in the under 14 girls' team.

SOLANDER LAKE BOWLS CLUB

Bowls results – Week ending 12/09/20
 Tuesday 8th- Winners: J Corbett, T McCormick, M Power
 Runners up: P Watson, L Pettigrew, R McCleod.
 Wednesday 29th- Winners: V Mitchell, W Mitchell
 Runners up: C Avenell, P Bradley.
 Jackpot \$279 – Not won.
 Thursday 10th – Winners: F Hubbard, T McCormick, P Thompson
 Runners up: S Todd, D John, G Sorenson.
 Friday 11th – Winners: T O'Neill, T Bell
 Runners up: P Dixon, R Stumbles. 3rd: P Bradley, B Harris.
 Saturday 12th – Winners: P McCarthy, M Whiteside, C Smith
 Runners up: C Winton, T

Rolfe, S Winton.

Bowls Results – Week Ending 19/9/20
 Tuesday 15th - Winners: R Flannery, V Hall, G McCarthy
 Runners up: V Dean, D Wilkins, N Power.
 Wednesday 16th - Winners: V Mitchell, R McLean
 Runners up: T O'Neill, P Nelson.
 Jackpot \$353 – Not won.
 Thursday 17th – Winners: D Wilkins, J Gemmell, A Wilke
 Runners up: P Hall, V Hall, T Doe.
 Friday 18th – Winners: M Power, B Hill
 Runners up: S Ross, W Mitchell. 3rd: S Jameson, J Jameson
 Saturday 19th – Winners: A Watson, T Smith, R McLeod
 Runners up: P Bottger, M Whiteside

WE ARE THE CHAMPIONS.

YES! Bribie Island Croquet Club has started the season of Championship Competitions. I could tell you all the details of each competition, but if you don't know anything about croquet other than getting a ball through a hoop, it wouldn't mean anything to you.

All Covid precautions were taken with a bucket of water and disinfectant on each court to put the balls in after each game.

When you first start playing croquet you are given a handicap of 12. The more proficient you get your handicap goes down. So, you see anyone with a handicap of 1 or 2 or even -2 is a very, very good player.

The first competition was for handicaps of 6 and below playing singles. Denis Green won that one.

The second competition was singles again for members with a handicap of 7 and above. Brian Chew won that one.

Some members played so well they were able to lower their handicap. Joy Rule went down to a 6 and Maggie Lawson to an 8.

The third competition was open singles with anyone able to take part. The winner again was Dennis Green with Dick Byres a close second.

Sometimes your opposition may have their ball in the hoop but not through it. So how do you get your ball over the opposition ball to take the hoop? Well, you have to try a "Jump shot", where you have to hit your ball to jump over the obstacle to make the hoop. You can see in the photograph David Knight making a jump shot to get his yellow ball over the blue one. Eagle-eyed Sue Green the referee watches carefully to make sure the yellow ball goes through the hoop.

So, is that the end of the championships? NO! Next weekend is the high and low handicap doubles competition where one partner has a high handicap and their partner a low handicap. So, who will be the winners? Watch this space.

Why not come and watch the action? Why not join in the fun?

Contact the club on bribieislandcroquet@gmail.com or call President Dick Byres on 0488 282 959 or Vice President Jan Rees on 0437 008 042



David Knight making a jump shot.



BRIBIE ISLAND LADIES GOLF RESULTS

TUES 8/9/20 - Chapman Foursomes
 Overall Winners - Toni Grossman & Fizie Jackson 65.5. 2nd - Bibby Davies & Gill Lee 66. 3rd - Myra Dickson & Sylvia White 66.5. 4th Desley Neilson & Jo Malone 68.

THURS 10/9/20 - 4 Ball Team Stableford
 Overall Winners - Yvonne Nicklin, Wendy Robinson, Marjorie Sills & Bibby Davies 51. 2nd - Margaret Huxley, Di Croft, Angela Jordan & Jo McCowan 50. 3rd - Carole Watson, Susie Smith, Di Benghamy & Vicki Jones 49.

TUES 15/9/20 - 4BBB Stableford

Overall Winners - Heather Arkinstall & Christine Pronk 51. 2nd - Fran Boxsell & Vivienne Learoyd 47. 3rd - Maree Bailey & Tricia Brown 46 c/b. 4th - Ingrid Coburn & Leith McDonald 46 c/b.

THURS 17/9/20 - Single Stroke & Putting
 Div 1 Winner: Leonie Buxton 68
 R/U: Linda Urquhart 72. 2nd R/U: Barbara Newcomb 74 c/b
 Div 2 Winner: Toni Grossmann 70
 R/U: Vivienne Learoyd 72 c/b. 2nd R/U: Lyn Beaven 72
 Div 3 Winner: Yvonne Swanson 73 c/b
 R/U: Angela Roberts 73. 2nd R/U: Angela Jordan 76
 Best Putting: Abby Driver - 24 Putts.



BONGAREE BOWLS MEN'S RESULTS

Sat Sept 5th Scroungers : 1st T Carlton, 2nd M Barker, 3rd A Evans
 Wed Sept 9th mixed 4s: winners : Jim Irvine, G Croukamp, J Blundell, R Fell
 Runners up : R Curtis S Hodges, E Corrick, N Blundell
 Wed Sept 16th mixed 4s: Winners: C Hodges, C Edwards, N Warmald, J Cockerall . Runners Up: J Mifsud, C Terry, R Airey, Billy Moor.



Denis Green winner of the 6 and under



Maggie Lawson down to an 8 handicap



Brian Chew winner of the 7 and above

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Co-owners Samuel and Ryan are very passionate about their business. They are extremely focused on providing excellent service with quality products and installation at affordable prices.



Samuel Petersen was raised on Bribie Island and has been here approximately 21 years and Ryan Bliss, also grew up on Bribie Island, living on the island for approximately 22 years.

They both attended school on the island with the majority of their teenage and early adulthood spent here.

After completing their installation training together, both

Sam and Ryan went their separate ways. Sam wanted to travel and Ryan wanted to broaden his horizons. After Sam's travel adventures and Ryan's working full time installing and producing signage, they were re-united at a family function where they decided they wanted to return to the flooring industry but with a difference! Using their installation and supply knowledge and their passion for an Eco Friendly future, ECO FLOORING was started!

Samuel and Ryan have been in the flooring industry for over 15 Years combined and as an eco-conscious company, doing their part for the environment where they can.

Ryan and Sam aim to use Eco Friendly Products where possible, endeavouring to install as many jobs as they can with the aim to become involved in the Bribie Island community as locals and now business owners.

Eco flooring say there are a number of eco-friendly flooring products available to homeowners and these materials have been growing in popularity in recent years.

One of the greatest benefits of eco-friendly flooring is the limited to no use of toxic chemicals in production. If you have any allergy sufferers in your home, or small children or pets that spend a lot of time on the floor, a green flooring option may be one to strongly consider.

So now you know the benefits of choosing Eco Flooring, Ryan and Sam would like to invite everyone to come take a look at the showroom, see what's on offer or simply meet the warm and friendly staff. You won't be disappointed!



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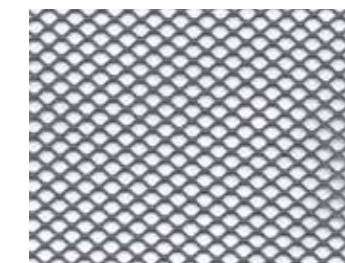
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It is well known that leaves will accumulate in the corner valleys of the roof and then make their way down to the gutter. Leaf Stopper® prevents this from happening.



2. ALLOWS WATER IN
Over 20 years of experience suggests that an aperture of around 4mm x 4mm is ideal

for getting a balance between keeping leaves out and keeping water in. Products that have smaller holes than this could



allow water to flow over the top of the gutter guard which is referred to as sheeting. Furthermore, a small hole means that small dust and debris is more likely to clog and even have moss growing on them. This then opens the door to other problems such as dampness where insects can breed. An additional benefit of Leaf Stopper® is that water starts entering the gutter guard at the top of the first tile. This gives water a chance to enter the mesh and make its way to the gutter.

3. INCREASE THE CHANCE OF LEAVES COMING OFF (REDUCES MAINTENANCE).

The more work that Mother Nature can do, the less there is for you to do. Leaves will dry over time and when the wind arrives, they have a greater chance of blowing off. It is a fact that the greater the incline, the more chance the leaves have of coming off by themselves. This is very



difficult to achieve with some systems that are inserted into the gutter.

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For The LOVE of WALLUM

BIEPA didn't really know how to manage a COVID style wildflower walk this year so we took bookings and decided on a more self-managed walk over more days. More preparation was required to make sure the tracks were well signposted and to disseminate information, BIEPA members were stationed at key points along the route. In the past, the walk was more guided but sometimes wildflowers could be accidentally trampled with everyone endeavouring to see a particular plant or hear our wildflower expert. BIEPA and participants were pleased with this new approach. Walkers were able to go at their own pace. Those that wanted to take photos were not trying to keep up with the main group and those less able could take their time.

I was one of the people along the track and enjoyed meeting the different people that participated. Some people had done all the north

coast wildflower walks. Solo walkers, family groups and friendship groups learnt about our beautiful Wallum bush. There is so much to be gained and appreciated by spending time 'on country'. It is only in being truly present that you really listen, really smell, really see, and really appreciate the magnificence of our natural environment. I heard many different birds, smelt the fragrances of the wildflowers, saw honeyeaters, butterflies, native bees, blue tongues and heard kangaroos.

Many of the BIEPA members like Allan Carr know so much about our native plants. These more experienced bush goers shared their knowledge on the days of the wildflower walks.

It was a wonderful experience and reminds us of the importance of preserving our wild Wallum.

Glenda Charles
(for BIEPA)







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island gardens

with Peter Schinkel

Welcome back to island gardens. Thank you to Simon who suggested I talk about indoor plants in this issue, and to Vicky who suggested flowers. Thank you both for inspiring today's editorial - an exciting look at both indoor plants and flowers! Many indoor plants have advantages other than their beauty. All release oxygen into the air and many can absorb toxins from the air. Studies have shown that indoor plants can boost mood, productivity and creativity. They can reduce stress and help you sleep.

Sometimes our one obstacle can be keeping them alive and looking great. But some plants, with the tiniest of care, will do very well. While several books could be written on this subject, here's some info about four such indoor plants and flowers that are likely to stay looking as wonderful as the day you bought them.

Starting from the top left - the Zanzibar Gem only needs a little watering once a month. It prefers a bright position with no sunlight and every now and then produces a new stem or two like the ones in this photo. Within a couple of years, it can be carefully divided and shared around.

Next, African 'violets' are a delightful flowering plant. There are hundreds of varieties with flowers of blue, pink, red, lavender or white, miniature flowers that trail in a hanging pot, and so on. They are really easy to grow as long as you care for them on their own terms. That is - lukewarm watering weekly, maybe twice - ensuring to let dry out for a day or two between waters. Have good draining potting mix and always water from the base so the plant can absorb from the bottom up. They like to be slightly root-bound so if transplanting choose an only slightly bigger pot. Other than this prep work, you will have beautiful flowers in your home most of the year-round.

Thirdly, back to a very easy plant to look after - the bromeliad also a great part shade outdoor plant. Their magnificent flowers are only displayed for a month or two (usually in winter & spring), so the key is often to pick the foliage you like. Place near a window as the brightness will encourage flowering, and they can handle some direct sunlight. Again hundreds of varieties mean a choice of almost any type of foliage size, colour and pattern. They will grow with only a little water and soil, some even passing as an air plant. Bromeliads also reward you by growing 'pups' that you can carefully separate as long as a few roots are attached.

Lastly, orchids. They can be surprisingly easy to grow indoors and can display some of the most amazing flowers much of the year-round. There are a large variety of moth orchids (Phalaenopsis - pictured) that grow particularly easily. Simply ensure they have a very well-draining medium (not soil) and are kept out of direct sunlight. After flowering, snip the stems to just above the second node and often, a new spread of flowers will emerge.

Thanks for reading. I'll see you again in issue 125 on 23rd October and as always, happy gardening!



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2.

OUTDOOR MINI BAR

If your outdoor space is limited, try a mini-bar like this one. It won't take up as much room, but if you're having people over, it will certainly get the job done.



3.

FREE STANDING WOODEN BAR

This bar was built to break up the monotony of large backyard and to create a nice space to have coffee or even have the entire family eat dinner. This romantic and simple wooden structure is great for entertaining a large crowd. Bonus points if you can grow ivy along the sides.



5.

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Down to Earth Plumbing & Gas

is family owned and operated by lovely local couple Tim & Ashleigh Burr. Both of who have grown up on the Island and intend on raising their 2 beautiful children, aged 7 & 3 here as well. Down to Earth Plumbing and Gas was established in 2018 and since then, Tim & Ashleigh have not only strived to offer the best possible service to their clients, they have succeeded. Quickly building a strong reputation as a business who offers exceptional service, quality workmanship and exceeding standards through Tim's attention to detail. Tim has a passion for doing bathroom/kitchen/laundry renovations & extensions and it clearly shows in every aspect of his work. Tim & Ashleigh said, "Clarity in communication with our clients is imperative, and we strive to achieve a trusting relationship with each and every one of our clients, turning their dreams into a reality". Down to Earth Plumbing services offer all aspects of plumbing and drainage, roofing, water & gas reports & certificates, pool plumbing and all elements of gas fitting. Working on all types of jobs, whether they be residential, strata, commercial, or industrial Tim and his team give 100% and delivery a quality finish each

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and every time. Tim and Ashleigh have also purchased a jetter which is a powerful drain cleaning machine using high-pressure water jets to clear obstructions in residential and commercial drain pipes. Tim prides himself on having in-depth knowledge of all aspects of the Plumbing and Gas industry so for professionalism, passion, and expertise, Down to Earth Plumbing and Gas is your one-stop solution for all of your Plumbing and Gas needs.

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VMR

BRIBIE ISLAND

VALE JOHN POWELL



It is with much sadness that we advise the passing of VMR Bribie member Edward "John" Powell. John passed away Thursday morning 3rd September 2020 at home on Bribie Island, aged 84 years old. John was a member of VMR Bribie for 11 years. He owned a 5.9m catamaran and was a keen fisherman. John and his wife Val would attend many of our social functions.

A service was held to celebrate his life at 3pm Friday 11th September 2020 at our Great Northern Garden of Remembrance, Tallowood Drive and Deception Bay.

NIGHT TRAINING THU 9TH SEP 2020



Back row: Paul Gilmore, Allan Tranter, Doug Lythgo. Centre Row: Denise Inngs, Ian Nesbit. Seated: Commodore Liz Radajewski.



Training does not stop at VMR Bribie, Day or Night. The bay looks totally different at night, and getting to know and identify channel markers and be able to read the lead lights going in and out of different ports is vitally important when rescuers are called upon to perform their roles at night. The crew last night was led by Commodore Liz Radajewski, and Skipper Allan Tranter, crewmembers on board were Ian Nesbitt, Denise Inngs, Paul Gilmore and Doug Lythgo

GREEN SATURDAY



Coxswain Ian Grimes enjoys the practice tow aboard Jonkers Bribie 3.

Training on crew days is critical for the crew to give them the skills to deal with the many different situations they will

find themselves in at sea. Many of you will see us on the Pumicestone Passage towing a vessel, Green Saturday spent some time pretending to break down in Jonkers Bribie 3 and were picked up by Bribie 2 last week end.

FUNDRAISING

On Sunday 13TH September, the Sandstone Point Hotel held their



annual Wheels by the Water Classic Car Show, this is always a great day, and this year was no exception!

Our volunteers helped out by parking all the amazing cars and taking registrations, our fundraisers were also out and about shaking their buckets - a massive thanks to everyone who donated.

A massive shout out to all the volunteers who made this day possible by giving up their Sunday morning we couldn't do it without you all, raising much needed funds in the current environment Now this is what makes our VMR Bribie Island Family so amazing...Graham has recently just had his hip operation and has had a small break from



duties, but nothing can hold him and his wonderful wife Leona back from fundraising and getting back into the swing of things. We would like to thank them from all the VMR Family we have really missed them, and we are so pleased see them back on deck.

CALLOUT MONDAY NIGHT

Our Volunteers rarely know what they are called in to assist



at night. Tonight's call out crew led by Skipper Ian Grimes, with Andrew Veary and Jim Llewelyn were called to assist what appears to be a floating cold room/container near the entrance to Spinnaker Sound Marina they helped secure the anchor and contacted the owner.

SEAPEN PUMP REPLACED

A new water pump was installed in Bribie 2's SeaPen by Leighton Cameron from SeaPen. The SeaPen system



Vice Commodore Ces Luscombe, Allan Tranter, Commodore Liz Radajewski and Gary Bunker watch on as Leighton Cameron installs the new pump

saves money on maintenance on the vessel hull. Gary Bunker, Ces Luscombe, Allan Tranter and Commodore Liz Radajewski were also in attendance

PUPPY NAMING COMPETITION

Wayne Sclater and Karen Darlington displaying their prize COVID-19 face masks. Earlier in the year when VMR Bribie were doing their Keeping in Touch E-mail to help our active members to



stay connected there was a competition to name one of Safety Dave's new pups, and the winner was Wayne Sclater

anchor winch seized in Pumicestone Passage near Ningi Creek. Assist vessel free anchor.

SUN 06/09 1513pm - 3m Sailboat non-member capsized required assistance at Banksia Beach.

SUN 06/09 1551pm - 12m Houseboat member with gearbox problems required a tow from Gallagher's Gutter to Spinnaker Sound Marina.

MON 07/09 0916am - 13.5m Houseboat drifting required a tow to Spinnaker Sound Marina area.

TUE 08/09 1109am - Red Jet Ski, Water Police requested SAR from the Mouth of Pumicestone Passage to Caboolture River.

WED 09/09 1309pm - 4.5m Half Cabin non-member with motor

with his entry with the name "Wayne" (Surprise! Surprise!). At last night's Committee Meeting he was awarded his prize of a custom designed Face Mask with Bribie One on the Front. Karen Darlington was also presented with custom designed Face Mask with Safety Dave on the front for her help with the project. The Face Masks were donated and no VMR funds were used in their making.

issues required a tow from Cape Moreton to Bellara area. SAT 12/09 0834am - Request from Water Police to assist in recovery of beached Jet Ski South of the Bribie Bridge.

MON 14/09 1806pm - MOP reported floating pontoon with container on top drifting in Pumicestone Passage near the entrance to Spinnaker Sound Marina - investigate and secure.

TUE 15/09 1510pm - 8m Cruiser non-member with steering problems required a tow from Bongaree Jetty area to Spinnaker Sound Marina.

THU 17/09 1213pm - 6m Haines Signature non-member with a fuel problem required a tow from Bulwer area to Spinnaker Sound Marina.



VMR

BRIBIE ISLAND

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 18th September 2020:
9,176 Calls, 2,611 vessels logged on,
203 Vessel Assists, 969 Sitreps, 439 Requests,
34 overdue vessels, 8 Vessel Tracking,
1,034 Radio Checks, 40 Weather Broadcasts,
16 Securite Broadcasts, 0 Pan Pan 0 Mayday.
VHF 6.4%, 27MHz 8.8%.

SEPTEMBER 2020 VESSEL

ASSISTS:

SAT 05/09 0754am - 4.7m Half Cabin non-member with motor problems required a tow from Bongaree Jetty to Spinnaker Sound Marina,
SAT 05/09 1307pm - 4m Centre Console non-member with motor problems required a tow from Tangalooma Wrecks to Toorbul Boat Ramp.
SUN 06/09 1223pm - MOP reported a swimmer in distress at Red Beach - investigate.
SUN 06/09 1239pm - 8.6m Cruiser non-member with



Safety Dave The Frenchie says you must also keep safety equipment in date, in good repair and everyone on board must know where it is stored.

SAFETY DAVE - The Frenchie's Message:

"Having the right safety equipment on your boat and knowing how to use it is essential. This could save your life in an emergency. The safety equipment you're required to carry depends on the size of your boat, whether the boat needs to be registered and where you're operating!"

Minimum Safety Equipment in Pumicestone Passage:
Firefighting equipment,
Signalling device, life jacket
Anchor and cable, Drinking water, Oars or paddles for boats under 6m, Bailing/pumping equipment.
Minimum Safety Equipment in Moreton Bay:

All the above plus Flares & V Sheet, Chart & Compass
Beyond Moreton Bay an EPIRB is also required.
For full details visit the MSQ Website:
<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>

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Fishing REPORT

By Bribie Bait Tackle & Bikes

Hi Everyone
With favourable weather conditions and School Holidays, there have been plenty of reports of Summer Whiting being caught in number along Red Beach and Skirmish Point. The best bait has been live Blood Worms and Wrigglers. Although there has been plenty of weed on the beaches, many people have been catching excellent numbers. Do not forget the minimum legal size is 23 cm with a bag limit of 30.



Woorim Beach around Fifth Avenue has been producing excellent size Tailor early morning, with good results on small metal lures – Halco Slug as you can see Dale's brilliant catch of a 60cm Tailor. There are also good numbers of Bream



in the Passage, the best bait has been live yabbies, mullet strips and chicken breast. Claude has been catching good numbers of them in the passage around the sand flats near Sandstone Point, with a rising tide on the flats. Through the week a few Jew have been turning up underneath the Bongaree Jetty. A couple of the boys caught this nice 65 cm Jewfish whilst using Zman soft plastics – 2.5 inch Curly Tail Grub on 6lb line.

The Flat Head is starting to show up in the Passage along the edges of the weed banks and around the mouths of the canals and creeks. Live bait such as herring and Hardie's heads have been producing the best catches. Also, reports of Tusk fish have been getting caught around rock bars and ledges in the passage on prawns. That is all for now, stay safe and remember even if you are not catching fish, it is a great way to relax!

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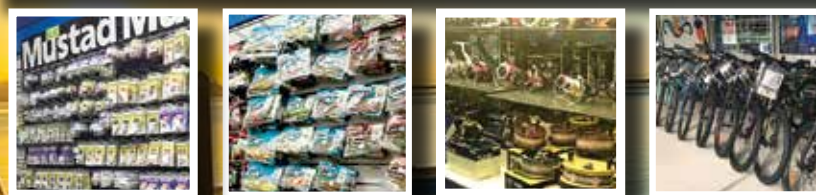
TIDE TIMES

BRIBIE ISLAND & MORETON BAY

SAT 26 Sep	SUN 27 Sep	MON 28 Sep	TUE 29 Sep	WED 30 Sep	THU 1 Oct	FRI 2 Oct
12:09 am	1:22 am	2:17 am	3:02 am	3:40 am	4:13 am	4:41 am
0:58m	0:51m	0:41m	0:33m	0:28m	0:27m	0:27m
5:43 am	7:07 am	8:08 am	8:57 am	9:38 am	10:14 am	10:46 am
1:14m	1:25m	1:4m	1:52m	1:61m	1:66m	1:68m
11:18 am	12:45 pm	1:57 pm	2:51 pm	3:33 pm	4:09 pm	4:40 pm
0:56m	0:51m	0:42m	0:34m	0:29m	0:29m	0:31m
6:29 pm	7:36 pm	8:32 pm	9:18 pm	9:56 pm	10:28 pm	10:55 pm
1:69m	1:75m	1:81m	1:84m	1:84m	1:8m	1:73m

SAT 3 Oct	SUN 4 Oct	MON 5 Oct	TUE 6 Oct	WED 7 Oct	THU 8 Oct	FRI 9 Oct
5:06 am	5:30 am	5:54 am	12:11 am	12:43 am	1:21 am	2:11 am
0:29m	0:31m	0:34m	1:48m	1:38m	1:28m	1:18m
11:15 am	11:42 am	12:11 pm	6:21 am	6:49 am	7:21 am	8:05 am
1:69m	1:69m	1:69m	0:38m	0:44m	0:51m	0:58m
5:11 pm	5:43 pm	6:19 pm	12:43 pm	1:21 pm	2:04 pm	2:59 pm
0:36m	0:41m	0:47m	1:67m	1:64m	1:6m	1:56m
11:19 pm	11:43 pm		6:59 pm	7:44 pm	8:43 pm	10:00 pm
1:66m	1:57m		0:54m	0:62m	0:68m	0:71m

BRIBIE BAIT TACKLE & BIKES



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ON THE ROAD



MOTO GUZZI V8

It may look a little odd, but the Moto Guzzi was a leading racing bike back in the 1950s. Armed with a V8 engine, the Moto Guzzi is today considered a masterpiece of automotive engineering. Using a water cooled screamer enabled the bike to displace only 500cc. It also has four camshafts and eight baby carburetors. This enabled the Moto Guzzi to reach earth-shattering speeds of 175 miles per hour, which was mind blowing at the time. Owing to high production costs, the Moto Guzzi was only produced between 1955 and 1957. However, the bike continued to make a name for itself on race tracks around the world for years afterwards, and is today a much-desired motorcycle among discerning collectors worldwide.

THE 12 BEST CLASSIC MOTORCYCLES PART 2.

Cars aren't the only classic vehicles. Over the years, there have been a good number of classic motorcycles produced that are revered by automotive enthusiasts around the world. These include legendary bikes produced by some of the top manufacturers in the business such as Harley-Davidson, BMW and Honda. Many of these motorcycles can be found in museums around the world or in the personal collections of the super-rich and wealthy admirers. Here's a list of the 12 best classic motorcycles. By Jack Sackman



HONDA REBEL

In terms of modern era bikes, the Honda Rebel, first produced in 1985, is hard to beat. Its classic build and loud spoiler hid the fact that the Honda Rebel was actually a revolutionary motorcycle for its time. In the mid-1980s, this bike redefined reliability and fuel efficiency among motorcycles. Now considered a vintage ride, the Honda Rebel came equipped with 234cc V-twin engine that allowed it to reach top speeds of up to 70 miles per hour on city streets. Lightweight and easy to handle, the Rebel was also very good on gas, and the relaxed riding position made it a popular touring bike. Owners loved riding around on the Honda Rebel in both style and comfort.



TRIUMPH BONNEVILLE

For some gearheads, the British company Triumph is the first and last name in motorcycles. And the very best motorcycle ever built is the Triumph Bonneville. First appearing in 1959, the Triumph Bonneville is named after the Bonneville Salt Flats in Utah, where the bike competed to break numerous land speed records. The motorcycle easily reached speeds of up to 115 miles per hour, which was unheard of in the late 1950s and early 1960s. Nicknamed the "Bonnie," the motorcycle's cool design and low slung seat made it popular among celebrities of the day, as well as professional racers. This is a classic bike in every sense of the word.



VELOCETTE VIPER

The Velocette Viper is a classic motorcycle from the 1950s and 1960s. Many collectors prize this bike above all others, and claim that it can stand next to any other legendary motorcycles. The Velocette Viper features glass fiber enclosed panels that were revolutionary in the 1950s, as well as a 349cc engine that had a bi-metal cylinder with high compression pistons. Some special model Vipers also had extra-large three gallon gas tanks. This enabled the Viper to drive at extremely high speeds for long periods of time. In fact, this bike holds an unbeaten record of cruising for 24 hours straight at 100 miles per hour. The Viper was produced from 1955 until 1968. It is now considered a red hot collector's item.

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'.

tech equipment that we have invested in. We are here to help'. The business started with Scott in 2004 and is now a family run concern by **Scott and Adam**. All of our mechanics are **fully qualified**. They are ready to service your vehicle with excellent customer focus, *after all your business is there business!*

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BRIBIE ISLAND WRAP

September 2020



www.mypolice.qld.gov.au/moreton

PROPERTY OFFENCES:

Stolen items

September 10 Banksia Beach Nil property stolen Smashed rear window Vehicle offences:

September 10 Thornely Close, Bellara

Kawasaki motorbike was stolen Later located by police

September 10 Melrose Avenue, Bellara Vehicle entered through faulty rear door and a jump starter kit was stolen

September 12 Bribie Island Road, Ningi White 2000 Nissan Patrol with registration 884ZIO was stolen

DRUG RELATED

September 12 – A 38-year-old Woorim woman arrested in Bongaree, allegedly with cannabis

September 13 – A 25-year-old Bellara man arrested in Sandstone Point, allegedly producing and possessing cannabis

September 13 – A 40-year-old Caboolture man arrested in Bongaree,

allegedly with methylamphetamine

September 15 – A 49-year-old Camp Hill woman arrested in Woorim, allegedly with cannabis

September 14 – A 45-year-old Caboolture woman arrested in Bongaree, allegedly with drug utensils

PUBLIC NUISANCE

September 16 – A 68-year-old Banksia Beach man arrested in Woorim, allegedly sun baking naked on Woorim Beach

FOUND PROPERTY

September 11 – Blue Repco mountain bike found on Dolphin Drive, Banksia Beach (QP2001910821 refers)

September 13 – A CD case and CD's found on Solanda Esplanade, Banksia Beach (QP2001928508 refers)

September 16 – Black and orange Repco mountain bike found on Boyd Street, Woorim (QP2001948116 refers)

DOMESTIC VIOLENCE

Two breaches of protection orders were reported Police attended six other domestic

related incidents

DRINK AND DRUG DRIVING

A 45-year-old Loganlea man charged with alleged drink driving with a reading of 0.083 per cent BAC

TRAFFIC

September 10 – A 26 year old Sandstone Point male was charged while allegedly driving a vehicle that was unregistered and uninsured. A total of 20 traffic infringement notices were issued and officers conducted over 50 RBT's

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.

You can report information about crime anonymously to Crime Stoppers, a registered charity and community volunteer organisation, via crimestoppersqld.com.au 24hrs per day.

Caboolture Crime Stoppers events 2020
Held at Burpengary Police Station
General Meeting Tuesday 15th September 7.00pm
General Meeting Tuesday 15th October 7.00pm
General Meeting Tuesday 17th November 7.00pm
General Meeting Tuesday 15th December 7.00pm
General Meeting Tuesday 16th February 2021 7.00pm

Due to the Corona Virus all activities have been put on hold although several negotiations are ongoing for the future events.

The general meetings are under strict controls So why not come and join us
Phone Head Office 1300309355
Ken Bradley 0407175206
Help us to support our general community.

Horoscope

Hope sustains and nourishes us when all else fails; and in October it becomes an abundant resource to draw upon. As Jupiter and Neptune make their final, inspiring connection of 2020, they encourage us to dream big. Yet, rather than indulging in unrealistic imaginings, the key will be to follow up our visions with determined action; to paint a picture of what's possible then work towards achieving it. By the arrival of Halloween's Blue Moon, those projections may look spookily accurate!

CAPRICORN (Dec 22 - Jan 20)

It's not always reassuring to remember that 'what doesn't destroy you makes you stronger'. Although the saying is designed to reassure us, if we're hearing it, the chances are that we're in the middle of a challenge. You've experienced countless stresses and strains recently, and it's possible that some of these will continue into October. Yet you're so capable of finding ways to circumnavigate the familiar obstacles, you can easily deal with new ones. If you just trust, you'll emerge triumphant. Capture the powerful energy of October's skies. Call 1300 017 319.



PISCES (Feb 20 - Mar 20)

It doesn't take much; a miscalculation, an error of judgment, a moment of forgetfulness...and before you know it, you're sliding down a slippery slope into trouble. Before you start to worry, remember that it's also true that mistakes can easily be corrected. We have no difficulty in anticipating problems that will never occur! Despite your concerns about the future, October brings opportunities to iron out a rough patch and create a more positive expectation for the future. Trouble? There won't be any of that! Take full advantage of October's inspiring cosmic climate. Call 1300 017 319.



GEMINI (May 22 - Jun 22)

The more time you spend reflecting on what has happened to you, the greater your learning. Of course, that's the last thing you want to do when you think you've misjudged a decision; you just want to move on, as fast as you can, and put it behind you. Yet the truth, is that you've got good reasons to be proud of what you've achieved. You've skilfully coped with a tricky situation, and deserve to be acknowledged for all that you've done. Things are going to turn out surprisingly well this month. October is going to be special. For inspiring news, call 1300 017 319



VIRGO (Aug 24 - Sept 23)

It's unlike you to lose things, but when you do, and you find it, where has it always been hiding? Where you left it of course! Adventures continue until everyone's too tired to invest any more energy, and dramas unfold until the participants have turned into caricatures of their characters. To think of an easy way out this month, you'll need to stand tall and act courageously. If you stop looking for (or fearing) a fight, others will follow suit. The Full Moon helps you find courage that will continue. Take full advantage of October's inspiring cosmic climate. Call 1300 017 319.



SAGITTARIUS (Nov 23 - Dec 21)

You're a quick-footed Sagittarian, so it's especially frustrating when you seem to be taking two steps back for every one you take forwards. Are you moving at such speed that you have to repent over decisions you've made too hastily? That depends on the size of your steps. As long as you continue to take healthy paces forwards, any little ones in the opposite direction will have little impact. Even though the speed of your progress might not be ideal, you'll like where October takes you. October's full of inspiration; transform your life! Call 1300 017 319.



ARIES (Mar 21 - Apr 20)

Some topics are so unnerving or upsetting that we prefer not to think about them. When we shut our eyes, at least they fade into the background. Yet when we close the curtains, we close ourselves off from issues that need our attention. And that opens the gate to self-criticism and guilt. Although it won't be easy when you encounter a situation you've been trying to ignore, October's cosmic climate promises that it will be both liberating and therapeutic. A new freedom awaits. It's a month filled with awesome cosmic activity! Call 1300 017 319.



CANCER (Jun 23 - Jul 23)

No matter how much you try to rearrange and change the situation you're caught up in, the pieces don't fit together. The answer isn't to try even harder; it's to accept that you're trying to make sense of the nonsensical. It's as if you're surrounded by different mechanisms, but whatever you try to construct doesn't hold together in a cohesive way. Will the turmoil transmute into treasure this month? The celestial message is clear; if you're patient and have faith, it most certainly can. How can you benefit from October's powerful Blue Moon? Call 1300 017 319.



LIBRA (Sept 24 - Oct 23)

You've surprised yourself by pushing through several of your own limitations. When you're capable of pushing beyond the boundaries you've placed around yourself, what else are you capable of? If there are areas of life where you feel held back, or hemmed in, October is the time to open your wings and fly. You've been holding yourself back; if someone else was being as negative to you as you're being, you'd ignore them! Listen to your inner voice of hope - it can take you far in the month ahead. In a month packed with cosmic creativity, transform your life. Call 1300 017 319.



AQUARIUS (Jan 21 - Feb 19)

It's the issues we most care about that get us into the most trouble. When it comes to the important people, and the causes that touch our hearts, it's impossible to simply switch off our feelings and pretend that everything's fine when it isn't. Even Aquarians, who, in theory, are good at that kind of thing, won't be able to distance yourselves from your feelings this month. Fortunately, although your commitments to your nearest and dearest might bring some stress, they will bring more joy. For good news about October's exciting celestial outlook, call 1300 017 319.



TAURUS (Apr 21 - May 21)

Some folk like reading the prediction for their loved ones (or their potential loved ones). Although I usually advise reading only your own forecast I can see why this is useful. Our lives are so wrapped up in those of our nearest and dearest; their ups and downs shape our own experience. Since the quality of our time depends on how they're feeling and what they're doing, insights into their wellbeing will help us too. In October, someone close to your heart will be much easier to be with. You've got lots to look forward to in October! Call 1300 017 319.



LEO (Jul 24 - Aug 23)

Although attitude isn't everything, it counts for a lot. In the words of motivational guru Zig Ziglar, 'your attitude, not your aptitude will determine your altitude'. You enter October with such intense feelings about an important issue or relationship that your perspective is out of kilter; you're seeing problems where there are none. As a passionate Leo, your feelings sometimes help fuel dramatic situations that leave you feeling vulnerable. This month, your approach can be calm and confident. Use October's celestial energy to create positive change. Call 1300 017 319.



SCORPIO (Oct 24 - Nov 22)

They say you can bring things into being just by believing in them. Of course, it's not quite so simple. We can try as hard as we like, but getting what we want the second we want it isn't the way it works. For reasons we can't fathom, we need the passage of time. Conditions and contexts have to change; we're more likely to hear an echo of a dream returning, always in a different form to how we imagined. Despite that, in October, if you keep true to your intentions, you can do amazing things. Change is possible in the Blue Moon month of October. Call 1300 017 319.



LETTERS



DEAR EDITOR,
Off-Line and tearing out what's left of my hair!

Our NBN crashed without warning last Thursday. Hours on the phone followed with our provider who insisted it was the routers fault, which fixed nothing, other than a complete reset of the router. Despite my insistence, it wasn't the router as all internal connections worked. The telephone was down... it had to be the line. So eventually we were advised that it would be referred to Telstra as it was now their fault. So our providers sent us several emails to tell us when the tech would come, gave us a fault number to follow up with Telstra - all via email- even though the damn internet was down!

Four days later the tech arrived and once again attacked the router. Finally, he agreed that it was not the router, it was the telephone cable. He was a patient chap and tried to follow the cable through the house and up the road but could find no signal.

Eventually, he ended up at the "Telstra Pillar". About a block away and found that "Some dumb tech had switched off our service". He switched it back on. But this was not the end of it, Oh no. As a result of all the mucking about, resetting of the router, it was back at factory default and we/he did not have the authentication code.

This took another hour of frustrating talks with three different people buried somewhere in Vic or NSW until someone eventually got off their lazy backside and begrudgingly gave the tech the code. The internet came online and I received all the emails sent to me by the provider giving all the info I needed when the internet was down. I don't think they see the irony in this.

It was a complete mess around caused by a negligent NBN tech last Thursday, who, without a care in the world, switched off our connection. And still, he goes on, the unknown warrior, without a care in the world, continuing his dodgy ways, leaving a trail of destruction and broken bodies behind him.
Al Finegan, Bongaree

DEAR EDITOR,
I am deeply offended by a letter written about the wonderful place Bugger Me Designs. I have had this letter on the computer for a number of weeks waiting on my estate agent who has been actively chasing a property in the vicinity. I am going to pursue my hobby of chainsaw sculptures. There has not been a lot of interest shown in this and once settled, I will be holding demonstrations from 7am to 8am and 4 pm to 5pm so people can see it before or after work.

J. South

DEAR EDITOR,
Thank you for printing our letter regarding 1080 poison and thank you to H Beneke for her pertinent comments regarding same. Unfortunately H. Beneke, we are probably more cynical than you and we don't believe the blurb put out about 1080 poison by the people with vested interests (i.e. the manufacturers, councils, state governments, pest control boards, National Parks and Wildlife and the like). Yes, monofluoroacetate does naturally occur in some "Australian plant species especially in northern and western areas" and yes some native animals are not affected by it. However we live on the East Coast and it is interesting to note that in Tasmania the Government subsidises farmers and the woodchip industry to poison possums and wallabies with 1080.

The Queensland Government have had major 1080 campaigns to poison dingoes which have been in Australia for between 3000 and 8000 years. Dingoes are the sole non-human land based top predator on the mainland and their importance to the ecological health and resilience of Australian ecosystems cannot be overstated. They regulate wild herbivore overabundance (e.g. various kangaroo species) and reduce the impact of feral cats and foxes on native marsupials. Unfortunately there are videos in existence of dogs (of which the dingo is one) who have ingested 1080 and the effects of it on non-herbivores is quite horrific.

Yes domestic dogs and cats should be under control and confined however accidents happen even in the best regulated conditions and yes accidents do happen regarding placement of the baits, just as they happen when back burning.

No we are not trying to panic the populace (many of whom have no interest at all regarding the environment if the amount of fast food wrappers etc. thrown out vehicle windows is any indication) and no, we are not going off "half-cocked", we are just expressing our opinion which was formed by researching information that wasn't sponsored by vested interests, regarding the use of 1080 in what is widely advertised as a flora and fauna sanctuary, i.e. the beautiful Bribie Island. Also giving domestic pet owners a little warning that not all is perfect in paradise.

We would refer people who have an interest regarding the facts about 1080 to go to the website www.ban1080.org.au
Yours in compassion,
C. & A. Schnack.

DEAR EDITOR,
I write as we are in the "vulnerable" category of Queenslanders. My wife and I now 70s and I have a pacemaker, our daughter-in-law has stage IV cancer, so we are all at risk. As a result, we are careful, we do not go out unnecessarily and we wear masks where appropriate and research the best advice available. We look after ourselves.

We are well aware that over 98% of all deaths associated with coronavirus involve people with comorbidity, people just like us who already know that there are issues and limitations with our health. We understand this and we thank all those people who are helping. However, we are devastated by the loss of jobs, the destruction of small business, in fact, the destruction to entire industries, caused by the political reaction to the virus.

We do not want a single person to suffer because a politician wants to keep us "safe". The psychological damage being wrought is causing much greater suffering than virus ever has. Please, open the borders, remove the restrictions on life living and loving and bring back the freedoms that we enjoyed just nine months ago.

In closing, some statistics from various government departments as a perspective. In 2019, there were 312,970 confirmed cases of influenza A, over 260 deaths in Queensland. In the last 10 years, around 10,000 deaths Australia wide. We did not close a single event or a border. Since January 22 this year, around 820 people have died with or from Covid 19, in the same period, over 100,000 Australians have died from something else. Last year, 1,195 people died in road accidents, we have not banned the motor vehicle and we just do the best we can and try and stay safe. Let's do that.

ANON



DEAR EDITOR,

It is great to see Morrison finally showing some real leadership. However, if he wants to gain the support of environmentalists and industry, he needs to add two other promises.

Firstly the expensive infrastructure for his gas schemes should be built in such a way that it can be used for hydrogen when that technology is developed, and gas has been phased out in thirty years' time. Secondly, since the gas can be used for multiple purposes, he should include support and incentives for manufacturing industries which would use the gas to increase Australia's self-sufficiency.

It makes no sense to threaten a sector which has failed to invest in something which is clearly only a short-term solution.

H.Beneke

DEAR EDITOR,

"P. Smith's letter to the editor, published 11 September, asked State candidates to give a position on Queensland's border closures. Sadly, this pandemic isn't over. With more than 30 million confirmed cases around the world, many countries are fighting their second and even third waves. Globally, COVID-19 is still out of control.

People in Pumicestone and all Queenslanders have done a great job of fighting this virus. We've stayed the course and saved lives. It would be devastating to our community if the virus took hold in Pumicestone.

Despite the long hours, the constant political attacks and the many unknowns, the response from our Premier and Chief Health Officer has been nothing short of amazing. They stayed strong and kept us safe. Their strong leadership on

Queensland's borders has been crucial.

That leadership has been backed up by our rebuilt health system. Queensland's pandemic response would have been much less effective had Annastacia Palaszczuk not injected additional resources into our health system after it was weakened by the cuts of the Newman Government. As your Labor candidate, I'm standing against the reckless border decisions and the frontline cuts an LNP government would make. I'll be asking for your support on October 31st so I can back up the Premier's border and health decisions that are keeping us safe, and help fast-track Queensland's economic recovery plan right here in Pumicestone.

For more information visit my facebook page or online at www.covid19.qld.gov.au
Ali King, Labor for Pumicestone"

DEAR EDITOR,

I would like some info on a small problem I have. Many years ago when I was twenty three, I married a widow who was really pretty. She had a grown up daughter who had red hair. My dad fell in love with the daughter and married her. This then made my dad my son-in-law..... and this changed my very life. My step-daughter was now my mother. [Because she was now my dad's wife]. To complicate matters worse, my own wife fell pregnant and had a baby. My baby then became a brother-in-law to my dad, and so became my uncle. Which was sad, because that made me sad, for if he was now my uncle that also made him a brother to the widows grown up daughter, who was of course, my step-mother. Dads wife then had a son ... he became

my grand-son, for he was my step-daughters son. My wife is now my mother's mother, which makes me her grand-child and as the husband to my grand-mother... I am now my own grandpa..... Am I entitled to any welfare?????

Ray O - Banksia Beach

DEAR EDITOR,

Qld LABOR incompetence, stupidity or treason??

"How about this for a bombshell, Peta Credlin (Sky News) reported on the Queensland government handing a contract for the coding of the Queensland electoral system to be allocated to coding operatives in CHINA!

These people have access to all of the personal details, names, addresses, ages, birthdates, phone numbers, email addresses, of everyone on the Queensland electoral roll.

All of the results of the voting in Queensland, local government and state government, are sent to these coders for verification before they are posted here, these people have the power to change votes, change voting trends, and actually effect the end result of the election.

There will be more to come on this, she is taking it up with the federal government next week. JUST LET THAT SINK IN!! "So much for voting online.

ANON

DEAR EDITOR,

The last stage of the Solana Development behind Woolworths at Bongaree is about to commence. This will take the housing right up to the Woolworths fence from Hornby Road across to the bus interchange and remove the last bit of natural bushland. As all local ratepayers realise, the Gem development and Solana have been built in a natural

swamp. There can only be one inevitable outcome in a good Queensland wet season as there is no way the slow flowing Dux Creek will be able to handle the stormwater overflow. We all witnessed the flooding of the parking area at the bus interchange last year. This flood event should alert everyone to the level of competence of Council planners and stormwater engineers.

The address of the last stage of the Solana development is Fortune Avenue (the road that runs through the Woolworths Shopping Centre) and Victory Road, (the short stretch of road passed the bus interchange which runs into Fortune Avenue). One can only conclude that these names were chosen by the developers as they will be the only ones with a victory and a fortune at the end of it all.

These developments were approved many years ago without any ratepayer consultation as we all know that ratepayers are last on the Council's list of people who matter. Gemlife is still trying to get approval to build over their lake which, should this approval be given, will destroy the visual amenity of the area as well as the wildlife and contribute to the flood problem. As the projected price for each of the 44 units over the lake is reportedly \$1.2 million the Council will probably be dazzled by the dollars. Should the inevitable happen and these units become flooded, it will be the ratepayers who then have to foot the bill for the remedial flood mitigation work.

Who can protect Bribie Island from greedy developers and incompetent Councils?

C. WOOD



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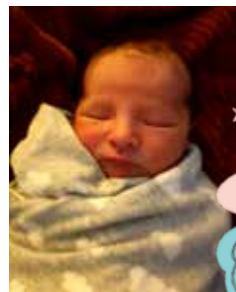


BIRTHS

Kurt Chalk and Shannon Barber are pleased to announce the safe arrival of Ella Louise Chalk. Born on the 19/09/2020 at 5.04 6lb 15oz. We welcome you Ella, With open arms, Our baby girl, So many charms. We longed for you, For ages it seems, Now you're here Fulfilling our dreams. We'll treasure you, Our precious girl, And wouldn't change You for all the world. We love you to the moon & back



Caitlin Lee Curran and Ben Rust Welcome to the world Finnley 'Finn' Michael Rust. Born 18th September 2020 at home in Golden Beach 9:18am, 3.96kg 55cm. Our hearts are so full, we love you beyond measure.



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DEATH NOTICE

"Shirley Downs" passed away peacefully at Kilcoy Hospital on the 7th Sept aged 86 years. Shirley lived on Bribie for over 45 years and was a well known member of the community. Lovingly remembered by Neva & Peter, Nathan, grandson Michael, the Big and Jacks families. Private cremation by request. Please raise a glass to celebrate Shirley's life on Saturday 3rd October at 5.00pm.



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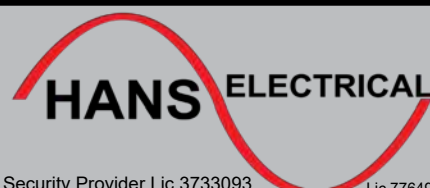
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