

The Bribie Islander

ISSUE 128 DEC 4, 2020



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#128

Dec 4, 2020



welcome

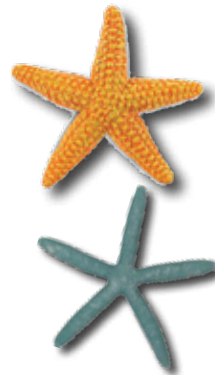


I don't know if you remember I wrote in my editor's note a few issues ago that I am really bad at time management getting ready for Christmas? Well, I thought I would let you know, nothing has changed! As much as I promised myself I would do my Christmas shopping early this year, it hasn't happened! I think I need to hit our local shops this weekend or everyone will be getting gift cards and I do hate doing that! I am also going to make a concerted effort to find my Christmas tree and decorations this weekend and put them up ready for my cat to destroy on a daily basis! Now that I have put this in writing, I am hoping that it will make me accountable! I know that Christmas is not about the gifts you give, but the love behind it, spending time with loved ones and celebrating the life we are lucky enough to have. Just keep in mind we have a lot of elderly residents on the Island who may not have family around them,

so pop in and check they are doing ok and this heat is not causing any issues for them. They may even need help with some shopping themselves, or setting up a Christmas tree, making sure they have something to do on Christmas day and are not left alone. As always, I urge you to shop locally, just remember the saying "use it or lose it." Until next time,

Until next time,
Take Care, Stay Safe,

Cherrie



OUR REGULAR CONTRIBUTORS:

- Anne Matthews
- Al Finegan
- Barry Clark
- Bill Peacock
- Bribie Bait & Tackle
- Charmain Campbell
- Chris Connelly
- Darren/Grow Plant Nursery
- David Horrocks
- Dr Jackie Perkins
- Elaine Lutton
- Hazel Beneke
- Helly Kemp
- John Traill
- Kathy Vincent
- Marj Webber
- Nikita Chee
- Peter Schinkel
- Philip Arlidge
- Peter Thompson
- Sue Wighton
- Veronica Mercer

MEET THE TEAM...

Cherrie Wilson

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Sandy Pride...
Down But Not Out



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ONE OF BRIBIE ISLAND STATE SCHOOLS MOST LOVED TEACHER AIDS SANDY PRIDE UNFORTUNATELY TOOK A TUMBLE WHICH RESULTED IN BREAKING BOTH OF HER ARMS. AS YOU COULD IMAGINE, THIS HAS BEEN QUITE PROBLEMATIC FOR "MISS SANDY" AS SHE IS UNABLE TOO DO MUCH FOR HERSELF AT ALL. THIS INCLUDES THE THINGS WE ALL TAKE FOR GRANTED, BASIC SELF-CARE, COOKING, CLEANING AND BEING ABLE TO SIMPLY DO HER HAIR. HAIRDRESSERS WITH HEARTS ORIGINALLY CAME AROUND AND PICKED SANDY UP TO WASH AND DRY HER HAIR FOR HER FOR FREE WHEN THE ACCIDENT FIRST OCCURRED WHICH WAS WONDERFUL FOR SANDY.



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LIVIN' LARGE



Then Sharon from Eco Hair found out about Sandy's situation and made a beautiful gesture by offering the works on Sandy's hair for free so she could feel a little more like her old self coming into the Christmas period. Sha-

ron has done a fabulous job and Sandy could not be happier. Sandy said "You don't realise just how much breaking your arms affects you. Not being able to do anything for myself when I am usually a very indepen-

dent person has taken its toll in many ways. I am extremely grateful to have Sharon offer to do my hair for me, it has certainly given me a pick up that I needed!" Sharon has a strong belief in community spirit and

was very happy to help our communities beloved "Miss Sandy" out. What a wonderful job she has done, Sandy we all wish you a speedy recovery and the very best for the future!

By Cherrie Wilson

ecovillage HAIR

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CHRISTMAS CLOSURE



As Christmas is fast approaching, I would like to remind everyone that we will be closing on Thursday 24th December at NOON and reopening Monday 4th January 2021 at 8.30am. Deliveries will continue up until approximately 11am on the 24th, so if you wish to have anything delivered on Christmas Eve you must come early, so there is

sufficient time for delivery. Otherwise you will have to take it with you or wait until we open on the 4th January. The shop will continue having daily bargains over the next 4 weeks so come in and check them out, they are written on our blackboard as you come in the door and on our Facebook site.

The gates will remain closed during this period, so please do not leave donations on the footpath as this is council land and fines can be issued. It is also unsafe for mobility scooters and pedestrians if the footpath is blocked, we do not want them going onto the road to get passed, also boxes could

contain items that risk the safety of children. Our cameras will still be recording over the closure period and can be used by council or police if an incident occurs.

As I mentioned last month, we are currently going to Beachmere for pick ups and deliveries, we are now doing it once a week. We must stress that items to be picked up must be RESALEABLE, in other words, in good condition and clean, our drivers are under strict instructions not to pick up items that cannot be sold on.

DONATIONS

I am pleased to advise we have been able to help several clubs and associations over the



last month, as usual we continue to assist the Island VMR, Hospice, and Global Care monthly. We also assisted the B I Global Care with repairs to their refrigerated truck, installation of electrical requirements in the studio of of the BI Potters and we have also advised the BI Art Centre to replace their 20 year old carpeting in the Matthew Flinders Gallery. Bombora Outriggers needed assistance in obtaining equipment and maintenance needs for

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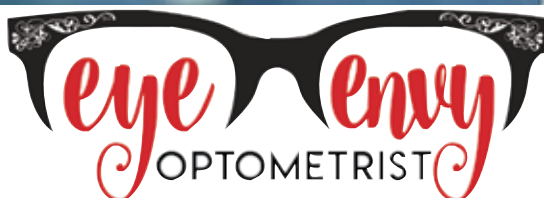
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their canoes and the BI Bridge Club needed repairs to their air-conditioning. The RSL Golf Club asked for assistance in obtaining some new shirts for their members, and the Croquet Club will be receiving some Hand Sanitizers and a Stand to assist them in keeping their members safe while playing. We have also informed the BI Police that we will supply another 2 automatic defibrillators for emergencies and an ATV to assist in beach and national park patrols. Thank You to all our donators, shoppers, volunteers and staff without your support we would not be able to continue supporting the Bribie Island community.

VOLUNTEERS

VOLUNTEERS We are in desperate need of ladies on Saturday mornings, so if you have a few hours

spare please give us a call 3408 1014 or pop into the shop, we are registered with Centrelink for Job Seeker requirements.

OUR TRADESMEN

As this is the last article for the year, I would like to thank the island businesses that have continued to assist us throughout the years, when we need urgent help these men are always on hand for us and we thank them sincerely for continually looking after us. Ron - RJB Electrical, Scott - Scott Baden Plumbing, Jordan - Ezy PC Sales, Lee - Bribie Locksmiths, Wayne - Bribie Airconditioning and Refrigeration, Ian - The Ink Shop, Rodney - Islands Signs and also Greg Hately (0409636736) our new cabinet maker who has done wonders with our new counter and other issues dealing with COVID regulations.

OUR VOLUNTEERS AND STAFF

This year has been very demanding not only for us but also the many businesses on the island and the whole of Australia. We closed for 2 months to protect our staff, volunteers and our many customers while managing to continue our monthly obligations to VMR, Bribie Hospice and BI Global Care. To continue supporting the island we rely heavily on our wonderful volunteers and dedicated staff, we sincerely thank them all for their hard work throughout the year and we wish them a very happy and safe Festive Season with their family and friends and we hope to see them all again in the New Year. Thank You one and all.

I would also like to say

a personal thank you to our committee, manager Sonia and her staff for their support and hard work throughout the year. Thank you to all our supporters, volunteers and customers, and a special thank you to the Bribie Islander for their continued support throughout the year. I hope to see you all in the shop next year safe and well.

Best Wishes Sandra

BEST WISHES FOR A VERY MERRY CHRISTMAS AND HAPPY AND SAFE NEW YEAR TO ALL



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UNDERSTANDING ASTHMA



ASTHMA STATISTICS ACCORDING TO AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE, ONE IN EVERY NINE AUSTRALIANS HAVE ASTHMA (APPROXIMATELY 2.7 MILLION PEOPLE). It is :

- ▶ slightly more common in women than men
- ▶ more common in boys younger than 14 years, but more common in females aged 15 years and over
- ▶ More common in people living in remote area than in cities

UNDERSTANDING ASTHMA

Asthma is a long term inflammatory airways disease which causes the muscles in the airways to tighten and the lining of the airway to become swollen and inflamed. These changes cause the airways to become narrow, making breathing difficult and causing coughing, a whistling sound when you breathe out and shortness of breath.

Asthma can be triggered by a range of factors such as pollen, house dustmites, cigarette smoke and exercise or can be associated with a cold. At the moment, there is no cure but with good management, people with asthma can live normal and active lives.

SYMPTOMS OF ASTHMA

Asthma runs strongly in families but it affects everyone differently. Symptoms of

asthma include:

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

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

Symptoms that your Asthma could be worsening include:

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

TREATMENT FOR ASTHMA

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

All medicines have possible side effects. Preventer's that contain inhaled

corticosteroid medicines can cause hoarseness of the voice and oral thrush. It is important to rinse the mouth with water after using the medicine. The risk can also be reduced by using a spacer with the puffer when taking the medication, this also helps to increase the amount of the medicine that reaches the small airways in the lungs. Puffers are available from pharmacies and your Pharmacists can help you to choose the suitable spacer and show you how to use it.

ASTHMA ACTION PLAN

In order to have good asthma management, it is important to have a written asthma action plan with your doctor. It helps the person with asthma recognise worsening asthma and gives clear instructions on what to do in response.

Even if you think you are in control of your asthma, ask yourself, "Am I needing my reliever on more than 2 days a week?" If the answer is yes, your asthma might be controlling you.

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

References:

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



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Mya Balogh; offers a comprehensive initial consultation, where you can discuss the state of your health with our accredited Allied Health practitioner to determine which methods would benefit you, optimally.

"The best medicine is the type that teaches you how to not need it", Ms Balogh states this lightly and understands that living with chronic pain or health burdens can make you feel restricted and vulnerable, if you have been recommended surgery or reliant on pain reducing medication, an unconventional treatment is encouraged

by our practitioner if you're seeking an additional opinion. "You may be surprised at your body's response to this complementary approach, it may reduce or manage your current distresses with low risks", says Ms Balogh. At Back In Motion, we aim to help you achieve optimal health, your way. If have an aversion to Acupuncture our clinic also provides "needle free" options; if you would like further information or a free initial assessment, bookings and details, phone [Back In Motion, Bribie Island on 3408 6608](tel:34086608) or visit backinmotion.com.au/bribie-island

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founder and Stockwell Managing Director, Mark Stockwell has been actively advocating government and industry groups such as The Property Council, for the inclusion of lifestyle resort homes in the scheme. So adamant about the role of lifestyle resorts in supporting housing choice and the construction industry, Stockwell will guarantee to you the \$25,000 grant.

Chat to their Sales team to find out more information about the Homebuilder grant. Time is running out with only 4 weeks remaining. Considering the lifestyle and financial advantages that Solana and this grant offers, now is the time to make your move!!

This offer is time-limited in line with the Grant conditions and you must enter a contract by 31 December 2020, leaving only 4 weeks remaining.

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Happy Birthday Gwen

Bribie Cove, McKenzie Aged Care Group have had one of their residents celebrate her 109th birthday!! Yep, that's not a typo....109!! Gwen Moore was born on the 28/11/1911 in Wales where she stayed until 1939 moving then to Bristol. Gwen moved to Australia when she was 60 years old. To celebrate her birthday, Gwen was joined by her daughters Joan and Jill and her friends from the home to celebrate the day. Gwen was sung happy birthday by the staff of Bribie Cove and showered with flowers, gifts and love. And it isn't a party without some party food so The Bribie Cove kitchen arranged some delectable high tea goodies. Gwen shared stories from her younger years

living in Wales with friends and reminisced about these days with her daughters. One story, in particular, was when Gwen was working in a television studio and met Tom Jones, she is very proud of that moment! Gwen is a very independent lady, her mind is as sharp as a tack and she loves putting it to use on trivia quizzes. She also has a fondness for McDonald's ice-creams, outdoor excursions and traditional hymns which take her back to her childhood. Everyone at Bribie Cove and The Bribie Islander Magazine would love to wish Gwen a very happy birthday and look forward to celebrating her 110th!! P.S Could Gwen possibly be the oldest person on Bribie Island??



Out and about in Pumicestone with

ROSS KONOWALENKO

THANK YOU:

to all who supported me in my recent state election campaign with allowing corflute advertising, roadsiding, attending markets and other promotional events and those who lent their time and other resources to help advertise my campaign.

THANK YOU:

to all who helped with setting up and handing out flyers at pre poll and election day booths.

THANK YOU:

to all who voted for me and One Nation during pre poll and on election day. Your loyalty and support is the firm foundation upon which we will build a stronger 'One Nation', not afraid to initiate the changes needed for our current and future generations.

Your time and support is valued and very much appreciated. As a long term local who is committed to continue to be of service to all in our community, my Pumicestone 'Face Book' page is being maintained to update you on the good work that continues to be done by One Nation, along with updates on local issues that affect you and your family.

So if not already following, please join me on FB or give me a call or text on 0426 598 958, as I continue to be 'out and about in Pumicestone.'

Looking forward to meeting you or hearing from you soon.

With every best wish,

Ross



Authorised by Ross Konowalenko, member Pauline Hnason's One Nation, PO Box 142 Beachmere, 4510

PAID ADVERTISEMENT

IT CAN BE AMAZING HOW DOORS OPEN TO THINGS BEYOND YOUR IMAGININGS WHEN YOU DECIDE TO MAKE CHANGES. IN 2018, BRIBIE ISLAND RESIDENT PETA ROBINSON WANTED TO LOSE SOME WEIGHT AND GET FITTER.



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Being sat down upon a Concept 2 Rowing machine led to that weight loss and better fitness, but also, quite unexpectedly, uncovered an ability to row that has taken her into world level competition, doing many things competitively and personally, that she never thought she would.

In 2019, Lesley Duffy was recovering from a pinched nerve in her neck, and re-discovered a rower that had been sitting in her garage for years, unused. Being naturally competitive, she embarked on getting fitter, losing weight and rehabilitating her neck issues, and kept the idea of competing at the Australian Indoor Rowing Championships in the back of her mind as a goal. She, too, has discovered mental and physical abilities that surprise and encourage her to strive and break down previous barriers.

The chance meeting of these two strangers a year ago at the Australian Indoor Rowing Championships where Peta was just beginning to compete and Lesley was a spectator, has seen them rise to the top of Indoor (aka Erg) Rowing



in their age brackets and brought them together to indulge their passion for rowing, mental health and testing their limits, to raise funds for Beyond Blue.

Recent successes at the State and Australian Indoor Rowing Championships saw them realise 11 gold and 4 silver medals, and to break 4 Australian Records between them. Together they currently hold 14 Australian and 2 World Records in their age brackets, and they are now focussed on the preparations for the mammoth task of an Australian First in rowing 100,000 metres in tandem, on December 9, 2020 at Jetts gym, Mt Warren Park.

Please join them in supporting this wonderful organisation, at a time when mental health is being taken to its limits across the world, by donating to Beyond Blue, through the link below:-

<https://fundraise.beyondblue.org.au/100-000-metre-indoor-row>

Click the 'Donate' button and you will automatically receive a receipt. Every donation helps and makes a significant

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I am Cheryl, your local Envigor care partner for Bribie Island I have worked in the aged care residential and community sector for 28 years. I love community care because I get the chance to deliver individual services and everyday is different. I enjoy working for Envigor as our model offers more flexibility, choice and personalized care allowing people to remain living at home as independently as possible. We don't work to a checklist of services, but instead offer clients the ability to choose the support that best suits their personal needs and goals. Our appointment-based services mean we fit in with you want it. I love being able to make a difference



in people's lives by helping them to live life their way with tailored support.

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- NDIS
- Fee for service





Jessica Yung - BHSc. Acup., BSc. CS Registered Acupuncturist and Doctor of Chinese Medicine under the Australian Health Practitioner Regulation Agency (AHPRA) and Chinese Medicine Board of Australia (CMBA).

My name is Jessica Yung – I'm a registered acupuncturist and Chinese medicine practitioner based on Bribie Island. My practice is called Bribie Acupuncture www.bribieacupuncture.com, located within the health shop 'Bribie Simply Healthy' in the ANZ Bank shopping complex in Bellara, next to the Bribie Island Medical Centre. I hail from the Great White North (Canada!) but was raised with Chinese medicine integrated in my everyday life. From diet and lifestyle habits, to my family's "medicine cabinet" – consisting of a tin of assorted Chinese herbs, soups, and awful tasting teas – I grew up appreciating the body's natural inclination to return to a state of wellbeing and its ability to heal itself. The fact that my 79-year-old mother can give me a good run for my money on any given day is testament to this!

Chinese medicine sees the body as an ecosystem and aims to treat not only symptoms, but correct the root causes of disease. One of my favourite analogies involves the treatment of a river beginning to run dry: Chinese medicine would not contemplate simply filling the river with a rush of water from a dam (and potentially damaging the neighbouring environment), but would gently seed the clouds to release rain to naturally fill the river and nourish its

surroundings. Chinese medicine works in harmony with the body to bring about health and wellbeing.

Prior to moving to Bribie Island last year, I lived in Brisbane for 11 years and worked in two busy acupuncture clinics where I had the privilege of treating a wide range of conditions and clients, including those aged in their 80's, teenagers, competitive athletes, those trying to conceive (naturally and with IVF), pregnant clients preparing for labour, cancer patients, and stroke survivors. Since setting up my clinic on Bribie earlier this year, I've treated countless friendly locals who have come to see me from Bribie, Caboolture, and surrounds.

Why Acupuncture?

Acupuncture and Chinese medicine have grown in popularity in Australia, particularly in the last few decades. There are many reasons why people seek treatment with acupuncture and Chinese medicine, however my clients' reasons tend to fall in one or more of the following categories:

- ▶ They're after a holistic treatment approach that addresses the root causes of their concerns, not just the symptoms.
- ▶ They're looking for a natural, non-pharmacological way to improve their health and wellbeing without the negative side effects that can sometimes come with drugs.
- ▶ They're looking for answers to their health concerns that conventional medicine has not yet been able to provide.
- ▶ They've been referred to me by other health professionals, such as doctors, midwives, and physiotherapists for adjunct treatment.
- ▶ They've found acupuncture and Chinese medicine to be the treatment modality that works best for them.

Chinese medicine looks at your health history, symptoms, diet, and lifestyle using a different lens than conventional

medicine; this lens can often uncover the missing pieces of your health puzzle.

Acupuncture involves the insertion of fine, disposable needles – roughly the thickness of two human hairs – at specific points on the body to elicit healing.

How Does Acupuncture Work?

Your body is designed to regulate and repair itself; this ability is maintained by your blood flow. Blood contains all the nutrients vital to your existence, including oxygen, water, platelets, hormones, etc., as well as waste and toxins produced as byproducts of cellular activities. If nutrients are not delivered to every cell in your body, the cells lacking nutrition will eventually shrivel up and die – similar to how you would start to wither if you didn't get nourishment from eating or drinking every day. On the other hand, if waste elimination is hindered, waste and toxins would accumulate leading to inflammation.

Acupuncture stimulates your blood flow and guides blood flow to specific areas of your body to nourish cells that have been deprived of nutrition. Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation. Acupuncture essentially turns on the 'ON' switch to self-healing for your body.

What Conditions Can Acupuncture Treat?

Acupuncture is well known for its effectiveness in treating pain conditions, such as chronic back pain, bursitis, frozen shoulder, osteoarthritis, and sciatica, but acupuncture can also help in the treatment of countless other non-pain related conditions.

Though I often treat clients for pain relief and to help them regain movement, some of the other conditions I've recently seen in clinic include:

- ▶ Nocturia (frequent urination at night)
- ▶ Menopause and hot flushes
- ▶ Women's health and fertility

- ▶ Labour preparation
- ▶ Peripheral neuropathy
- ▶ Trigeminal neuralgia
- ▶ Oedema

Treatment styles can be adapted to suit your requirements; if you have limited mobility for example, treatments can be conducted whilst you are seated on a chair with just your shirt sleeves and pant legs rolled up – there is no need to disrobe or climb on top of a treatment table. This style of acupuncture, where needles are placed only on the extremities (and not on the torso, for example) is known as "distal acupuncture". Much like how a switch on the wall is able to turn on a light bulb on the ceiling, acupuncture points located on the arm or leg are able to affect other areas of the body via the body's internal wiring.

I also prescribe herbal formulas primarily in capsule form, which is often the most convenient form for clients – no need to boil up or drink strange smelling brews! The herbal formulas I prescribe are made from plant material, such as roots, bark, seeds, and flowers. If you've never had Chinese herbal medicine before, you might be surprised to know that you're already familiar with many ingredients; ginseng, licorice, cinnamon, goji berries, chamomile, and apricot pits for example, are all considered Chinese medicine herbs. The preparation, combination, dosage, and appropriate prescription of the herbs is what makes herbal medicine so powerful and effective.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact me via my website www.bribieacupuncture.com or call 0423 160 228. You can also find me on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite.

Bribie Acupuncture
13/19 Benabrow Avenue,
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Medical Centre)

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Support our local businesses and order your Christmas gifts NOW!

The Christmas fair is on Sat 12th December from 9am at 9 Pectoral Place Banksia Beach. They will be selling Christmas decorations, cakes, home-made jam, coffees and smoothies. There is a plant stall and a book stall which are both raising money for Banksia Beach State School P&C (other stalls are not for the school) and there are stalls selling candles and melts, hair accessories, and a children's book by a local author who will be attending. There will also be an Aboriginal weaving circle. We are still looking for donations of books and plants which can be left on our porch before the day. All welcome, hand gel provided, social distancing requested and any other stall holders are welcome to get in touch at the following email address drizziecooper@gmail.com

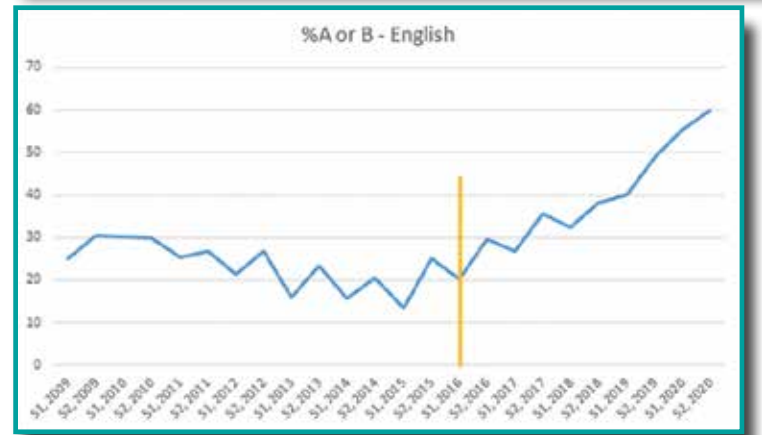
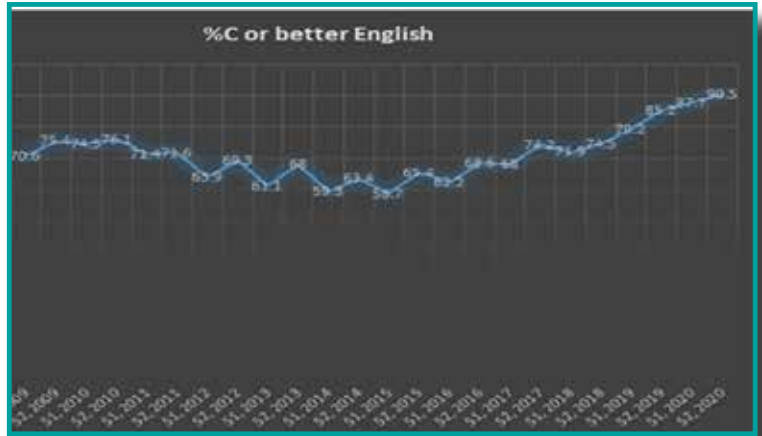


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STAFF BELIEVE
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ACHIEVABLE.**

Bribie Island State School has been on an improvement journey over the past 5 years. With a focus on developing and embedding a common approach to pedagogy through a teacher lead and collaboratively

designed framework incorporating an agreed list of High Impact Teaching Strategies, our school has built a solid culture of learning for students and staff.

School Principal Mr Peter Keen explains, "We have spent a great amount of time and effort refining a systematic curriculum program to implement across all year levels". Mr Keen further provided as an example of the success, "our English subject results have improved in 5 years from 62% of students achieving a C or better to 91%. Students achieving an A or B has improved from 20% to 60.1% in 5 years and similar improvements in achievement results for Maths and Science in the same period are evident in the data as well".



The integration of precise curriculum planning, linked with explicit feedback to students has increased assessment literacy for students and staff. Cross-examination of key data sets to track growth and achievement levels and to inform teaching & learning, and building the capability of students and staff to be assessment literate has been important.



Principal Mr Peter Keen accepting Emergency Services Certificate on behalf of the school

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EMERGENCY SERVICES YOUTH AMBASSADOR - MISS TAHNEE GORDON

2020 saw a new community liaison position established within the local Emergency Services group, including Bribie Island Marine Rescue. This new position was given to a student from Bribie Island State School who throughout the year, demonstrated a determined and capable

attitude to encouraging young people to get involved in community services and support groups.

Tahnee was presented with a certificate of appreciation and a booklet compiling photos and news clips of her efforts. Representing Emergency Services was Bribie Island Marine Rescue Officer Mr Graham Gibb. Mr Gibb said, "Tahnee has done a wonderful job and has eagerly agreed to be a part of our organisation in 2021. Her role next year will to support a new Youth



Tahnee with her classmates and Mr Gibb

Ambassador and we are very excited to welcome Tahnee back to our organisation".



Tahnee makes Mr Gibb cry with her honest and passionate attitude

THE IMPORTANCE OF MUSIC EDUCATION IN PROVIDING CHILDREN WITH A WELL-ROUNDED EDUCATION CANNOT BE UNDERESTIMATED.

When allowed to work in harmony with other subjects and areas of study, music helps children grow in self-esteem, build essential skills and prepare for bright futures. Studies

show that young children who participate in music classes have improved speech development and learn to read more easily. Learning music helps develop the left side of the

brain (related to language and reasoning), assists with sound recognition, and teaches rhythm and rhyme. Songs can also help children remember information (just think of the Alphabet song.)



Instrumental Teacher Mr George Stylianou with the String Ensemble



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The Stories AMONGST US

Recently being honoured by the Dragons Abreast Bribie Island as a Life Member of the fabulous organization that supports breast cancer survivors, it seems that this auspicious and emotional moment was not lost on Elizabeth (Liz) Morrice.

Born in Northern Ireland in the late '30s, Liz trained as an early childhood teacher in Dublin. Not being an easy place to grow up due to religious problems, her father ran a large



By Charmian Campbell

food-producing factory employing both Catholic and Protestants being mindful of not creating any acrimony in the working environment.

Her first position was working in Lancashire, England at a boy's boarding school where most of the children's parents were away working for foreign services.

Only having 1 day off a fortnight, and enduring incessant rain, Liz would regularly go to the movies with a friend.

It was here that she saw the advertisements for Australia.

The year was 1961 when Liz booked her passage and

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HEALTH, WEALTH & COMMUNITY

then told her parents of her plans to live in Australia. As a 23-year-old and travelling with a friend, it was 6 weeks of “amazing fun” taking the ship to Melbourne. This is where she would meet her first husband, thanks to her friend, with their union producing 3 beautiful children.

Following the breakdown of her marriage in the late '70s, Liz moved to Queensland with her 3 children to where her mother's cousin lived in Ipswich. Not before meeting a “very insistent man” from a single parents group in Sydney who soon followed her to Queensland, making them a family of 7 children.

Being from Ireland, Liz in her own words said “she was not very good a swimming”, yet when she first moved to Queensland she took her children to Palm Beach for a swim, while visiting with the children's grandparents. After seeing the children having fun in the water playing on an inflatable lie low, Liz decided she would enjoy a turn herself. So asking her children to sit on the sand and wait for her while she had a turn, she, unfortunately, was

whisked away from her children in a rip. Suddenly it dawned on her, as she saw her children sitting on the beach, that they didn't even know how to get to their grandmothers home, let alone the address.

“What would they have done if I couldn't get back to them? I can't leave them on their own” was all she could think. Luckily these thoughts were enough to ignite the need in Liz to find a way out of the rip and back to her children on the shore.

Transitioning from mainstream early childhood teaching to special education, came about after working with a fellow teacher who had cerebral palsy and that sparked the need to volunteer for the Spastic Welfare League (now known as Cerebral Palsy League). This was followed by supply teaching in special education before moving onto permanent positions. Many years of dedication followed and for the most part, she loved what she did, although sometimes becoming overwhelming, relief being granted by witnessing the dedication of families, teachers and support professionals.

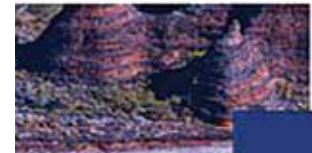
Liz shares that she has met a lot of “amaazing” people in her life, yet on reflection of my question, two people come to mind. The first, whilst living in Redbank Plains, there was a move to turn 600 acres into open cut mining so Liz helped form a group called P.U.M.A (Prevention of Urban Mining Association). On mass and with petitions in hand, they went and met with Joh Bjelke-Petersen “who put a kybosh to it, thankfully”. The second, author Di Morrissey, who Liz met at the Bribie Island Library. She shared her inspiration for her books, and her passion for the environment, preserving the heritage and living alongside our beautiful country.

Her most interesting adventure or activity? Dragon boating, I heard loud and clear! “I love getting in the boats, I love the companionship” Liz declares. Having the experience of sailing as a kid with her dad on the wild and woolly Irish seas and again with her first husband sailing their trimaran on Sydney Harbour. Her final comments were to her involvement with the Dragons Abreast family saying “they inspire me to keep going”.

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- 4. Spend the day in El Questro Wilderness Park, where you'll join a cruise through Chamberlain Gorge.





Australian Government

THE ECONOMIC RECOVERY PLAN

This year hasn't been easy. And recovery will take time.
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LOWER TAXES, MORE JOBS.

The Economic Recovery Plan will put more money in the pockets of everyday Australians by lowering taxes. Money that can be spent, with local businesses in our communities that can help to create jobs.

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OUR COMEBACK
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AUTHORISED BY THE AUSTRALIAN GOVERNMENT, CANBERRA.

The Focus on Fellowship

(combined churches women's group) of Bribie Island met for a celebratory luncheon after the challenges of 2020. The group enjoyed food, fellowship and laughter after not being together for some months. During the lockdown the group remained supportive and cared for each other via the email and telephone. Unfortunately, they couldn't host any functions this year including the popular Pre-Loved Fashion Parade, however, they are looking forward to 2021 when they can regroup and share friendship with each other and the wider Bribie Island community.



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CHRISTMAS TIME

You realise that by the time you are reading this there are only about 2 ½ weeks to Christmas. So get moving if there are presents to buy.

Plus, there are the Christmas parties to which you have been invited. They can be a work party, client party or a combination of both, and some may include partners.

If you are considering holding a Christmas party for your staff, there are a few guidelines to determine where the cost falls for tax. Costs of parties (food and drink) are exempt from FBT if they are provided on a working day on the business premises and to current staff only. This is the property benefit exemption and are tax deductible.

Exempt benefits for minor costs is covered if less than \$300 is spent per employee, or for associates of the employees, whether onsite or not. Again, tax deductible. Gifts provided must be under \$300 to be claimed as minor exempt benefits.

Over \$300 cost per head or Christmas gifts over \$300 attract FBT. Costs of entertaining clients are not subject to FBT nor are they tax deductible.

So, consider your guest list, the cost per head, and whether to have the party onsite or not.



If you have any general queries that you would like help with, please email your questions to me. I will try to include as many as possible, but I cannot answer direct question on your personal tax. An appointment in one of my offices would be more appropriate.

Until next time, Regards Carolyn.

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BRIBIE U3A TO REOPEN

The University of the Third Age (U3A) closed down completely in March with the initial threat of Covid-19. This was an immediate and emotional decision by the Committee, but as events have shown, it was a good decision, based on the safety of the 2000 senior students, Tutors, Receptionists and Volunteers involved at U3A. Following the immediate closure, it has been a long and frustrating 9 months.

Lack of personal and social contact added to the Covid 19 limitations of all U3A students.

A few Tutors and Classes have been able to gather in small groups in other outside locations and venues, with appropriate limitations.

As restrictions ease, everyone is keen to get back to U3A classrooms and venues as soon as practical. U3A will reopen for Term 1 classes in 2021, commencing February 1st.

MEMBERSHIP EXTENDED



As U3A closed in the middle of term 1 2020, it has been decided that all financial members in 2020 will have their membership automatically extended for the full year 2021, with no further payment required. Payment for individual classes in 2021 will still be required.

Term 1 CLASSES 2021
All U3A members who had paid for any class in Term 1 2020, and were on the class role at time of closure, will have their name automatically transferred to the same class role for Term 1 in 2021.

Payment for Term 1 Classes in 2021 will still be required. Enrolment days are planned from Monday 11 January to Friday 15 January.

COMPLEX RESTART PROCESS

There will NOT BE the usual Enrolment Day prior to start of term 1.

Covid-19 limitations and complex logistics dictate student numbers, but U3A plans to recommence Term 1 with a total of 158 classes, utilising all the Classrooms and main Hall at U3A, as well as 6 other outside venues and Tutors homes. This is a very complex logistics exercise involving Tutor availability, room size, time schedules, hygiene procedures, student numbers, space limitations, time between classes, and Covid compliance plans.

The U3A Committee and specifically the hard working ladies in the program team have produced a Term 1 Timetable, which is available at the Library, the

Information Centre and on the U3A website.

VACANCIES -Term 1 CLASSES

When the number of students re-enrolled for each class in Term 1 is finalised in January, available class vacancies will be notified in the email Newsletter and posted on the web site www.u3abribie.org.au

Students whose names are on the wait lists for specific classes will be advised if vacancies occur.

From Monday 25 January to Thursday 28 January, including Australia Day holiday, members are able to enrol in the courses that have vacancies.

These will be advertised on the timetable on the U3A website and on U3A noticeboards.

NEW MEMBERS

New members are welcome. Wednesday, 20 January to Friday, 22 January from 9,00am to 1.00pm has been set aside specifically to welcome new members, assist with membership and discuss courses.

NEW NORMAL AT U3A

U3A looks forward to resuming business, but with restrictions including no tea, coffee or biscuits, use of fridges, controlled entry and exit, and frequent hygiene cleaning.

President Greg Sibthorpe says "Our focus is on the important health and security of all our members".

All information and updates can be accessed on www.u3abribie.org.au

Stay healthy-or stay away.

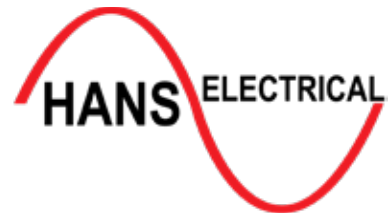


BRIBIE ISLAND SENIORS COMPUTING CLUB

for discussions and information

ALL WELCOME

**WE Meet at 1pm 2nd Tues of every month
at Bribie Island RSL - ANZAC ROOM
99 Toorbul Street, Bongaree**



Hans believe in giving back to the community and have a 'social day' once a year to donate money to a local charity organisation. Last Saturday the 21st November 2020 Hans Electrical staff worked voluntarily and donated the day's takings to Caboolture And District Animal Welfare Inc. Margaret Tripp from the AWI shop on Bribie was happy to receive a cheque of \$1000. Hans Electrical Service has been operating for 10 years and are well known for their award-winning electrical solutions and excellent customer service. Owned and operated by Hans and Petra Krumbholz, Hans Electrical Services make it their mission to give back to the local community by supporting and sponsoring many local organisations included Neighbourhood Watch Queensland, Matthew Flinders Art Prize, Abbey Medieval Festival, Bribie Island Bowls Club.

Please feel free to check out their website for more information <https://www.hanselectrical.com.au/media/>

On the photo from left: Ben Hadgkiss (4th year Apprentice), Leyton Schiffke (1st year Apprentice), Hans Krumbholz (owner), Margaret Tripp from AWI Bribie Island. Photo was taken by Petra Krumbholz on Wednesday 25th November 2020

NOELENE LAKE

Bribie Accounting Services

TAX TIPS:

LODGE YOUR TAX RETURNS BEFORE CHRISTMAS

If you expect a tax refund, come and see us this month so we can lodge your tax return. You can email or post your information to us if that is easier for you. You will then receive your tax refund before Christmas.

This should help your cash flow with the extra spending we all do at this time of year.



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LESLEE SWALLOW is the Bribie Community Arts Centre's December Artist of the Month.

Leslee Swallow has lived on Bribie Island for 11 years and fiercely loves its vibrant colours, and the sea with its endless silky movement. The colours and moods are often reflected in her work.

She's attracted to all things in nature as a source for inspiration, trees, rocks, leaves, insects, animals and even some humans. Anything quirky appeals to her and her paintings often evolve this way.

She started painting at the Launceston School of Art, where she gained a Diploma of Visual Arts. She taught at Bribie U3A for about six years and has also taught children, loving to watch big and small students discover their inner Rembrandt or Picasso.

"When a blank canvas seems daunting, I sometimes throw paint on and watch what happens to see where this will lead me," she says.

"Other times, I know exactly what I'm going to paint, yet my original idea transforms into something quite different."

Meet Leslee and hear her talk about her work over morning tea at the Arts Centre at 10.30am Friday, December 11. Please RSVP on 3408 9288 for catering as places are restricted.



Colourful, Bold & Beautiful Exhibition 2

A trio of artists will showcase a variety of works at a joint exhibition at the Bribie Island Arts Centre from 1 December to 12 December 2020.

Colin Van Kruining - was born in Holland and immigrated as a child to Australia in 1958. At the age of 16, he worked with his uncle for two years - Wim Kortland (deceased) a well-known Victorian Artist, and under his guidance, developed a talent for painting.

Graham Davies - Graham has been working with glass for the past 32 years. Graham received training in leadlighting and successfully working in that medium until 2018, while also tutoring "Leadlighting and Glass Creations", at the Bribie Community Arts Centre.

Helen Macdonald - Helen has lived on Bribie for 18 years. Helen loves to paint scenes of Bribie and other places she visits. She enjoys using many different mediums with the latest being coloured pencils. Helen has been involved in many exhibitions, mainly at the Bribie Community Arts Centre and she enjoys the challenge of being "hung on the wall".



BRIBIE ISLAND COMMUNITY ARTS CENTRE ON-LINE GALLERY



The Bribie Island Community Arts Centre now has an ON-LINE STORE!!

If you're an artisan, maker, creative or similar, we'd love to hear from you. Our on-line store is always expanding and we'd love to chat!

The store features BICAS members' works in an eclectic mix of creative works that capture the spirit, energy and vibrancy of creativity of Bribie and surrounds.

IT'S ANOTHER WAY WE CONNECT TALENTED ARTISANS WITH THEIR AUDIENCE.

From painters and ceramists to jewellers, resin workers, sculptors, photographers, authors and print makers, we're proud to now showcase them both in our Centre and on-line.

See this link for browsing and buying.

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www.bribieartscentre.com.au info@bribieartscentre.com.au

Bribie Island PHOTOGRAPHY Club



THE THEME FOR THE MONTH WAS "DOORS" AND THE WINNER WAS ROGER BAWDEN WITH AN AMAZING DOOR SHOT TITLED, "THIS IS A DOOR". ROGER ALSO WON THE COLOUR PRINT SECTION WITH A MAGNIFICENT PHOTO "DIFFERENT ERAS" WHICH WAS ALSO AWARDED "PHOTO OF THE MONTH".

Marj Webber was the winner of the Mono Print and PI Colour Sections with "Catch of the Day" taken at Dux Creek and "Eastern Yellow Robin" taken at Toorbul.

Glenda Mathers took out the Mono PI with "Walking Home" a lovely black and white shot of an alleyway.

Ron Le Huray was first in the Creative section with his imaginative creation "My Fishing Spot".

Our judge from Brisbane was unable to attend so John Cupper and Alain Chardon two of our most experienced photographers offered their services with Alain judging the Projected Images and John judging the Prints. Their Critiques were fair and informative. Thank you both for stepping in and coming to our rescue.

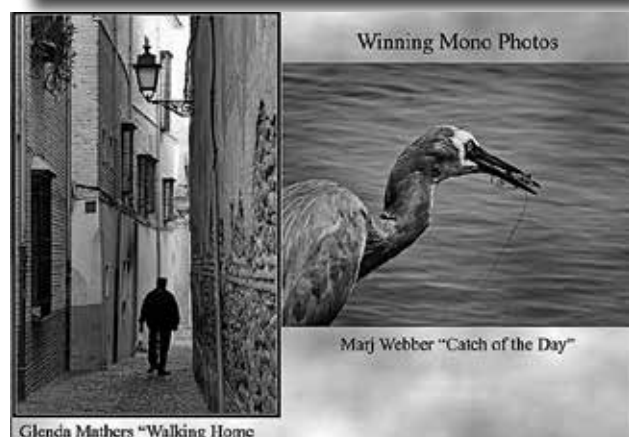
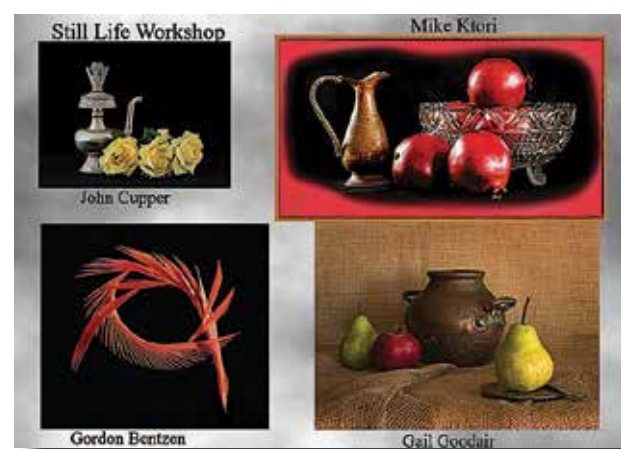
Gail Goodair's "Still Life" workshop was held at her home with many of our members participating in photographing interesting set-ups and experimenting with different lighting techniques. Some lovely shots were produced.

There will be no Monday night meeting or competition in December. Our AGM and Xmas break-up will be held at the home of Alain and Sally-ann Chardon on Sunday 6th Dec with the meeting beginning at 11 am.

Our next club meeting will be held on the 25th of January, 2021. There will be no competition on that night. Instead there will be a workshop with subject to be advised.

The Bribie Island Photography Club meets on the fourth Monday of each month except December at the back of the Arts Centre on Sunderland Drive in the boardroom at 7 pm. Guests are welcome. The first two meetings are free.

For enquiries please ring Gordon on 3408 2649 or Gail on 0419 638 865. WEBSITE: <https://sites.google.com/site/bribiephotographyclub>



FOOD, WINE and ISLAND TIMES



CHRISTMAS SEAFOOD ORDERS AT SAVIGES SEAFOOD!

YOU CAN PRE-ORDER YOUR BEAUTIFUL FRESH SEAFOOD THIS CHRISTMAS AT SAVIGE'S! EITHER COME AND SEE US IN STORE OR CALL 3410 0084.

- KING PRAWNS \$46 KG (min. 1 kg)**
- MORETON BAY BUGS \$49.99 KG**
- SANDCRABS \$24.99kg**
- OYSTERS \$24 DOZ**
- LOBSTERS \$89.99 KG**
- WHOLE SNAPPER \$24.99 KG**
- SALMON SIDES \$34.99 KG**
- SQUID RINGS \$16.50 KG**
- SEAFOOD SALAD \$6.50 FOR 400G**
- VARIETY OF FISH FILLETS from \$14.99 KG**

Don't see what you are after? Ask our friendly staff!

Savige's SEAFOOD



Visit us on  facebook

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

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



Christmas orders to be placed by no later than Friday 18th December 2020 at 3pm. Christmas orders can be picked up on Christmas Eve (Thursday 24th December) between 8am - 10am or after 12pm (specified upon ordering).

Here's wishing all of our members,
guests & visitors a very

*Merry Christmas,
Everyone!*

Please note, we will be closed on Christmas
Day so our staff can enjoy a well earned
break. We'll be back on Boxing Day feeling
refreshed and ready to serve...



BOOKINGS SUGGESTED TO AVOID DISAPPOINTMENT
ONLINE BOOKINGS AVAILABLE FROM OUR WEBSITE OR FACEBOOK PAGE



The Surf Club Bribie Island



A | First Avenue, Woorim, QLD 4507

P | 07 3408 2141



W | thesurfclubbribie.com.au

E | info@thesurfclubbribie.com.au





Christmas Packs

**TO AVOID DISAPPOINTMENT
ALL ORDERS FOR CHRISTMAS
NEED TO BE RECEIVED BY
THE 20TH DECEMBER**

SMALL PACK

1 X Small 500gm
Christmas Pudding

1 X Loaf of 780gm Bread
AND Six Pack of Rolls

Plus... **\$35**

12 Rum Balls
6 Fruit Mince Tarts
6 Short Bread Biscuits

LARGE PACK

1 X Large 900gm
Christmas Pudding

2 X Loaf of 780gm Bread
AND 2 X Six Pack of Rolls

Plus... **\$65**

24 Rum Balls
12 Fruit Mince Tarts
12 Short Bread Biscuits

SHOP 3/33 BENABROW AVE, BELLARA, BRIBIE ISLAND. PH 3408 7609 

OPEN 7 DAYS: Mon - Fri | 6am - 4pm | Sat - Sun | 6:30am - 2pm (Closed Christmas, Boxing and New Year's Day)



EATING HABITS

Eating Regularly

It's essential for weight control and especially weight loss, to recognise and act on the feedback your body gives you about when and how much you need to eat. However it's also important to aim for a regular eating pattern of meals, or meals and mid meals.

A planned pattern of eating is more likely to include the recommended number of serves from the five food groups. A spontaneous, unstructured eating pattern is more likely to include too many discretionary foods which means too much saturated fat, added sugars, added salt and kilojoules at the expense of fibre and important nutrients.

Don't skip breakfast

Breakfast skippers are more likely to be tempted by unplanned discretionary choices during the morning and large serves at the next meal or snack. Just think of how yummy those large baked muffins look at morning tea if you've missed breakfast!

People who regularly eat a breakfast based on wholegrain cereal or bread, low fat milk or yogurt and maybe some fruit or vegetables are much more likely to be eating well and lose weight than those who skip breakfast.

Eat with other people not TV

We also know that people who eat with others and eat at the dining table, are more likely to eat regularly and eat well than those who eat alone or in front of the TV. Meals with others tend to include more foods from the five food groups. For example, people often report that they can't be bothered cooking vegetables just for themselves.

Television watching is associated with eating more discretionary choices like take-away or convenience foods and fewer foods from the five foods. It also makes it much more difficult to recognise and respond to our body's signals about hunger and satiety.

Good meal planning and making healthy choices can sometimes be tricky but a few useful tips can make it easier.



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 (contains nuts).
- 15. SWEET N SOUR 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 aussie beans.
- 20. BUTTER CHICKEN**
Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.
- 37. CHICKEN PARMI**
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 aussie beans and chat potatoes.

FISH DISHES

- 25. ATLANTIC SALMON** (Reg \$13.50 | Lge \$17.90) NEW
Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.
- 26. TUNA MORNAY PASTA**
Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.
- 28. ATLANTIC COD & PRAWNS** (Reg \$11.50 | Lge \$13.90) NEW
Served with lemon sauce, mashed potato, broccoli & garden peas.
- 36. SMOKED SALMON FETTUCINE**
Fettucine 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 style 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 mashed potato, peas and carrots.
- 31. BEEF STROGANOFF**
Tender Beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.
- 32. MEXICAN BEEF AND BEANS**
Classic Chilli 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. SILVERSIDE**
A family favourite - Corned Silverside 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 SAUSAGES & RICE**
Pork sausages cooked in a mild curry sauce and served with rice and vegetables.

BANGERS AND MASH

- All served with mash potato, rich gravy and seasonal vegetables
- 2. BEEF WITH BUSH TOMATO & PEPPER SAUSAGES**
- 13. TRADITIONAL OLD ENGLISH PORK SAUSAGES** NEW
- 22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES**

LAMB DISHES

- 10. ROAST LAMB** (Reg \$11.50 | Lge \$13.90)
Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.
- 24. MASSAMAN LAMB CURRY** (Reg \$11.50 | Lge \$13.90)
Lamb cooked in a thai style massaman sauce, served with rice and green beans.
- 42. MONGOLIAN LAMB** (Reg \$11.50 | Lge \$13.90)
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 (contains nuts).

DESSERTS (\$4.50 each)

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

Order 28 Meals & Receive a FREE Dessert

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 for 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

BEEFY'S WINS BEST PIE AWARDS!



SUNSHINE COAST BAKERY BEEFY'S HAS ONCE AGAIN SET THEIR PIES ON THE PRIZE AND HAS COME OUT AS CHAMPIONS IN THE OFFICIAL GREAT AUSSIE PIE COMPETITION 2020.

Beefy's Gluten Free Steak, Bacon and Cheese Pie thoroughly impressed the judges, earning them the Best Gluten Free Pie in Australia award, while Beefy's Signature Steak Pie won Best Pie in Queensland.

This is the third time Beefy's has won the Best Gluten Free Pie in Australia title, and their Signature Steak Pie has won Gold 10 times in the competition since 2002.

"We couldn't be prouder of this year's achievements," say Beefy's Mark Hobbs.

"We've always dedicated ourselves to serving our customers the very best Pies possible, and winning awards with them has always been our daily focus."

"We can't thank our customers enough for their loyalty and support, as it allows us to do what we love doing, and that's baking award winning pies for them to enjoy."

Baked with love on Queensland's Sunshine Coast, with the freshest and best local ingredients, it isn't any wonder Beefy's Pies have come out winners.



CORN RELISH dip cheese LOG

INGREDIENTS

- 1/3 cup corn relish
- 250g cream cheese, softened
- 1/3 cup finely grated tasty cheese
- 1/2 cup finely chopped fresh flat-leaf parsley leaves
- 1/4 cup finely chopped fresh basil leaves
- 1 tablespoon finely chopped fresh oregano leaves
- Crackers, to serve

METHOD

• Step 1

Place corn relish in a fine sieve. Using the back of a spoon, press mixture through sieve into a bowl (reserve solids and sauce). Using an electric mixer, beat cream cheese until smooth. Add corn relish solids and tasty cheese. Season. Beat until just combined.

• Step 2

Spoon mixture onto a 25cm long piece of baking paper to form a 15cm long log. Using paper as a guide, roll up from 1 long side, twisting ends of paper to hold in place. Refrigerate for 2 hours to firm up slightly.

• Step 3

Remove log from paper. Brush log with a little reserved sauce. Discard remaining sauce. Combine parsley, basil and oregano in a bowl. Spoon onto a plate. Roll log in herb mixture to coat, including ends. Refrigerate for 30 minutes or until firm.

• Step 4

Remove log from fridge. Stand for 10 minutes. Serve with crackers.

PLEASE PLACE YOUR CHRISTMAS ORDERS

BEFORE 19TH DEC

- HALF OR WHOLE HANDMADE QUICHES
- SANDWICH PLATTER
- MEAT/CHEESE/OLIVES PLATTER
- FRUIT PLATTER
- VEGETABLES AND DIPS



Trading hours:

Mon - Fri 8.30 to 2.00

Sat 8.30 - 12.00

Sunday CLOSED

Village Deli

bongaree

dine in or
takeaway



17 First Avenue, Bongaree | 07 3408 4188

bongareevillage.com.au

Wright's Fruit Barn



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

CUT OFF TIME FOR DELIVERIES IS 1PM



LADY FINGER BANANAS

\$2.99
KG



\$1.50

NT MANGOES

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



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



TAKING ORDERS NOW FOR CUT UP XMAS FRUIT PLATTERS

XMAS HOURS MON-TUE: 7AM TO 5:00PM, WED 6AM TO 5PM
THU 5AM TO 6PM CLOSED XMAS AND BOXING DAY CLOSED NEW YEARS DAY

HOME DELIVERY AVAILABLE

OPEN 7 DAYS

PH: 3408 1179



Support your local businesses.



Australia's Tastiest Chicken



ROSIES CHICKEN

SNACK PACK (1 piece & chips)	\$6.50
LUNCH PACK (2 piece & chips)	\$8.00
DINNER PACK (3 piece & chips)	\$9.50
JUMBO WINGS	\$2.00
JUMBO WING PACK (2 wings & chips)	\$6.00

CHICKEN BREAST POPPERS	\$6.50
HOT CHICKEN & GRAVY ROLL	\$6.50
GRAVY	\$2.50
SMALL CHIPS	\$3.00
MEDIUM CHIPS	\$5.50
LARGE CHIPS	\$7.50
FAMILY CHIPS	\$11.50

ROSIES BURGERS

CRISPY FILLET BURGER (Lettuce & Mayo)	\$8.50
PER PERI BURGER (Crispy Fillet Lettuce & Rosie's Perinaise)	\$8.50
CHICKEN CHEESE & BACON BURGER (Crispy Fillet Lettuce Bacon Cheese & Mayo)	\$9.50
THE G'DAY MATE (Crispy Fillet Lettuce Beetroot Tomato Cheese & Mayo)	\$9.50
THE GONE TROPPO (Crispy Fillet Lettuce Pineapple Bacon Cheese & Mayo)	\$9.50
THE FLAMETHROWER	\$9.50

WRAPS

Chicken Breast & Salad	\$7.50
Spicy Chicken & Salad /Peri-Peri Sce	\$7.50
Chicken, Cheese, Avocado & Salad	\$8.50
Chicken, Cheese, Bacon & Salad	\$8.50
Chicken, Caesar Salad	\$8.50

TOASTED TURKISH BREAD

Chicken, Cheese, Onion & Tomato	\$8.50
Spicy Chicken, Onion, Avocado, Semi-Sundried Tomato / Peri-Peri Sce	\$8.50
Chicken, Cheese, Avocado & Semi-Sundried Tomato	\$8.50
Chicken, Bacon, Tomato & Dijon Mustard	\$8.50
Chicken, Bacon, Cheese & Pineapple	\$8.50

Rosie's Salad Bar:

Freshly made salad	\$8.50
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Shop 2/9 Toorbul Street, Bongaree QLD 4507



Choosing Healthier Meals, Snacks And Drinks Can Be More Challenging When You're Away From Home. Sometimes The Available Choices Are Only Those Higher In Saturated Fat, Added Sugars, Added Salt And Kilojoules.

A Few Simple Tips Can Make It A Whole Lot Easier To Eat A Variety From The Five Food Groups And Limit Discretionary Foods And Extra Kilojoules.

EATING Away From Home

Think about what food and drink might be available and plan what you will have. Consider taking some food and water with you.

WHEN TRAVELLING

- Consider taking some healthy food and water with you.
- Stop at a bakery or café for lunch and ask for a salad, wholegrain roll or wrap.

• Avoid pies, pastries and other discretionary food.

Takeaway food

- Choose bread based options like wraps, kebabs, souvlaki, hamburgers.
- Avoid deep fried and pastry options.
- Include extra vegetables and salad.
- Choose smaller portions or share with someone else and add a green salad to reduce the kilojoules of the meal.
- Limit high fat, high salt sauces and toppings like cheese, fatty meats and mayonnaise (ask for less).
- Drink plenty of water.
- Don't upsize unless it's with a side salad.

WITH FRIENDS

- Offer to take a salad or fruit platter to dinner or lunch with friends.
- If you know you will be able to fill half your plate with salad, you can choose less of the other dishes or limit the kilojoules of the meal.
- Try to serve yourself, so that you can control your portion size.
- Plan meals around activities or outdoor settings. For example: go to the park, organise a picnic, go for a walk, include informal games or sports like barefoot bowls, bocce, frisbee, backyard cricket. Taking the focus off the food helps limit the opportunities to overeat or to drink too much alcohol.



AT RESTAURANTS

It can pay off to plan your eating strategy before arriving at a restaurant. This gives you more control and discipline in making good food choices from the menu:

- Consider asking for an entrée sized or a smaller serve.
- Think about asking for extra vegetables or salad with your meal. This is especially good for limiting kilojoules when eating out. A salad can be a good entrée choice if others are ordering entrees.
- Ask for dressings and sauces to come separately so you can add a smaller amount yourself and save on fat and kilojoules.
- Skip the chips and go easy on the bread.
- Avoid large serves of pasta and rice dishes with few vegetables and high fat sauces.
- Choose a lean piece of meat, skinless chicken or seafood
- Avoid fried, battered and crumbed choices; instead choose steamed, pan fried, braised, poached, baked, roasted or grilled.
- You can always try asking for a dish to be prepared as you would prefer. Most restaurants would like to please you where they can.
- Consider splitting a meal with a friend and asking for salad on the side if you are trying to limit your kilojoules.
- Finish with fruit or share a dessert if you want one. Sometimes you only need a taste of a delicious dessert to be satisfied.
- Remember that the food is only a small part of the overall cost of the meal and only eat what you need to be satisfied.
- Listen to your body, eat slowly, savouring every bite and monitor how hungry or full you feel.

DRINKS

- Satisfy your thirst with water before you go out
- Drink water with your meal
- Limit alcohol and alternate drinks with water
- Think about when you most enjoy an alcoholic drink, for example, before or during a meal, and limit your drink to that time.



WOT's On...



05 Dec

CHROMA

Sat, 5 Dec, 9:30 am – 3:00 pm

Using Chroma Mediums for Painting with Acrylic Workshop with Tricia Reust

Bribie Island Community Arts Centre
191 Sunderland Dr, Banksia Beach

Using Chroma Mediums for Painting with Acrylic Workshop with Tricia Reust (for Chroma) The workshop participants will complete exercises in using Chroma painting mediums with acrylic paint

LIFE'S A BEACH EXHIBITION

15/12/20 - 24/01/21

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

15 Dec

LIFE'S A BEACH

15 Dec, 9:00 am – 24 Dec, 7:00 am

Bribie Island Community Arts Centre,
191 Sunderland Dr

Banksia Beach QLD

Life's a Beach Exhibition December 15 - January 24 2021. There's a world of things that make beach living special. The water, waterside, sea views, breezes, games, activities and general air or relaxation all make for one swell life on Bribie.



18 Dec

Fri, 18 Dec, 8:00 pm

'SOMETHING TO LOOK FORWARD TO' SEQ TOUR 2020

'Creedence: The John Fogerty Show' returns this summer to give audiences their 'Something To Look Forward To' Tour.

Bribie Island Hotel
29 Sylvan Beach Esplanade, Bellara



19 Dec

SAT 19TH Dec, 12:00 pm

The Annual Christmas Carnival Is Coming To Town!

Tis' the season to be jolly, celebrate with a day full of festivities! Enjoy markets, food stalls, kids rides, entertainment, Christmas carols, fireworks and of course a visit from Santa!

Sandstone Point Hotel, 1800 Bribie Island Road, Sandstone Point



dates in Dec

WHAT LURKS BELOW?

FRI 27th NOV at 10am

Bribie Island Seaside Museum
1 S Esplanade, Bongaree QLD

From peculiar slug-like creatures to giants of the sea, explore 'What lurks below' as they dive into the hidden world of the waters surrounding Bribie Island



WOT's On...

Kids Art Classes



This course is an excellent opportunity for your child to find her/his passion with watercolour. After a few fun activities learning the flow of water and paint, we will embark on an exciting journey together to create the animal masterpiece. Your child can choose their favourite animal for their artwork from a selection of 12 examples. And the masterpiece does not have to stop there...

After you finish the course you can take the artwork further and get it printed onto a bag or a special present for a family member or friend. I look forward to hearing from you. Sabine

Where: Course held at the Bribie Island Community Arts Centre (191 Sunderland Drive Banksia Beach , Bribie Island)

Date: Monday 4 th and Saturday 9th of January
Time: 9-11 am

Where: Studio Alice (Woorim, Bribie Island)
Date: 15th and 17th of December

Time: 9.30-12 am
Private lessons to learn how to sketch your own pet are available.

For more information please contact Sabine on mobile: 0414872118 sabine@welcometoalice.com.au



Every Fri...

FRIDAY MEANS SEAFOOD

BOTANIC CAFE
Bribie Island RSL

All day every Friday in Botanic is about steak & seafood specials. Enjoy a 250g sirloin with your choice of garlic prawns, bug or chilli squid topper for \$25. Or try our 'Deluxe Seafood Basket' filled with all your favourite fresh & cooked seafood for just \$30. Botanic Bar, Lounge & Dining is a perfect destination to unwind & relax this weekend!



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.



Have you noticed the sudden influx of incredibly handsome young punks to the island, accompanied of course, by their gorgeous young handmaidens? I may be old but not too old to take an interest. They certainly make different christmas decorations and a vast improvement on inflatable santas at that. Yes, school is out for our grade 12's who have had the most torrid final year in scholastic history and i, for one, wish them all the best. That rite of passage known as schoolies has begun.

week or so to let his hair down and relax, responsibly of course. It was amusing to watch his mother go through all the same concerns that her father and I had gone through with her at a similar time in her life. I think her older boyfriend, now husband, thought that we were being somewhat irresponsible to give her permission to go down the Gold Coast for her Schoolies. He solved the problem by taking a week off work and went down to join her and to keep an eye on her doings. I cannot remember if this made Don and I worry more or less. The following year it was her brother's turn to fly the early stages of his academic coop and he too, flew south to the Gold Coast, again with a flock of his friends. Not that he entirely escaped family supervision as his sister and boyfriend decided that they had had such a good time the previous

cards to his mates many of whom were still only seventeen years old in those days. We were sad to squash such enterprise but did point out that it was highly illegal and paying a heavy fine was no way to start his holiday. My grandson has no such worries as the vast majority of his friends will already have turned 18 years and not even COVID can subdue the dancing, at least not in outside venues. The other worry is alcohol. You know what they say, too much and the boys fight and the girls cry. Hopefully, they will not over-indulge and think they are Superman and attempt to leap tall buildings in a single bound, nor will they waste a single day of their precious week by being confined to bed by that dreaded punishment of the over-indulgents, the hangover. As for S-x, the least said the better. My daughter did attempt to

A Rite of Passage



Arrival

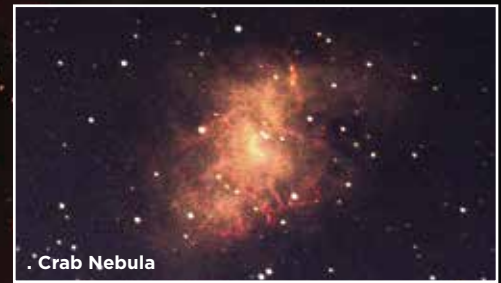
This year I am taking more than usual interest as my own grandson has gone up the Sunshine Coast with nine of his mates to celebrate. What a year he has had! The stress of assignments, exams, part-time work, school when possible, home-schooling, worry about his final marks and what next year may bring, learning to drive, managing his social life and more, he certainly deserves a

year that they paid him a surprise visit lasting some days. It was fortunate that they all got on so well and do so even to this day. I do remember that my son made an excellent forgery of an identity card, saying he was eighteen so he could gain entrance into clubs not so much for the purpose of drinking but dancing! We did stop the young lad going into business and selling similar

give some well-meaning advice on the matter but was rewarded by the rolling of eyes and a quick exit. No, we will leave them to their own devices, they already know it all, and just pray that they enjoy themselves as they deserve to do so and return safely to their families, ready to start on the next stage of their lives journey.

By: Elaine Lutton

Orion Nebula courtesy of reader Kathrine Miller



Crab Nebula



"The Seven Sisters" courtesy of reader Kathrine Miller

The Skies Above Bribie

By: John Stevenson

The December Sky on Bribie, brings us the very familiar star pattern of Orion, The Great Hunter, rising in the east. This constellation contains the bright Red Giant Star, Betelgeuse. A star fast approaching the end of its life and recently has been the source of curiosity by astronomers all over the world, as it was unexpectedly growing dimmer. It has regained its brightness now, but this occurrence was totally unexpected and still open to theories as to why this star, normally our 10th brightest star, went through this event.

The dagger of the Orion contains the well-known Orion Nebula, easily seen with binoculars and photographed beautifully here by reader and local resident, Katherine Miller. A huge cloud of dust and gas with amazing colours.

Across from Orion is the brightest star in our night sky. Sirius, a white star, bright because of it being only 8 light-years away from earth. It is actually moving slowly towards our solar system and over the next 60,000 years will grow brighter. North of Orion, we can see the constellation

of Taurus, characterised by a V shape of stars, headed by the bright orange supergiant, Alderbaran.

Our object of the month is a beautiful open cluster of stars near Alderbaran, called The Seven Sisters, and inspiration for the Subaru car logo. Easily visible to the naked eye and photographed exceptionally well by local Katherine Miller. Her photograph clearly shows blue nebulosity of stars being born in the cluster. Also in Taurus is the famous Crab Nebula, remnants of a star exploding on 4th July 1054. The exploding star or Supernova was visible in daylight for almost a month. Now however it is extremely difficult to see without a large telescope, which was used in my photograph of the object.

The Geminids Meteor shower should put a display of shooting stars, peaking on December 13th and 14th, with the possibility of up to 50 shooting stars, or meteors, an hour, always a source of wonder watching nature's display.

No milky way is visible through December, but Mars dominates as

the bright red object high in the sky, however on December 21st Jupiter and Saturn, to the west, will be in conjunction and almost appear as one. Start watching them now to see them get closer and closer. The last time they were this close was in 1623. Quite an amazing sight.

On December 27th the moon will occult, or pass in front of, a reasonably bright star. With this event just prior to the full moon, binoculars or a small telescope will be required. These events are nature's most instantaneous events as the moon has no atmosphere and a star has no size as seen from earth, so the star will instantly disappear.

Always ready to answer questions by email bribie_astronomer@protonmail.com

I would like to take this opportunity to wish all on Bribie a Merry Christmas and a Happy and Prosperous New Year. Keep looking to the heavens and learning, but above all stay safe.

John Stevenson

Owner/Operator Banksia Observatory.

My Friend Bill

PART ONE

© Anne Matthews



Bill's parents
Matthew & Clara



Bill aged 8



Bill at Mt Waverley Salon

ELEANOR ROOSEVELT ONCE SAID, 'many people will walk in and out of your life, but only true friends will leave footprints in your heart.' THIS QUOTE IS SO RELEVANT TO MY FRIENDSHIP WITH BILL PEACOCK, WHO I FIRST MET IN 2014.

By the time I met Bill he had been living on Bribie Island for eight years and was in a wheelchair due to post polio syndrome. Bill and his carer, Peter Sheehan, are well known and respected in our community as Bill works tirelessly for people living with disabilities, and for Rotary, with Peter always by his side. Both Bill and Peter are very generous, welcoming and hospitable. Their morning and afternoon teas are legendary – with the best scones and home made jam and cream that you will ever taste.

Over the last six years, Bill and I have had numerous conversations and with every new chat interesting information about his life is revealed. Bill has led an incredible life and often tells me he refuses to let his disability define him.

Bill owned several hairdressing salons in Melbourne and one in Sydney, he was a hair and makeup artist for the BBC, Universal Studios, the ABC, and Channels 7, 9 and 10. He was a judge on the Miss Australia Quest, wrote training manuals for the hair and beauty, and makeup industry, opened Australia's first private nationally recognised vocational training school, co-owned restaurants, was a teacher/trainer, a marriage celebrant and is a disability advocate.

Some of those Bill has worked with include Barbara Streisand, Cher, Elizabeth Taylor, Dames Maggi Smith, Judi Dench and Joan Plowright and Sirs Laurence Oliver, Ralph Richardson, John Mills and John Gielgud – to name a few. Unfortunately, due to the confidentiality agreements in the numerous contracts he signed over the years, he cannot reveal 'insider' snippets

until 2030 when the agreements expire; however, don't worry, I have asked Bill to leave his diaries to my son, who in 20 years will reveal all! Who knows what secrets will be revealed in the Peacock Diaries?

Just recently, Bill took a phone call from a gentleman on the Island who used to work for the ABC. He wanted tickets for Faulty Towers and Bill tells me it turns out they worked together when he did Sigrid Thornton's hair and makeup for 'All the Rivers Run'. Bill not only knows some of the top British and American thespians, but some of our very own top performers. But let me tell you more about my amazing friend and fellow Briberian.

William (Bill) Edward Peacock OAM, was born in Cobram Victoria on 17 December 1945. Bill is the second of 7 children with an older brother, a younger brother and four sisters. Bill's father, Matthew Clarence Peacock, was a grocer and he and his brother Frank, ran the general store in Tocumwal until 1965. Matthew then joined Trans Australia Airlines as a catering manager. Bill describes his beautiful Mum, Clara May Elizabeth Peacock (nee Tucknott) as a 'housewife and mother'.

In August 1950, aged four years and 8 months, Bill contracted polio. At this time the family was living in Tocumwal, NSW near the Airforce base. Fortunately, the Airforce flew him to Fairfield Infectious Diseases Hospital in Melbourne where he spent several months in an iron lung. Bill says if it hadn't been for the Airforce he would not have survived. In early 1951, paralysed from the neck down, he was transferred to Frankston Orthopaedic Hospital where he remained until December 1957. During these seven years, with much effort and determination, he learnt to walk with the aid of callipers and commenced his education with The Victorian Correspondence School.

He returned home to Tocumwal, spending five months with his parents and siblings

and the remaining seven months of the year with an Aunt, Uncle and 3 cousins in Kensington, Melbourne, and then in Moonee Ponds in late 1959. This was because he needed regular physiotherapy and this type of treatment was not available in Tocumwal.

All of Bill's schooling was by correspondence, with tutorials given by his Aunt, and the nuns at Holy Rosary Kensington, St Peters, Tocumwal. In 1960, Bill spent the year at the Divine Word Fathers, Junior Seminary in Lavington, Albury NSW where he was taught by the Christian Brothers at St Thomas Aquinas in Albury.

In January 1961, with his body ravaged by polio, and with numerous physical and psychological needs, Bill entered the Mary Port Rehabilitation Centre at Mt Martha and remained there until 1963. At this time, following advice from the health care specialists, to use as many muscles as possible, he gave up his dreams of studying law at university and took up hairdressing, beauty therapy, and makeup artistry and technology.

During his last year of an apprenticeship in men's, ladies hairdressing and wig making, Bill completed a Diploma in Technical Teaching with Toorak Teachers College. He served his apprenticeship with Marie Lunn working with Ralph Banks AM, Raymond Guest, Angela Paino, Stephanie Dest, Len Blake, Leo Passage, Edmund Reichmann and Ralph Bernardi.

Bill went on to own hair, beauty and makeup salons in Mt Waverley, Blackwood, and South Yarra in Victoria and then in Sydney. In 1970, Bill moved to London and spent the next nine years working in the UK, Europe and the USA with regular stints back home working on some of Australia's top productions.

It was during this time he met so many well-known stars of screen and stage.

To be continued...

The Winnett Diary

Dublin to Brisbane, 1882, Episode 5

Elizabeth, husband, baby and sister-in-law continue their journey, battling storms, fighting rats, all in the freezing cold and snow while being tossed about as they enter the roaring forties.

By AJ Finegan (author of The Forgotten Explorer)

13th July, 1882 blowing a gale which increased by mid-day into a hurricane with rain; the spanker sheet, foretopsail, foregallant sheet, main-sheet and foremainsheet blown into ribbons at 1 o'clock - we were hove to, all sail reefed and riding the storm out, drifting leeward, the wind S.W. by S., shipping little water, but rolling about rather freely; causing all our moveables to travel about, more comical than agreeable; had dinner with great difficulty.

14th July - morning dawned cold and miserable; still drifting we look so funny wrapped up to try and keep warm, one would think we were on a walking expedition; 'tis colder than December at home.

15th July - fair wind; again going splendidly Lat. 38.12S. Long. 4.13W, birds flying around ship, saw an albatross.

16th July, weather bitter cold, but going apace; no church service now as 'tis too cold to stand on deck.

17th July, bitter cold with snow, hail and fog; little ones are perished-looking, and the ship rolls occasionally causing the poor dears to fall and squall; some tanks of rotten potatoes thrown overboard today.

18th July, sailing first-class, a fine bracing wind; the Captain and sailors look pleased; they enjoy the blowing.

19th July - Lat. 43.49S, Long. 15.51E - going well still; got cheese as a treat from the doctor; several of the women went and asked for beer; said they couldn't eat cheese without beer; but they didn't get it for all their begging; some are never satisfied.

20th July - weather cold and wet, sea washing over vessel at 8 p.m. We were all startled by a thundering noise overhead; we thought the mast had broken, but on enquiry found that a heavy sea had come and carried away two meat barrels and the cannon which were strapped to the deck; the

noise was terrific and during the night the sailors were standing in four feet of water, poor men, they have to endure severe hardships.

21st July - storm raging; no one allowed on deck but sailors as it is not safe for those unaccustomed to sea life.

22nd July - weather clearing; the hatchway open, and we have a little fresh air; we are busy cleaning up for Sunday.

23rd July - weather cold, but fine, storm abated now; glass 33 degrees; the doctor has been round and says he will allow beer to the women tomorrow.

24th July - cold still, but fine; glass 40 degrees.

25th July - bitter cold today 'tis freezing; going steadily, 12 knots an hour; passed the Orontes again at 9 p.m.; she had passed us in the storm and the Captain had been trying to overtake her; he has succeeded though the sea was high and rough in Lat. 43.55S Long. 52.48E.

26th July - we have had a trying night; the sails were reefed and the ship lay to, and didn't it roll delightfully, tins, slippers, bags, small boxes, and everything moveable tottering about under the beds from one side to the other, such searching for lost property next morning was laughable; the sea dashed high over the ship threatening to engulf her every moment; one of the lifeboats was loosed and to make matters worse we had a visit from the rats, they eat a hole in the bedclothes and we felt uncomfortable when we felt them tugging away at the foot of the berth; they are not one bit afraid of us. We got marmalade today to console us for the rolling we got last night.

27th July - day fine, but still a cold wind out, all are keeping tolerably

well, at intervals the sea keeps washing over the side making us shiver when we hear it.

28th July - a very snowy day, but not as cold as yesterday, shipping very heavy seas; caught eight rats.

29th July - weather improving; going steadily; one of the sailors caught a large bird called Mollyhawk; it weighed 18 lbs; commencing to snow and hail.

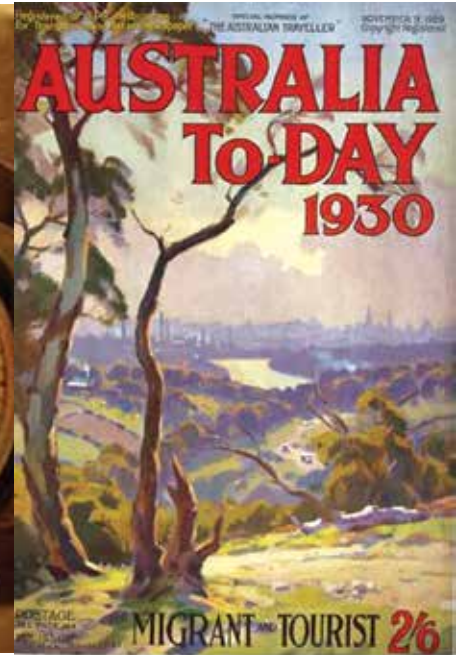
30th July - Lat. 42.5 Long. 75.33E - it is fine today; but the sea does wash over our vessel; every thundering wave threatening to shiver our noble ship; one of the wash-houses and two tubs washed overboard; 'tis beginning to snow again and very cold; some of the married folk are having a row; the doctor had to be sent for to put a stop to it.

31st July - weather clearing snow all gone, but the cold is awful; our ship is surrounded with birds, mollyhawks, waterhens, and Cape pigeons, they look so pretty skimming over the water; the men are busy trying to catch them.

1st August - weather a little finer today; getting nearer the sun; birds very plentiful but going too fast to catch them. Opened all sail about 9 p.m. and went along with a steady To be continued.....



X marks the spot of their journey on the 1st August.



By Barry Clark
Bribie Island
Historical Society

IN THE 1930'S THE WHOLE WORLD SUFFERED THE DEEP IMPACT OF "DEPRESSION".

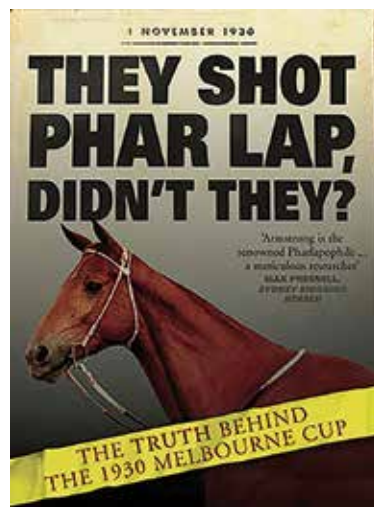
NINETY YEARS ON, WITH PARTS OF THE WORD IN THE GRIP OF COVID 19 PANDEMIC, THE FUTURE FOR MANY LOOKS BLEAK AND CHALLENGING. THIS ARTICLE REFLECTS ON ASPECTS OF LIFE IN 1930'S "DEPRESSION" QUEENSLAND AND BRIBIE ISLAND, THAT IS WORTH REMEMBERING WHEN TIMES GET TOUGH.

AUSTRALIA 1930

The 6.5 million population of 1930 Australia was 99% British origin, and Britain selected all their own people as Australian Governors General, before the first Australian, Sir Isaac Isaacs, was appointed in 1931. During the Depression, Prime Minister Joseph Lyons was the first to speak on Radio, and later the first Prime Minister to die in office in 1939. His protégé Bob Menzies took over and announced on radio that Australia was at War with Germany.

A significant event in 1932 was the

opening of the Sydney Harbour Bridge, when a mounted political activist beat the Premier to cutting the ribbon. Phar Lap won the 1930 Melbourne Cup, carrying the highest weight ever put on a horse, despite being shot at weeks earlier. Phar Lap went to America in 1932 and won for the first time on dirt tracks, before suddenly dropping dead.



In 1932, one-third of the Australian workforce was out of work. Life was tough.

Government assistance was hard to get, and unemployed parents depended on sons leaving school at 14, to provide low paid support. Girl's education was considered unimportant, and many businesses refused to employ married women, so many brides kept it secret.

1930's TRANSPORT

Until the late 1930's Australian cars were made of wood and steel, with no safety features such as seat belts, and only the wealthy could afford them. Trams were a much-used transport, running up the streets of most



Australian Cities. There were many more bicycles than cars or horses. Hubert Opperman broke World and Australian long distance cycling records, promoting Malvern Star bicycles, before a career in politics, becoming Immigration Minister and being knighted

COMMUNICATION 1930's

A quarter of Australian homes had telephones by 1939 and public phone boxes were in some streets. Phone calls were kept very brief and businesslike. Two thirds of homes had the "Wireless -Radio", a large box on the living

HISTORY

room floor, as TV sets would become many years later. News from overseas reached Australia by a complex system of Radio and Telegraph messages. Newspapers offered to introduce children to an overseas "Penfriend" to write and exchange letters. Postal workers delivered mail twice a day and even on Saturday mornings.



CHILDHOOD

Girls and Boys were encouraged to behave differently. Girls skipped, played with Dolls, prams and kitchen sets, and boys made slingshots, billy carts, model planes, and steam engines. Comics featured Superman, Mickey Mouse and Ginger Meggs, and a jigsaw puzzle craze began in 1935 requiring production of 5000 puzzles a day. Children got pocket money by collecting bottles and horse



dung to sell, washing and polishing household items, or feeding the chooks. Parents were strict and protective, with strict rules about friends, and where children were allowed to go, and time to be home. School classrooms were crowded rows of hard wooden desks, with white china inkwells to fill each day, and youngsters wrote on blackboard "Slate". There were few textbooks, lots of mental arithmetic, and the wall atlas had many countries in the British Empire coloured pink.



DRESS and FASHION

Clothes were limited and expensive, and girls often made their own. They prepared for marriage making hand embroidered underwear and nighties for their "Glory Box". A woman put her Best Clothes on to go out, plus hat and gloves, suspenders with little clip straps holding up her two single leg rayon stockings, and sometimes under a coat with fur collar. Men wore dark baggy trousers held up with braces, socks with suspenders around the calf, and a felt hat was essential outdoors. Singlets and Long Johns were available, but many could not afford underwear. Mothers made babies Nappies out of boiled Flour Bags and play clothes from sacks. Clothes were cut down, patched, mended and swapped as children grew.

FOOD and HEALTH

Sunday was the one main meal of the week, usually roast meat, vegetables and gravy, with apple pie for "afters". Vegemite had been around since 1920's, but "Dripping" from the Sunday roast on a sandwich was a lunch favourite, wrapped in waxed paper and carried in a brown paper bag.

Bread, Milk, Meat and Groceries were delivered to most



houses, and a milkman with horse and cart poured milk from a big urn into customer's smaller jugs. Few homes had fridges so large blocks of ice were regularly delivered to go in an Ice-Chest.

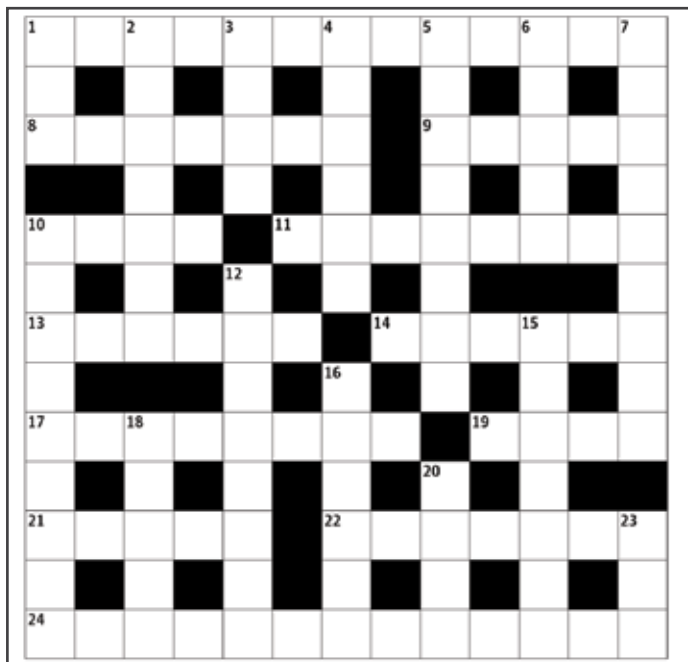
A limited diet with high sugar led to poor teeth, and many people opted to have them all pulled out in one go, and wear false teeth. Teenagers with no teeth were a common sight, waiting for their mouths to heal so they could have false teeth fitted.

MORE BRIBIE HISTORY

Meetings of the Historical Society are on the second Wednesday of each month at 6:30pm the RSL Club. Visitors and new members are always welcome, but due to restrictions attendance notification and approval is required.

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

Crosswords - QUICK & CRYPTIC

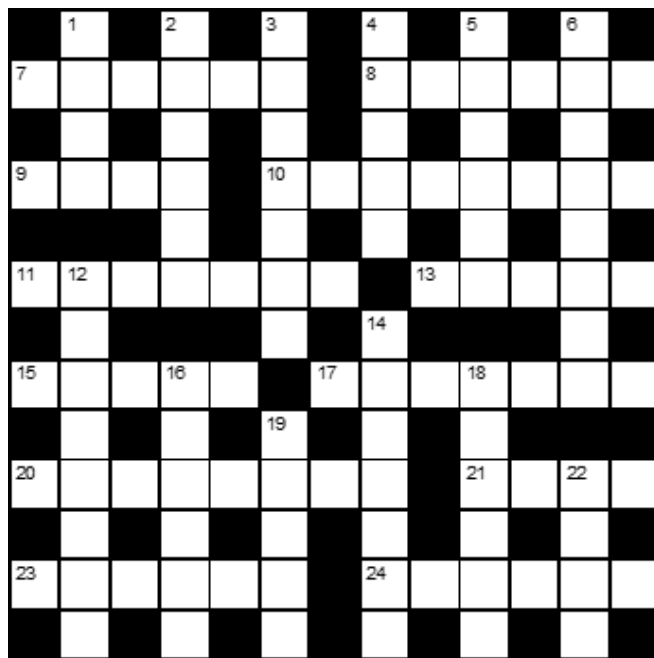


Across

- 1 Competition based on appearances (6,7)
- 8 Go house to house singing Christmas carols (7)
- 9 Nincompoop (5)
- 10 Lateen-rigged Arab sailing vessel (4)
- 11 Defeat in debate (8)
- 13 Useful little gadget (6)
- 14 Book page size — a CV too (anag) (6)
- 17 Sensory organ — pro-Crete (anag) (8)
- 19 Small restaurant (4)
- 21 Gesture of contempt (or success?) (1-4)
- 22 Hunting cry (5-2)
- 24 Big dipper (6,7)

Down

- 1 Arrow shooter (3)
- 2 Escape (7)
- 3 Freshwater duck (4)
- 4 Hue (6)
- 5 Annoying thing (8)
- 6 Giving (somebody) the once-over (5)
- 7 Lead part (5,4)
- 10 Towards the mouth? (9)
- 12 Answer (8)
- 15 Expert in studying data (7)
- 16 Lyrical (6)
- 18 Lose heat (5)
- 20 Little high-jumping bloodsucker (4)
- 23 Belonging to you and me (3)



Across

- 7 Poles ease, say, joining in tickling expression (6)
- 8 Frank journalist revealed (6)
- 9 Discipline planned a year ago (4)
- 10 Diana's hair turned out to be trouble (8)
- 11 Royal supporter went mad - extremely so.. (7)
- 13 First and foremost holding position (5)
- 15 A favourite, once, even if acid (5)
- 17 Footwear for the beach, first? (7)
- 20 Hairstyle lay in top-dressing (8)
- 21 Containers made from copper by extreme potters (4)
- 23 Swindles but legitimate in police action at the first signs of trouble (6)
- 24 Moderate about dictator (6)

Down

- 1 Fill in forms with details (4)
- 2 Talk about blemish (6)
- 3 Understanding Edgar in trouble (7)
- 4 It goes around the neck - the living end.. (5)
- 5 Known only to one to be on the safe side (6)
- 6 A lesson a change regularly (8)
- 12 Where one might take off songs about wine (8)
- 14 Floating workforce in hands (7)
- 16 Atoning for one's commitments is settling (6)
- 18 Choose from dice of French design (6)
- 19 Gut waits for enhancement (5)
- 22 Piano expert's rate of progress (4)

SOLUTION

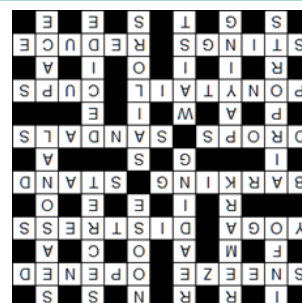
EASY crossword Issue 128



SUPPLIED BY CYRUS

SOLUTION

CYRUS crossword Issue 128



WHITE CRACKLE SNOWMEN



Ingredients - CRACKLE MIXTURE

- 2 x 180g block white chocolate, chopped
- 75g Cofpa, chopped
- 2 cups (80g) Kellogg's Rice Bubbles
- 1/2 cup (50g) desiccated coconut

DECORATIONS

- 2 1/2 cups (435g) white chocolate melts
- 12 milk chocolate melts
- 12 pieces Dairy Milk Chocolate Roll
- Mini M&M's, black writing icing and chopped orange jelly beans, to decorate

Method: CRACKLE MIXTURE

1. To make crackle mixture, place chocolate and Cofpa in a large heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted. Remove from the heat. Stir in 1/2 cup of Rice Bubbles and coconut until well combined. Refrigerate until just firm
2. To make the snowman's body, roll one level tbsp. of mixture into a ball. Repeat to make 12 large truffle balls. Place onto a lined baking tray and set aside
3. To make the snowman's head, roll 2 tsp of mixture into a ball then repeat to make 12 small truffle balls. Place onto prepared baking tray with the snowman's body truffle balls
4. Roll truffle heads and bodies in remaining Rice Bubbles to coat. Return to baking tray and refrigerate for 15 minutes

DECORATIONS

1. Meanwhile, place white chocolate melts into clean heatproof bowl. Sit bowl over saucepan of simmering

- water and stir until melted. Remove from heat
2. One at a time, dip all the truffle heads into the melted chocolate, allowing excess to drip away. Return to lined tray
3. Repeat with the truffle bodies dipping so that only the bottom half is covered in chocolate. Place onto prepared tray with truffle heads and refrigerate for 15 minutes. Reserve remaining chocolate
4. Using a sharp knife, trim top off truffle heads to sit flat. Using some of the reserved melted chocolate as glue, stick one milk chocolate melt on top of each truffle head, then stick one piece of Dairy Milk Chocolate Roll on top, for the hats. Stick truffle heads onto truffle bodies
5. Using chocolate as glue, decorate snowman bodies with M&M's for the buttons and glue the jelly bean piece on the truffle head for the nose. Use writing icing to draw eyes and mouth

SUDOKU

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

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

Find A Word

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

- STUFFING
- FRUIT CAKE
- GOOSE
- HAM
- DUCK
- EGGNOT

- CANDY CANE
- MINCE PIES
- TURKEY
- YULE LOG
- PUDDING

PET PAGES - share your pets pics

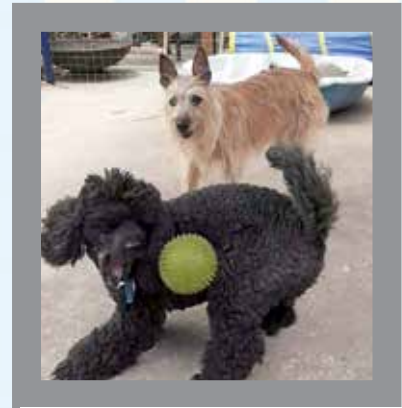


Winnie

SHARE YOUR FUNNY PET PICS WITH THE BRIBIE ISLANDER...

SEND TO:

editor.thebribieislander@gmail.com



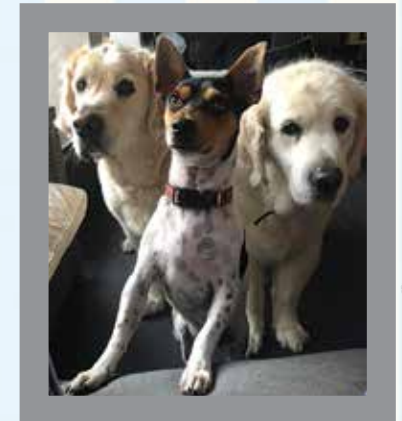
Riley and Maya



G'day Spike



Roxy and Sasha



Tank, Westy and Roxy



Pet Care

TAPEWORM

The common dog and cat tapeworm is transmitted by fleas and does not transmit to people (see the next article for hydatid tapeworm). It is not a harmful parasite unless present in very large numbers. While your pet grooms itself, these infected fleas are ingested thus introducing them into the gut which completes the life-cycle. Most parasites are good to their hosts as it does not make sense to kill-off their habitat (host). The dog and cat tapeworm usually only comes to our attention once the eggs have been noticed, presenting as moving,

wiggling, pale, sesame-seed sized sacks around your pet's bottom. Using an effective flea control is essential plus a tapewormer, which is included in most allwormers. Look for the pink surfing Meerkat logo at our Clinic, Ningi Plaza. Phone the Clinic for an appointment on: 54976000 / 0400699704

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

Dr Jacquie Perkins, Dr Brooke O'Connor
 10/ 1 Regina Ave, Ningi Plaza
 07 54976000 / 0400699704
vets@sandstonepointvet.com.au

phone, text or email for an appointment in-clinic or mobile

Hours: Mon - Fri 8.15am-6pm
 Sat 9am-12pm. Closed Sunday and Public Holidays.

MISSING PETS... Part 1

I'm surprised to see the amount of pets on Social Media that have gone missing or found. It is important that you keep microchip details up to date. If an animal is picked up and goes to the Council Pound they will contact the owner from the information on the microchip but unfortunately there are times when they cannot be contacted because the details are incorrect. If you have recently moved or changed phone number you need to give the company the new details but this can take up to 6 weeks so put a collar on your dog with his name and your mobile number. Your pet's gone missing

contact Council, RSPCA and local Vet Clinics in your area. Advertise on Social Media in the Community Pages. If you're out leave food and water by your front door so if the dog returns he will likely remain. Now, what to do if you find an animal? If possible take him to the nearest Vet Clinic so they can run a scanner and then contact the owner. If he is not microchipped or details are incorrect then you could either keep the animal for awhile and advertise on Social Media or take it to the Council Pound and RSPCA. Call them first.
Merry Christmas
Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

Puppy Classes: 7 wks to 16 wks of age

Canine Good Citizen: Six week course. Private Consultations available

(07) 3408 8011 or 0416 102 071



What a big tongue you have Boyd



Nala and Kiara



Indiana Jones



all dressed up with
no where to go



TJ Rogers... star



Hello Winston



Milly and Ginny



Ted Enjoying the Park

PACIFIC HARBOUR GOLF AND COUNTRY CLUB

Congratulations to the Harbour Master winners Tina Hando and Michael Kreibig



BRIDGE CLUB RESULTS

Moreton Bribie Bridge Club: Sat

14 Nov

N/S 1 A Jones & D Rubin, 2 J Breene & S Pascoe 3 L Carr & J Kennedy

E/W 1 M Lukowski & K Cohen 2 R Webb & L McLaren 3 B Fuller & L Ward

Wed 18 Nov

N/S 1 J Breene & S Pascoe 2 J Medhurst & N Plumb 3 D

Quinan & F Barkwith E/W 1 R Webb & L McLaren 2 R Deacon & J VanVugt 3 D Brady & P

Tipping

Sat 21 Nov

N/S H Standfast & J Tregoe 2 R Webb & L McLaren 3 J Breene & S Pascoe

E/W D Brady & S Burton 2

R Deacon & J VanVugt 3 Y

Swanson & C McAlister

Wed 28 Nov

1 A Jones & J Kennedy 2 H Tyler

& J Medhurst 3 L Carr & J Breene

BICBC: Mon 16 Nov

N/S 1 P Edis & C McAlister 2 A

Jones & J Kennedy 3 M Peterson

& D Quinan

E/W M Arthur & J Fitzgerald 2 R

Deacon & L Groves 3 I Best & B

Moxham

Mon 23 Nov

N/S 1 A Jones & J Kennedy 2 P

Edis & C McAlister 3 N Everson

& R King

E/W 1 M Arthur & J Fitzgerald

2 F McLaren & N Denvir 3 S

McCulloch & J Day

Bribie Croquet

Bribie went to wynnum- croquet for to play,

It wasn't at the weekend it was a Thursday

Nine members armed with mallets, uniform and hats

Left early in the morning (I wasn't too happy at that !)

We had to take our handicap cards and hoped we'd play real good,

And Covid meant we took our lunch and any other food.

It was what they call a" high and low

"- I know it does sound strange, But with so many players there was quite a wide range.

So, if you were a 9 or 10 then your partner was much lower

It meant you might get a free shot but you didn't have to bother

We had to play 6 full games of 45 minutes a go

You really had to think quite fast you couldn't just go slow.

The sun was shining the sky was

blue and fun was had by all,

So long as you could concentrate and only hit your ball !

There were stop shots, jumps and roquets to knock the opponent away,

And after all the fun there was a winner at the end of the day,

Who was it you might wonder? Well , let me tell you true,

Libby from Bribie was the champion and she was surprised too.

She came to make up the numbers as someone had pulled out,

Well when she was presented you should have heard Bribie shout.

Vickie ,she came second and Des was in fourth slot,

Bribie just were brilliant, it's true I kid you not

We all came home elated, and tired I have to say,

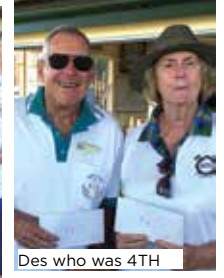
But we all were quite excited at such a successful day.



Libby the champion



Vickie who was 2ND



Des who was 4TH

BRIBIE ISLAND LADIES GOLF

5/11/20 – Monthly Medal Single Stroke & Putting. Sponsor: Woorim Surfside Pharmacy. Winner Div 1: Susie Smith 73. R/U: Gill Lee 74 c/b. 2nd R/U: Kate Wilson 74. Best Putting: Susie Smith. Winner Div 2: Joy Jordan 70. R/U: Trica Brown 71. 2nd R/U: Myra Dickson 73. Best Putting: Joy Jordan. Winner Div 3: Joan Osborne 73. R/U: Shirley Barry 75. 2nd R/U: Stina Barnulf 76. Best Putting: Joan Osborne.

10/11/20 - 4BBB Stableford – Sponsor: Bribie Island Skin Cancer Clinic – Winners: Shirley Barry & Sandra Power 51. R/U: Yvonne Nicklin & Lesley Heap 41. 2nd R/U: Maureen McGlone & Mary Barbelor 46. 3rd R/U: Margaret Peterson & Toni Grossmann 45 c/b.

12/11/20 – Chapman Foursomes – Sponsor: Late Bloomers – Winners: Val Miller & Jennifer De Ruyter 66. R/U: Lyn Ames & Nadia Aylott 69. 2nd R/U: Gwen Clutterbuck & Abby Driver 69.5 c/b. 3rd R/U: Heather Creedy & Judy Graham 69.5 c/b. 4th R/U: Jennifer Stafford & Lyn Beaven 69.5.

17/11/20 – Single Stroke – Div 1 Winner: Maree Bailey 42. R/U: Bette Dunne 40 c/b. 2nd R/U: Desley Neilson 40. 3rd R/U: Susie Smith 38. Div 2 Winner: Diane Fitzpatrick 38 c/b. R/U: Myra Dickson 38. 2nd R/U: Susan Brown 37. 3rd R/U: Bibby

Davies 35. Div 3 Winner: Lorraine Latcham 38. R/U: Heather Croukamp 36. 2nd R/U: Sylvia Kuhbauch 34. 3rd R/U: Joan Osborne 33.

19/11/20 – Monthly Medal Single Stroke & Putting. Sponsor: Woorim Surfside Pharmacy. Winner Div 1: Susie Smith 71. R/U: Linda Urquhart 72. 2nd R/U: Bibby Davies 73. Best Putting: Ros Gardiner 25 Putts. Winner Div 2: Denise Shearer 74. R/U: Diane Fitzpatrick 75cb. 2nd R/U: Margaret Peterson 75. Best Putting: Annie Mitchell 27 Putts. Div 3 Winner: Heather Croukamp 72. R/U: Sylvia Kuhbauch 74. Best Putting: Angela Jordan.

24/11/20 – Single Stroke & Putting: Div 1 Winner: Margrit Pearce 69. R/U: Susie Smith 71. 2nd R/U: Sylvia White 74cb. 3rd R/U: Carol Williams 74. Best Putting: Margrit Pearce 23 Putts. Div 2 Winner: Janet Brooks 71. R/U: Judith Umlauf 74cb. 2nd R/U: Stina Barnulf 74cb. 3rd R/U: Roslyn Crossley 74. Best Putting: Jude Dorhauer 25 Putts. Div 3 Winner: Suzanne Peet 72. R/U: Joan Osborne 73. 2nd R/U: Jennifer Stafford 76. 3rd R/U: Paula McKenzie 78. Best Putting: Hazel McDonnell 29 Putts.

26/11/20 – Split 6's – Sponsor: Vicki Carius. Overall Winners: Robyn Cantrill & Lyndall Pinson 71. R/U: Val Smith & Myra Thomsen 70. 2nd R/U: Fizzie Jackson & Margaret McDonald 69. 3rd R/U: Paula McKenzie & Sonia Ferrante 64cb.

Bribie Bowls Club

Self-Select Pairs Results Friday 13 November 2020

1st out of the hat: B Lamb, F Crockett
 2nd out of the hat: K Thornton, M Cherry
 3rd out of the hat: S Jolliffe, N Holzberger
 Bunny: K Soens, G Denkel

Random Fours Results Saturday 14 November 2020

1st out of the hat: J Jones, I Smith, P Patrikeos, R Davenport
 2nd out of the hat: T Wald, G Woollett, G Jackson, S Fowler
 3rd out of the hat: C Stroud, S Jolliffe, B Cowperthwaite, G Riley
 Bunny: H Groves, C Ebert, V McCutcheon, M Young

Self-Select Triples Results Tuesday 17 November 2020

1st out of the hat: B Hosie, V McDermott, J Hosie
 2nd out of the hat: Z Elmore, E Bateman, B Garfield
 3rd out of the hat: F Corry, G Corry, L Gilmour
 Bunny: T Dean, L Murphy, D Merrett

Scroungers Results Wednesday 18 November 2020

1st out of the hat: M Rooney
 2nd out of the hat: A Studd
 3rd out of the hat: A Russell

Self-Select Pairs Results Wednesday 18 November 2020

1st out of the hat: P Adams, C Wilkie
 2nd out of the hat: D McDougall, W McDougall
 3rd out of the hat: V Lindsay, D Lindsay
 Bunny: G Woollett, T Erfurth

Club Select Triples Results Thursday 19 November 2020

1st out of the hat: J Murray, C Sambaher, A Riley
 2nd out of the hat: G Frew, D Groves, G Low
 Bunny: I Gillard, C Young, H Kling

Self-Select Pairs Results Friday 20 November 2020

1st out of the hat: K Taylor, P Hughes
 2nd out of the hat: G Gunter, N Holzberger
 3rd out of the hat: T Turnbull, J Howath
 Bunny: P West, D Ackroyd

Random Select Fours Results Saturday 21 November 2020

1st out of the hat: W McDougall, J Hattie, S Hanking
 2nd out of the hat: R Fowler, J Neill, A Young, L Savige
 3rd out of the hat: C Ebert, G Olson, D Merrett
 Bunny: W Whitehead, C Dean, R Hunter, G Reily,
 L Deakins, B Moss, R Gilmour, M Kuyper

Three Bowl Triples Results Tuesday 24 November 2020

Highest Score: D McDougall, C Ebert, L Wright
 Runner Up: Z Elmore, E Bateman, D Walker
 Winner: L Gilmour, M Gittens, J Noonan
 Other Winner: T Dean, D Merrett
 Bunny: J Neill, R Leth, J Muller

Scroungers Results Wednesday 25 November 2020

1st Out of Hat: C Freeman
 2nd Out of Hat: M Roberts
 3rd Out of Hat: E James

Self-Selected Pairs Results Wednesday 25 November 2020

Winner: T Dean, C Dean
 Runner Up: M James, L Williams
 OOH Winner: L Hackwood, L Gilmour
 Bunny: I Smith, N Gray

Three Bowls Triples Results Thursday 26 November 2020

1st out of Hat: R Kling, J Clear, M Young
 2nd out of Hat: G Olsen, J Murray, R Weickhurst
 3rd out of Hat: R Follett, V Bateman, G Lavig
 Bunny: I Gillard, C Sambaher, S Teunig

BONGAREE LADIES BOWLS

Friday 13th Winners: Doreen Pennery,
 Ernie Connolly,
 Billy Moor.

R/Up: Greg Hemphil, Jacque Murdoch
 Tuesday 17th Winners: Greg Hemphill,
 John Park.

R/Up: Richard Allan, Ernie Connolly.
 Bonus Draw: Doreen O'Halloran,
 Brenda Hutchinson.

Friday 20th Winners: Sandra Scott,
 Janice Mason.

R/Up: Joanna Horsley, Di Drew
 Tuesday 24th Winners Judi Irvine and

Ellen Corrick.
 R/Up: David Vaughan and
 Arne Jensen.
 The final of the Ladies
 Novice Championship
 Singles for 2020 was played
 this week. Congratulations
 to the winner Clare
 O'Donohue. Diane Smith
 was Runner Up. It was a
 great competition for new
 bowlers who have been
 playing
 Clare O'Donohue the
 winner novice singles with
 runner up Diane Smith



SOLANDER LAKE BOWLS CLUB

Bowls results – Week ending 21/11/20

Tuesday 17th – Winners: M Moore, C Gray, C Dann.

Runners up: G Wilson, M Hopper, M Smith.

Wednesday 18th - Winners: A Denhert, P Ollier, P Hodgson.

Runners up: S Sheeran, G Caplick.

Jackpot \$128 – Won.

Thursday 19th – Winners: A Larsen, I Larsen, R Bentley.

Runners up: M Whiteside, V Paul, L Healing.

Friday 20th – Winners: R Smith, H Taylor, C Jenkins.

Runners up: V Mitchell, R McLean, S Ross.

Saturday 21st– Winners: M Jones, C Winton, A Thompson.

Runners up: K Benson, B Eberhardt, G McCarthy.

Bowls Results – Week Ending 28/11/20

Tuesday 24th – Winners: B Payne, J Mawn, R McLeod.

Runners up: J Harris, V Fredericks, A Matheson.

Wednesday 25th - Winners: P Hodgson, A Denherdt, P Ollier.

Runners up: S Sheering, B Hodges, T Ollier.

Jackpot \$194 – Not Won.

Thursday 26th – Winners: M Power, M Wilson, G Hubbard.

Runners up: B Rudd, J Gill, J Mawn.

Friday 27th – Winners: D Hill, J Robbins, B Hill.

Runners up: J V Mitchell, W Mitchell, S Ross.

Saturday 28th – Winners: K Benson, S Jeffrey, C Langley.

Runners up: M Moore, T Parker, P Neilsen.

The Caboolture Region Environmental Education Centre

If you're wanting a great day out, the caboolture region environmental education centre (creec) is well worth a visit. The main building feels very friendly and accessible. There are educational displays and lots of children's activities.

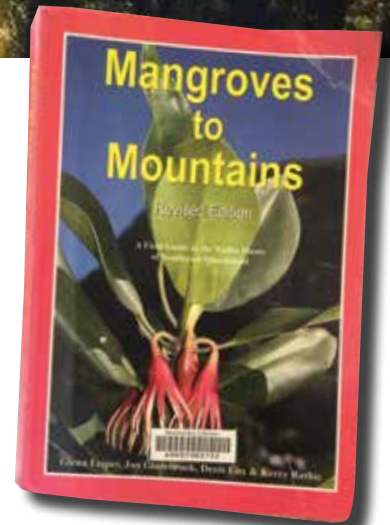
We were there on a Wednesday and it was very gratifying to see so many people going for a walk, young parents having coffee near the playgrounds and a yoga class in progress in the open air pavilion.

Our primary focus was the native plant nursery. The volunteers there were very knowledgeable and helpful. We were given a list of plants that would be suitable for Bribie Island (coastal heath species) and what plants that they had in stock. At \$2 each for the smaller plants, we were able to buy a good array of native plants.

The nursery is open Monday, Wednesday and Friday from 7am. -3pm. Enquiries:38889285.

The CREEC website gives a good overview of the facilities. It struck us how wonderful it would be if, as a community, we developed a similar education and activity facility here! Here is a list of the coastal heath plants in stock at CREEC:

Acacia cincinnata
Acacia hubbardiana
Austromyrtus dulcis
Banksia aemula
Boronia keysii
Gahnia Sieberi
Goodenia rotundifolia
Hakea actites
Hibbertia vestita
Hovea acutifolia
Leptospermum liversidgeii
Leptospermum speciosum
Philotheca queenslandica



A good reference for further information is MANGROVES TO MOUNTAINS: A FIELD GUIDE TO THE NATIVE PLANTS OF SOUTH EAST QLD.

There is a copy in the Bribie library.
Glenda Charles (for BIEPA)



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DIY RUDOLPH ORNAMENTS

YOU WILL NEED:

- Round Ornaments
- Red Pom Poms or Foam Holiday Baubles
- Craft Foam
- Hot Glue Gun
- Scissors

INSTRUCTIONS

1. Place a bead of hot glue on the pom pom/foam ball and glue it to the center of one side of the ornament.
2. Cut out antler shapes from the foam and run a line of hot glue along the bottom of each antler, then place on the top of the ornament and hold in place until set.

These would be a great little craft at a holiday gal pal get together, and they'd make really cute gift toppers too! You could snag a set of ornaments on sale and make a whole flock (pack? team? sleigh-full?) of them!



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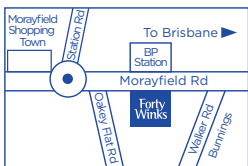
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A CUSTOMER ASKED ME HOW MUCH IT COST TO DO THIS JOB.... I answered him: \$ 1500

He said: So expensive for this job?

I asked: How much do you think it would cost you?

He answers me: \$ 800 maximum... That's a pretty simple job right?!"

- For \$ 800 I invite you to do it yourself.
- But.... I don't know how to.
- For \$800 I'll teach you how to. So besides saving you \$700, you'll get the knowledge for the next time you want
- It seemed right to him and he agreed.
- But to get started: you need tools: A welder, grinder, chop saw, drill press, welding hood, gloves etc...
- But I don't have all these equipment and I can't buy all of these for one job.
- Well then for another \$300 more I'll rent my stuff to you so you can do it.
- Okay, he says.
- Okay! Tuesday I'm waiting for you to start doing this work
- But I can't on Tuesday I only have time today.
- I'm sorry, but I'm only available Tuesday to teach you and lend you my stuff. Other days are busy with other customers.
- Okay! That means I'm going to have to sacrifice my Tuesday, give up my tasks.
- I forgot. To do your job yourself, you also have to pay for the non-productive factors.
- That is? What is this?"
- Bureaucratic, tax, vat, security, insurance, fuel etc.
- Oh no! But to accomplish these tasks, I'm going to spend more money and waste a lot of time!

- Do you have them? You can do it to me before?"
- Okay!
- I'll make you all the material you need. Truck loading is done Monday evening or Tuesday morning you'll have to come by 6 loading the truck. Don't forget to be on time to avoid traffic jams and be on time
- At 6??? Nope! Too early for me! I used to getting up later.
- Knowledge
- Experience
- Study
- Tools
- Services
- Time to go
- Punctuality
- Accountability
- Professionalism
- Accuracy
- Guarantee
- Patents
- Sacrifices
- Safety and security
- Payment of tax obligations



You know, I've been thinking. Y'all better get the job done. I'd rather pay you the \$1500. If I had to, it wouldn't be perfect and it would cost me a lot more.

When you pay for a job, especially handcrafted, you pay not only for the material used, but also:
 -No one can denigrate other people's work by judging prices.
 Only by knowing all the elements necessary for the production of a certain work can you estimate the actual cost.



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\$700,000	\$18,200	\$10,500	\$7,700
\$800,000	\$20,800	\$12,000	\$8,800
\$900,000	\$23,400	\$13,500	\$9,900
\$1,000,000	\$26,000	\$15,000	\$11,000

*Based on a standard agency commission of 2.6% inclusive of GST



Handy Home Hints In 1 Min PART 3

ERASE GREASY STAINS ON CLOTHES

Salad dressing on your shirt? Rub a little dish liquid into the stain and rinse clean with water. The soap is gentle enough for spot-treating most fabrics — even washable wool and silk.

GET RID OF SWEAT STAINS

If you want to keep your whites truly white rub full-strength liquid enzyme detergent on the underarm area and let sit 15 minutes. Then separate whites from colours and wash whites with a full dose of bleach-alternative detergent (for whitening) in the hottest water possible.

DE-GREASE KITCHEN CABINETS

Just like your cooking utensils, your kitchen cupboards can get quite greasy over time. Add a little dish liquid to a spray bottle with warm water to mist away the grime. Then, rinse with a well-wrung cloth and dry.

BEDDING CLEANING

You only need to clean your pillows and comforters 2 or 3 times a year or 4 times if super keen. As an easy reminder: Wash them when the seasons change.

WAIT BEFORE YOU TACKLE A MUDDY FLOOR

Dry dirt is easier to clean up than sticky mud, so don't bother cleaning until the

footprints get dry and crusty; then just open the back door and sweep it all out.

DE-FUNK YOUR MICROWAVE

Make the interior easier to wipe clean by heating a cup of water and a chopped-up lemon on high until the microwave's window is steamy. Let the bowl sit for 15 minutes before you open the door then clean away any grime with ease.

CLEAN PORCELAIN WITH VODKA

It's easy to get porcelain fixtures shining like new. Just moisten a soft, clean cloth with vodka, and then apply a little elbow grease.



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Services offered include regular scheduled mowing and

maintenance, yard clean-ups, tree lopping and stump grinding, installation of live and artificial turf, pressure cleaning and a host of other services to keep your property looking its best. Daniel from Ace Yard services says he really enjoys seeing the fruits of his labour as he drives around the island and see's his client's yards. "it gives me great satisfaction knowing that I can provide a service which not only beautifies our island home but also frees people up to spend time with their families and



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The Plant Patch

By Darren from
Grow Plant Nursery



Creative COURTYARDS

Love your gardens but short on space? With the move to large houses on small blocks of land, courtyard gardens may be the answer to your flora fantasies.

Any well-designed garden has rooms within the overall space, resulting in a greater focus on individual themes and secluded nooks to find respite from a busy world. Think of your courtyard as one of these rooms, ready to dress up with your favourite outdoor decor. Be creative & daring in your practical choices.

A great start to your planning is to walk around the space and notice what you see from each of the entry points, and what you don't want people to see. Perhaps there are services like air-conditioning units that need to be hidden whilst not impacting their performance. Or neighbours that are just a little too friendly? An appealing solution is to use oiled wood slat screens which not only keep the unwanted sights hidden but also become a feature in themselves. Remember to include woody, earthy tones in your garden to help the admirer dissolve into the tones of nature.

As space is at a premium, select one quality feature to draw the eye of the visitor. A fountain, statue, decor pot or highlight plant will make a world of difference. Consider installing garden pavers or tiles to provide a solid, low maintenance surface to define your space. Do you want your space to be on the one level or do you prefer to have multiple mini-terraces to explore? A section of wooden decking or several wooden stages can add the wow factor to an otherwise mediocre layout.

Use above ground garden beds & planters to frame your plants. Think of how you will water plants and where the excess water will runoff. Incorporate drainage channels – something as simple as decorative stones & gravel are an ideal solution, and they can help highlight your areas of plantings.

And seating is a must. It could be incorporated into the raised garden beds or built as a standalone fixture. Top priority is that it needs to be comfortable. Courtyard yards are your chance to escape from the unforgiving materials of your dwelling, so give yourself permission to lazily relax and succumb to the beauty of your mini-paradise.

Plant selection needs to be optimised to suit the environment of your courtyard. Is it shaded in the morning but baking in the afternoon's western sun? Sunny all day or totally shaded. Choose wisely as every plant will make an impact in your small space.

Choose different height plants to add interest and install a trellis to create a green wall of freshness. Tall pots can help your short plants look amazing.

Most of all have fun. Courtyard gardens should reflect your personality & creativity. Be prepared to make mistakes and then try something different. Wise gardening doesn't happen though knowing, it comes through doing. Grow forth & be lush!

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FOR SALE



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FOR SALE



BED	BATH	CAR	LAND (m ²)
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BED	BATH	CAR	LAND (m ²)
4	2	3	607

47 Esplanade, Godwin Beach Consider Mid \$700,000

FOR SALE



BED	BATH	CAR	LAND (m ²)
5	2	6	3466

53-55 Cocos Dve, Ningi Offers Over \$849,000

FOR SALE



BED	BATH	CAR	LAND (m ²)
5	2	5	3675

13-15 Fauna Way, Ningi Offers Over \$699,000

FOR SALE



BED	BATH	CAR	LAND (m ²)
3	2	2	784

54 Bestmann Rd East Sandstone Point E.O.I.

FOR SALE



BED	BATH	CAR	LAND (m ²)
4	2	1	3007

3-5 Seeana Ct, Ningi FIRST TIME OFFERED FOR SALE

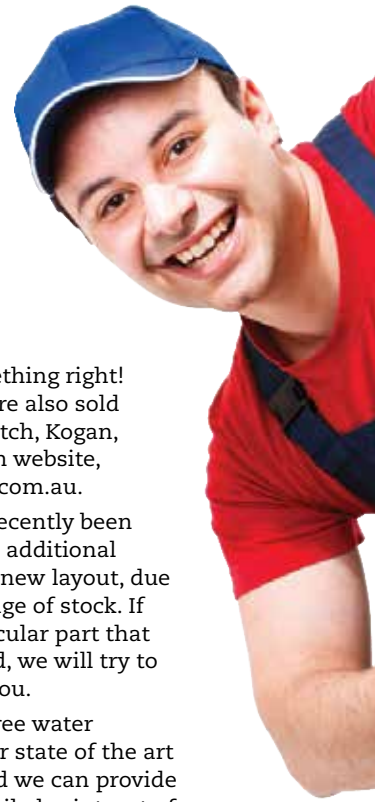
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are doing something right! Our products are also sold on Amazon, Catch, Kogan, and on our own website, www.aquaneo.com.au.

Our shop has recently been renovated with additional shelving and a new layout, due to the large range of stock. If there is a particular part that you cannot find, we will try to order it in for you.

We also offer free water testing with our state of the art equipment, and we can provide you with a detailed print-out of your pools performance. Advice is free, and we can let you know what is needed to keep your water healthy for you and your family. We have everything you need to keep your pool and spa water balanced, as well as products and equipment to keep your pool



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VMR BRIBIE ISLAND



Congratulations to Graham Parker on his promotion to Senior Competent Crew



At November's VMR Bribie's Committee Meeting our Member Services Officer Wayne Sclater was surprised by his fellow Committee Members with an early 60th Birthday Cake and Birthday Wishes from all the team. Also being State of Origin Night, Wayne was surprised by the colour of the maroon icing on the cake as he is a Blues Supporter

STATE OF ORIGIN III Wednesday 18th November 2020 6pm

Only 24 members attended for this final Origin match of 2020. The Maroons led 12-6 at half time and continued to win the game 20-14 and accordingly the series 2-1.



Committee Member & Rescue Boat Crew Member Karen Darlington and Commodore Liz Radajewski being presented with flowers and a donation of \$350 from the President of Dragons Abreast Bribie Island Judy Finegan. From all of us here at VMR Bribie we thank you for your generous donation.



VMR Bribie's Commodore Liz Radajewski with Senior Radio Operator & Committee Member Peter McNamara visited Busy Fingers to catch up with new President Pauline Hindle, to express VMRBI's thanks for Busy Fingers' ongoing support and talked about how the two organizations have been handling Covid-19 and looking forward to the New Year.



The Social Committee Ladies getting the food ready pre-match. From left Sheryl Traill, Sharyn Giles, Leona Patrick and Brenda Allardyce.



Peter Morton offers commiserations to Wayne Sclater, who immediately called for "last drinks".



Wayne samples some of the choccy bits after cutting his 60th Birthday "commiseration cake", baked for him by Sheryl Traill.



VMR Bribie Commodore Liz Radajewski dropped in to share a sausage sizzle with Phil Couper and wished him all the best with his move to Gladstone.

FAREWELL PHIL COUPER

Phil Couper, one of the Red Saturday Crew Members put on a BBQ for his fellow crewmembers and friends at VMR Bribie, to say thanks for all their help over the years. Phil has not been lost to the VMR Family but has moved to Gladstone to live and has already signed up and volunteering with VMR Gladstone. VMR Bribie Team members from all sections of our operations dropped by to share a sausage sizzle with Phil and wished him all the best for the future.



Training never stops at VMR Bribie and Skipper Ian Grimes seen here doing some navigation training with the Red Saturday Crew members, Graham Parker, Paul Gillmore, Steve Williams and Lloyd Clark.



It was a busy day on the water today for Red Sunday Crew at VMR Bribie. First a Bribie 1 assist to an 8m cruiser with engine problems, towed back to Scarborough. Then off to another 8m cruiser with engine troubles at Bulwer, taken back to Pacific Harbour. While this was happening, Bribie 2 was dispatched to Tangalooma to bring a 5.5m boat back to Spinnaker, and to top it off a tinny towed back from Spinnaker to the base. Big day and everyone happy to be back safely.



Pic shows Phil Couper cooking up a storm with his special sausages from Gladstone with the help from fellow crew mate Graham Patrick.

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NOVEMBER 2020 VESSEL ASSISTS:

FRI 20/11 0843am – MOP reported dead turtle entangled in crab pot rope 400m South of Bongaree Jetty. Also submerged wheelie bin near Park at entrance to Bribie Gardens.
 SAT 21/11 0502am – 4.5m Half Cabin non-member with a split fuel line required a tow from Shipping Channel to Spinnaker Sound Marina.
 SAT 21/11 0801am – 4.6m Centre Console member with motor issues, required a tow from 4nm off South

Point to Spinnaker Sound Marina.
 SAT 21/11 1302pm – 5.7m Half Cabin non-member with motor issues required a tow from M2 Beacon to Toorbul Area.
 SAT 21/11 1501pm – 8.m Cruiser member with gearbox issues required a tow from Deception Bay Red to Pacific Harbour.
 SAT 21/11 1657pm – 8.5m Cruiser member with a flat battery, required a jump start at Gallagher's Gutter. Unable to start and required a tow to Pacific Harbour.
 SUN 22/11 1106am – 8m

Cruiser member with engine issues, required a tow from 2km South of Bulwer to Pacific Harbour.
 SUN 22/11 1134am – 7m Cruiser non-member with gearbox issues East of Gilligan's Island required a tow to Scarborough Harbour.
 SUN 22/11 1135am- 5.3m Half Cabin member with propellor issues required a tow from Tangalooma to Spinnaker Sound Marina.
 SUN 22/11 1441pm – 5m Tinny non-member with motor issues required a tow from near Spinnaker Sound Marina to Bellara Boat Ramp.

MON 23/11 0746am - 4.2m Runabout non-member out of fuel, required a tow from Ned's Gutter to Pacific Harbour Marina.
 MON 23/11 1302pm – 4.2m Tinny non-member with broken starter rope – required a tow from 800m South of Bongaree Ramp.
 TUE 24/11 1604pm – 10m Yacht non-member drifting in front of Bongaree Caravan Park – investigate.
 TUE 24/11 2020pm – Tasked by Water Police to search off Runway of Brisbane Airport – life jacket sighted in water.

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 26th November 2020:
 11,646 Calls, 3,329 vessels logged on,
 255 Vessel Assists, 1,236 Sitreps, 548 Requests,
 45 overdue vessels, 10 Vessel Tracking,
 1,285 Radio Checks, 43 Weather Broadcasts,
 17 Securite Broadcasts, 0 Pan Pan 0 Mayday.
VHF 76.0%, 27MHz 8.7%.

SAFETY DAVE - The Frenchie's Message:



Even Safety Daves uses sunscreen on his white bits.

exposure and reflection off the water.
 Applying sunscreen can be the critical factor that prevents a sunburn. It must be made sure that the sun screen covers all exposed skin and is reapplied when needed. Our crews always have access at the base or on a vessel to sunscreen and are encouraged to use it every time they go out.

Safety Dave The Frenchie wants to remind you when you are out in the sun to ALWAYS apply sunscreen, did you know that being around water can increase sunburn potential since there is exposure from both direct

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

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- breakdown assistance.
- vessel & contact details recorded in our database in case of emergency,
- reimbursement up to \$100/per year for tows by other VMR or Coastguard units.
- overnight/weekend secure car & trailer parking at the base.
- access to first aid, radio, and navigation courses plus safety and general boating information sessions.
- regular social events (coming soon).



BOATING, FISHING AND ADVENTURES



OCEAN CRUSADERS

We treat our oceans like a garbage tip, so we shouldn't be surprised that the oceans eject the rubbish we throw in it, back onto the beaches and islands we love to use. Littered along every beach in the world, are particles of plastic, either washed up or left by humans. Sitting in the sun they degrade at an alarming rate, into smaller pieces that are a real threat to wildlife. Birds feed from the high tide line, small crustaceans live in the area searching for resources, maybe a new shell for a hermit crab, or food for their starving bodies.

Ocean Crusaders clean beaches and islands so that our wildlife is safe and it happens to have a benefit to us humans as they are cleaner and safer.

Their community Beach and Island Clean Ups are usually large scale events. They often join forces with other groups as many hands make light work. Ocean Crusaders try to run events on an annual basis. Events include:

- k'Gari (Fraser Island) Clean up – Ocean Crusaders conducts an annual clean-up of this amazing island. In 2018 900 volunteers removed nearly 7 tonne in just 6 hours.
- Moreton Island Clean Up – This is a joint venture between many companies that run tourist activities on the island. Ocean Crusaders cleaned the Eastern Beach – in 2019 we removed 1.97 tonne of debris.
- Surfriider Foundations Double Island Point Clean Up occurs twice a year and Ocean Crusaders join them as they remove debris washed up and left by campers.
- Green Island Clean Up (Moreton Bay) – is a regular clean-up for Ocean Crusaders that sees volunteers head to the island for a morning of debris removal.
- St Helena Island Clean Up (Moreton Bay) – sees volunteers clean the island and have a quick tour through the historic ruins before returning to the mainland where Ocean Crusaders host the Moreton Bay Environmental Expo showcasing all the local environmental groups looking after our bay.



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Fishing REPORT

By Bribie Bait Tackle & Bikes

Hi everyone school holidays are upon us now so the fishing has increased. There have been some excellent size Mangrove Jacks showing up with Coochin Creek producing. Using the Zman soft plastics and live baits all doing well. Huge Bream around Skirmish Point at the moment early in the morning on fresh Hardiheads Clinton has been getting good size ones as the sun has been getting up. Also, the usual summer Whiting and Dart are still in full swing along the surf beaches with live blood worms being choice baits. Anywhere you can find a nice gutter and some wash, you're bound to get a feed. Remember you don't need to throw far to get these they are usually right at your feet. Snapper fishermen have had some good catches along the ledge at Banksia Beach squid and Herring being best baits. I have seen some quality snapper there over the last



week or so over 60cm. Garfish have turned up in the passage in big numbers best way to catch them is a tiny hook with peeled prawn or dough as bait. The bigger ones are fantastic eating and great used as strip baits for Bream and Flathead. Plenty of

Mackerel around the shipping channel markers floating pilchards with a small running sinker is working on these. Good size Grunter Bream are getting caught around Sandstone Point flats on blood worms also the bonus of picking up some quality Whiting as well. Anyway, that's all, for now, remember to only take what you need please throwback all undersize fish and crabs. Hopefully, you get time to wet a line and relax.



TIDE TIMES

BRIBIE ISLAND & MORETON BAY

FRI 4 Dec	SAT 5 Dec	SUN 6 Dec	MON 7 Dec	TUE 8 Dec	WED 9 Dec	THU 10 Dec
5:21 am	12:21 am	1:12 am	2:10 am	3:18 am	4:33 am	5:47 am
0.38m	1.32m	1.31m	1.31m	1.36m	1.45m	1.6m
12:09 pm	6:02 am	6:50 am	7:47 am	8:58 am	10:19 am	11:37 am
1.94m	0.42m	0.47m	0.51m	0.55m	0.56m	0.53m
6:45 pm	12:50 pm	1:37 pm	2:31 pm	3:32 pm	4:38 pm	5:45 pm
0.51m	1.91m	1.88m	1.84m	1.8m	1.75m	1.72m
	7:31 pm	8:24 pm	9:22 pm	10:21 pm	11:18 pm	
	0.51m	0.5m	0.47m	0.42m	0.35m	
FRI 11 Dec	SAT 12 Dec	SUN 13 Dec	MON 14 Dec	TUE 15 Dec	WED 16 Dec	THU 17 Dec
12:13 am	1:03 am	1:52 am	2:39 am	3:23 am	4:07 am	4:51 am
0.27m	0.2m	0.15m	0.13m	0.14m	0.18m	0.24m
6:51 am	7:48 am	8:41 am	9:30 am	10:18 am	11:04 am	11:49 am
1.78m	1.96m	2.1m	2.2m	2.23m	2.22m	2.15m
12:49 pm	1:56 pm	2:56 pm	3:51 pm	4:44 pm	5:33 pm	6:23 pm
0.47m	0.4m	0.34m	0.32m	0.32m	0.35m	0.39m
6:50 pm	7:49 pm	8:44 pm	9:35 pm	10:25 pm	11:13 pm	
1.69m	1.65m	1.6m	1.55m	1.48m	1.43m	

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ON THE ROAD

Russia:

IT IS A CRIMINAL OFFENSE TO DRIVE A DIRTY CAR IN RUSSIA.

Russians are sticklers for keeping a clean car. Failure to have either the outside or inside of your vehicle looking spick and span could land you a fine. Making matters even more difficult, it's illegal to wash your car anywhere other than your home or a designated car wash

Denmark:

YOU MUST CHECK FOR PEOPLE UNDER YOUR CAR BEFORE SETTING OFF.

In Denmark it is a requirement that a driver checks underneath their vehicle to ensure that there is no body (alive or otherwise) hidden underneath.

Pennsylvania:

DRIVERS ON COUNTRY LANES MUST STOP EVERY MILE.

If you find yourself driving in Pennsylvania on a country road, the law dictates that you must stop

every mile, send up a flare and wait 10 minutes for livestock to be cleared from the road

Memphis and New Orleans: man with flag must walk in front of women drivers.

Nothing like a bit of mild sexism from the Southern States. It is in fact true that female drivers must have man walk in front with red flag in what must be the most antiquated law on this list

Alabama:

IT IS ILLEGAL TO DRIVE WHILE BLIND-FOLDED.

There is indeed a law stipulating that it is illegal to wear a blind-fold while driving. It makes you wonder precisely what the circumstances of this law coming into existence were. Did people forget? Did somebody try showing off, with those immortal words, 'what's the worst that can happen?'

Alaska:

IT'S ILLEGAL TO TETHER A DOG TO THE ROOF.

And again, why would you? Perhaps you dislike

your canine companion, or perhaps you wanted to give Scooby-Doo a better view of the scenery. Either way, state law expressly forbids such treatment of your pet. And anyway, being Alaska a polar bear might eat it.

Florida:

PARKED ELEPHANTS MUST BE PAID FOR.

If you take your elephant to the shops and 'park it' in a car park, you must pay the going rate.


Tennessee and California: no shooting animals from your car, unless it's a whale.

It wouldn't be hyperbolic to state that Americans love their guns just as much as they love their cars. As such, somebody has seen it fit to remind citizens that taking pot-shots at nature from the comfort of their SUV is a strict no-no. That is, of course, unless you happen to spot a whale and fancy shooting that. In this instance, you're OK

California:

IT'S ILLEGAL TO JUMP FROM CARS

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TRAVELLING OVER 65MPH.

Like the blind-fold laws in Alabama, it is somewhat unclear how this one came into existence, but exist it does. It is illegal to jump from one moving vehicle to another, unless said vehicles are travelling below 65mph.

UK:

NO PEEING IN PUBLIC, UNLESS IT'S THE RIGHT REAR WHEEL OF YOUR CAR.

This one is a bit antiquated and may not cut it with the police, but should you be caught short and in dire need for relief, it is within the law for you to do so in public provided you aim squarely at the right, rear wheel of your horseless carriage.

Philippines: NUMBER PLATE MADNESS

It's illegal to drive in peak hours on Mondays if your number plate ends in a 1 or 2. Plates ending in 3 and 4 have the same restrictions on Tuesday, 5 and 6 can't drive in peak hours on Wednesday and so on. So, even if you rely on your car to get to work, you're stuck at home. This law was put in place to try to prevent the number of cars on the road each day between the hours of 7-10am and 3-7pm. With such a dense population, you can only imagine how congested the roads would be without the weird rule!

South Africa: it is legal to outfit your car with flame throwers. The modification was invented after carjacking's skyrocketed.

China: RED CARS ARE ILLEGAL IN SHANGHAI

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LETTERS



Please keep your letters to no more than 200 words, this enables us to submit a number of letters for everyone to read. The comments and opinions on these pages do not reflect those of The Bribie Islander

Dear Editor,

The author of your article "The Green Thing", sounds like they were born in the early days of the Baby Boomer generation. To them I say "Okay Boomer"... maybe things were simpler when you were kids. But don't take any credit for it that was the world you were born into, and it didn't take long to throw off all that post-WW2 austerity. Boomers became the biggest consumers and wasters of stuff in the history of the world - every new technology was embraced - until the next one came along, when it was discarded for the Latest Thing. They went from acetate 78s to vinyl records to cassettes to CDs to MP3s, each one accompanied by new machines to play them. And each time most of those machines were sent to landfill to make way for a new gadget. The same applied to TVs, fridges, washing machines, dishwashers etc. Generations X, Y, Z etc. can't take much credit, either through - they have carried on those wasteful practices without missing a beat.

Really, no generation as a whole has ever had a green consciousness, just a few individuals and groups. Thankfully, those numbers have been growing, and maybe the generation now being born will truly have "The Green Thing".

Regards,

D. Grey, Bribie.

Dear Editor

I would like to take this opportunity to thank Brooke Savage for her attention, as Councilor for Div. 1, for the

issue my wife and I have been experiencing in our Welsby Parade residential unit. For a number of years we have experienced vibrations in our unit when particular heavy vehicles travel east bound on Welsby Parade. Previous owners in our complex have attempted to have the issue addressed, to date unsuccessfully. However, after only one phone call to Brooke's office, a visit by Brooke to our unit to experience the issue she has now less than 2 weeks later arranged for Council Officers from the Technical Services department to attend the site. This swift attention to the issue has left me nearly speechless. Granted it is how it should be, but to be honest in these very busy times for Brooke to take on board the issue and then proceed to have the appropriate people attend the site in such a short period of time is a wonderful breath of fresh air and a reassurance that the system is working as it should. It is for this great service, attention to detail and ability to get the job done that I wanted to thank Brooke and make everyone aware what a pleasure it is to know our elected Local Govt. representative, Councilor Brooke Savage, is doing a fantastic job.

Regards,
Trevor Nelson-Jones

Dear Editor

In the past few months I have again been directed to the excellence of the Bribie Islander and the involvement of the written word used to support,

provide information, knowledge and provision of Health, Wealth and community commitment to enable the daily life to become a pathway of wellbeing across all of the dynamics of the circulations. The classified ads have proved their value to the locals and visitors/tourists to the area as an easy way in which to find services and events. From recreation, history, humour to puzzles the Bribie Islander takes us on a community journey with unbiased, non-political, non-religious focus on the value of Human Rights. The quick run-down of the "In this issue" is an indication of the way in which we can travel the articles and enjoy the written word of the contributors

Recently I had the opportunity to attend a zoom refresher on journalism and the discussion was around the value of Community newspapers/magazines. Some of the quotes were attributed to Jess Greiner. Local News, by limiting the geographic area they cover, community newspapers can dive deep into their local coverage and provide unique content that is not offered in abundance online. Without having huge bureaucratic structures in place, community newspapers can change strategy quickly and implement changes more easily that larger, complex organizations. Social media such as Facebook have given local reporters easier access to the people they are looking to interview for their stories. Magazines with the accessibility to hold and read become an active part of the community.

In accommodation venues, shopping centres, lounge rooms and wherever reading material is stored. A magazine will contribute to the value of community living, leading to more favourable views from its readership and greater insights into the social structure of the area it serves.

For a local newspaper/magazine to survive it must rely on the active participation of advertisers, contributors providing factual professionally researched stories of interest with a diverse range of topics. The local newspaper/magazine must also have a format that is visually attractive, have a feel and visible energy with photographs that are clear and catch the eye with creativity. It is not good enough to expect a local community to respect self-promoted news with poor quality print.

The Bribie Islander has provided all the proven formats with respect for the community and more. Since the beginning of the Covid-19 pandemic the Bribie Islander has been there supporting and giving notices and information to help the community deal with all the issues of isolation, mental health and general health and protection. To allow the Bribie Islander to continue we are all responsible to encourage advertisers and community involvement. The editorial team have given so much of their time and energy and struggled to meet commitments to the advertisers and what an awesome contribution they have made. Thank you, Cherrie, and the team.

William (Bill) Peacock OAM

CRIME REPORT

BRIBIE ISLAND WRAP

November 2020



www.mypolice.qld.gov.au/moreton



The Financial and Cyber Crime Group are reminding Queenslanders to be aware of Grinch-like scammers and be sure to stay alert to scams.

To help you stay in control online and have a merry, bright and fraud-free festive season, we will be sharing 12 common cyber scams at Christmas and how to avoid them over the next four weeks, including:

1. Bogus websites
2. Phishing scams
3. Parcel delivery scams
4. Fake sellers on online classifies/trading sites
5. Fake buyers on online classifies/trading sites
6. Puppy scams
7. Free gift card scams
8. Holiday scams
9. Impersonation scams
10. Fake charities or fundraising appeals
11. Romance scams
12. Remote access scams

https://d2haxmvzil2swt.cloudfront.net/uploads/2020/11/26/142034_Fraud_Warnings.mp4

Detective Inspector Vince Byrnes from the Financial and Cyber Crime Group said that scams occur all year round, but scammers prey on people's generosity and vulnerability at this time of the year.

"If a deal is too good to be true, it probably is," Detective Inspector Byrnes said.

"We are reminding everyone to be alert to Christmas scammers and report any suspicious or unusual activity to Scamwatch."

If you are the victim of a cybercrime, you should report the matter quickly and can do so online via ReportCyber where it will be referred to the right law enforcement agency to investigate. Be aware that police are unable to recover money lost.

To learn more about scams, visit www.scamwatch.gov.au or the Queensland Police Service's R U In Control campaign at www.police.qld.gov.au/safety-and-preventing-crime/r-u-in-control.

At last Crime Stoppers are starting their 'Coffee with a Cop' again and will be outside of Gloria Jeans' coffee shop at the Bribie Island shopping centre on Thursday 10th December at 9.00am. We will be there with a Police person and will be there to help and assist with personal and home protective information where possible. There are several leaflets available. We will also have the security screws available for your car to stop anyone from stealing your number plates; this will help to reduce crime, and, it will save you a lot of time and effort replacing the plates should you have been unfortunate to have had your plates stolen.

Why not come and join us and have a chat, say hello, and help us to protect our community.

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ENGAGEMENT

The Chalk and Shield families have much pleasure in announcing the engagement of Beau Shield and Melissa Chalk. Best wishes to the beautiful couple, may you have a long and happy life together. Beau and Melissa wish to thank Nicole Thompson photography for the beautiful photos captured at the proposal.



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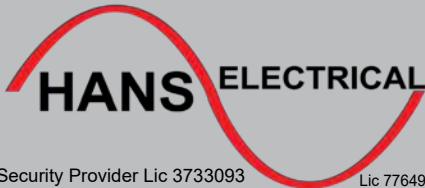
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