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ISSUE 138 Apr 23, 2021




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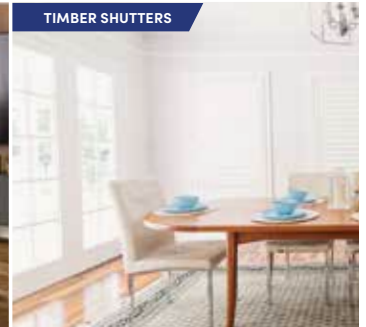
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138
Apr 23, 2021

Welcome

Dear Readers,

Maybe Instead of arguing about petty things and taking for granted what we have, which we seem to be doing a lot of lately, we need to show respect for what has been provided by the soldiers who gave their lives so we could enjoy our way of life. I am ashamed to see how far our country has crumbled and wonder if our heroes would have given their lives had they of known what we have done with the very freedom they provided. As was said, "For your tomorrow, we gave our today."

I am going to leave this with you as it is the epitome of Anzac Day.

At the going down of the sun...

I crouched in a shallow trench on that hell of exposed beaches... steeply rising foothills bare of cover... a landscape pockmarked with war's inevitable litter... piles of stores... equipment... ammunition... and the weird contortions of death sculptured in Australian flesh... I saw the going down of the sun on that first ANZAC Day... the chaotic maelstrom of Australia's blooding. I fought in the frozen mud of the Somme... in a blazing destroyer exploding on the North Sea... I fought on the perimeter at Tobruk... crashed in the flaming wreckage of a fighter in New Guinea... lived with the damned in the place cursed with the name Changi.

I was your mate... the kid across the street... the med. student at graduation... the mechanic in the corner garage... the baker who brought you bread... the gardener who cut your lawn... the clerk who sent your phone bill.

I was an Army private... a Naval commander... an Air Force bombardier. No man knows me... No name marks my tomb, for I am every Australian serviceman... I am the Unknown Soldier.

I died for a cause I held just in the service of my land... that you and yours may say in freedom... I am proud to be an Australian.

The Ode

They shall grow not old, as we that are left grow old;

**Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.**

Until next time,
Stay safe, take care,

Cherrie



in this issue



16-17

MENS SHED BRIBIE Remember our returned soldiers



38-46

ANZAC DAY TRIBUTE



31

HARD TACK

our regular contributors:

Anne Matthews

Al Finegan

Barry Clark

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Bribie Bait & Tackle

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

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'Bull' Allen



The exploits of Corporal Leslie 'Bull' Allen, of the 2/5th Australian Infantry Battalion, produced one of the most remarkable photographs of the Wau-Salamaua campaign. On 30 July 1943, during an attack by American troops on Japanese positions

up Mount Tambu, Allen carried to safety twelve wounded Americans. The man he was photographed carrying had been knocked unconscious by a mortar bomb.

Like many men in the veteran 17th Australian Infantry Brigade, of which the 2/5th Battalion was part, 'Bull' had earlier served in the Middle East. He had come to notice there for determination and bravery as a stretcher-bearer, recovering wounded men during battles in Libya and Syria. Later, after being sent to New Guinea, during the defence of Wau in January 1943 he had rescued men under intense fire, and was awarded the Military Medal.

Born at Ballarat, Victoria, in 1918, Les had a tough childhood - he and his sister were raised in an orphanage, and at about the age of 12 the boy had to start earning a living. By the outbreak of war in September 1939, he had been in the work force, mostly farm labouring, for almost a decade. Then in April 1940, aged 21, he enlisted in the Australian Imperial Force. He was reinforcement to the 2/5th Battalion, which was training in Palestine, and was made a stretcher-bearer in 'D' Company.

Les acquired the nickname of 'Bull' in Palestine. A keen sportsman, with an imposing physical stature - 5 feet 11 inches (180cm) tall, solid and strong - he would charge down the opposition while playing Aussie Rules, hence 'Bull'. He also had a

wicked sense of humour and a booming voice and laugh - one of his mates recalled, 'You could hear him a mile off!' 'Bull' was thus one of the battalion's most recognisable, and one of its most popular characters.

'Bull' was revered by the men he served alongside. He was said to be one of the very few who never showed fear. The citation for his Military Medal pointed to 'courage and untiring efforts'. Bill Carty, a cameraman who later witnessed 'Bull's rescue of the Americans recalled a 'gigantic man striding up Mount Tambu like he was on a Sunday jaunt', describing Allen as 'a huge man with obvious physical and emotional strength, perhaps borne of a difficult childhood'. But this was an incomplete picture of the man. While he did not display his fears, 'Bull' was inclined to bottle them up.

Shortly after his first campaign, in Libya, in early 1941, 'Bull' had been admitted to hospital suffering from 'anxiety neurosis'. After treatment and rest, he returned to his battalion, and performed admirably in Syria and then at Wau, and throughout the Wau-Salamaua campaign that followed. Time and again, he gave his all to bring in wounded men. Mount Tambu was merely another episode.

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When you're looking to transform your look, refresh your current hairstyle or just a simple haircut, be sure to book in for an appointment at Eco Village Hair. Walk-ins and wedding parties are welcome.

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Annamay said, "When people ask me why I love my job, the transformation is why, seeing my clients face when they see the end result, the feeling of accomplishment when we achieve exactly what we wanted."

Annamay is a senior hairstylist and barber who has been hairdressing for 6 years now. Starting her own business in a home salon on Bribie Island, then in Burpengary 3 years ago, is now back on Bribie, specialising in blondes & vivid colouring. From subtle rainbows to head-turning colours. If you're looking to add some colour to your hair then you have to drop in to see Hair with Flair Studio.

Annamay said "The beauty of knowing how to remove vivid colours gently, so my clients can achieve hair goals at their visits, is very important to me. Customer satisfaction is my primary goal, sometimes you just need that drastic change."

Hair with Flair Studio also offers an amazing deal. Do you get tired of washing your hair? Or just can't be bothered to style it? Annamay has the solution for you! Join the 'Blow-dry Club' for ONLY \$35 a week!! For that price, you may come as many times in the week you like, for a wash and straight iron or curl finish! Scalp massages weekly? Who would turn that down for

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"I can't wait to meet many new clients and to see all existing clients in my new salon. Pop in to say hello or receive a complimentary hair consultation to see what is best for your hair goals to become a reality. I am so excited to show you all my new hair haven. I also can't thank all my wonderful clients enough for their continuous loyalty, without you, I wouldn't be here today." Said Annamay.

Keep your eyes peeled for exciting new things happening for the new salon, Hair with Flair Studio!

The Bribie Island RSL Women's Auxiliary,

in conjunction with the Bribie RSL citizens club, would like to announce we are introducing "The Keven Walsh Show" from Mon 15th March 2021 for a three month trial period.

This is a fund raising event for the Women's Auxiliary so please come along and hear Keven who is an excellent entertainer.

THE DATES FOR THE SHOW WILL BE:

Monday 17th May 2021

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have always worked in industries where I was of service to others, often finding that people will just open up to me and tell me about intimate details of their past, in a short space of time, even in a first meeting. I feel this is because people feel they are in a safe place to share and be truly who they are with me.



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- I am pleased to announce that I will

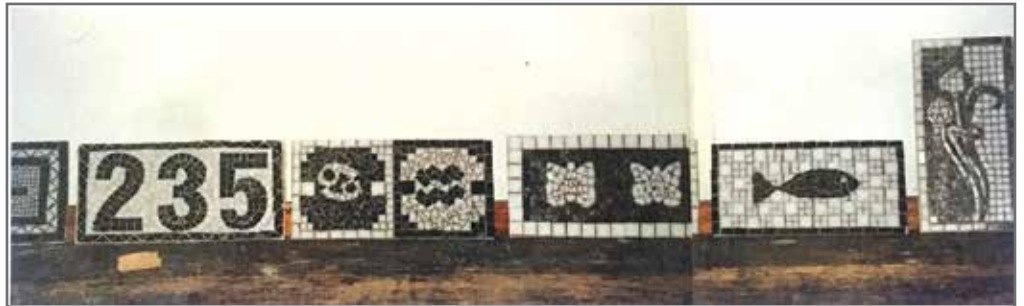
be starting to run Mosaic classes at the Bribie Island Gallery commencing the 27th of April which will run for 7 weeks from 6 pm - 8.30 pm.

- I find in this class not only do people learn a skill, but they also take time to quieten the mind as well as promote relaxation and have some fun.

If you have any questions or are unsure of how I can assist you, phone for a FREE consultation. I can also be contacted on 0405 361 882 or creativeandhealingtherapies@outlook.com. Alternatively, you can find me at Woorim markets 2nd Saturday of each month, look out for the purple gazebo!

I believe we are all perfect in our every state, evolving from who we are now, to who we will be tomorrow.

Blessings in Abundance,
Maria Christina ☺



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Larrikin Puppets is back post Covid Pandemic



**LOCAL BUSINESS -
NOMINATED IN
NATIONAL AWARDS**

The nominees for the prestigious What's On 4 Kids 2021 Awards sponsored by The Australian Children's Activities Association (ACAA) have just been announced – and Larrikin Puppets a local Bribie

Island business is amongst them! This awards program is one of a kind in Australia and celebrates the best in children's activities, classes, family events and party entertainers across

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Australia as nominated and voted for by the experts - parents! Larrikin Puppets from Banksia Beach is a nominee in both the "Best Local Kids Live Show" and "Best Local School Aged Activity for ages 5-12" categories. The 2021 what's On 4 Kids Awards received over 130 nominations from all over Australia over 32 categories including Industry Leaders, Best Local Baby/Toddler Class, Best Family Business, Best National Pre-schooler Activity & Best Kids Activity for Cultural Diversity.

Owner and principal puppeteer Brett Hansen started Larrikin Puppets in 2012, and the business has grown significantly since. He and his wife and co-puppeteer Elissa Jenkins have even received formal training in the USA under some of the Jim Henson puppeteers from Sesame Street and The Muppets.

Brett Hansen comments, "We present over 200 live puppet shows a year for children and families around South East Queensland and regional Queensland at festivals, shopping centres, libraries, agricultural shows, pubs/RSLs, childcare centres/

kindergartens, vacation care and schools. Our puppet shows and puppetry performance workshops are regularly booked at schools for the Design, Technology and Science unit on puppets in the national curriculum."

After six months of their live performances were cancelled, Brett and Elissa learned how to set up a basic home studio and transitioned to online/virtual performances using Zoom and Facebook Live.

"It was less of a pivot and more of a pirouette", says Elissa.

Many of these online gigs were ticketed events, as well as performances and workshops contracted by paying clients such as schools, disability organisations, corporates and libraries both here in Queensland as well as interstate and overseas.

Larrikin Puppets even released four original songs for children which aired on children's radio stations and became available on Spotify and other music streaming platforms.

"We also joined TikTok and made lots of creative short videos with the

puppets, gaining 30,000 followers there", says Brett.

Elise Easdown CEO of the What's On 4 Kids Awards comments, "We feel very privileged to not only work with this industry but to also celebrate them through the What's On 4 Kids Awards. Winning awards gives the industry recognition and leads to more business for the nominees through family interest".

All nominations are judged by an independent panel with the 'People's Choice' winners decided on community voting. Voting is done via the website at www.whatson4kids.com.au/awards/.

Voting closes on the 28th of April 2021. The Awards will be held virtually on the 12th of June 2021.

FOR MORE INFORMATION, LOGOS/ VISUALS OR FOR A PHOTOSHOOT OPPORTUNITY, PLEASE CONTACT:

BRETT HANSEN AT LARRIKIN PUPPETS ON 0430 086 835 AND brett@larrikinpuppets.com.au.



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Terry Young, has strongly supported improved access to government services for Bribie Island residents," Minister Reynolds said. "Services Australia conducted an Expression of Interest process to identify a host organisation to provide the Agent service. I am delighted that the Bribie Island Neighbourhood Centre in Bellara will begin delivering the service from today, Monday 19 April 2021.

8.30am-11am. Mr Young said he was pleased the Bribie Island community would have better access to key government services through the new Agent. "I'm so pleased that this service is now up and running," Mr Young said. "Many people on the island have told me what a massive difference this service would mean for them and I'm delighted to get it delivered. "Bribie locals will be able to use the self-service equipment at the Centre and receive face-to-face information and support for a range of Centrelink, Medicare and other Government services." While the Agent personnel are not Service Australia, Bribie locals will have access to a dedicated line in which to receive support for more complex enquiries. "People living in the Bribie area will no longer have to travel to Caboolture to get face-to-face information and support for a range of government services, including general inquires, certifying, photocopying and printing documents and more. "The opening of an Agent service on the island demonstrates the Government's commitment to supporting our island community into the future," Mr Young said. Bribie Island residents will also continue to have access to the Caboolture Service Centre at 20-22 George Street, Caboolture. For more information about services available at Agents, visit servicesaustralia.gov.au/agents

The Bribie Island community will have improved access to Centrelink and Medicare services with the opening of a Services Australia Agent on the island. Minister for Government Services the Hon Linda Reynolds CSC said the Agent would help people access government services including Centrelink, Medicare and Child Support, and have self-service facilities. "My colleague, the Member for Longman,

"People will be able to visit the Agent and use self-service equipment, scan, print and upload documents and receive advice on how to register for and use our digital services with confidence. "Increasingly people are conducting their business with us online and Agent staff receive extensive training to help the community access these digital self-service options." The centre will operate: Mondays-Thursdays: 12pm-3pm and Fridays:

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



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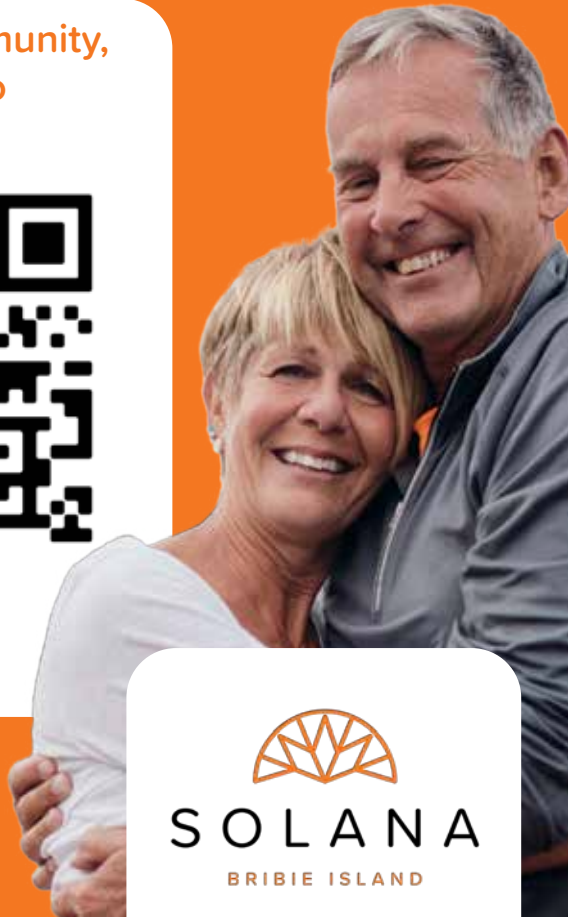


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COMMUNITY MEN'S SHED BRIBIE ISLAND HELPS REMEMBER OUR RETURNED SOLDIERS.



Recently the Men's Shed Committee was approached by Churches of Christ Residential Aged Care Manager Anna Ward, who asked if the Men's Shed would be interested in creating an Anzac Display for the Bribie Island Aged Care Facility in Bongaree. Taking

up the challenge resulted in weeks of work tracing, cutting, sanding and painting World War One Soldier silhouettes, some complete with lighting. The installation started receiving enormous accolades during construction, even before it was finished and installed.

Now in place, the Anzac Display can be seen by village residents, in the aged care facility gardens and main reception area. Bribie Island Men's Shed members have been extremely proud to undertake this commission and particularly taking on a project to honour our older

village residents who will no doubt be touched by the fantastic display. Remembering those Australians and New Zealanders who sacrificed so much to protect our amazing heritage and way of life. Not forgetting those who have followed and are following in their footsteps.



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Another recent project the shed helped with was at Christmas time. The members made twenty wooden toy trains which were donated to the Ronald McDonald House. A great buzz and honour to be involved in.

Please contact us if you have a project you need help with. Phone 0417 078 363.

Community Men's Shed Bribie Island is an official member of the Australian Men's Shed Association which operates

across our nation. Based at 42 Foley Street, Bongaree. The Men's Shed is behind the Church of Christ. Members' meet on Wednesdays in a great environment, complete with substantial space and equipment. Mainly catering for woodworking projects Members' come from all walks of life.

Men's Sheds are vital community investments delivering programmes and activities that foster community spirit and

contribute to building a more inclusive Australia. Men's Sheds not only provide diverse memberships, but also provide a platform for men's physical, emotional, and mental health. This in turn contributes to the sharing of skills, making friends, fellowship, and networking. The shed offers opportunities to positively engage in projects for the benefit of all.

Not all Men's Sheds are the

same – if you looked inside you might see several men making furniture, perhaps restoring items, fixing things for community organisations. You will see teabags, coffee cups and a comfortable area where men can sit and talk.

Interested parties who would like to see what we do and consider joining, can have one of our famous guided tours any Wednesday morning between 9:00 am and 11:00 am. Visitors must have closed in shoes and follow the latest Covid rulings.

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GAYE'S PORTRAIT GROUP WANTS TO DRAW YOU IN

Always wanted to learn to paint figures and faces?

Gaye Tait (left) leads a Portrait Painters group at Bribie Island Community Arts Centre every Wednesday evening. She answered these questions from potential artists feeling timid about taking the step towards portraits.

1. Don't portrait painters have to be able to draw?

No as portraits can be in many different art forms. As well as traditional portraits (drawn first and then painted) many artists use more contemporary ways of depicting a person.

Think collage, photography montages, digital art, abstract and outsider art. As you can see even fruit and veg!

2. I'm a beginner... can someone help me with basics?

While we are a working together group, not tutors, we are always willing to offer help if asked. I like to bring in resources covering the basics of portraiture.

3. Do portraits have to LOOK like the subject?

Surprisingly no. But you do need to portray the essence of the subject. This may include, but not limited to, their work, hobbies, dress etc.

4. Do you have live models in the group?

We have not had live models as yet. Finding someone who is willing to remain in a static position is not easy. Hiring models is expensive.

5. What do you use for inspiration?

Some of us use photos of family or friends or pets or we make up faces (that way if you do not get a likeness it doesn't matter!! There are also internet sites that allow you to download photos of people for free and does not infringe copyright laws.

6 Why do you like portraiture?

Creating portraits is a wonderful way of learning about the essence of a person.

7. Do portraits take a long time to do?

Some do while others don't. It depends on what you are hoping to achieve. Many artists use a few drawn lines which still portrays the model.

8. Are the members in the group all experienced?

No not all. Some are fairly new or haven't picked up a brush for years. We are all on a learning curve no matter how long we have



been creating. The important thing is we keep on learning with the experienced sometime learning a lot from the first timers.

9. Do you always use oils?

No. So far in this group we use watercolour, acrylic, oils, pencil, charcoal, collage and digital

10. Can you give advice on best paints/ brushes to use?

We are always happy to discuss various materials at any time. If just starting it is not necessary to spend a lot of money. A simple pencil or charcoal and paper is all you need.

11. Can portrait painters vary in style?

Most definitely. That is what makes portraiture interesting. **Gaye and her group members welcome newcomers. Come along and see if it fits you. Phone Gaye on 0401 399 021 or email taitdandgm@bigpond.com for inquiries.**



Invitation

The Management & Staff wish to invite you and your family to our

Mother's Day

MEMORIAL SERVICE

to be held in the Chapel of
Great Northern Garden of Remembrance
31-35 Tallowwood Dr, Deception Bay
Friday 7th May 2021 at 6:00pm
for a 6:30pm start.

Please RSVP your attendance by Wednesday 5th May on (07) 3888 6622 as numbers are limited. For those unable to attend you will be able to click onto the live stream on www.gngor.com.au/service-recordings



**Great Northern
Garden of Remembrance**

31-35 Tallowwood Drive, Deception Bay

Ph 3888 6622 | www.gngor.com.au

What is an Osteopath?

Osteopathy was founded in USA in 1892/1874 by a medical doctor Andrew Taylor Still. Medicine at this time was rudimentary and after losing 4 of his children to illness he dedicated himself to finding alternative ways of creating positive impacts in healthcare. What eventuated was Osteopathy which aimed to correct misalignments in the body to ensure structures/systems could function to their best ability and help in the maintenance of health. It is based on a unique system of clinical diagnosis that takes the whole body into account. Osteopathy is a type of physical therapy which promotes a holistic,

'whole body' approach to health. Using physical manipulation, stretching and massage, osteopathy aims to improve joint mobility, relieve muscle tension, increase blood flow and encourage healing.

The study of biomechanics (how each part of the body interacts and affects every other part) is a key part of osteopathy. If you see an osteopath with a sore knee, they may also look at your ankles, hips and back, and ask you questions about your medical history. That's because osteopaths work on the premise that posture, injury, or poor lifestyle habits can have a negative impact on the anatomical structure of our body, which in turn leads to

poor physical health.

Osteopaths focus on your neuro-musculoskeletal system - the bones, muscles, nerves and other tissues that support your body and control its movements. Osteopaths provide musculoskeletal and nervous system assessments, manual therapy; clinical exercise programs; and movement, postural, positioning advice and ergonomic assessments. They may also offer therapeutic needling techniques like dry needling, trigger point therapy or acupuncture. Your osteopath may also offer ongoing support and educational advice about your lifestyle, stress management, diet or

other factors that may influence your pain, injury or movement.

Osteopaths mainly work in private practices but also work in a range of health settings including multidisciplinary medical/health clinics, rehabilitation clinics, aged care facilities, professional sports clubs, government, chronic pain management settings and research institutes.

In Australia, osteopaths are government registered allied health practitioners who complete university training in anatomy, physiology, pathology, general healthcare diagnosis, and osteopathic techniques.

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Why would you pay for financial advice?

It's a legitimate question and one that we do get asked from time to time. Why wouldn't you just handle your investments yourself and save the money you would spend on financial advice?

On the face of it, the above questions are quite simple and easy to answer, with some people believing that they can just invest their monies themselves and save the cost of advice. This is true and is a very valid point.

However, the question can be asked in another way: what is the cost of advice? And what is the cost of not getting advice? Let me explain further.

There is absolutely a financial cost of getting advice, because no one works for free and so strategic help will always come at a cost. However, what is the cost of going it alone and not seeking any help? Let's look at a few types of "value".

Financial advice is not just about returns on investments. "Return" is often found in the strategic advice that you can receive from your financial planner. For example, there are many options available to some investors to place more funds into superannuation due to the fact that monies in super are taxed at a much lower tax bracket than the average Australian worker.

So if your financial planner could help you to place further funds into super via strategies such as "bring forward", "carry forward", "salary sacrifice" and others, then that has saved you paying higher levels of tax and is therefore a tangible benefit to you, which would offset the cost of advice. This is just one of many examples of strategic advice.

There is of course also a benefit if your adviser helped you improve the rate of return on your investments, or help you reduce the amount of risk you are taking to get a certain return; would it be worth paying for advice to improve the return long term?

Probably the most important value that an adviser can add, is that of helping you to make the right decisions at the right time. When it comes to your own money, it can be emotional! If we see share markets dropping, we often get anxious about losing our money. But do we make our best decisions when we are in an anxious state? I think not.

Australian Super recently produced some stats in relation to how people reacted when the COVID-19 outbreak hit us earlier this year. More than 76,000 Australian Super members opted to switch their super investment to cash during the period when the markets were at their lowest. They were then out of the market for the period of recovery that we saw in the next few months, essentially crystallising a loss

by not riding the wave back up. They may have missed out on a 17% (or more) return, by not having exposure to the share market on the way back up. This loss of return could be tens of thousands of dollars or more!

So, what is it worth to have an adviser in your corner for these periods of instability, to help you make an informed logical decision as opposed to an emotional one? As you can see the cost of advice is a complex one; paying to have someone in your corner for the good years but more so in the bad, can easily cover the financial cost that we often focus on. Can we help you build your long term nest egg, in the good times and the bad?

<https://www.moneymanagement.com.au/news/superannuation/how-spooked-super-fund-members-crystallised-their-losses>

The opinions and recommendations provided are not intended to be relied upon as personal advice as they do not take into account your personal circumstances. You need to assess your own position or call us for professional advice. Rise Wealth Qld Pty Ltd is a Corporate Authorised Representative of RI Advance Group Pty Ltd ABN 23 001 7744 0125 AFSL 238429



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These photos were taken of a Rescue Helicopter landing behind the Lifeline shop on Bribie Island on Saturday April 10th 2021 (around 10.30am) by Richard Hudd. A spectacular site for those who witnessed it



BRIBIE ISLAND COMMUNITY ARTS CENTRE



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2021 AGM

SUNDAY MAY 16 AT 11.00 AM
ART CENTRE

Board nominations close April 25.

Information on
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PLEASE RSVP ON

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By: Glenda Charles



TOAD BUSTING

HAND CATCHING ADULT TOADS

You may have seen a small group of people out in the evening with lidded buckets and gloves catching toads. The toads are humanely put to sleep by putting them into the fridge and then the freezer. The Necessity for this is that cane toads reproduce at an incredible rate and kill almost all competitors.

The frozen toads are sent to the university of Queensland where Professor Rob Capon and his team extract the pheromone from adult toads to produce a bait which can then lure tadpoles into simple traps around Bribie before they develop into another infestation of toads.

BIEPA has been part of the University of Queensland's Cane Toad Challenge since 2018. Anita Walker, the leader of the volunteers who regularly toad busts estimates that with the delivery to the university this week approximately 7,500 toads have been collected from Bribie wetlands. Because BIEPA is part of the program, we are then able to acquire the baits.

Anita and her team have the Councils consent and assure me it is a good night out. Often peoples' children and grandchildren help out.

Of the toad count:

- 60% Bibimulya
- 20% Pacific Harbour
- 20% other areas (Woorim, Buckleys Hole, Gemlife, RSL Veterans Park).

For further information
www.biepa.org

Rob Capon's 10 minute TED talk
Cane Toads in Oz website
be Toadally Sure - Your Cane Toad ID Guide



Bribie Island Environmental Protection
Association Inc
P O Box 350
Bribie Island Qld 4507
Website: www.biepa.org

Busy Fingers



THANK YOU

I would like to say thank you to the residents who did not leave donations outside on the footpath over the Easter Break, there was a couple of items left including a bicycle which was stolen and the clothes and other items were soaked through with all the rain. As I have mentioned before the footpath belongs to the council and anything that is left outside the gates is classified as dumping and fines are applicable. Busy Fingers does not want any of our donators receiving fines, so thank you to everyone who kept their donations until Tuesday when we re-opened. We would also like to thank the Police for locating and arresting the person responsible for breaking into the property and stealing donations waiting to be priced and placed on the shop floor, this person will be charged. COVID We would also like to thank our customers who obeyed the COVID restrictions such as the safe distancing and also wearing their mask when in the shop. Due to the lockdown and Easter Break, we have had to put many pickups and deliveries back, hopefully, we are back to normal by the time this magazine is published, thank you for your patience.

ELECTRICAL GOODS

As I mentioned last month, we have 2 staff members who have their test and tag licence, and they are now testing and tagging all electrical items as per regulations for second-hand goods before we place them on the shop floor. The goods will have a tag and a new label showing the test date and appropriate sale price. The men are doing an excellent job and our electrical sales have increased immensely, so next time you are in the shop check out the electrical section.

BARGAINS & SALES

As our sales and specials are based on what is on the floor at the time it is hard to tell you what will be available at the time of printing this article, so please check our Facebook Site or look at the blackboard as you come into the front door. We often have half price furniture and pictures, and specials on clothing and books.

DONATIONS

As well as our continued support of the VMR, BI Hospice and Global Care we granted the following requests this month. We were able to assist BI Surf Club in replacing a set of Nipper training and competition Swim Cans (Buoys) required for the start of the 21/22 season. MELSA required a self-propelled vacuum capable of shredding leaf and small sticks to assist them to keep their 2 1/2 hectare area free of mounting fire fuels such as fallen leaves. We were able to assist the BI Croquet Club who had problems with breakdowns of lawn maintenance equipment and required a Brush Cutter and Blower and a new laptop. BACE is a new N-F-P organisation on the island that asked for assistance with the Bribie Classic Boat Regatta, they requested assistance with transport, lunch, printing and signage. They hope to promote the island by holding regular events during the year. We try to use the island businesses and tradesmen to supply as many items as possible when giving grants and we thank them all for their assistance throughout the year.



REQUEST FOR PRESENTATIONS & DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance. When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please be aware we only deal with island associations and groups, not individuals.



I would like to thank all our customers and supporters including the Bribie Islander family who has looked after us for many years now. Hope to see you in the shop soon. Sandra

TAX TIME - Gifts & Donations...

Organisations entitled to receive tax deductible gifts are called 'deductible gift recipients' (DGRs). You can only claim a tax deduction for gifts or donations to organisations that have DGR status. The person that makes the gift (the donor) is the person that can claim a deduction.

What is a DGR?

A deductible gift recipient (DGR) is an organisation or fund that can receive tax deductible gifts. Not all charities are DGRs. For example, in recent times crowdfunding campaigns have become a popular way to raise money for charitable causes. However, many of these crowdfunding websites are not run by DGRs. This means donations to these campaigns aren't tax deductible.

When a gift or donation is deductible

To claim a tax deduction for a gift or donation, it must meet four conditions:

- It must be made to a DGR.

HEALTH, WEALTH & COMMUNITY

- It must truly be a gift or donation – that is, you are voluntarily transferring money or property without receiving, or expecting to receive, any material benefit or advantage in return. A material benefit is an item that has a monetary value.

- The gift or donation must be of money or property. This can include financial assets such as shares.

- The gift or donation must comply with any relevant gift conditions. For some DGRs, the income tax law adds extra conditions affecting types of deductible gifts they can receive.

If you receive a material benefit in return for your gift or donation to a DGR, it's considered a contribution and extra conditions apply. To claim a deduction you must have a record of your donation, such as a receipt.

What you can't claim

You can't claim gifts or donations that provide you with a personal benefit, such as:

- Raffle or art union tickets – for example, an RSL Art Union prize home
- Items such as chocolates, mugs, keyrings, hats or toys that have an advertised price

- The cost of attending fundraising dinners, even if the cost exceeds the value of the dinner. You may be eligible to claim a deduction as a contribution if the cost of the event was more than the minor benefit supplied as part of the event

- Membership fees

- Payments to school building funds made in return for a benefit or advantage – for example, as an alternative to an increase in school fees or placement on a waiting list

- Payments where you have an understanding with the recipient that the payments will be used to provide a benefit to you

- Gifts to family and friends, regardless of the reason

- Donations made under a salary sacrifice arrangement

- Donations made under a will.

You can't claim a tax deduction for



donations made to social media or crowdfunding platforms unless they are a registered DGR

NOELENE LAKE

Bribie Accounting Services

TAX TIPS:

HOW MUCH TAX WILL YOU PAY?

The amount of tax you will pay will depend on how much you earn.

Marginal tax rates for the 2021 financial year for Australian residents are:

TAXABLE INCOME	TAX ON THIS INCOME
0 - \$18,200	Nil
\$18,201 - \$45,000	19c for each \$1 over \$18,200
\$45,001 - \$120,000	\$5,092 plus 3.25c for each \$1 over \$45,000
\$120,001 - \$180,000	\$29,467 plus 37c for each \$1 over \$120,000
\$180,001 and over	\$51,667 plus 45c for each \$1 over \$180,000

*The above table does not include Medicare Levy (usually 2% of taxable income).

There are ways of reducing your tax bill. For example: eligible tax deductions, eligible tax offsets, salary sacrificing and personal superannuation contributions. Taxation is a very complex area and if you get it wrong you could pay more than you need to. If you want to maximise your tax deductions to reduce your taxable income and your tax, please contact us.



PHONE 3408 9539

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

FOOD, WINE AND ISLAND TIMES



Heathy Meal Planning

ONCE YOU KNOW WHICH THE HEALTHIER CHOICES IN THE SUPERMARKET ARE, SHOPPING CAN ACTUALLY GET EASIER, QUICKER AND CHEAPER.

- Plan meals and snacks for the week and make sure you buy everything you will need.
- Write a list and stick to it.
- Don't shop when you're hungry so you are less tempted by unplanned choices.
- Concentrate on buying foods

from the Five Food Groups and limit discretionary foods.

- Use your label reading skills to work out which are the best choices and look for these each time you shop.

STOCK UP ON BASICS

Stock up on basics with long

'best before' dates like:

- Frozen vegetables and canned vegetables without added salt
- Dried legumes and beans, lentils, baked beans and chickpeas canned without added salt
- Frozen fruit, pie pack fruit or

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FOOD, WINE AND ISLAND TIMES

fruit canned in juice

- Wholemeal bread, rolls, crumpets, English muffins and wraps to freeze
- Wholegrain pastas, noodles, lasagne sheets, brown rice, barley, bulgur, couscous, polenta and quinoa
- Lean cuts of meat, skinless chicken and fish for the freezer
- Fish canned without added salt
- Eggs (keep these in the fridge for longer shelf life)
- Powdered skim milk, low fat or skim UHT milk, evaporated skim milk. Not only are these products lower in saturated fat, but also lower in kilojoules and good for weight control. Fresh fruit and vegetable section
- Choose as wide a variety as possible, looking for different colours and fruit and vegetables in season. Make sure you don't run out of these lower kilojoule choices and always have plenty of variety to keep meals and snacks interesting.
- If we can make half our meals coloured vegetables or salad and have smaller portions of the other foods, we will reduce the kilojoules by up to half. Breads and baked goods
- Choose a variety of different types of breads, rolls, wraps, pitas, tortillas, crumpets and fruit bread to keep meals and snacks interesting. However, some items are heavy or large and equal to several serves of bread. For example a café style

fruit bread, focaccias, wraps and Turkish rolls can all be equal to twice as many bread serves as you would expect. If you are trying to lose weight, use the nutrition information panel and compare the energy per serve with that of a slice of bread.

- Look for wholegrain varieties and use label reading skills to choose products with less added salt and more fibre
- Limit baked biscuits, cakes and pastries to special occasions and small amounts. Dried legumes, grains and soups
- Dried legumes and grains like barley, bulgur and couscous are low in salt and very cost effective. Choose a variety and follow the instructions on the packet for soaking and cooking.
- Readymade packet and canned soups tend to be high in added salt, so it's better to make them at home with fewer salty ingredients.

CANNED VEGETABLES & FISH

- Look for vegetables including corn, legumes and tomatoes that are tinned without added salt.
- Use label reading skills to compare products and choose tinned salmon, tuna and sardines with less added salt (sodium).

MEAL BASES, PASTAS & RICES

- Choose wholemeal pastas and brown rice
- Avoid meal bases and ready-made pasta and rice meals as

these are high in added salt.

- Use label reading skills to choose pasta sauces that are lower in added salt. Breakfast cereals
- Look for wholegrain varieties and use label reading skills to choose products with less added salt and added sugars and more fibre.
- If you are trying to lose weight, keep your serves of heavier cereals like muesli small.

DAIRY CABINET

- Look for 50% less fat cheese with 15g fat per 100g or less
- Keep trying different fat reduced milks until you find what you like
- Look for lower sugar low fat yoghurts which are not only low in saturated fat and added sugars but also great for a filling lower kilojoule mid meal.
- Make your own custards and milk based desserts using low fat milk and limiting adding sugars.
- Use Evaporated skim milk instead of light cream or light coconut milk
- Fat reduced polyunsaturated spreads are lower in kilojoules and a good choice for people wanting to lose weight. Frozen foods
- Avoid discretionary foods, for example those that are fried, battered or crumbed
- Look for a variety of frozen vegetables and fruit

Fresh meat, chicken and fish

- Look for different types of lean meat and mince without visible fat
- Look for skinless chicken breasts (lower in saturated fat)
- Choose processed lean meats including ham only occasionally as they are high in added salt and often high in saturated fat

TINNED FRUITS AND JUICES

- Look for fruit tinned in natural juice with no added sugars or use pie pack fruit
- Avoid too much dried fruit and fruit juice that are higher in energy and increase risk of tooth decay
- Special dietary products
- Beware of products that are promoted as being carbohydrate modified or lower in kilojoules. Sometimes they have the same kilojoules as the regular product or are just smaller in serve size.
- Use the energy value (kilojoules) on the nutrition information panel to check for yourself.





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The Big Bun Bakery and Takeaway



3



4



1



10



6

QUEENSLAND IS WHERE AUSTRALIANS

A NATIONAL SURVEY HAS FOUND FAR NORTH QUEENSLAND, THE WHITSUNDAYS, SUNSHINE COAST, GOLD COAST AND OUTBACK QUEENSLAND ARE ALL IN THE TOP 10 DREAM DESTINATIONS FOR AN OUTDOOR ADVENTURE. MORE THAN THREE QUARTERS OF AUSTRALIANS HAVE COMMITTED TO KEEP UP THEIR CAMPING AND CARAVANNING ADVENTURES IN THE GREAT AUSTRALIAN OUTDOORS EVEN AFTER INTERNATIONAL BORDERS REOPEN.

1. Cairns/Far North Qld
2. Whitsunday Region
3. Sunshine Coast/Noosa Region
4. Uluru/Alice Spring, Southern Northern Territory
5. Kakadu Northern Territory
6. Gold Coast Region
7. South Australia
8. Central Victoria and High Country
9. Northern New South Wales
10. Outback Queensland



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WANT TO EXPLORE THE GREAT OUTDOORS

In Giles of Great Northern Brewing Co said the survey results showed the tough circumstances of 2020 had inspired Australians to get out and really immerse themselves in the natural beauty Australia had to offer. When asked where they would travel if they could choose anywhere in Australia, Queensland respondents nominated Cairns/Far North Queensland as their top spot, closely followed by the Whitsundays and Outback Queensland. "Australians had a renewed interest in their own backyard which we hope will eventually translate to a financial lifeline to the many towns, businesses and pubs who are doing it tough," Mr Giles said. "It's somewhat good news for our local tourism and hospitality industry that

when things are back to normal, travellers want to head to Queensland. "The industry has faced unprecedented challenges in the past 12 months including COVID-19, fires, cyclones and flood. So many of Queensland's towns rely heavily on tourism and when things get back to normal again, Great Northern wants to make sure we can get people back out spending dollars where it's needed. "Great Northern Brewing Co has been working to drive tourists back to Australia's tourism hotspots since international borders closed and has now launched a \$26 million giveaway of BCF vouchers to further fuel locals to adventure in the great outdoors. "Three quarters of Queensland survey respondents said they normally

participated in some sort of outdoor recreation activity when not in lockdown with 20 per cent keen to camp or fish. "Forty-four per cent of Queenslanders in the past year have spent up to \$2000 on outdoor recreation equipment, nearly a third of all that expenditure was on camping, fishing and boating. "Camping and caravanning gives a great boost for the place where you pitch your tent but along the way travellers stop to buy fuel, pick up groceries, sightsee and enjoy lunch – it's all the places along the journey, not just the destination that benefits. "We hope after the recent lockdowns and a wet Easter, it inspires people to get out in Queensland and spend some money."

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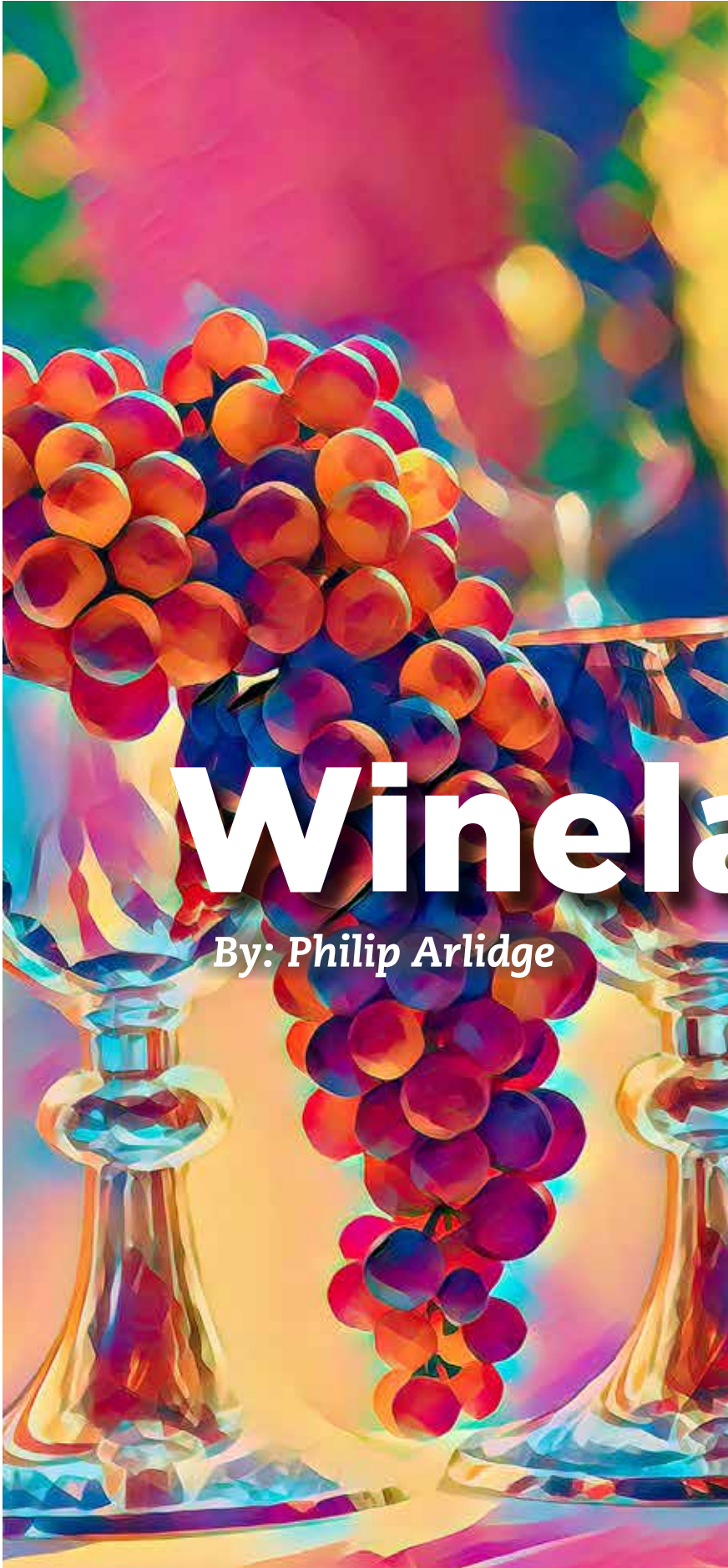
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Wine lander

By: Philip Arlidge

A phone call from my good friend Ernie has had me doing some research on the possible effects of Sulphites and Histamines on wine drinkers as last year after he had enjoyed a glass of his favourite red had what he called a “turn” and could this be related to either of the above?

The truth of the matter is probably beyond a call from me but I can relate what several more informed experts have to say and then leave the conclusion to you. I have over the years had the question thrown at me but as it is something I have never experienced cannot put myself in other's shoes however several years ago Shirlene, my wife, found that one day she had an upset stomach after enjoying a glass of premium red and this started to happen on a regular basis causing her to stick to white wine which seemed to not have an effect, this lasted for around a year and the problem disappeared, the cause of which even the doctor found hard to explain.

There is a limited truth to the effects of histamine which is present in cheese, fish, meat, yeast products, vegetables including tomatoes and spinach, and wine, it is known to be vasoactive which means it constricts the blood vessels. However, responses such as itching, sneezing, a runny nose or watery eyes usually occur only when large amounts, exceeding a normal diet are consumed.

Histamine, a biologically active substance is found in a great variety of living organisms and is

distributed widely throughout the animal kingdom and is present in many plants, bacteria and insect venom such as bee stings.

The higher levels of histamine found in red wine compared to white wines are probably due to the fact that red wine undergoes a malolactic fermentation which in most white wines doesn't although many Chardonnays are made using this fermentation process. Double-blind, placebo-controlled studies have shown no correlation between histamine in wine and adverse reactions however perhaps an indulgent evening eating and drinking a selection of highly concentrated histamine related foods may lead one to believe the culprit for a sneezing attack or itchy eyes can be blamed on the last glass of red wine! There again the nasty side effects could also be related to the bad conversation, irritating music or even the rude waiter!

Sulphites such as sulphur dioxide have been used in processes such as winemaking for many years and it was the Romans who first found that by adding this in the winemaking process stopped the fruit from spoiling when after crushing the grape reduced the effects of oxidation (those of us who can remember enjoying “The Life of Brian” can be forgiven in wondering what else did The Romans do for us?).

FOOD, WINE AND ISLAND TIMES

Unfortunately 5-10% of people with asthma are also allergic to sulphites and the combination of the two can be dangerous and eating or drinking foods or taking drugs with sulphites can be life-threatening.

As additives sulphites can do many things including preventing spoilage and preserving food and beverages by preventing the growth of mould and bacteria. They can stop fruits, vegetables and seafood from discolouring and they can also maintain the strength of certain medications.

Foods and beverages that may have sulphites added include apple cider, avocado dip, beer and wine, condiments, jams, gravies, and molasses, dried fruits and vegetables, fruit and vegetable juices, peeled potatoes (including French fries) pickled meats and vegetables, restaurant food and other prepared foods, shrimp and shellfish. Sulphites can also occur

naturally in asparagus, chives, corn starch, eggs, salmon and dried cod, garlic, leeks, lettuce, maple syrup, onions, soy and tomatoes.

By law, Sulphites cannot be added to food that is intended to be eaten raw such as fruits and vegetables and when used as a preservative in food preparation or processing must be listed as an ingredient and as such is shown on the labels of wine bottles which is why Ernie contacted me. Symptoms of a sulphite allergy may include Itchiness, upset stomach, dizziness, drop in blood pressure and even trouble breathing.

I hope this has been informative but I also know from experience that after an enjoyable evening of great food and consumption of fabulous wines the fogginess the following day is usually blamed on that final last glass or two of Tawny Port!

This month I had the pleasure of enjoying several bottles of Rosemount Chardonnay,

Shiraz and Cabernet Sauvignon from their Diamond Range at the silly price of \$7 instead of \$16. I wonder if a new label is on the horizon and stocks need to be moved as it mystifies me why a good wine is discounted to this level. Anyway Rosemount in the 1980s was the darling of the Chardonnay set and their family made wines were very popular. Established in 1969 by Bob Oatley they rose in popularity especially in the \$7-\$15 (same price thirty years later!) price bracket until they were bought by Treasury Wine Estates in 2001 for a reputed 1.5 billion dollars, at this time they were also one of Australia's largest selling wines in America. Within a couple of years, the Rosemount brand had declined and is now just a shell of its former self, their vineyards have been sold off and founder Bob Oatley passed away in Sydney on Jan. 10th 2016 aged 87.

Cheers,
Philip Arlidge
arlidge@bigpond.com.au

Too much of a good thing can sometimes go wrong especially the consumption of too much wine as has been mentioned by many novelists, critics, Doctors and writers.

Oscar Wilde in 1898 from "The Ballad of Reading Gaol"

He did not wear his scarlet coat,
For blood and wine are red,
And blood and wine were on his hands,
When they found him with the dead.
The 'Talmud', the holy book of Jewish law puts it quite bluntly

Wine ends in blood

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Hard Tack was Hard to Take....



HAVE YOU EVER THOUGHT HOW THE AUSTRALIANS AT GALLIPOLI COULD BE SUPPLIED WITH FOOD: MANY THOUSANDS OF MEN, AT SHORT NOTICE, WITH NO REFRIGERATION? WHILE THEY WERE FIGHTING ON GALLIPOLI THE AUSTRALIAN SOLDIERS WERE SUPPLIED WITH FOOD FROM AS FAR AWAY AS EGYPT AND GREECE, AND THIS, COMBINED WITH THE LACK OF REFRIGERATION, MEANT THAT THEY COULD GET VERY LITTLE FRUIT, VEGETABLES, MEAT OR DAIRY PRODUCTS.

So what did they eat? Bully beef (tinned corned beef), rice, jam, cocoa, tea, some bread and above all hard tack fed the Australian soldiers at Gallipoli. Hard tack, also known as "ANZAC Wafer", or "ANZAC Tile", has a very long shelf life, unlike bread. Hard tack or biscuits continued to be eaten during the Second World War. The original biscuits were made by Arnott's.

More than 11,000 Anzacs were killed at Gallipoli, but not all of them died from battle wounds. Some died from diseases complicated by malnutrition and scurvy, caused by a vitamin-C deficiency. What was it in the Anzac diet that was so short on nutrition?

Bully beef

The modern day version of bully beef is corned beef. Its name is derived from the French "bouilli de boeuf" or boiled beef. It was made with beef, gelatine and salt. According to the senior nutritionist at the Defence Science and Technology Organisation, Chris Forbes-Ewan, the beef was rich in protein, fat, vitamin B, zinc and magnesium but not much else. "Nutritionally bully beef would be OK if a small component was consumed as part of a balanced diet, but it was the majority component of the soldiers' mainstay diet," he said. Mr Forbes-Ewan said the shortage of other nutritional elements and vitamins in the soldiers' diets led to scurvy and pellagra in some troops.

Tack biscuits

These were hard biscuits made to "last forever". They were made of flour and water, a little salt, and contained carbohydrates, dietary fibre, vitamin B but no other vitamins. "If you don't soften the biscuits in tea or some other liquid, you could break your teeth on hard tack," Mr Forbes-Ewan said.

Tea and sugar

What soldiers had plenty of were tea and sugar. The tea was essential for making hard tack biscuits edible. The University of Otago and Massey University study provided some interesting anecdotes from soldiers. "Food was always plentiful (except just after the Great Blizzard in November when stocks ran very low). Tinned

meat, jam and hard biscuits and a mug of tea provided 99 per cent of the meals."

Anzac biscuits

The traditional Anzac biscuit – made with rolled oats, flour, sugar, butter, golden syrup, bicarbonate soda and water – made its first appearance during World War I. "It was invented by women's groups as a long-lasting biscuit from a Scottish recipe," Mr Forbes-Ewan said. "It was thought the women made them in Australia and sent them to Gallipoli in food parcels. But it appears the Anzac biscuits weren't sent to the troops but were used as a means of fund raising to support the war effort."

Sweetened condensed milk One of the few sources of calcium the Anzacs had was from condensed milk. They carried it in tins in their packs.

Cheddar cheese

Occasionally soldiers might get very small rations of cheese, another source of calcium. Treacle and golden syrup The syrup provided a sweetener for the troops but not much else.

Jam

The Anzacs also received jam to eat with their biscuits but it was difficult to eat this because of the flies around them, according to anecdotal reports. "Owing to the annoyance of the flies some sections did not eat anything but a dry biscuit during the daytime. To eat biscuit and jam in the daytime a man had to keep moving the hand that held the food,"

a quote from the University of Otago and Massey University study said. "There were corpses everywhere, so there were flies in swarms. Soldiers were beating off flies as they [ate] their meals," DSTO's Mr Forbes-Ewan said.

Rice and bread

Frontline soldiers also carried bags of rice and shared loaves of bread with each other. Both provided carbohydrates, some vitamins and some dietary fibre.

Overall quality

Compared to what Australian troops eat today, Mr Forbes-Ewan gave the nutritional value of the ANZACs food diet a score of one out five.

"It was abysmal," he said.

Ship troops and those not at the front ate better, Mr Forbes-Ewan said, as they had some access to fresh meat, field bakeries and fruit and vegetables. The University of Otago and Massey University study said: "The nutrient analysis suggested that the military rations were below modern requirements for vitamins A, C and E; potassium; selenium; and dietary fibre."

"These deficits are likely to have caused cases of scurvy and may have contributed to the high rates of other illnesses experienced at Gallipoli. Such problems could have been readily prevented by providing rations that included some canned fruit or vegetables." Makes you appreciate what our soldiers went through to give us the freedom we have now doesn't it?



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HANDY TIPS TO Reduce Wasteage IN THE KITCHEN

1. Use food scraps to grow vegetables

Save the odds and ends from veggies such as potatoes, sweet potatoes, leeks, spring onions, celery, bok choy, garlic and even onions. These can all be replanted in some soil and will grow back. Just don't forget to water them.

2. Reheat leftover slices of pizza in a frying pan

If you aren't a fan of floppy microwaved pizza, just pop your pizza into a hot fry pan instead. Your crusts will stay crispy and it will heat through much faster than it would in the oven.

3. Bring stale potato chips back to life in the microwave

If you left the bag open overnight, fear not. Pop your stale chips in the microwave on high for 10 seconds or until crisp.

4. Use leftover herbs to make herb butter

If your herbs are on the turn, just chop them up and mix with some melted butter. Pop it into some ice cube trays and freeze. Then you can enjoy the perfect portion of herb butter to use on your steak or to make homemade garlic bread.

5. Keep bananas fresher by wrapping the tips.

If you want your bananas to last longer in the fruit bowl, just wrap their tips with some cling film. They should keep for around three to five days longer.

6. Keep greens fresher in foil

Celery, broccoli, and lettuce all last much longer in the fridge if you wrap them in foil first.

7. Keep pineapples sweet by storing upside down

The sugars in this fruit can all end up on the bottom after the time spent in transit. So keep your pineapple upside down when you get home and the sweetness will be redistributed evenly.

8. Use a glass to peel a mango

You can use a glass to slide the skin off your mango. This will avoid wasting any fruit that you'd normally toss after peeling with a knife.

9. Make a two-ingredient Nutella milkshake

When you need a sweet treat but you're nearly out of Nutella, just add warm milk to the jar and shake well.

10. Avoid sprouting potatoes by storing them with apples

The ethylene gas in the apples helps to stop your potatoes from sprouting.

11. Keep leftover avocado fresh by storing it with a sliced onion

There is sulfur in the onion and this keeps the avocado from going brown.

12. Keep cake fresh by covering with sliced bread

Cover the exposed cake with some bread held in place with toothpicks and it will stay soft.

13. Extend the life of your eggs with vegetable oil

By rubbing the eggshells with vegetable oil it will keep them fresher in the fridge for three to four weeks.

14. Keep lettuce fresh by storing in a brown paper bag

No more sad and limp leaves! Keep your lettuce wrapped in a brown paper bag in the fridge. Plus, keeping the outer layers in place even if they have gone brown will keep the inside fresher for longer.

15. Re-use coffee grounds in the garden

Plants such as roses, hydrangeas, blueberries, raspberries, strawberries and tomatoes will all appreciate a liberal sprinkling of your used coffee grounds.





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- 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 FETTUCCINE**
Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.
- 46. BAKED FISH**
Wild caught New Zealand Hoki with a cream sauce, served with sweet potato and peas.

BEEF DISHES

- 5. COTTAGE PIE**
Good old traditional 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.
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- 13. TRADITIONAL OLD ENGLISH PORK SAUSAGES** ★ NEW
- 22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES**

LAMB DISHES

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VEGETARIAN / VEGAN DISHES

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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
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- Chocolate Bavarian
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Apple and Custard ANZAC Bickie Crumble

INGREDIENTS

- 5 Granny Smith apples
- 1/4 tsp ground cinnamon
- 3 tbsp. sultanas
- 1 cup plain flour
- 1 cup desiccated coconut
- 1 cup rolled oats
- 50 g caster sugar
- 100 g brown sugar
- 120 g butter cubed
- 2 tbsp. golden syrup
- 1/2 tsp bicarbonate of soda
- 2 tbsp. water
- 2 cup Pauls thick vanilla custard



METHOD

1. Peel and core apples, cut into 1 cm thick slices. Toss with cinnamon and simmer in a saucepan over low heat until just soft, but still holding their shape (You can add a little water to saucepan to stop the apples sticking). Remove from heat and allow to cool while preparing the biscuit mixture.
2. Mix flour, coconut, oats and sugar in a bowl.

3. In a saucepan heat butter, golden syrup and water until the butter has melted. Add bicarbonate of soda and combine with the flour mixture. Allow to cool slightly.

4. Place Large Spoonful's The Of Apple Mixture Into A Deep Pie Tin Or Heat Proof Dish, Leave A Little Space Between Each Spoonful, Sprinkle With Half The Sultanas, Fill The Gaps With Heaped Spoonful's Of Thick Vanilla Custard, Add A Second Layer Of Apples, Sultanas And A Little Custard

(Too Much Will Bubble Through The Biscuit Topping).

5. Roll the Anzac biscuit mixture into small balls and flatten with a fork. Carefully lift biscuits with a spatula and arrange on top of the apple mixture.

6. Bake at 160C (fan forced) for 15 minutes, or until the topping is golden, rotating the dish once during cooking to give even colour.

GF QUINOA ANZAC BISCUITS

INGREDIENTS

- 125g butter, chopped
- 2 tablespoons golden syrup
- 1 cup gluten-free self-raising flour
- 1 cup quinoa flakes
- 1 cup desiccated coconut
- 1/2 cup flaked almonds
- 3/4 cup firmly packed brown sugar
- 2 tablespoons hot water

METHOD

Step 1-
Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with baking paper.

Step 2
Place butter and golden syrup in a small saucepan over medium heat. Cook, stirring, for 3 to 4 minutes, or until melted.

Step 3
Combine flour, quinoa flakes, coconut, almonds and sugar in a large bowl. Add butter mixture and hot water. Stir with a wooden spoon until combined. Set aside for 5 minutes.



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market times

Bribie Island BICA Markets

The Bribie Island BICA Markets are held at Brennan Park, Bongaree, the 3rd Sunday of each month from 6am -12pm

Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second Sunday of each month from 6.30am - 12 noon

Queensland Cancer Council Markets

The Cancer Council Markets are held at Brennan Park, Bongaree on the first Sunday of each month from 7am to 12 noon.

The Sylvan Beach Munch Markets

(Farmers Market)

The Munch Markets are held in the park opposite the Bribie Island Hotel on the 1st Saturday of each month from 9am to 2pm

The Bribie Lions Club Markets

The Bribie Lions Club Markets are held at Tintookie Park, Woorim on every second Saturday of each month from 8 am to 12 noon

The Bribie Island Comm Plant Nursery

The Bribie Island Community Plant Nursery is open from 8 am to 12 pm on weekdays and from 8 am to 12 pm on the first Saturday of every month.

Bribie & District Woodcrafters Assoc.

OPEN DAY: Woodworking demonstrations, displays, sales
Sat 27th March & Last Sat Month thereafter. 8 - 12noon
Contact Ian Trail 0401 134 384



Maritime Safety Military Cadets Inc.

ANZAC DAY 2021

Our Cadets will be holding a ceremony and free morning tea at

THE LIONS HALL Sunderland Drive Bellara on ANZAC day 25 th April at 10am.

We are committed to safely honouring our veterans, past and present. The ceremony will be inclusive of all indigenous peoples, Aboriginal & Torres Strait Islanders, South Sea Islanders and members of the Australian and New Zealand defence forces.

ALL ARE WELCOME TO JOIN US

Swing, Jump

& Jive

1940s/50s

*A lively, fun afternoon of sizzlin' sounds
from the roots of Rock'n'Roll*

Sat. 22nd & Sun. 23rd May 1.30 pm

TICKETS \$20.00

ONLINE @ www.voicesbribie.com.au

Or

The Ink Shop, Elkhorn Ave BELLARA

VOICES CHORAL GROUP INC.

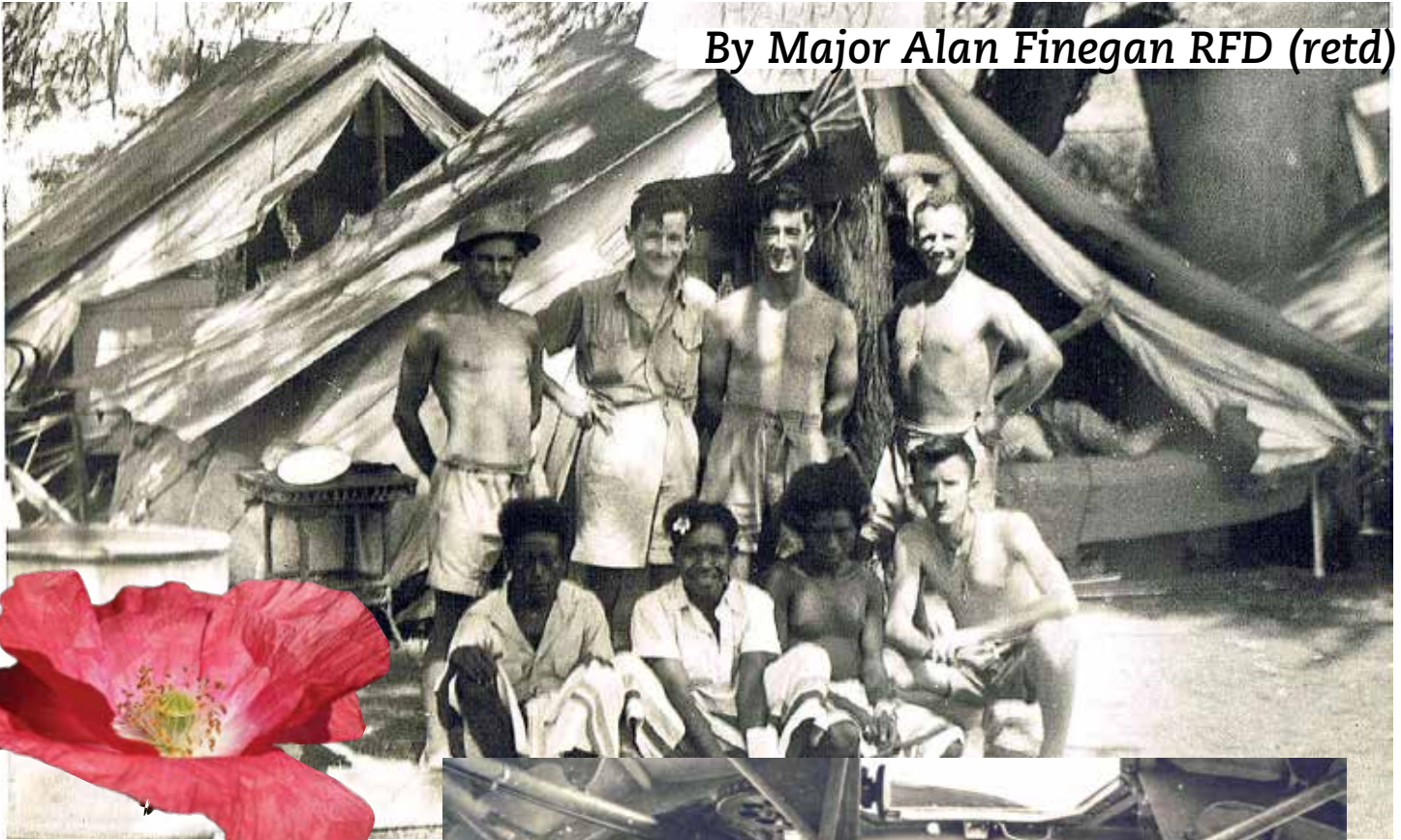
Lions Community Hall

Sunderland Drive, Bellara

PROUDLY
SPONSORED BY...

The Bribie Islander

By Major Alan Finegan RFD (retd)



This is not a story of Military History with details of Unit citations, commanders, tactics and battle Honours, this is the human side of war, of an entire Family at War, my family.

During the 1950s my Dad and Mum's brothers Jack and Nev met regularly over a carton of long necks. All war babies, my brothers, cousins and I gathered around in excited anticipation of the expected



war stories. Despite our tender years, we instinctively recognized that the warmth of affection between the three veterans was way beyond normal friendship. They took turns telling stories that had us laughing one minute and gasping the next. Their tales of bombs, bullets and bayonets gained in excitement each year, but always in a self-deprecating way. As the day passed and with the long necks almost empty, a quiet sombre atmosphere would come over them. Often with tears in their eyes, one of them would tell us the story of what they called, "the miracle at Milne Bay". Beryl Smith, my Mum, was the only girl in the family, growing up during the 1930s depression with three brothers,

Jack, Nev and Fred. Her father had been a member of the Brisbane based 9th Battalion. As Mum was born soon after the first ANZAC Memorial Day, he named her Beryl Anzac, a name she carried with pride for the rest of her life. In the late 1930s, she had been courted by a photographer, Laurence Finegan, in a very "proper" romance supervised by her mother Eliza. When Laurie and Beryl dated, they always had either Jack or Nev with them. As a result, a close friendship developed between Laurie, Jack and Nev. In February 1940, Beryl and Laurie married.

Britain had declared war on Germany in 1939, but it was still the "phoney" war, with

little action and expectations that it would all be over soon. Jack saw an opportunity for adventure and enlisted. The 2nd AIF, including Jack, soon sailed off to North Africa to fight the Germans for the English. This was a worry to the family, but they all felt proud of Jack.

Australia was a long way from the fighting in England and the Middle East. While there was some concern, not too many people were overly worried. 1940 and 1941 drifted by with news of the war mostly on page 2 or 3 of the newspapers. Everyone was proud of "our boys" and continued with "business as usual". On weekends Laurie and Beryl would gather at Eliza's home and together with Mum's brothers would read Jack's letters out loud. One weekend Nev introduced his new girlfriend, Joy Winnett, to the family. Joy soon became a popular family member.

Then on the 8th December, 1941 Australia awoke to a shock much greater than the declaration of war with Germany. The day before the Japanese had made a surprise attack on the United States Naval Base at Pearl Harbour, effectively crippling their Pacific Fleet. The United States, in outrage, immediately declared war on Japan. The British rapidly followed and inevitably Australia also declared war on Japan. If Pearl Harbour shocked Australia, then the events of the next nine weeks shook it to its very foundations. In mid-December, the Japanese poured down through Burma and landed on the Malayan peninsular. Hong Kong fell on Boxing Day, January saw Rabaul bombed, Ambon fall, and all British and Australian forces withdraw into Singapore only to surrender to the Japanese. Soon after, Darwin was bombed. It was like waking up in a cold sweat only to realise that the nightmare was reality. Like young men all over Australia, Laurie was now determined to do his bit. On the 30th of March, he was enlisted in the Air Force as a Photographer. With little basic training, he was shipped off to Port Moresby leaving behind a pregnant Beryl. Soon after, Neville aged 21, enlisted in the newly raised Militia Force. Little news was forthcoming from Jack. All that was known was that elements of the 2nd AIF were being withdrawn to Australia to help fight the Japs.

Nev began jungle training at Canungra and soon after was also shipped off to New Guinea. With Jack, Nev and Laurie absent on active service Eliza, Mum and Joy comforted each other developing a close relationship that was to last a lifetime.

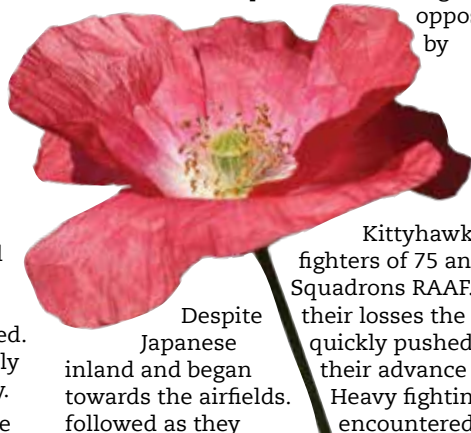
In Port Moresby, under daily bombing raids, Laurie worked in terrible conditions processing photos in darkened and stifling tents or flying reconnaissance missions, often under fire. In the meantime, the

Australian Commander predicted that an attack on Milne Bay was being planned by the Japs. He ordered air patrols to step up over the likely Japanese invasion routes. Thus in July 1942, Laurie was transferred to Milne Bay, only to arrive in time for Japanese Naval bombardments and more bombing. He soon began daily flights in reconnaissance aircraft and photographed the Japanese invasion task force.

Unbeknown to Laurie, Nev had arrived on the 11th July with the 7th Infantry Brigade Militia Force. The Militia was manned by young soldiers with little training, but their officers were nearly all veterans with vast experience from WW1. The regular soldiers referred to the young militiamen as Chocos (for chocolate soldiers that would melt in the heat). The Militia set about preparing their defences.

Also unknown to both Laurie and Nev, units of the 2nd AIF including Jack's 2/9th Battalion arrived on 21st August and began working on the airstrips and preparing defences.

Four days later the Japanese Special Naval Force with two small tanks began landings on the coast to the East of the defenders. The Japanese landing was opposed by



Despite Japanese in-land and began towards the airfields. followed as they the Militia troops that formed the first line of defence. The Militia Troops fought with incredible tenacity that stunned the Japanese as they were cut down by mortars and machine guns from perfectly prepared defences. The Japs then moved inland to attack from a different direction expecting little resistance. It was a wrong move. They assaulted straight into the veteran 2nd AIF units. It was another fierce battle, as Jack was to relate. But they held and inflicted more heavy casualties on the Japanese.

Kittyhawk fighters of 75 and 76 Squadrons RAAF. their losses the quickly pushed their advance Heavy fighting encountered

When the battle started Laurie had been issued an old 303 rifle and ten rounds and with other members of the RAAF were sited around the command HQ and told to defend the HQ to the last bullet.

In one of the 1950s gatherings, one of the young boys asked Uncle Nev, "What was your worst moment of the battle?" Nev thought for a few seconds, then said, ".It was one night when the Japs were charging

across the airstrip straight at me, screaming "banzai", and the order was given to fix Bayonets".

Just before dawn on 1st September, the enemy began a withdrawal back to their invasion base, all the while pursued by Australian infantry. Eventually on 7th September, having suffered heavy casualties, the last of the Japanese withdrew from Milne Bay. It was the first major battle of the war in the Pacific in which Allied troops decisively defeated Japanese land forces.

There was no more mention of chocos.

On the same day after the battle, Laurie, Nev and Jack were all stood down to go to the HQ Post Office. They were all suffering shock from the days of battle, and it was good to get away for a short time, all hoping for some news from home or of their brothers. Not one had the slightest idea that the other two had been at Milne Bay.

That was when the miracle at Milne Bay occurred. They all converged on the PO at the same time. Initial disbelief turned to joy as the three embraced, lost for words. It was a hugely emotional moment indelibly etched in them forever. They spent the rest of the day together, deep in conversation, swapping stories of the battle and each one's news from home, including the birth of my brother on the 27th of July. It was the best therapy possible. They all said later, it was a day of healing and revival they would never forget.

Laurie was posted back to Brisbane in late 1943 while Jack and Nev survived many more battles until 1945 when both returned home safely.

Nev married Joy in March 1945. In August, the war ended. Eliza, Mum and Joy, at last, had their men home safely. Then, as everything started looking good for the future, tragedy struck. On the 22nd September 1945, Eliza was waiting in the pouring rain for a tram on Annerley Road. As the tram approached she stepped out onto the road. A Dutch Army truck knocked her down. Eliza was dead on arrival at the hospital. Mum was inconsolable. It took years for her to get over the loss of her Mum, the only family death from the war.

She said that her Mum had often prayed to God that if one of her family had to die, he should take her instead of one of her boys. And so it was. It was a cruel irony.

In early 1998, Mum was diagnosed with brain cancer and given only a few weeks to live. She defied the doctors and held on. We took turns to do a bedside vigil, with Mum having only a few lucid moments a day when she usually asked the date. Mum held on... and on. One evening Judy was on duty at the hospital when Mum asked the question. Judy (my wife) told her it was Anzac Day. Beryl Anzac Finegan smiled up at Judy - and quietly passed away.

THE MARCH

By A.J. McIntyre

I wore my father's medals,
Each Anzac Day, for years,
But I never felt the glory,
Through the sting of unshed tears,
So, I marched on, sad and lonely,
In this military scene,
A small boy in a column,
Where his father should have
been.

The men who marched beside me,
Would pat me on the head,
With a kind of rough compassion,
For a boy, whose dad was dead,
And their eyes would fill with
sorrow,
And a sadness cloud their face,
For the many boys with medals,
Marching in their father's place.

The bitterness would choke me,
And I marched with downcast
head,
For I knew there was no comfort,
In the hour that lay ahead,
So, I listened to the speeches,
But I felt no surge of pride,
For, medals are cold comfort,
When your dad has fought, and
died.

My heart would start to tremble,
As the bugle's notes rang loud,
And the Last Post's haunting
sadness,
Brought a stillness to the crowd,

But, I never saw the glory,
For the bitterness that grew,
And my heart would fill with
yearning,
For the dad...I never knew

Let's Light A Candle For The ANZAC'S

Let's Light a Candle for the Anzac's
Who gave their lives for you and me.
So young and carefree were these gallant lads'
They 'gave their all' to make our country free
They endured hardships of untold dimension
Oft' face to face with the enemy they'd be.
They fought 'as one' with their mates beside them
Such courage leaves a legacy for all to see
They left their homeland to join the battle
Many not returning to their loved family.
They now lay sleeping 'neath the stars of the heavens
In so many places far over the sea.

As we light our candles for the Anzac's
We remember all the Armed Forces Personnel
Who offer their lives to protect our nation
This is our home and country we all love so well.

Anzac Day is a commemoration
Memorials to those who gave 'ultimate' sacrifice
And the many who wear the scars of battle
Who continue to struggle each day of their life.

We are so indebted to this band of heroes
Who protect us and our worthy land.
So each day let's keep the flame of the candle
Burning brightly in our hearts, for these, our fellowman.

Joybells

Our Cul de Sac Community

© W.H. Kennedy (author of *Mr. Leaf's Dream*)

Our Cul de Sac community came out on their lawns.
In remembrance of ANZAC day, right at the crack of Dawn.
A flag had been erected and flew, tattered, at half-mast.
As we honoured all the people who had served us in the past!
We all held silent candles as the ceremony played.
And admired all the efforts that our community had made.
We saw the silent 'look-outs' perched high up in the trees.
Heard other commemorations that reached us on the breeze.
We heard the screeching parrots, as silently we stood.
To appreciate the fact that, "We've all had it pretty good!"
In formation birds flew over, as we said that special ode.
And the bond between us grew, as we stood near to the road.
We honoured all current servicemen as the Anthem found its voice.
None of us were forced to be there. In freedom, was our choice!
LEST WE FORGET!

Remember Me, Gallipoli
I stand alone on a windswept
cliff,
Looking down on story seas,
On a cold and desolate beach,
Ghostly souls look up at me.
I see the flashes of their guns,
And the roar of descending shell,
In a battle dress with bayonets
fixed,
They charged their way to hell.
Climbing the rugged cliff face,
To fall into the jaws of death,
They lie there broken and gasp,
As they draw their final breath.
Remember us to our families,
Let them know we did them
proud,

Their pleading eyes spoke to me,
Yet uttered not a sound.
I wrapped my arms around them,
Each man I did embrace,
A grateful hug of thank you,
I still recall each face.
So now every year I remember,
On a very special day,
For the sacrifice that they made,
I reflect and silently pray.
They gave us peace and security,
That we take and enjoy so well,
So remember our fallen
comrades,
Those who marched away to hell.
LEST WE FORGET...
By David M Cargill
Aka Jon Quill



Aaron James McIntyre, late of Tingoorra and Murgon, wrote this poem about his father, 2nd Lieutenant Aaron McIntyre, who was killed in action, age 26, at Pozieres on July 29, 1916, before his son was born. Provided by Al Finegan, who's uncle served with his father in PNG.

ANZAC

Day Poetry



RATIONING OF FOOD AND CLOTHING DURING THE SECOND WORLD WAR

Rationing during World War II in Australia was a fact of life for all civilians. Shortages caused by the long war, including action in South-East Asia and the Pacific, meant supplies had to be controlled to curb consumption and limit inflation. The first rationed item was clothing, gazetted on 12 June 1942. Tea and sugar followed soon after, whilst butter was gazetted in June 1943 and meat in January 1944.

The regulation and restriction of such commonplace and universal items ensured each citizen would receive equal resources. Each person was allocated a certain number of coupons for each item, allowing them to receive a fair but adequate amount. For example, each adult was allocated one pound (500g) of butter per fortnight.

Rationing effectively curbed inflation of the Australian currency, ensuring the economy remained stable in the turbulent war period. However, such policies inevitably lead to civilian backlash, and a black market developed. Extra goods or luxury items were sold above market

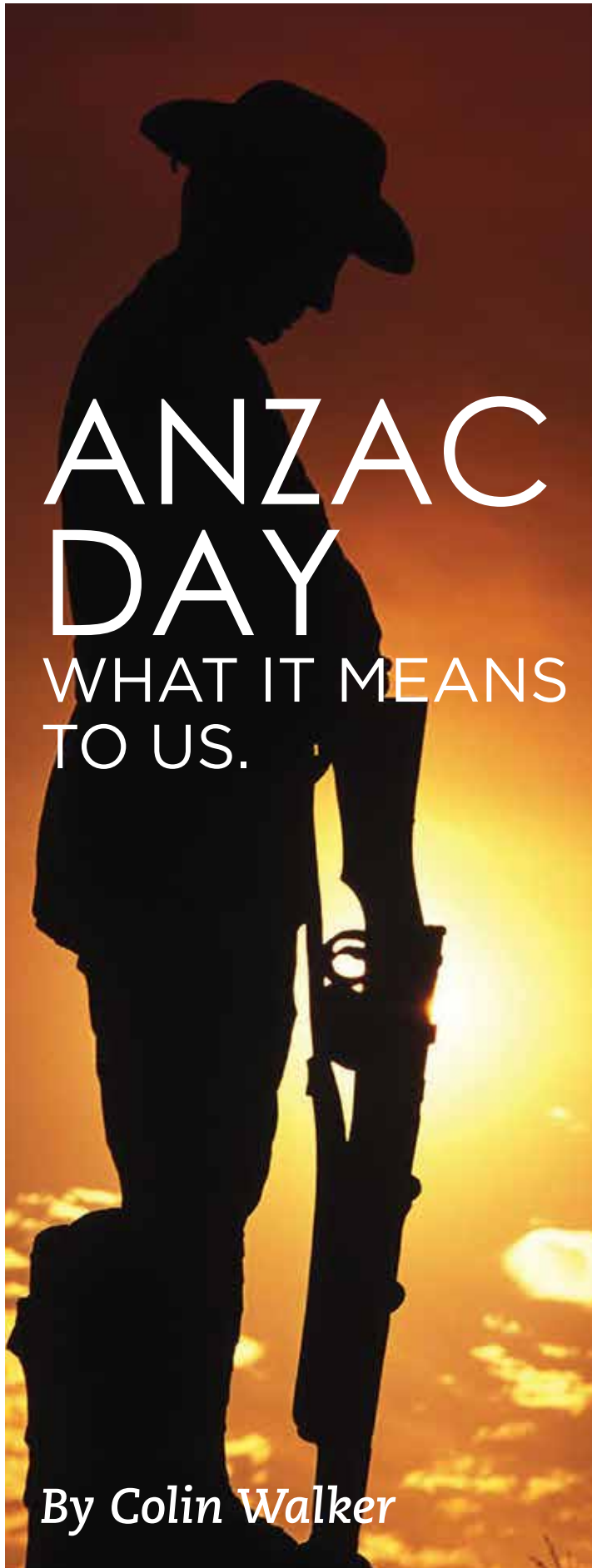
price in illegal transactions as a means of bypassing restrictions on certain items. Backyard produce changed hands without official control. Petrol was by the far the most fiercely contested rationed item, and there was much debate and lobbying against its institution from motor companies, newspapers and various commercial enterprises. By June 1940, however, with supplies dwindling, the Government introduced rationing to reduce petrol consumption by 50%. In October 1940 a final scheme enforced a one-third reduction. Drivers had to apply for a petrol licence, from which they were allocated ration tickets based on their needs. Petrol rationing was not strictly enforced until 1942 but remained in place until February 1950 after much conflict between the motor industry and the government.

Rationing for other goods was also in place long after the war ended in 1945, with tea the last to be abolished in July 1950.

Australia's rationing policies, whilst ensuring the supply of essential goods for its citizens, were also heavily influenced by the wishes of Britain. Imperial ties were still strong and Britain expected Australia to put the UK's needs above its own. For instance, Australian motorists had 50% fewer petrol rations than drivers in Britain and New Zealand at the end of the War. Britain expected Australia to save its money in any way possible, to aid Britain in repaying its substantial war debts to the



US. Furthermore, Australia maintained meat rationing until 1948 to support reduced meat rationing in Britain (Queensland). Rationing in Britain, however, was much more severe than in Australia. Britain's isolated position as an island meant her imports were curtailed, severely limiting available food. Thus food rationing was introduced in January 1940, and goods were delegated with the use of coupons as in Australia. Lines for basic items became longer as the war dragged on. Rationing did not end in Britain until 1954, four years after Australia, with meat being the last product to be abolished. Information sourced from Australian War Memorial



ANZAC DAY WHAT IT MEANS TO US.

By Colin Walker

I have never experienced war (first hand) myself and I did not lose my father, my mother, or any siblings to war.

I also was not called on to front up for war service training, like so many of the “Nashos” of my era were (to my disappointment at the time). And my number didn’t come up in the 1960s (Vietnam) ballot, and I was too young for call-ups before then. SO.....what does Anzac Day mean to me?

Like most native-born Australian families (and many migrant families too) we have, or have encountered, family stories of losses at war dating back to the Crimean War (the 1850’s) and the South African Boer Wars (1885 /1902).

There have been memorable accounts of family members who never returned from these conflicts, or The Great War (W.W.1) of 1914-18, the 1939-45 Second World War, Korea 1950-53, and Vietnam 1962-75. (Authenticated official figures put the number of Aussie “casualties”/deaths in all conflicts at around 150,000 – most of them in the W.W.1 and W.W.2 theatres of war throughout Europe, the Middle East and South-East Asia).

And more still tell heart-rending tales of veterans returning from these wars with the physical and psychological damage that scarred them (and, sometimes their families and others around them) for life.

In more recent times, Aussie soldiers, sailors and airmen have been among the casualties of political and religious conflicts – euphemistically called “peacekeeping missions”, often – in Iraq, Afghanistan, Iran, Syria, and other flashpoints.

There are countless stories of returning servicemen (and women) whose marriages didn’t last long on their

return....or if they did, they were never the same. These were the lucky ones, we were told.

They seldom spoke of their experiences – or if they did, it was generally in sadness rather than anger or vengeance, in memory of their mates who didn’t come back.

As a child, was the exciting war stories of adventure... good versus evil...the heroism and the medals... which attracted me to the Anzac legend? It wasn’t until my late teens and young adult years that my Anzac perspective changed forever.

My father was one of 11 children, all born immediately before or after The Great War (W.W.1), and one of the six boys saw war service.

Yet it was an uncle by marriage – my Uncle Reg, who saw service in three “theatres” in W.W. 2 - whose stoic character in wartime, and after it, brought home the real meaning of Anzac to me.

His W.W.2 experiences – including three years in Japan’s infamous Changi prison and its associated Burma railway work camps – cost him his physical and mental health and welfare, his marriage, his home, and (almost) his family, dearly. He bore the scars of all this until he died.

Yet he remained, until his death, a positive, forward-looking Aussie who still believed in people – and loved his country. The stories of some of the wartime atrocities he had seen (or been involved in) make hard reading (as they did hard listening) and they gave me an insight into just how horrific – and often senseless – wars can be. Reg’s experiences gave real meaning - for me, at a young age - of what “ANZAC” stands for, and why it should be honoured and never forgotten.



ANZAC DAY

By Sue Wighton

ANZAC Day. I guess it means different things to different people. But we all continue to be touched by war down the generations.

I note that the contingent of soldiers who march gets smaller every year and I wonder if the tradition will continue. There are now no surviving veterans of the Great War (World War 1) and the few remaining who fought in World War 2 are in their late 80s and 90s.

My dad (he passed away in 2019 at the age of 95) was in the navy in World War Two. He spent his war in the Asian Pacific 'in the bowels' (his phrase) of the SS Kanimbla tending to the engines. He didn't talk much about his service to his family – in fact, he underplayed his contribution. Sometimes I think he felt inadequate

compared with the combatants on the ground. I know he came to believe that war was pointless – a waste of time and people.

Two of my uncles were POWs in Changi. One of them died quite young not long after returning from Singapore. I've read the letters my other uncle, Ted, sent home to his family from that horrid place. They endured unspeakable hardship and yet, Uncle Ted's letters were newsy, strangely lacking in bitterness and full of concern for the family at home.

My eldest brother was of the age to be conscripted but his number wasn't selected. It's unimaginable to think about those young men, so naïve and green, being sent off to the jungles of Vietnam to fight an enemy they couldn't see. And how shabbily they were treated on their return. No heroes' welcome for them.

Today's young men serve in Afghanistan and other inhospitable places, fighting terrorists in the name of democracy. It's a different kind of war, where the enemy doesn't wear a uniform and can't be distinguished from the civilian. Today's soldiers become dehumanized by their experiences – so many of them ill-prepared for this wicked type of combat.

As a woman, I scarcely know what to make of ANZAC Day and the wartime camaraderie it symbolizes. As a

mother I empathise with the women at home, fretting for their beautiful boys (girls too) and willing them to come home whole and unblemished.

But I think I agree with my Dad. War is as pointless as it is inevitable. It leaves its mark on the minds and bodies of all those who participate and those who love them. Some marks are visible. Some remain hidden and only appear later, often in some twisted and malevolent form in the dark aftermath of service.

I can't watch the ANZAC Day service because I weep from beginning to end. I truly admire those who have fought for King, Queen and country. I acknowledge their sacrifice and I'm forever grateful to them. But when will we say the legacy of war is a price too great to pay?

In the words of the late, great Pete Seeger:

Where have all the soldiers gone,
long time passing?

Where have all the soldiers gone,
long time ago?

Where have all the soldiers gone?
Gone to graveyards, everyone

Oh, when will they ever learn?

Oh, when will they ever learn?