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AND DISTRICTS

ISSUE 142 June 18, 2021

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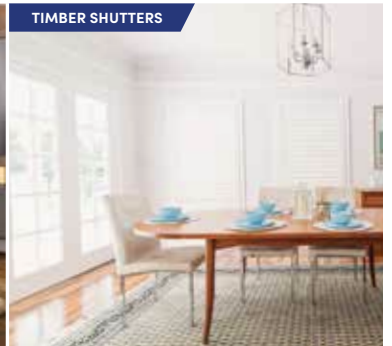
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142
JUNE 18 2021

Welcome

I don't know about you, but time is flying by at a massive rate of knots at the moment! I can't believe we are halfway through the year already! Before we know it, Christmas will be upon us! It may not be Christmas yet, but we here at the Bribie Islander are feeling like it is! We are counting down the days until the Melsa Train Park's Grand Re-Opening day on the 20th. There has been so much work that has gone into this renovation, we cannot thank the businesses and community who have all donated their time and services to make this all come together enough. We have met some amazing people who have become friends after working together on this fantastic project and everybody should be very proud that this is the community we live in. This project has restored my faith in humanity and I look forward to continuing to build relationships within the community on other projects coming up.

I hope to see you all down there on the 20th so you can have a look for yourself at how the community has banded together to bring this event together. We are so pleased to announce we will be having the Pumicestone Indigenous Education & Employment Council performing a smoking ceremony for the opening. There will be lots to see and do, come and be part of a celebration like no other!

Looking forward to seeing you all on Sunday,

Until next time,
Stay safe, take care,

Cherrie

in this issue

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BARING IT ALL



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CELEBRATING AUNTY FLO

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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Rejuvenating Body Scrub

Regular exfoliation is important for removing dead cells which can accumulate on the skin's surface, leading to dull and dry skin. For a nourishing body scrub, mix together some brown sugar and olive oil, using roughly double the amount of brown sugar as oil. You can also add in some manuka honey, which is beneficial for both dry and acne-prone skin types, and some lemon or orange essential oil for an uplifting scent. Use the scrub in the shower, rubbing in circular motions over the body and paying attention to rough spots such as the elbows.

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Refreshing Foot Mask

Our feet are often neglected, but they deserve a treat from time to time, particularly after a long run or training session. For an invigorating treat for your feet, mix together equal quantities of oatmeal, corn meal, sea salt and olive oil. Add a few tbsps of aloe Vera gel to get a mask-like consistency then add a few drops of refreshing peppermint oil. Apply to feet and massage in. Leave for a few minutes then wash off.

Steam Facial

Steaming your face is a good way to cleanse your pores, helping to promote clear and glowing skin. For a steam treatment at home, fill a bowl with boiled water and leave to cool slightly so that it is not hot enough to burn your skin. Add a couple of drops of essential oils, such as tea tree oil for acne-prone skin, lavender oil for oily skin or rose absolute oil for dry skin. Steam your face for a few minutes by leaning over the bowl with a towel covering your head to trap the steam. You can

follow a steam treatment with a purifying clay mask or simply some toner and moisturiser.

Softening Hand Treatment

For a softening treat for your hands, try using a moisturizing scrub made from 1tbsp olive oil, 1 tbsp. sugar and a teaspoon of almond or grapeseed oil. Scoop some of the mixture on to your hands then massage in circular motions all over. After a few minutes, rinse of the mixture with warm water until most of the oil has been washed off, then pat dry. Finish with a moisturizing hand cream or lotion.

Deep Conditioning Hair Treatment

You don't need to splash out to get perfect lustrous, shiny locks. For a natural conditioning treatment, try mashing up an avocado and applying directly to your hair for a shot of moisture and nourishment. Alternatively, for a protein-rich treatment, apply a beaten egg to hair, leave for 10 minutes and then rinse off with cool water.

Aromatherapy Shower

While baths are perfect for relaxing, if you don't have access to one or aren't much of a bath person, you can still create a spa-like experience for your shower. Choose a relaxing essential oil such as lavender or an uplifting oil such as orange blossom and add a few drops to a damp flannel or sponge. Place this on the floor in front of you as you shower to allow the steam to release the scents.

Skin Brightener

Papaya and pineapple are great natural exfoliators and skin brighteners due to the alpha hydroxyl acids they contain. To tighten and brighten your skin, blend some papaya with yogurt and honey and apply as a face mask. Leave on for 10 minutes then rinse off. Alternatively, pour some pineapple juice into ice trays and leave in your freezer overnight. Once frozen, pass the pineapple ice cubes over your skin and leave for five minutes before rinsing.

Soothing Eye Treatment

If you have puffy, dry or

irritated eyes, try a homemade remedy to soothe and refresh. Cool chamomile tea bags and cucumber are good traditional remedies to cool and soothe the eye area, while cool potato slices are also good for puffy eyes. Light some candles, put on some relaxing music and lie back with the tea bags, cucumber or potato slices covering your eyes for 10 minutes for a soothing and relaxing treat.

Purifying Facial

For the ultimate at-home facial, begin by cleansing and lightly exfoliating your skin using oatmeal and water. Follow this up with a soothing, moisturizing or cleansing mask made by natural ingredients such as yoghurt, avocado, strawberries or honey. Finally, pamper yourself with a DIY facial massage using a natural oil such as jojoba, grapeseed or almond oil. Apply the oil to your hands then massage your face using gentle upward circular motions. This will help to nourish the skin and boost circulation, giving a vibrant and soft complexion.



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"RAINBOW CARE, THE EXPERIENCE THAT BRINGS COLOUR TO HOME SERVICES GREY SKIES"

Rainbow Care Home Services was established in late 2020 by Christine and Marli, partners in life and now in business with over 30 years of experience in the community services sector between them. They strive for purpose and meaning in their working life and they believe they achieve this best when they feel they are having an impact and making a difference in people's lives. Rainbow Care was founded after noticing there was a gap in the market, a need to provide a truly inclusive service where no two people are the same so no experience of our service will ever be the same. "People's access to both aged care and the NDIS should include them living their best lives."



Life is all about choice and control. Here at Rainbow Care, we aim to support every client to live the best life they can, the way they want, with who they want. We provide this support through NDIS registered support

coordination and plan management, case management of Home Care Packages and an amazing team of Rainbow workers whom we guarantee will always be a rainbow

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friendly face at every interaction.

Christine said, "We approach our work with a friendly and human-rights based focus on embracing people's identity and strengths. We believe people have the right not just to live an authentic life but to have the services that support them to embrace and celebrate their identities and the beautiful diversity that brings to the world.



OUR AGED CARE SERVICES:

- Home Care Packages
- Rainbow Workers
- Support accessing navigating the My Aged Care System

OUR NDIS SERVICES:

- Plan Management
- Support Coordination
- Rainbow Workers
- Support accessing and navigating your NDIS journey. Rainbow Care offers services like assisting with tasks around the home. Marli said "Rainbow Care's clients decide themselves the level of assistance required and how it's delivered. Some people might need our workers to prepare a meal of their choice for them. Others will just need help peeling and chopping

the vegetables. Everyone is different so we never do 'One size fits all'. We are about tailored services to fit the needs and desires of individuals."

Christine said Rainbow Care offers a range of home care services.

"In addition to domestic assistance, we offer personal care, medication prompting, help with shopping and appointments and social support. Social support is critical to people's general health and well-being. Help with personal projects, day trips to get out and about or even just a friendly cuppa at home. We can also provide emergency respite, telechecks and even yard maintenance and gardening.

"Once again, we don't just take over because there are often elements of looking after their garden that clients are able to do for themselves and enjoy." Our mission is to provide and promote inclusive access to home care services with a friendly and human rights-based approach focusing on embracing people's identity, strengths, and desire to remain living an independent and meaningful lifestyle.

Accessing our service at any entry starts with a chat. If you are unsure give us a call and we will talk you through it. If you would like to learn more about Rainbow Care or would like to discuss our services and how we might be able to help you live the best life you can contact our friendly team on 0481 563 887 or email info@rainbowcarehomeservices.com.au

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PEOPLE | CONNECTION | PRIDE

Arrival



Corporal Collapse

By: Elaine Lutton.

In general, my health is fine except for a few chronic ailments that I have learnt to live with. This year, in particular, has been an exceptionally good one, owing no doubt, to all that hand-washing and mask-wearing and lock-downs. No flu or cold bugs have dared to come near me. That is, until my mini holiday, see last fortnight's Packing article when the gods decided to wreak vengeance upon me

for enjoying myself far too much for their liking.

Initially, I had no one to blame but myself. Vanity, vanity, all is vanity. I decided that not only would I have my hair cut and re-styled but gave permission for my eyebrows and eyelashes to be tinted. The eyebrows were a complete disaster but due to advice from a friend, were rescued

and some semblance of matching my hair achieved. I was quite pleased with my eyelashes; you could actually see that had some. I remember a friend of my Mother's declaring that in my youth I had "eyelashes with which to sweep the gravel path", whatever that might mean. In the 1960's I would apply false eyelashes. In those days my hands were steady, nowadays the simple application of mascara is fraught



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with peril. All appeared well to begin with but over the next few days, my right eyelid began to feel increasingly uncomfortable until it was obvious that some kind of infection was making itself apparent. Yes, a dreaded stye was beginning to close my eye and spoil my incomparable beauty. I tried some simple solution such as applying hot compresses but to no avail. Eventually, I decided to throw myself on the mercies of my lovely doctor as I had acquired other complaints besides the eye infection. For several weeks I had felt a pain in my shoulder which I kept saying to myself that would cure itself in the fullness of time. It did not. It was becoming impossible to lift my right arm and even removing a sweater was becoming a painful exercise. Furthermore, I had what I had self-diagnosed as a wart on my leg but it had not responded to any wart treatment, even those home remedies such as pineapple, aspirin, vinegar and the weirdest of the lot, burying a small piece of

steak at midnight, muttering incantations and letting it rot. The wart is supposed to drop off when this has been accomplished. But no, nothing seemed to work, my doctor said he doubted that it was a wart in the first place and recommended I should visit the skin clinic on the Island, which any sensible person would have done in the first place.

Like the poet John Donne in his Hymn to God, the Father, "When thou hast done, thou hast not done, for I have more". I was visiting his surgery with a shopping list! Every doctor's nightmare! I still had the peeling palms of my hands to show him. Some form of contact dermatitis. In this case, I have solved the problem myself by the simple expedient of purchasing and wearing cotton gloves when driving Ferrari.

Even my trusty steed was coming out in sympathy with all my multitudinous ailments. I had noticed a distinct loss of power and speed whilst driving him and began to worry if he too was failing, so I took him to

the scooter shop on the Island where the technician listened to his heart and pronounced that he needed a transplant. His batteries were failing! I have ordered new batteries and reassured him he will soon be speeding along like a teenager again and all his little lights will be glowing with enthusiasm indicating full power.

As for myself, the news was not quite so cheery. After an ultra-sound and X-ray on my shoulder, the results were sent to my Lovely Doctor so he could fire his guided missile with steroid warhead into exactly the right spot. It seems to have landed with unerring accuracy as the arm is already behaving itself, the pain dissipating with pleasing rapidity enabling me to type and regale you with my woes. The "wart" was not quite so simply solved; this I was told, needed to be excised since it was a dreaded skin cancer. Not happy, Jan! But again it had to be done, although perhaps without my surgeon assuring me I would be fine as I was "so brave". Who wants to be told that courage

would be needed? I was even more alarmed as she drew an enormous zig-zag line both above and below the offending "damned spot". I watched as she carved a large piece of flesh from my leg. I always supervise medical procedures, telling her to make sure she got it all as I was not returning for her to have a second go! To be fair, the operation was far less painful than I had anticipated and I must afford her full marks both for her skill with the anaesthetic needle and scalpel. Her embroidery left just a little to be desired but on the whole, congratulations were in order.

Now all I have to do is wait for it to heal so I can, once again, indulge in a proper shower. I have little fear of infection as the antibiotic for my stye can only help my leg. Two for the price of one!

Ah, yes. The moral of the story. Beware of enjoying yourself too much, the gods will become jealous and inflict their own form of punishment.



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

For many, the journey to parenthood isn't a straightforward one - in fact 1 in 6 couples in Australia have difficulties conceiving. Of these cases, approximately 30% are attributed to female factor infertility, 30% to male factor, and another 30% due to a combination of female and male factors. The remaining 10% are classed as "unexplained infertility" by conventional medicine.

CHINESE MEDICINE & FERTILITY

Chinese medicine is commonly used as complementary or alternative therapy to boost fertility - it's frequently recommended in online fertility groups, studied in medical journals, and endorsed by fertility and IVF clinics. Nearly as old as Chinese medicine is itself, records of fertility treatments in China can be traced as far back as 200 A.D.

Fertility acupuncturists often have clients come in to clinic with conventional medical diagnoses, such as endometriosis, polycystic ovarian syndrome (PCOS), irregular menses, luteal phase defect, elevated FSH (follicle stimulating hormone), and male factor infertility. We take these diagnoses on board but also zoom out and assess the body as a whole.



From a Chinese medicine perspective, fertility struggles are often the result of a series of little imbalances in various body systems that, taken together, add up to the bigger issue. I often tell my clients, especially those that are new to Chinese medicine, that Chinese medicine looks at your symptoms, health history, diet, and lifestyle using a different lens than conventional medicine. Often this lens can uncover some of the missing pieces to your health and fertility puzzle.

Chinese medicine emphasises the interconnectedness of everything - as such, I examine your health in all areas and identify signs and symptoms of 'disharmony' within the body. I then focus on correcting the disharmonies and removing the obstacles to fertility using a combination of acupuncture, Chinese herbs, nutrition/diet, and lifestyle advice. This system of correcting disharmonies has been used for thousands of years.

NOURISH THE SOIL BEFORE PLANTING THE SEED

Like nature, our bodies often require extra planning and preparation before new life can be created. The 'seeds' are the blueprint to life, the foundation of your baby's health, and ultimately form your pregnancy outcome. It takes roughly 90 days for primordial cells to mature into follicles (eggs) and sperm, so your health during this period plays a crucial role in determining their quality. High stress,

inadequate nutrition, and insufficient rest during those 90 days all have an impact on this development and affect your fertility. Fortunately the body can be very forgiving, so if the last three months were less than stellar in the health department, you can always take the next three months to focus on rebuilding and putting your body in the best state to conceive.

Following a detailed Chinese medicine assessment I develop a treatment plan tailored to the individual which typically includes:

- Acupuncture
- Chinese herbs
- Supplements
- Diet and lifestyle advice

Together, these components improve fertility by:

- **Increasing blood circulation** to the pelvis to support healthy development of follicles and sperm, reduce inflammation, and aid embryo implantation. Reduced blood flow in the uterine arteries is associated with decreased pregnancy rates, so increasing the blood flow is key. This is even more important for older women as blood flow to the ovaries naturally decrease as part of the ageing process.
- **Balance hormone levels**, regulate menstrual cycles, and promote ovulation.
- **Promote healthy sperm production**, improve count, motility, and morphology.
- **Reduce stress and anxiety**, improve energy, and general wellbeing.

SUPPORTING IVF/IUI

Studies have found acupuncture alongside IVF to produce significantly better outcomes than IVF alone; the higher success rates are credited to increased blood flow to the reproductive organs and fewer post-transfer pelvic spasms. Acupuncture treatments are scheduled around your IVF/IUI cycle and key dates including prior to egg retrieval and semen collection, and prior to and after embryo transfer or insemination.

Sometimes I see clients for the first time after they have already started or are about to start an IVF/IUI cycle; it is not too late to incorporate acupuncture, nutrition, and lifestyle changes to benefit your outcome.

BRIBIE BABIES

Having worked in two highly sought after acupuncture clinics in Brisbane specialising in fertility and pregnancy, I've been fortunate enough to be a part of hundreds of journeys that started out with hope and open minds and have resulted in bouncing babies.

Though Bribie Acupuncture is often filled with the usual suspects, such as back pain and arthritis, since opening my clinic last year I've been honoured to assist many Bribie locals with:

- Preconception health and natural fertility
- IVF and IUI support
- Pregnancy care
- Labour preparation and natural labour induction
- Postpartum care

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact me via my website www.bribieacupuncture.com.au or call 0423 160 228.

You can also find me on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.

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- Do you feel overwhelmed at times?
- Do you suffer from depression or anxiety?
- Do you need to relax and gain more clarity within yourself?
- Do you need help to cope with your situation, whether it be stress, pain or an illness?

Reiki may help! So what is Reiki?

The word "Reiki" comes from the Japanese words "Rei" (universal) and "Ki" (life energy). Reiki is a type of energy healing, which has been used for centuries, though the system of Reiki was first developed in 1922 by a Japanese Buddhist called Mikao Usui.

Reiki is a healing technique where the practitioner acts as a conduit for the energy and the client is the recipient. By means of touch, it activates the natural healing processes of the client's body and restores physical, mental, emotional and spiritual well-being.

The first time I experienced Reiki I felt a deep sense of love and relaxation, a place of calm and it felt so wonderful, I knew I had to learn how to share this with others.

What can Reiki assist with?

Energy healing helps to bring balance to the energy fields around and within the body, where it can stagnate sometimes due to physical injury or possibly emotional pain. In time, these energy blocks can cause illness.

Reiki can enhance the flow of energy and release blocks, enabling relaxation, it may also

assist in reducing pain, speed up healing, and minimize other symptoms of illness.

Reiki may provide positive effects on all forms of illnesses, such as headaches, anxiety, depression, burns etc. as well as more serious illness like cancer.

Reiki can be used as an adjunctive therapy that can support healing and increase a feeling of well-being alongside medical treatments.

What happens during a session?

The client will sit in a chair or lie on a table, fully clothed, and the practitioner will hold their hands lightly on or over the body in certain positions.

Individuals have different experiences, the most common being the release of stress and deep relaxation.

The true purpose of the Reiki method is to correct the heart-mind, keep the body fit, and lead a happy life using the spiritual capabilities humans are endowed with since birth." Mikao Usui"

If you would like to book a session or have any questions, 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!

Blessings in Abundance,

Maria Christina



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William Barton and the QSO



This photo courtesy of William Barton

Bribie Island State School has recently registered with the Queensland Symphony Orchestra Connect Program (QSO). This program provides an opportunity for schools to engage in visiting artist programs, masterclasses and instrument demonstrations. Bribie Island State School have been invited to send students into Brisbane to experience the rehearsal of a new work composed for William Barton and supported by the QSO. This is an open rehearsal for limited numbers of invited guests and we are proud to have been selected to attend this event. Organising teacher Mr Henson said, "On 24 June 2021, we will be taking a limited number of students to sit in on an open rehearsal of William Barton and the Queensland Symphony Orchestra at the QSO Studio in the ABC Building, South Bank. This excursion supports Indigenous Cultural experiences, NAIDOC week, and is part of our instrumental music program. "Mr Henson went on to say,"

The activity aims to allow our students to see world renowned didgeridoo player, William Barton rehearsing his new composition with the Queensland Symphony Orchestra at South Bank. Students will experience the atmosphere and sounds of quality instrumentalists supporting one of our First Nations virtuoso up close and personal". The format of the rehearsal will be for the conductor to rehearse the piece and also speak with the audience. Our students may get the opportunity to interact with William after the rehearsal. Due to the generosity of the Queensland Symphony Orchestra and Bribie Island Bus Lines, this excursion is free of any cost to our students and we are thankful to the sponsors of this event for their support of our students. Information on William Barton can be found on the following web address: <https://www.williambarton.com.au/about-william-barton>

ESCAPING SCHOOL FOR A DIFFERENT EDUCATION



The Bribie Island State School year 6 students escaped on Monday 17th May 2021 with their teachers. They went to Apex Camp on Sunshine Coast with only one issue—the bus forgot to pick them up! During Abseiling some were scared and some were really confident. The instructors talked them through it and everyone learnt how to put a harness and a helmet on. They were quite scared to take their first step but they did it because they tried to face their fears and have a go. During their yummy eating time, the year six students enjoyed their meals a lot, especially lunch. The meals were very filling so everyone had enough to eat. The most enjoyable meal was dessert, moose with whipped cream and a lamington. Everyone tried to finish their meals but it was way too filling. Therefore, the students had a lot to eat.

By Rubie

Apex camp had many different and unique activities including rock climbing, one of the most loved activities. All the students were pumped, ready to climb. As people were climbing they could hear all their peers cheering them on. Some students got to the top, others got halfway. As night fell upon these students they all cleaned up and got ready for bed. Some students were clean and organized, others were messy and had things everywhere. All students fell asleep waiting to wake up to a new exciting day ahead of them. While the students were having fun they all learned something, whether it was they don't like heights or don't like getting muddy, they all learned something about themselves while at camp.

By Addison

From the Year 6 students themselves:

As all of grade 6 set off to Apex Camp, Sunshine Coast, they each experienced all kinds of new feelings. Throughout the camp, we did different activities. The most enjoyable for me was rock climbing. Many of the kids made it to the top using all of their strength to pull themselves up, gripping like monkeys in a jungle, swinging from side to side.

The morning, lunch and dinner meals we ate were glorious, with mouth-watering flavours, hot foods warming and comforting like the baking hot sun peeping out of the clouds. Each child in

each activity had an exhilarating time, talking to their friends and even making new friends as the activities included socializing with other people. Each day of the camp, the kids were taught to overcome their fears, to become confident in themselves and to "NEVER GIVE UP" no matter what. On camp, you can make many mistakes because life is all about making mistakes and learning from them. **By Mischa-Mae**



Bribie Island State School students escaped school and its work during week 5 with their school obsessed teachers to adventure out in the wild at Apex Camp. The year 6 students had really enjoyed mid ropes and zip-lining at the very end of the long wobbly rope course, they enjoyed the course because of the funny positions they had been in. When they fell, they had a spotter, a harness and a helmet to make sure they were safe while walking across the dangerously long ropes. The staff members that were helping out and also making sure the students were safe were Allana, Lilie and Mrs Pakuza. They watched them being the bravest rope warriors they could be. The staff members had been keeping a good eye on the students just in case if anything happened. **By Mia**

The Bribie Island State School year 6 students dumped school from the 17th to 19th May to go and camp at Apex Camp in Twin Waters on the Sunshine Coast.

Many students enjoyed the abseiling because they overcame some fears of heights and falling backwards down the tower. Students thought it was fun because they were able to control their own speed.

By Charlie

Abseiling was quite scary for some people but others had a lot of confidence. Jasmine Archery was fun because it was challenging to hit the bullseye. **By Stephen.**

Everyone got dirty in the mud pit challenge. There was amazing teamwork with the students supporting each other. **By Marli.**

Everyone had a go at mid ropes and it was really exhilarating. **By Mekylah**

Pool games gave everyone a chance to join in and have fun together. **By Nate**

The Apex staff were really helpful and respectful and they were great to talk to. **By Kayden**

Canoeing was great because they all gave it a go and had fun. **By Kahlarni**

The mud pit challenge included a variety of obstacle courses making it fun. **By Jayme**

During the night Olympics, they wore a life jacket upside down for a sumo race, it was embarrassing but fun. **By Brodie**

The movie night was amazingly funny as the actors had to learn how to kiss in Jumanji. **By Braydon**

During canoeing, the students played tag in the canal. **By Bailey.**

Archery was very exciting because you got to use a bow and arrow. **By Lachlan**

SPORTS DAY COLOURING COMPETITION

Much fanfare through the school was heard as Mr B announced the Sports Day colouring-in competition for all students at school. "We have some great examples of creativeness here," Mr B said as he collected some of the artworks.

Many of our students also competed in the Gala Day sports activities held close to home on the First Avenue Sports Ovals and at Caboolture. In the eyes of many of our teachers, Bribie Island State School students "are true winners" displaying teamwork and sportsmanship in a tough competition.



Aussie Heroes - providing personalised quilts to military personnel overseas.



Members of Bribie branch joined members of other branches for OWN Qld International Women's Day at Roma Street Parkland



OWN

Older Women Find Their Niche in **OWN** Older Women's Network (OWN) a non-political, non-religious organisation has been providing older women with mutual support through the development of friendships while promoting health and personal development over the past 25 years.

Here on Bribie Island, we are a relatively new but very active branch which meets twice a month. Last month we celebrated our second birthday. Over those two years, we have grown to a membership of 63 ladies.

Branch meetings are held at the RSL (upstairs in the ANZAC Room) on the third Thursday of each month (February - December) from 10 am to 12 noon. Guest speakers are invited to speak on a variety of topics of interest to the group. Alternatively, the ladies participate in fun activities or games to keep our brains active. After the meetings, our ladies can be found on the deck at

Social Cafe enjoying a chat over a light lunch. On the first Thursday of each month, we meet for a social event. An attempt is made to support local businesses but as we grow we will start to venture further afield for some future events. In recent months we have dined at Charlie's Restaurant at the Bribie Island Hotel (wearing our Easter Hat creations); enjoyed a coffee morning at Cafe 191 followed by a bushwalk from the Art Centre; celebrated our birthday in the undercover area at Sunset Pier Cafe and participated in a fun morning of barefoot bowls at the Bongaree Bowls Club.

If you are looking for companionship or opportunities to participate in new experiences with women at a similar stage of life then OWN can fill that niche. Should you be interested in joining our group come along to a meeting or social. You will be most welcome.

Contact Betty 0409 470 100, Jeannine 0439 149 020 or Leonie 0467 686 900 for further information.



Easter Hat Dinner at Charlie's Restaurant at Bribie Island Hotel



Barefoot Bowls morning at Bongaree Bowls Club

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BUSH DANCING

comes to Bribie Island

The Celtic Minstrels are a fun band of musicians who play Irish, Scottish, American, Australian music and are locally based, with some members on the island and some at Burpengary and elsewhere locally.

The Minstrels are regulars at The Jetty in Bongaree and love to play sets of tunes, with musical friends from around the district joining them at times.

They have started to teach Bush Dancing for Fun in the Bribie U3A classes and are having so much fun playing for the dancing that they hope to continue throughout the year in any venue that could host a Bush Dance. Two of the band, Mike and Beth, have been involved with playing for bush dancing for almost 30 years in Tasmania, where it's cold enough to warrant a lot of leaping around in the evenings. Ted and Sarah have played for bush dances in Queensland, but are enjoying the challenge now of playing for several hours, with 7 or 8 dances being on the programme.



Celtic Minstrels at the Jetty

There is a caller, who teaches the dance which may be in longways sets, circles, square sets, progressive, and could be in jig time, polka time, reel time, march time and quite often, waltz time.

The caller will continue to assist once the music starts but the music itself tells the dancers when to come in, go out, spin, change partners, or progress onwards.

The Minstrels are pleased to have been included in the U3A classes, as it's a first for Bribie to have bush dances such as Waves of Bribie, Strip the Willow, the OXO reel, Haymakers Jig, Troika, so if you would like to join the class which returns to the Term 2 programme on August 12th, please contact U3A office and the friendly staff will give you all the information you need.

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WHAT IS BREAST CANCER?

Breast cancer is cancer that starts in the breast tissue. Breast cancer occurs when abnormal cells in the breast grow in an uncontrolled way. Breast cancer can develop at any age. It is most common in women but also affects a small number of men each year.

Breasts are made up of lobules and ducts surrounded by fatty and connective tissue. Lobules produce breast milk and ducts carry milk to the nipple. Breast cancer can start in the ducts or lobules of the breast. Sometimes cancer cells stay in the ducts and



Chris Drysdale and Heather Brigg

lobules of the breast. This is called non-invasive breast cancer. If the cancer cells spread into the surrounding tissue, this is called invasive breast cancer. The site where the cancer starts is called the primary cancer. Sometimes, breast cancer cells travel in the bloodstream or lymphatic system to other parts of the body such as the bones or liver. This is called metastatic breast cancer (or secondary or advanced breast cancer).

BREAST CANCER SYMPTOMS

Some people have no symptoms and the cancer is found during a screening mammogram or a physical examination by a doctor.

IF YOU DO HAVE SYMPTOMS, THEY COULD INCLUDE:

- new lumps or thickening in the breast, especially if in only one breast
- nipple sores, change in shape of the nipple
- nipple discharge or turning in
- changes in the size or shape of the breast
- skin of the breast dimpling
- discomfort or swelling in the armpit
- rash or red swollen breasts
- ongoing pain that is not related to your menstrual cycle that remains after your period and occurs in only one breast.

PREVENTING BREAST CANCER

There is no proven method of preventing breast cancer, however the risk of breast cancer can be reduced by lowering alcohol consumption and maintaining a healthy weight.

Women who are at high risk because of a very strong family history may benefit from hormones such as tamoxifen, usually administered over five years. Bilateral prophylactic mastectomy can be considered in women at high risk of breast cancer due to gene mutations.

Women aged between 50 and 74 are invited to access free screening mammograms every two years via the BreastScreen Australia Program.

Women aged 40-49 and 75 and over are also eligible to receive free mammograms, however they do not receive an invitation to attend. It is recommended that women with a strong family history of breast or ovarian cancer, aged between 40 and 49 or over 75 discuss options with their GP, or contact BreastScreen Australia on 13 20 50.



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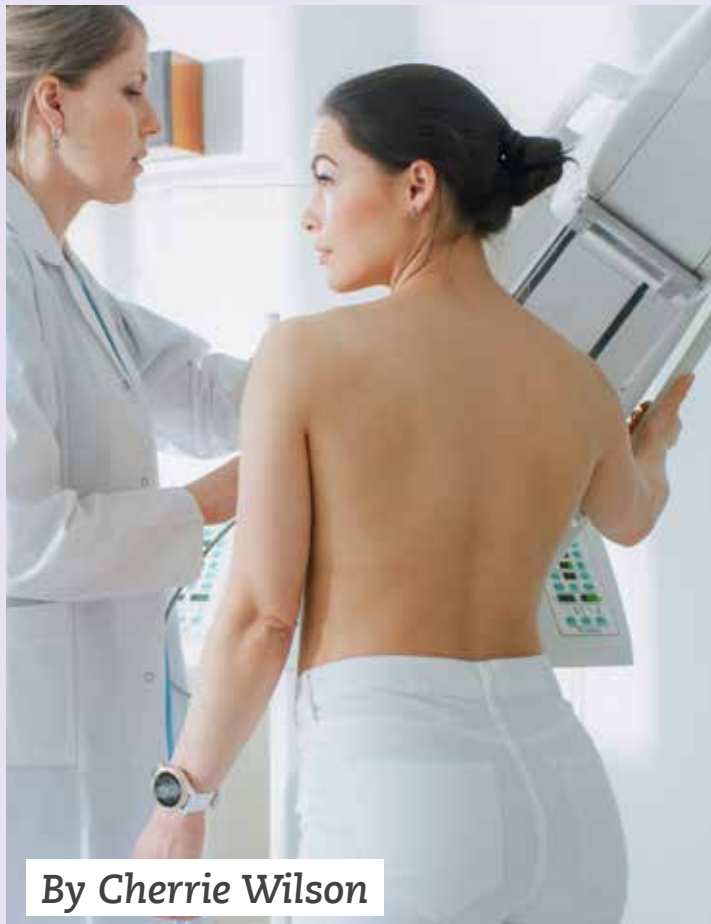
Female and over 50?
Don't miss the bus



Bribie Island Library
7 June to 26 August 2021

13 20 50 breastscreen.qld.gov.au





By Cherrie Wilson

THIS ARTICLE IS PROBABLY THE RAWEST, OPEN AND HONEST PIECE I HAVE EVER WRITTEN FOR THIS MAGAZINE. I HAVE FOUND IT VERY CONFRONTING AND EMOTIONAL TO WRITE AND ADMIT. BUT THIS IS TOO SERIOUS OF A SUBJECT TO BE BLASÉ.

So it is time for me to fess up, I have been a hypocrite to the fullest degree due to letting fear of the unknown get to me. While I have been encouraging you all to go and have your breast screens done, doing story after story about it, I, myself have been too chicken

to go. As I am writing this, I have now got myself booked in to have it done. I should probably say forced into it by my staff as that is the truth and if I am totally honest, I am scared. Very scared, which is why I haven't been in the first place. I am doing this story for the women out there who are just like me. Too busy, think it won't happen to me, any excuse I can come up with to make it sound plausible enough to avoid going. Well if you are as honest with yourself as what I am being with you, your excuses are just that, excuses. I know why you do it, I have been doing it myself for years, but let's face reality here, if you have breast cancer, it isn't going away just because you don't know about it, in fact, it is getting worse the longer you leave it. Let me be clear here, I am not afraid of the procedure, I am afraid of what they will find.

The thoughts running through my head are "What if I have it and have to get a

BARING IT ALL

My Breast Screen Account

mastectomy?" Vain I know, but I love being a woman and that is a big part of it for me. My breasts fed my children, they are part of my identity and I would feel like I had lost a big part of myself. Then I think what if it is too late for that and I am terminal? What will happen to my kids? Endless things that run through my mind that terrify me. But guess what? Sitting here asking what if, is so stupid when I look at it from the other side. What if I had gone earlier? What if they caught it in time? I am in tears and very emotional as I am writing this, I am genuinely scared of what they will find, but the time for excuses are over.

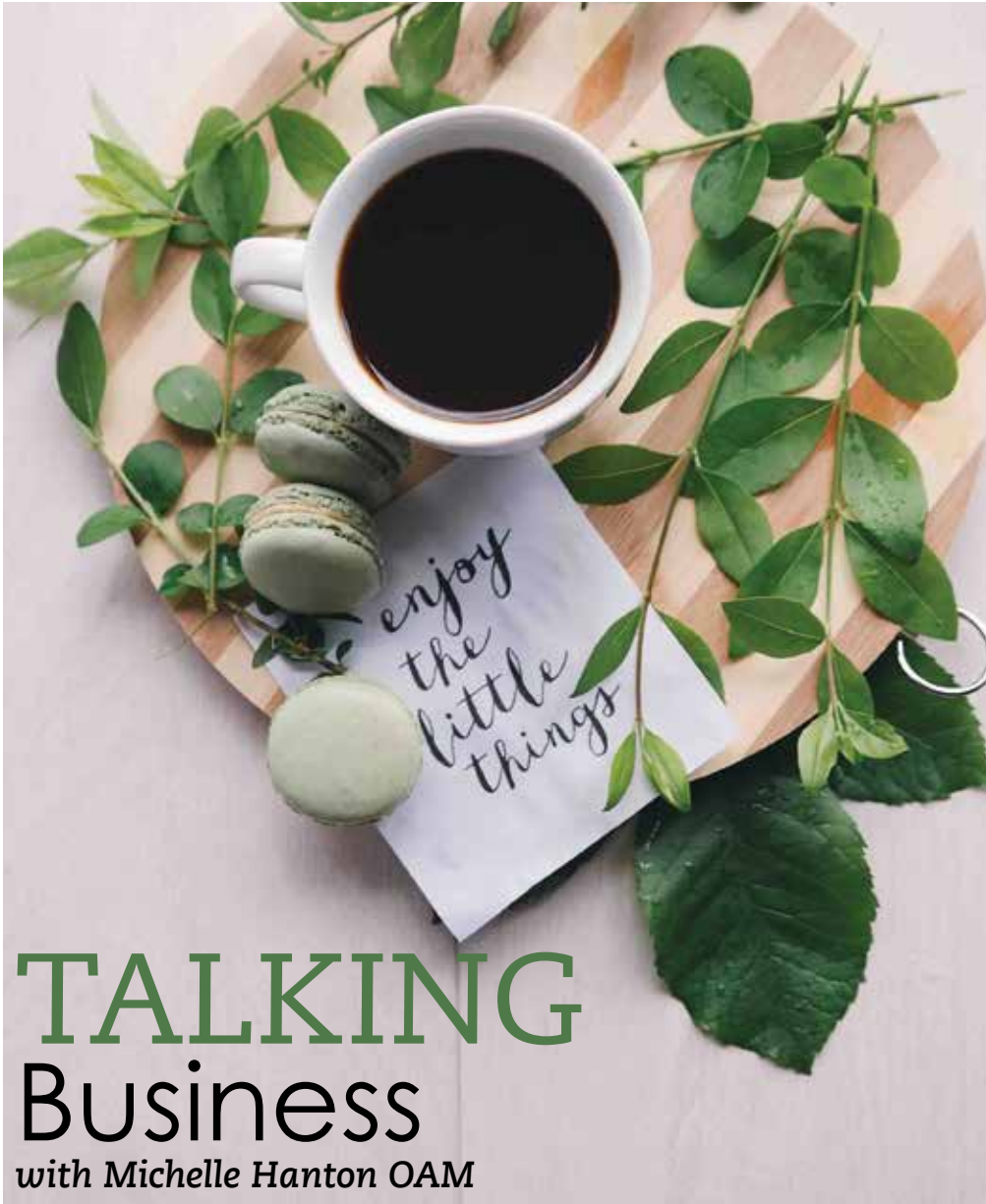
So this is how I am feeling now, I have an appointment in 3 days, the nurses who booked me in were lovely, kind and understanding, helpful with questions and reassuring. I will continue this story after my appointment....

Well I have been for my appointment and I can honestly say it was not painful or uncomfortable in the slightest, the nurses were absolutely lovely and explained everything I needed to know.

For the actual screen, each breast was placed onto the plate of the screening machine one at a time. They take an image from the top and also one from the side, so there will be two images of each breast. The machine press's the breast onto the plate so the x - rays are as clear as possible. As I said, this did not hurt a bit, my kids did worse while breastfeeding! These images get sent off for 2 or more

doctors trained specifically in this field to have a look at and you will receive your results back within a week or two. The nurses knew I was nervous and were wonderful, calming and gave me all the information I needed. For many of you out there who have had it done and may think what is the big deal? I get mine done regularly, that is fantastic that you had the sense to go in when you should have. This story is for all the apprehensive, hesitant chickens out there like me who need to be pushed into this. Some people may not understand the fear, but it is very real and can be quite overwhelming, I get it. Now that it has been done, it is just a waiting game to get the results. Whatever the outcome, at least I know now I will have a chance to get treatment should I need it. That's right, read that again, having a breast screen gives you a fighting chance, not having it done means you are losing the fight already! And I can honestly say, even though I have not got my results yet, I feel a sense of relief I did not expect to feel. Almost like a weight has been lifted off my shoulders. I expected to be on tenterhooks until I received the outcome, but no, strangely I feel comforted by the fact I have taken a step in the right direction.

I implore everyone to go and get checked, whatever your age may be. It is no longer over 50's, this affects many women much younger. Don't be as stupid as what I have been!



TALKING Business

with Michelle Hanton OAM

As a business mentor and strategist, I'm thrilled to be writing my first piece for the Bribie Islander Magazine – our local publication that connects the community. Sharing knowledge, ideas, and tips is something I love to do, as I truly believe that collaboration over competition is the key to creating and maximising opportunities for business growth.

If you are working for yourself, it's easy to become swamped working 'in' your business. There is often little time to look at things from a more strategic perspective. So you do what you have to do each day to stay afloat, meet deadlines and provide services.

Working 'on' your business is often something that gets pushed to the bottom of the pile. A luxury you may feel you do not have time for. Yet, it is essential to be able to raise your head and look at the bigger picture. To be strategic.

I am currently co-authoring a book on the global perspective of 25 years of breast cancer survivors paddling in dragon boats. The approach has needed to be highly strategic to ensure the true essence and critical points are captured. Without a strategic plan for this book that includes content, reviewers, launch, and a promotional campaign, our words would not reach the target audience.



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It also requires sensitivity as we write the remembrance section. Death is something that not everyone is comfortable with, yet there is always the inevitable loss when you are around cancer. Writing the book, combined with my father passing away in January this year, at the ripe old age of 92 - he had a good inning and lived a full life - has made me look more closely at the aspects involving death and dying.

The start of our lives is celebrated with birth milestones parents usually organise the first few birthdays, and as we grow older, we become more involved in planning. We decide if we want a party. What kind? Themed? And so, on the questions go.

When it comes to the end of life, not as many of us are proactively involved in the decision making. Taking steps to gather the knowledge we need is to be empowered. When we are informed, we are confident that we are making the right decisions for ourselves.

A few years back, I had the honour of being a guest speaker at a conference in Winnipeg, Canada, where I heard this poem for the first time.

The Dash - by Linda Ellis

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end

He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years

For that dash represents all the time
That they spent alive on earth.
And now only those who loved them
Know what that little line is worth

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.

So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.

If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect
And more often wear a smile,
Remembering this special dash
Might only last a little while

So, when your eulogy is being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent YOUR dash?

Putting time and thought into how we go about achieving both business and personal desires is equally vital because these relate to how we choose to spend our 'dash'.

Life is a pathway of stepping-stones. Looking from a helicopter, strategic perspective, the path is more evident than from on the ground. We can choose to wander along without clarity or take the time to look from on high. Plan out, plant and nurture the seeds that we are consciously choosing to line our path.

Strategic planning means identifying what is suitable for YOU. The gardens we plant and the paths we choose to follow will each be different, yet there are commonalities. Our success and growth will depend on the amount of nurturing we give them. The correct fertilisers applied at the right time.

Lack of a plan is the number one reason many businesses struggle. Without a clear map of where you are going and how to get there, it can be an enormous struggle.

The problem is usually not a lack of ideas but a lack of focus. When you are too busy working in the day-to-day, there is no time to concentrate. Working on your businesses is as important, if not more so, than working in your business.

Want to create and maximise opportunities but feel confused and overwhelmed? Reach out, and let's chat.

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Offering 3 bedrooms including a master suite with a modern ensuite and WIR. All three bedrooms have just been re-carpeted and give you this lovely brand new home feeling. The open plan living areas wrap around the gourmet kitchen and have also been upgraded with brand new tiling.

Beautiful cedar stacker doors in both living areas combine the indoor with the outdoor area. The outdoor area is fully enclosed and adds a lot of useable space to the home. The outdoor area boasts a built-in BBQ with a sink and a wok burner making entertaining a breeze in this home.

The backyard is nicely landscaped with a tropical pool as the focal point. A timber deck wraps partly around the pool and is a further great feature of this home.

All this elegance and sophistication combined with the practicality of a great laundry, a double garage with workshop nook, solar hot water, solar system, solar pool heating, water tanks and so much more make this home stand head and shoulders above the rest. This home must be seen to fully appreciate it.

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Modern well equipped kitchen
Island bench
Induction Cook Top
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DLUG with Workshop Nook
Fully enclosed Outdoor Area
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The Youth Development Foundation is a not-for-profit community organisation dedicated to assisting those in our community who may need a helping hand.

Specialising in delivering job-ready programs, YDF has a range of services accessible to the community that focus on identifying & overcoming barriers to employment prior to placement.

These include but aren't limited to:

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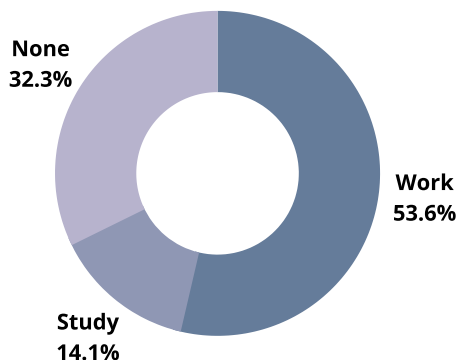
Qualifications
Employment Incentives
Confidence & Motivation
Community Engagement

Operating since 2016, YDF has become a leading organisation when it comes to getting employment outcomes for Queenslanders.

Originally based in Strathpine, YDF has opened a second office on Bribie Island to improve accessibility for our young people to receive the help they need.

If you're a business owner looking for assistance with finding suitable candidates for employment vacancies, YDF is here to help.

OUTCOMES



Located at 1A 122 Goodwin Drive, Bongaree

Contact us or follow us on Facebook for more information!





Celebrating Aunty Flo

Footprints on the sands of time are not made by sitting down and Aunty Flo surely must have sore feet by now!

Aunty Flo Watson OAM was recently recognised for her work in Reconciliation by Narelle Dawson and the team at Bribie Island Community Kindy. On the 31st of May 2021, several community members including Moreton Bay Regional Councillor Brooke Savage, attended Bribie Island Community Kindy and surprised Aunty Flo by recognising her with a special plaque and morning tea. All of the staff and children at Bribie Kindy welcomed Aunty Flo and guests with an Acknowledgement of Country.

Aunty Flo was recognised by Bribie Island Community Kindy due to her continued work in Reconciliation and many other areas. Aunty Flo is the interim Chairperson of the Pumicestone Indigenous Education & Employment Council where she attends weekly outreach sessions at the Bribie Island Skatepark to connect and mentor families and young people. Aunty Flo has also led NAIDOC Celebrations at the Bribie Island skatepark in 2020 and at the ANZAC Commemorations 2021 that recognised Indigenous veterans (hosted by the Maritime Safety Military Cadets Bribie Island). Aunty Flo volunteers her time and cultural knowledge too many areas including U3A Bribie Island, Banksia Beach State School 2021 and as the Chairperson of Teralba Park Stolen Generations Support Group Inc.

SO WHO IS AUNTY FLO?

Aunty Flo to many, is an Elder, traditional owner and proud descendant of the Ghunghanghi People of Yarrabah, North Queensland. She also has a traditional affiliation with both the Kuku-yelangi people of Laura/Maytown, Palmer River

area which is west of Cooktown and the Gurambilbarra Wulgurukaba people of Magnetic Island and Townsville. Aunty Flo grew up in the Yarrabah Aboriginal Community, which was established under the Aboriginal and Torres Strait Islander Protection Act 1897. Unfortunately she was removed under The Act and was separated from her family and sent to foster homes and then to boarding school in Charters Towers under duress. She was then subsequently sent to Brisbane in the early '70s to attend teacher's college.

This quote by Warren Buffet reminds me of Aunty Flo and all of her achievements.

"Someone is sitting in the shade today because someone planted a tree a long time ago." -- Warren Buffett

In 1975 Aunty Flo commenced work in the Australian Public Service and worked throughout Australia in many different roles before going out on her own to start her consultancy business. During this time, she became an original and founding member of Reconciliation Qld Inc. appointed to various Boards and is active across many community organisations. Aunty Flo is a founding member of the Aboriginal Centre for the Performing Arts (ACPA) and has since been appointed by the Qld Premier as ACPA's first Patron, a position she currently holds.

On top of that she is the Chair of the Teralba Park Stolen Generations Support Group Inc., in Brisbane. With this group she works with the Brisbane community

in the areas of storytelling at schools, acknowledgement/welcome to country for many events including reconciliation/ NAIDOC events for the Australian Defence Force (Army) and others, hosting and organising refugees from the Romero Centre to be welcomed by Indigenous Elders and community members into the Australian community. She has also set up Elders groups throughout Qld to be viable businesses in particular the Yarrabah Elders Group Inc. and she is involved with many of these groups today.

Aunty Flo reviewed and evaluated The Commonwealth Games Reconciliation Action Plan (RAP). She has been a part of many RAPs throughout Australia, both providing information, evaluations, reviews and training in cultural perspectives. In 2015 Aunty Flo received an OAM- Order of Australia medal for her service to the Indigenous communities of Queensland and continues to work hard in the communities across Queensland with many government and non-government organisations helping to bring change and improving the lives of many Aboriginal and Torres Strait Islander peoples. This beautiful lady is an absolute asset to our district and seems to fly under the radar with her accomplishments. Aunty Flo a very soft spoken, unpretentious and sincere woman with an air of grace surrounding her. I may add she also has a fabulous sense of humour and a genuine warmth radiates from her when you are in her presence.

Our community is very lucky to have and know Aunty Flo and she is very well deserving of recognition on Bribie Island and in the wider community.



OUR ECONOMY IS ON TRACK TO COME BACK

Australia's economy is on track to come back. In fact, our economy outperformed all major advanced economies in 2020. In the second half of 2020, it grew at the fastest pace on record and there are now more people in work than before the pandemic.

CONTINUING OUR COMEBACK

To build upon the progress we've made, the next steps in the plan provide more support for individuals, families and businesses to help secure the economy and create more jobs.

JOB CREATION IS ON TRACK

Over the next 10 years, many more local jobs will be created and secured through investment in roads, rail and community infrastructure.

More homes will be built in more communities thanks to HomeBuilder and the New Home Guarantee.

More training will be available through JobTrainer. And there'll be new apprenticeships, traineeships and more places in higher education.

And there'll be more opportunities for families to access work with more affordable childcare.

SMALL BUSINESSES ARE ON TRACK

We're supporting hard hit industries such as aviation, tourism and international education.

And continuing tax incentives, such as the Instant Asset Write-off, to encourage businesses to invest, to grow and to create more jobs.

We're improving employment services so that employers and job seekers are more easily matched.

And our \$1.2 billion investment in digital infrastructure, skills, and incentives means that more businesses in communities right across Australia can be part of the thriving digital economy.

LOWER TAXES & GREATER SUPPORT FOR MORE AUSTRALIANS

Tax cuts for 10 million low and middle income earners will put more money in their pockets to spend at local businesses, creating more economic activity and more jobs.

It's a plan that will not only help Australia come back, but come back better than ever.

TO FIND OUT HOW IT CAN BENEFIT YOU VISIT
OUR COMEBACK.GOV.AU

THIS IS
OUR COMEBACK
THE ECONOMIC RECOVERY PLAN

Authorised by the Australian Government, Canberra.



How salary packaging works

Salary packaging is when you arrange to receive less income after tax, in return for your employer paying for benefits out of your pre-tax salary. The benefits could be things like a car or a phone.

For example, you might package a salary of \$100,000 so that you receive:

- \$85,000 as income
- \$15,000 car as a benefit

This reduces your taxable income to \$85,000. You can benefit as you may pay

less income tax.

You need to arrange your salary package before you get paid. You can't package your salary after you've earned it.

Salary packaging is usually more effective for people on middle to high incomes. You may want to get professional tax advice to work out if salary packaging is right for you.

WHAT YOU CAN SALARY PACKAGE

You can salary package benefits you would normally pay for with your after-tax income, such as computers, cars, child

care or super. But it depends on what your employer offers and you may have to pay tax.

Most employers will offer salary sacrifice for super to all employees, but may restrict who can package other benefits.

Benefits fall into three categories: fringe benefits, exempt benefits and super.

FRINGE BENEFITS

Fringe benefits can include:

- salary sacrifice for a car
- health insurance
- loans (usually for a car)
- school fees
- childcare fees
- other personal expenses

Your employer pays fringe benefit tax (FBT) on these benefits.

EXEMPT BENEFITS

Exempt benefits include:

- portable electronic devices
- computer software
- protective clothing
- tools of the trade

Your employer will not have to pay fringe benefits tax on these.

SUPER

Putting some of your pre-tax income into super has benefits for you and your employer. Your super fund will tax these contributions at 15% — the same as your employer's contributions. For most people this will be lower than their marginal tax rate.

NOELENE LAKE

Bribie Accounting Services

TAX TIPS:

CLAIM EVERYTHING YOU CAN

Listed below are some possible tax deductions that you may have overlooked: Investment expenses, charity donations, Accountant's fees, travel to and from Accountant, phone calls to Accountant, motor vehicle expenses (work related but not usually to and for work unless tool carrying), course fees, seminar fees, self-education related to your work, sunscreen, protective clothing, eye protection, work boots, laundry, dry cleaning, books and journals, briefcase, home office electricity, printer ink, copy paper, stationery, subscriptions, salary package fees, income protection insurance, newspapers, personal contributions to superannuation, computer expenses, mobile phone use, internet use, overtime meal costs, tools, equipment, union fees.

To claim a tax deduction, you must have incurred the expenses, it must be necessary to do your job and you need evidence to substantiate it (receipts).

To maximise your tax deductions, please contact me.



PHONE 3408 9539

62 Cosmos Avenue, Banksia Beach
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FOOD, WINE AND ISLAND TIMES



DINING OUT IS **GOOD**
FOR YOUR HEALTH!!!

Deciding between staying in and going out is a nightly battle for some people. There are those who believe that you should attempt to cook in your own home nearly every night, then others who have never used their kitchen for more than heating up last night's take-out leftovers. Whatever your philosophy is for how you get the meals in your life, going out to dinner on a regular basis is a great way to give yourself a break and relax while you enjoy a good meal. Going out provides the opportunity to socialise with your friends, family or a special person, without the work of cooking or post-dinner clean-up. While going out to dinner does cost a few bucks, experts agree, it is well worth it.

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



Savige's
SEAFOOD

TRADING HOURS

CLOSED MONDAYS

Tuesday - Thursday 10am-7.30pm

Friday - Saturday 10am-8pm

Sunday: 10am-7.30pm



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

WHY DO PEOPLE LOVE TO EAT OUT?

Food is an Experience. Everyone has a hobby or something they are passionate about. Fashion, cooking or renovating come to mind. Food is an experience that also happens to be a necessity to live. Thus, we treat dining out as a way to try different dishes, cuisines and preparations. Those cravings are continuously sneaking up on you, but it is not a bad thing. You should go and enjoy your favourite foods. Life is too short to waste another evening attempting to satisfy your palate with a mock recipe or whatever you have in the cabinet that is similar. The food in your home will still be there tomorrow; go forth this evening and have your hunger satisfied. How much longer can you resist the temptation of farm fresh ingredients handcrafted into your favourite meals?

NO WASTED GROCERIES

Yes, cooking your own meals is more cost-effective than eating meals out. However, with perishable groceries such as fresh vegetables and poultry, you must commit to use them or dispose of them. Throwing out groceries is an overlooked expense that we avoid by eating out. Although that expense may just be a few dollars at a time, it is money that has been literally thrown into the garbage.

TIMING

Working for much of the day leaves just a few precious hours each night before having to wake up and do it all again. Add up the prep, cooking and cleaning time and even less time remains. Being able to have a meal prepared for you and the dishes done afterwards is pure heaven! You work hard, you have had a long day and you deserve a break. Why make more work for yourself by dirtying up that kitchen with a dinner mess? Even if

you enjoy cooking, everyone needs the opportunity to relax and let someone else take over the work on a regular basis. It is important to provide yourself ample leisure time in life, and what is more enjoyable than eating a good meal that a skilled chef is proud to put on your table? Let someone serve you for a change; you deserve it.

SUPPORTING LOCAL BUSINESSES

Treat dining out as a chance to support local businesses. Try to limit your dining choices to independent businesses rather than chains that can be found elsewhere. These are the places that we especially like to refer to friends and curious diners. Many people do not consider this factor when they plan their evening, but supporting your local businesses and economy is a great reason to go out tonight. From the owners of the restaurant to the waiter who serves your table, your business helps to provide someone else with

a livelihood and plays a role in stimulating the growth of your hometown.

MAKING NEW FRIENDS AND ACQUAINTANCES

Dining out is also a social experience. Organizing group meals with other eaters is a great way to meet people. In addition, these group dining experiences are an economical way to sample more dishes than you could on your own.

FOOD IS CULTURE

With just one bite, we experience a new culture. Each dish transports us to another place thousands of miles away, even if we are only steps from home. Food brings us to places we have never been and takes us back to place we have visited before.

Besides, eating out is fun. You go out, see people, and eat food that you usually do not cook at home, no cleanup and an enjoyable night for all.



bribie island golf club



FRIDAY NIGHTS AT THE CLUB

Meat Tray Raffle
Trivia
Spin to Win
Members Draw
Lucky 13 Draw
- Chance to win
\$500
Restaurant
Booking Essential

Restaurant now open

Lunch 7 Days 11am - 2pm, Dinner Wed, Thu, Fri 5.30pm - 8pm



Thursday Night

Poker Night from 6:00pm
All Welcome



SOCIAL DARTS

EVERY FRIDAY
FROM 6PM
NEW PLAYERS
WELCOME





WALTERS backs Qld for the win in this most important contest

At this time every year, Origin Great Kerrod Walters pulls on the mighty maroon and Beefy's bakers do the same. They all do it for the kids at the Queensland Children's Hospital.

"It's always tough for the kids at the Hospital, but last year was even tougher," says Beefy's Mark Hobbs. "That's why this year it's even more important that we pull on the mighty maroon and raise funds for much-needed equipment at the Hospital as part of the Pie of Origin."

"The contest sees Beefy's go head-to-head against NSW's Glenorie Bakery to out bake and out fundraise them," says Kerrod. "I'm backing Queensland for the win, of course, but it's the kids in hospital who are the real winners in all of this."

It's Beefy's sixth year as part of the Pie of Origin contest, and during that time the family-owned Queensland bakery has raised almost \$100,000 for the Children's Hospital Foundation, thanks to the support of their customers.

"This year the question is – how high can we go?" says Mark. "We're all set to break the \$100,000 barrier, but what will our total be?" "If we raise more than Glenorie Bakery, we'll come home champions – just like Queensland did last year in the State of Origin."

The Pie of Origin fundraiser coincides with the State of Origin Series. During that time, \$1 from every Beefy's Big Queenslander Pie sold goes to Beefy's fundraising tally and the money goes to the Children's Hospital Foundation. It's easy to be part of it. Simply get yourself into your nearest Beefy's store and get your hands on a Beefy's Big Queenslander Pie.

"The Big Queenslander Pie is Beefy's biggest and beefiest pie by far, baked especially for pie-loving and fiercely competitive Queenslanders, and it's available for a limited time only," says Mark.

Beefy's Big Queenslander Pie is available from all Beefy's Queensland locations – Aussie World, Buderim, Glasshouse, Gympie, Kawana, Mango Hill (drive-thru), Maroochydore, Ningi (drive-thru) & our newly opened store at the Traveston Service Centre

red rooster

FRIED CHICKEN PACK

\$30.95

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DECEPTION BAY

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KALLANGUR

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SPEND \$50 Receive 6 free Risssoles

SPEND \$100 Receive Family Meat Pie

SPEND \$150 Receive Family Meat Pie, Meatloaf, Risssoles

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CAKE CUTTING -
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ENTERTAINMENT
RAFFLES - BBQ

**Pumicestone Indigenous Education
& Employment Council will be
performing a smoking ceremony to
celebrate the grand opening.**

Come Along to the official Grand opening Of the
Melsa Train Park On the 20th of June.
Train rides start at 10am, Official opening at 9.30



dine in / takeaway
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FRIDAY TO SUNDAY 11.00AM - 7.00pm



ROSIE'S CHICKEN

SNACK PACK (1 piece & chips)	\$6.50
LUNCH PACK (2 piece & chips)	\$8.00
DINNER PACK (3 piece & chips)	\$9.50
WING DING	\$2.00
WING DING PACK (2 wing dings & chips)	\$6.50

CHICKEN BREAST POPPERS	\$6.50
HOT CHICKEN & GRAVY	\$6.50
GRAVY	SMALL \$2.50 LARGE \$5.00
SMALL CHIPS	\$3.00
MEDIUM CHIPS	\$5.50
LARGE CHIPS	\$7.50
FAMILY CHIPS	\$11.50

ROSIE'S BURGERS

CRISPY FILLET BURGER (Lettuce & Mayo)	\$8.50
PERI PERI BURGER (Crispy Fillet, Lettuce & Rosies Perinaise Sauce)	\$8.50
CHICKEN CHEESE & BACON BURGER (Crispy Fillet, Lettuce, Bacon, Cheese & Mayo)	\$9.50
THE G'DAY MATE (Crispy Fillet, Lettuce, Beetroot, Tomato, Cheese & Mayo)	\$9.50
THE GONE TROPPO BURGER (Crispy Fillet, Lettuce, Pineapple, Bacon Cheese & Mayo)	\$9.50
THE FLAME THROWER (Crispy Fillet, Lettuce, Perinaise Sauce, Jalapenos & Rosies Peri Peri sauce)	\$9.50

WRAPS **\$8.50**

CHICKEN BREAST & SALAD
SPICY CHICKEN & SALAD/PERI PERI SAUCE
CHICKEN CHEESE AVOCADO & SALAD
CHICKEN CHEESE BACON & SALAD
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COLD DRINKS

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PICK UP!**

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www.rosieschickenbongaree.com.au

Loaded Sweet Potatoes

• 4 Serves • 10 minutes • 45 minutes

INGREDIENTS

2 medium sweet potatoes, scrubbed and dried
1 tbsp. olive oil
400g cooked black beans, rinsed and drained
1 cup grated cheddar cheese

METHOD

1. Preheat oven 200C. and line a baking tray with baking paper.
2. Halve each sweet potato lengthwise, then brush with olive oil and sprinkle both sides generously with sea salt.
3. Place cut side down on the prepared sheet and roast for 30 to 40 minutes, or until cooked.
4. Remove the sweet potatoes from oven, turn them over and let cool slightly. Use a fork to rough up the flesh and slightly flatten the potatoes. Season with salt and pepper.
5. Divide half the cheese among the potato halves.
6. Spoon the black beans over them, then cover with the remaining cheese.
7. Return to the oven and cook for a further 6 to 7 minutes or until cheese has melted and the beans have warmed through.

SERVING SUGGESTIONS:

- Dollop of creamy, mashed avocado seasoned with lime and sprinkled with fresh coriander leaves
- Corn, black bean, guacamole, coriander leaves
- Mince, spring onion, sour cream chives
- Chickpea capsicum and olive



TRADING HOURS: MON-SAT: 7AM TO 5PM



Wright's FRUIT BARN



Just call **3408 1179** by, pm daily for same day delivery on the Island and we can hand select, pack and deliver all your fruit, vegetables, milk, yogurt, Kenilworth cheese, eggs, bread and many more products, Phone orders also accepted for people who would like us to do the shopping for them, it will be ready for pick upon arrival, Minimum order **\$20** for pick or delivery

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A FAREWELL "TO DORIS"

THURSDAY
JUNE 24
TICKETS ON
SALE NOW!

**FEATURING MELINDA SCHNEIDER ON THURSDAY 24TH JUNE
TICKETS ON SALE NOW, GET YOURS BEFORE THEY ARE ALL SOLD OUT!**



A Farewell To Doris
MELINDA SCHNEIDER

"Doris was multi-talented, a true triple threat: a world class singer, dancer and actor. But it is her beautiful spirit that will stay with me. Doris was so likeable and exuded such sincerity and joy and all that is good. There will never be another like her." "Singing her songs and telling her incredible story of resilience has been an absolute honour, and I am happy to have the opportunity to celebrate her wonderful talent with audiences once again."



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f SEARCH FOR BRIBIE ISLAND HOTEL

By Cherrie Wilson



MELINDA SCHNEIDER,

a Remarkable Woman...

Cherrie Wilson: So I'm pretty sure everyone will be excited to see you here performing on Bribie Island, but I have to ask, how do you manage to do everything that you've been doing? You're a singer-songwriter, actress, motivational speaker, fashion designer, your own your own record label and I've also seen that you're an ambassador for Rural Adversity Mental Health

and a mum! How do you find that?

Melinda Schneider: Well, I've been working with them since last October when I went public with my story "be gentle on yourself."

On Mother's Day 2018, I came home after performing a show and told my partner Mark, "something doesn't feel right", but I couldn't describe what it was. He sent me to bed and

told me to stay there. He said: "you're a workaholic, you never have any time off. Go to bed and watch Netflix, but do not work". I took his advice and was in bed for 6 weeks. I felt deep sadness, my body felt so heavy that I couldn't really move. Then came the shame. I felt hopeless and defective. Some days I couldn't even pick up my son, Sullivan from school. I couldn't bear to be seen by the other school mums. Then followed the guilty thoughts: "What do I have to be depressed about? I have a great life, a successful career, a home, a kind and loving partner and a beautiful son." "There are so many people worse off than me." I've since learned that it's all relative and comparisons don't help. They only make you feel worse. It's validation a person with depression needs. Permission to feel exactly how they need to feel at any given time. I was lucky, Mark gave me that.

I was diagnosed with Major Depressive Disorder and Generalised Anxiety. My doctor said, "Be strong, but not TOO strong". Her words really made me think. Was I too stoic? The answer was yes. But now I have so much more awareness around how workaholism, perfectionism, exhaustion and a critical inner voice can bring on a bout of depression, in fact, two in twelve months in my case.

In April 2019, my depression re-emerged and in May, I lost my old flatmate to suicide. I was beyond devastated. The grief and depression combined were too much and the pressure to be all smiles for my upcoming Doris Day national tour was looming, I needed help. I went back to my doctor who convinced me I didn't have to keep battling this alone. I finally agreed to try medication. A week later it kicked in and I felt so much better. However, I've learned that meds alone can't manage it, I need to exercise regularly, meditate, eat well and cut out coffee to stay healthy. For me, to Be Gentle on Yourself means learning to stop self-judgment and treating myself with the same unconditional love I offer my child. This doesn't come easily, it takes practice, daily. I'm a work in

progress. In hindsight my experience with depression was less of a breakdown and more of a breakthrough, it's changed me for the better.

Cherrie Wilson: Did you have any idea this was coming, were there any signs?

Melinda Schneider: When I look back I think where were the warning signs? And then you realize that you had many warning signs that you didn't recognize as such. And what caused this was 20 years of work putting incredible pressure on myself to achieve things at very high standards.

Cherrie Wilson: As I said, I've come from Warwick, and I know that especially in rural areas, depression isn't something that's actually spoken about a lot because you're supposed to be tougher from the country. You're supposed to be to have this. And then when you see people like yourself who have come out and said that you've suffered from it as well, and it's becoming more progressive, that people are coming out and saying these things. It's actually like a weight lift off your shoulders as well because you don't feel alone.

Melinda Schneider: Yeah, well, that's right, it's not easy coming forth about what is going on. It was the most terrifying thing I've ever done in my life because I had this part to play of perfection. People sort of thought that everything was wonderful in my life, and I always have a smile on my face.

Cherrie Wilson: Well one thing is for sure, you have put a smile on a huge amount of people's faces with your beautiful voice and amazing talent. There will be plenty of people who will be looking forward to your upcoming "A Farewell to Doris Day" performance. We can't wait to welcome you to the Island, Thank you so much for your time today.

Melinda Schneider: Thank you, I haven't been to Bribie for quite some time now, so I look forward to coming and singing all the wonderful songs that we all know and love in "A Farewell to Doris Day" tribute.

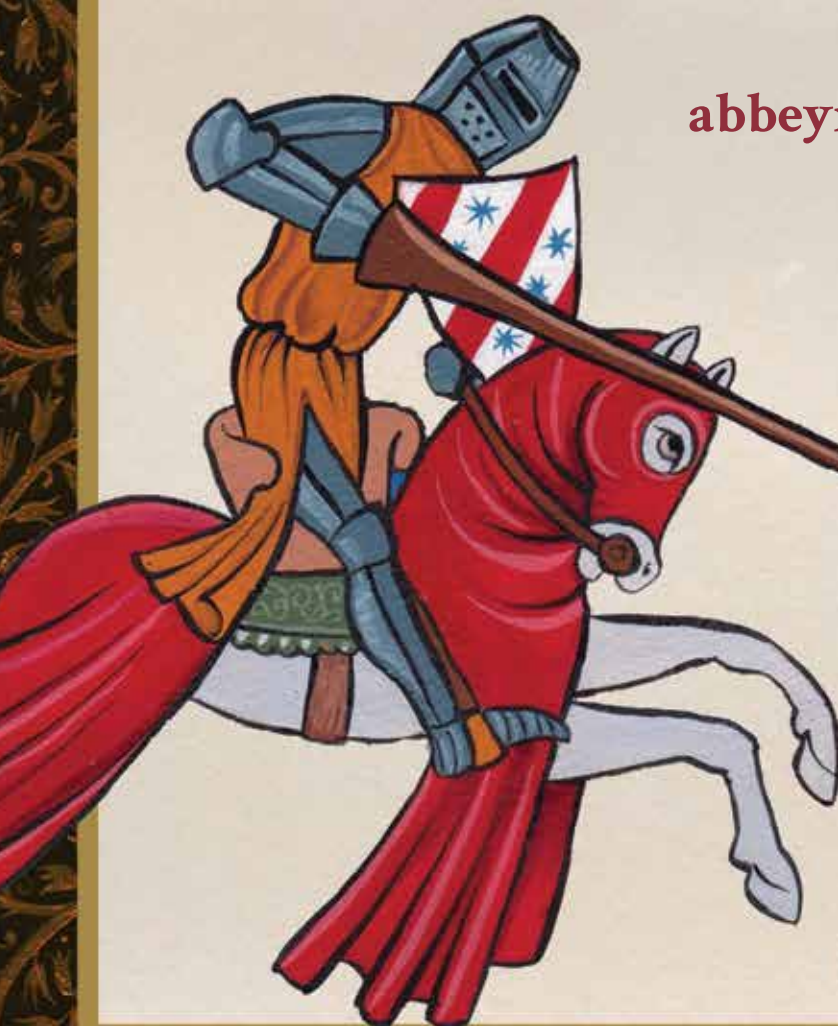
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Inaugural Bribie Boaties Market a **Big** Hit

Greeted by a chilly morning on Sunday 30 May 2021 the latest market venture for the Island and surrounds was launched by Sandstone Point Lions Club.

Focussing on all things nautical the event saw good crowds supporting about twenty vendors selling items as varied as power and sailboats, fishing gear, motors, sails, safety gear and boat parts.

The traditional Lions sausage sizzle and a coffee cart both sold out by late

morning as did many of the stallholders, as visitors opened their purses and wallets in support of the event.

The market, on this occasion supporting the Australian Lions Childhood Cancer Research Foundation, was a great financial success with all net proceeds going directly to that charity.

Running the event in parallel with the 22nd Bribie Island Classic Boat Festival, which took place on Sylvan Beach nearby, proved popular as patrons were able to easily

visit both events.

Both organisations have agreed to continue to work together to grow an annual event that will encompass other nautically themed activities and with the support of residents, will provide Bribie and surrounding areas with its own Aquatic Festival in the near future.

Outgoing Sandstone Point Lions Club President Keith Hadley commented "What a great weekend for our club. We had about 100 guests at our Pre-Loved Ladies Fashion

event on Saturday followed by the Boaties Market on Sunday raising over \$3500 for Lions Diabetes and Childhood Cancer Research foundations. Our members contributed well over 300 hours of voluntary effort to the projects and our local communities benefit from this through better health outcomes."

The success of the project ensures the Boaties Market will continue as a twice-yearly event, with the next market pencilled in for Sunday, 31 October 2021.



OPENING HOURS:

MON - TUE 6AM - 4PM
WED - FRI 6AM - 5PM
SAT & SUN 6AM - 2PM



3pm Special \$300

JUICE BOX & PATTY CAKE

Shop 3/33 Benabrow Ave, Bellara, Bribie Island

 The Big Bun Bakery and Takeaway

PH: 3408 7609

Busy Fingers



SALES

When we have an abundance of clothing, we have sales of fill a basket for \$8, please check our Facebook Page or the blackboard at the entrance of the shop, as all sales are assessed daily. With the recent cold snap, we have various winter items on the racks, along with scarves, beanies and gloves. Currently, we have a shortage of Men's clothing and children's 5 - 14 years, so if you have any of these items which you no longer use, please bring them along. If you require a pickup, please call 3408 1014 and let us know how many items you want us to collect, please ensure it is clean and resalable.

DONATIONS

As this article had to be in before our June meeting, I will advise what we have donated this month in the July magazine, we continue to support the VMR, BI Hospice and BI Global Care monthly.

VOLUNTEERS

Once again I must mention that we are noticeably short of volunteers especially on Saturday mornings from 7 until 12, if you have some spare time and can assist us, please ring Sonia on 3408 1014 or come to the shop to speak to her and have a look around. We have a great group of volunteers working with us, not only giving some of their time to help their community, but to make friends and enjoy some company outside their homes, we also have volunteer incentives as a thank you. We are registered with Centrelink for the Volunteer Program if you are required to do volunteer work for benefits. So, if you have spare time, please consider volunteering with us and join the Busy Fingers Family.

DONATED ATV

I am pleased to advise that the new 4-seater ATV we donated to the Bribie Police has arrived and is ready to patrol the beaches and for emergencies both on the beach and in the national park, including the reports of missing persons. The 2-seater we donated in 2014 has been a successful addition to the island's police needs, but it has become obvious that a 4-seater would be more beneficial for the expanding number of residents and visitors. We hope this new vehicle will assist the police in keeping the island and its residents safe and secure.



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.

When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible, as we wish to support our businesses too), 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.

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.

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

Sandra



LOSS OF A FRIEND

Last week we heard the sad news of the passing of Louise Hadland, who, with her husband, Mick used to generously volunteer with Busy Fingers for many years after retiring. Louise will be sadly missed by her family and many friends as she was a beautiful lady who enjoyed life and the company of people, it was exceedingly rare for her not to have a big smile on her face. She enjoyed her indoor bowling, while Mick continued supporting the community.

On behalf of Busy Fingers, I would like to send Mick and their family our heartfelt condolences for their sad loss.

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



The Bribie Island RSL Women's Auxiliary,

in conjunction with the Bribie RSL citizens club, are now introducing to new entertainers as well as Keven Walsh who has proved very popular. The dates are as below.

THE DATES FOR THE SHOW WILL BE:

21st June 2021	The Craig Martin Show
19th July 2021	The Craig Martin Show
16th August 2021	The Keven Walsh Show
20th Sept 2021	The Craig Martin Show
18th Oct 2021	The Keven Walsh Show
15th Nov 2021	Rob Roselund (es Wickety Wak)
20th Dec 2021	The Keven Walsh Show

Tickets are available at **The RSL Club Reception only.** IT IS ESSENTIAL TO BOOK. Entry is \$6 per head and lunch is optional at \$6 per head.

Morning tea will be complimentary. Raffles available.

Auditorium will open at 10 a.m. and the Show commences at 10.30 a.m. with a half hour lunch break and finish time is 1 p.m.

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Episode THREE

By: Al Finegan



The Eliza Fraser Story

RESCUE

Unbeknownst to Eliza and Baxter, on the mainland, Youlden had managed to link up with Darge and Corralis at a gathering of family groups. Youlden convinced them that they should slip away quietly in the middle of the night and go straight to the seashore where he would be waiting, and they would immediately head south as fast as possible along the beach. He was confident that they would reach Moreton Bay, as Baxter had previously assured him that no other wide stretches of water would impede their way.

At this time it is worth noting the fate of the crew who had deserted their captain and sailed off in the pinnace. They disappeared without trace. An unsubstantiated report emerged later that a party of sailors had landed sometime in 1836 near Macleay River NSW and were killed by aborigines.

On the afternoon of the 8th August 1836, Lieutenant Charles Otter, an officer of the garrison guarding

the Moreton Bay settlement, was shooting game on Bribie Island, when he was surprised to encounter two “blackened, skinny and perfectly naked men” appear from the north, staggering towards him.

It was Corralis and Darge. They babbled out a confusing story but managed to tell Otter that a third man, Youlden, was resting with torn feet at an aboriginal camp some distance behind them and that he needed assistance to continue. Oh, and by the way, a white woman is being held captive by natives at Sandy Cape. Otter calmed down the bedraggled and starving Corralis and Darge. He assigned his batman to provide them with food and water while he listened to their story. Otter was appalled at hearing that a white woman was stranded with aborigines. He took immediate action. Despatching two of his soldiers with Corralis to fetch the injured Youlden, he hurriedly left for Brisbane.

There, the Commandant, Captain Foster Fyans, acted quickly and within 24 hours he had organised an

expedition. He appointed Lieutenant Otter to lead the party and selected three soldiers and fourteen convicts to “volunteer” for the mission. Otter was provided with two longboats loaded with the arms and provisions needed to rescue the remaining survivors. A convict, John Graham, volunteered to act as guide and interpreter. Graham had lived with the coastal people of Sandy Cape for six years as a runaway convict and spoke the language fluently. He had taken a widowed aboriginal wife who had two sons. When his wife died he returned to Moreton Bay. The rescue party left the next day and, under Graham’s direction, beached just north of the Noosa River.

Meanwhile Dayman and Carey, two young sailors who had deserted with Youlden on first landing on the Island, had run away from their captors and managed to reach the western shore of Lake Cooroibah on the Noosa River. While the rescue party waited on the beach, Graham took off on a solo mission to seek what information he could about the remaining castaways,

from friendly aborigines he knew. They told him of two young white men they had spotted on the northern bank of the river. With the help of the locals Graham located the incredibly grateful lads and escorted them across the lake in canoes, then along a track by the light of bark torches to the waiting rescue team. On arrival Otter said, *".. the naked unhappy youths were in an abject state, but overwhelmingly grateful to be found"*.

The lads told their rescuers that most of the tribes from the Sandy Cape region were heading to Lake Cootharaba for a big corroboree called for by a local Aboriginal chief named Eumundi. They described how they had met Baxter, who told them that Captain Fraser and First Mate Brown had been killed. He also told them that he was returning to the island to see what he could do for Mrs Fraser.

The next day Otter sailed north in the two longboats and set up camp in Wide Bay just west of Double Island Point. From here Graham could reach the island and hopefully gain further intelligence on Eliza and Baxter. He walked up the beach to Inskip Point. There, he found a canoe and crossed at slack tide. After a search of a few camps he found a "tottering" Baxter in a village near Hook Point. Graham had spotted a beached whale near Double Island Point, and, knowing the value of whales to the locals he told them he would give them the location if they helped him transport the starving Baxter to Inskip Point. The natives agreed. At Inskip Point Graham fed Baxter

with fish and kept him warm during the night by *".. pressing a firebrand to his heart"*. Early the next morning he returned to the women's camp on the island and looked for signs of Eliza. He asked the women but was assured that she had been taken by the men to the corroboree, where she could be shown to their friends as a curiosity. He returned to Baxter at Inskip Point and the pair walked east to the rescue party's camp.

Late on the 16th August, with Baxter now safe at the Wide Bay camp, Graham set off on the most dangerous part of his mission. He walked quickly south along the beach until the early morning. Then as the sun rose, he marked the spot in the sand where he had briefed Otter's party to wait. He stripped off and painted himself with his old tribe's colours and walked inland. Crossing the low dunes and swamp around Lake Cootharaba, he waded around the lake's shallow north eastern shore to the eastern bank of the Noosa River. Here, he met a man and a woman fishing from a canoe. They agreed to row him across the lake to the corroboree at Fig Tree Point.

A huge gathering of aborigines from coastal and inland tribes were camped at the site. He

searched for, and located, his two "sons" who were delighted to see him. They said that everyone knew of the "she-ghost" and took him to her. He was horrified when seeing her dreadful physical state. In the manner of aboriginal decision-making, a long discussion followed, during which Graham exercised his oratorical powers and made promises he had no intention of keeping.



Graham claimed Eliza as the ghost of his aboriginal wife, and somehow persuaded the assembly to release her to his care.

On the pretext of taking her to Teewah beach, where he could catch fish to feed her, he and four of his "relatives" conveyed her across the lake in two canoes and helped her walk towards the beach. Near the end of the track, she begged to be left by a waterhole to clean her body as much as possible and asked Graham to fetch some clothing. She said she did not want to be seen by her saviours in a

naked state. Otter, who had arrived at the marked spot only half an hour earlier said, *"Graham arrived, dressed himself, then took the woman's clothes that I had brought and disappeared up the track. In no time he proudly returned with Eliza. You never saw such an object. Although only 38 years of age, she looked like an old woman of 70, perfectly black and dreadfully crippled from the sufferings she had undergone. I went to meet her, and she kissed my hand and burst into tears and sunk down at my feet quite exhausted. She was a mere skeleton, skin literally hanging on her bones, while her legs were a mass of sores, where the savages had tortured her with fire-brands"*.

They knew the locals would be after them so, without delay, the rescue party, again assisted by Graham's "relatives", hurriedly set out for Double Island Point. Eliza struggled to walk any distance, so the men took turns to carry her. They kept going all night and did not reach their camp in Wide Bay until first light the next morning.

Eliza and Baxter needed time to gain some strength before attempting to travel. After two days of food and rest, while the soldiers fired off the odd shot to keep the now hostile aborigines at a distance, the two longboats containing the rescue party and the four survivors rounded Double Island Point and sailed directly to Brisbane. They arrived on Monday 21st August, exactly three months from the day Stirling Castle had crashed into Swains Reef.

Next Episode, "Fame".



KANGAROO & WALLABY ROAD KILLS

By Ken Salisbury

WHO CAN RESIST COUNTING THE NATURAL GUARD OF HONOUR OF ROOSTING PELICANS WELCOMING US HOME? IT REMINDS US OF THE LIVEABILITY OF THE ISLAND WHICH IS CLOSELY LINKED TO THE BEACH, THE PASSAGE, THE NATIONAL PARKS AND WILDLIFE ALL SHARED WITH A RELATIVELY SMALL HUMAN POPULATION. NO WONDER WE LOVE IT.

But it's under attack.

Population pressure on the island has become very real. The recent growth in development has been observable as land is cleared, the land is developed and the population grows.

It might be a surprise to know the Council who approved all of this development on our Island which is a Flora and Fauna Sanctuary and is mostly National Park, doesn't require wildlife management strategies as part of the development approval process.

National Parks has no interest beyond the boundaries of the Park: and as some say, even within the boundaries of the National Park

Recently I've been counting something else which is impossible to avoid: kangaroo and wallaby road kills.

We find them on the road and in the gutters outside the school on Sunderland Drive, on Freshwater Drive near the Golf Club, outside the Display homes, on First Avenue, in White Patch and on Main Beach. And we see them in numbers, too many to ignore.

According to the minutes of a meeting held regarding the road kills in January this year, the MBRC Roads and Infrastructure Team are also unhappy with the numbers. Council records do not represent the true numbers as most road kills aren't reported as locals or wildlife rescuers often dispose of the creatures without reporting them. As a result, the data is incomplete and not accurate enough to support informed decisions.

My own data collection makes me believe there is a minimum of 2 road kills per day that is 700 per year. That's a very large number anywhere, but on a

Flora and Fauna Sanctuary that is mostly National Park, it's a disgrace reflecting badly on our island lifestyle and environment management.

Brooke Savige, the local Councillor is very supportive of something being done and reports that we can expect a heightened kill time in July or August. Not something to look forward to, but an apparent fact of life for the macropods.

I have initiated a petition to support action to reduce road kills and 600 signatures, mostly with 4507 postcodes that have been collected recently and tabled with MBRC Executive. If you haven't signed the petition yet, go to <https://me.getup.org.au/petitions/kangaroo-road-kills-on-bribie-island> and express your opinion.

To their credit, Council has stepped up and is beginning to consult with the community about locations and numbers of road kills so they can work on solutions to keep the kangaroos and wallabies and residents safe on our roads. They had a Community Consultation Team come to the Bribie Island Shopping Centre on the 17th of June between 2 and 5 pm and if you missed it, you can go to mbrc.link/kangaroos-wallabies-bribie

island and input your pins on the map.

We're looking for support to keep up the pressure on the Council regarding the true number of road kills. This will impact the Councils planning, priorities, budgeting allocations and implementation urgency. This is where our voice has its impact. The ABC has filmed a local interest story about this topic and it will be aired shortly. This will add to our voice.

We are an informed Community who value our lifestyle and the natural environment of our beautiful and unique island. We've proved our resolve previously by speaking up on the pelican roosts on the bridge and used our voices to achieve a positive outcome.

We want our liveability and the natural environment protected and we want the road kills to be radically reduced. As an informed community, we are quite capable of making decisions in our collective best interest by being engaged and consulted or as needed, being active campaigners. We want solutions done with us and for us, not to us.

In terms of road kills as it is with other things, nothing is truer than this: If nothing is done, nothing will change.



By: Marj Webber



GREY FANTAIL

Rhipidura Fuliginosa

Grey Fantails are common on Bribie Island and are likely to be seen anywhere in areas where there are trees.

They are small, active, mainly grey birds 14-17 cm in length, half of which is tail. Their weight is only 7-10 g. They are grey above and creamy underneath with white under the chin and two white streaks above the eyes. Tail feathers are white around the edges. Fantails are named from their habit of constantly fanning their tails. They are hardly ever still and are the most restless of all Australia's fantails twisting and turning acrobatically in the air and always wagging their tails while landed. This is thought to stir up insects to prey upon. Around their beaks are hairs that protect their eyes from angry insects when collecting their food from the air. Male and female are similar in appearance looking a little like Willy Wagtails. They are inquisitive and will often come closer to observe an approaching human. There are several forms of Grey Fantails in Australia each occupying its own specific area. The one I have described here is the one you are most likely to see on Bribie Island.

Grey Fantails are found throughout Australia and can live in most habitats including rainforests, woodlands, heathlands, arid areas, parks and gardens and in fact anywhere there are trees and water. They are also found in Vanuatu, New Caledonia and the Solomon Islands. Birds in different regions in Australia can be sedentary,

nomadic or migratory, each with its own system of movement. Long flights are made by Tasmanian Fantails across the Bass Strait. Insects that are captured on the wing are their main food source. These are caught above the tree canopies, among the tree foliage and in the undergrowth.

Breeding usually takes place from August to December. Nests of grass, bark and cobwebs are lined with soft feathers are built by both parents on horizontal forks 1-7 m above ground. These are in the shape of wine glasses with stems but no bases. Tails are added to the base of the nest which are thought to aid run-off water during rainy periods. Clutches of 2-4 spotted pale buff eggs are laid and incubated for 14-15 days by both parents that also work together in tending to their young. Chicks fledge in about 12 days. After 3-4 months the young birds are fully grown. There are often several broods per season.

A sad fact is that Grey Fantails do not live very long. Their mortality rate is remarkably high, and they are lucky to live to 3 years. They are monogamous for a season, but a pair will seldom share a second season as one or both birds have died.

Grey Fantails are easily upset by any interference to the nest and will abandon it if it has been handled. Both parents aggressively defend their nests and females will often pretend to be injured and lure predators away from the site.

Chemicals sprayed on foliage and insects can be a danger if fantails eat the poisonous insects. Their conservation status in all states is secure except in the Northern Territory where they are critically endangered.

100 YEARS of Bribie Post and Telegraph



By Barry Clark
Bribie Island
Historical Society



Woorim Post Office
1960's

The history and location of Post and Telephone services on Bribie may surprise you. Before the Brisbane Tug & Steamship Co. built the Jetty at Bongaree in 1912, there were only about 20 people resident on the island, mainly involved in Oyster farming, Fish Canning, Cattle grazing and Bee Keeping. Regular Steamship trips came to the new jetty at Bongaree from Brisbane in 1912, bringing passengers, luggage, materials, drinking water, personal items and provisions. As the resident population and visitors increased, the benefits of a regular postal service were recognised.

A Petition sent to the Deputy Postmaster-General in 1913 requested a twice-weekly mail service from Brisbane to Bribie. The PMG agreed to a Post Receiving Office agency being set up in one of the few houses on Bribie, that of the Tug Company caretaker, just north of the jetty.

The first caretaker George Jacques, and his replacement Alan Layton, both went to serve in WW1 and in 1917, Tom Lawrence became caretaker, and his wife Henrietta looked after the Post and a small general store in their house, until 1921.

TELEPHONE COMES

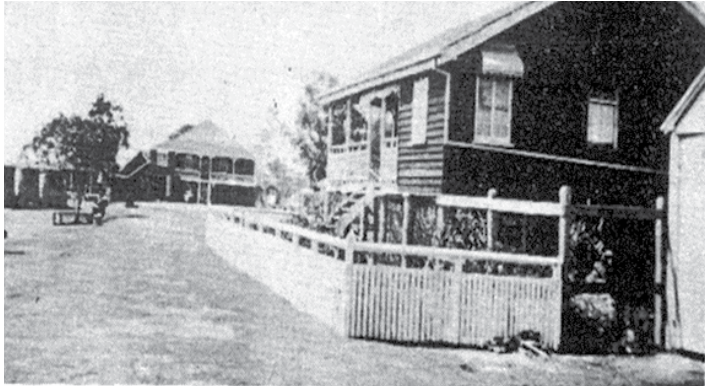
A few years later a request was made for a telecommunications service to be provided to Bribie Island. The Tug Co. agreed to supply Telegraph poles and



Caretakers House
1912

HISTORY

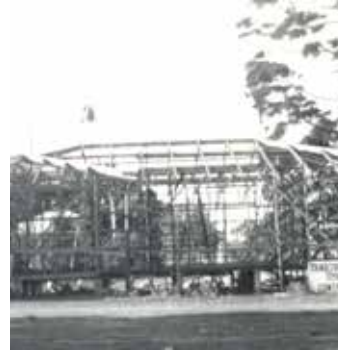
labour, for a line along the Caboolture River, and under Pumicestone Passage. When completed in 1922, both the Post and Telephone operated from a new house, where "The Jetty" restaurant stands today, with Ted Freeman as caretaker and his wife Jessie as Postmistress.



When the telephone service started the resident population of Bribie was just 50 people but increased to over 1000 at weekends and holidays. Initially, there were just 8 private telephones on Bribie serving the businesses of Bestman, Campbell

(Shops), Davies, Moyle, Stone and Wilkinson (Guest Houses) Ormiston (land Agent) and Shirley (road construction). In those days, making a telephone call was unusual, expensive and quite time-consuming. The regular ships and phone service improved the

Esplanade and Woorim, and by the 1930s many thousands were coming to camp, fish and enjoy holidays on Bribie. The Tug Co. managed the Post and Telegraph service for 20 years until the military occupation of Bribie during WW2, when ships and post were suspended. After the War, licensed postal services resumed for a while, reporting directly to the PMG Department, with David Sked as Postmaster, until he



tragically died at work in 1954 and his wife Lilian took over for a few months. The Tug Co. withdrew, wound up and sold its various assets on Bribie in 1952. The Post Office was relocated to the new house of Postmaster Tom Fenwick in 1956 at 45 Toorbul Street. During construction, a cable trench uncovered a skeleton, believed by the police to be that of an old aboriginal man. In the 1960s another Post Office agency also operated in a building close to the beach at Woorim, where the cafes are today.

FIRST OFFICIAL POST OFFICE

By the early 1980s, with the Bribie population approaching 5000, the Government decided to establish the first "official"

Government Post office on Bribie. This was built in 1983 in Bellara, on the corner of Warana and Eucalypt Streets, in a modern residential style, with PO boxes, air

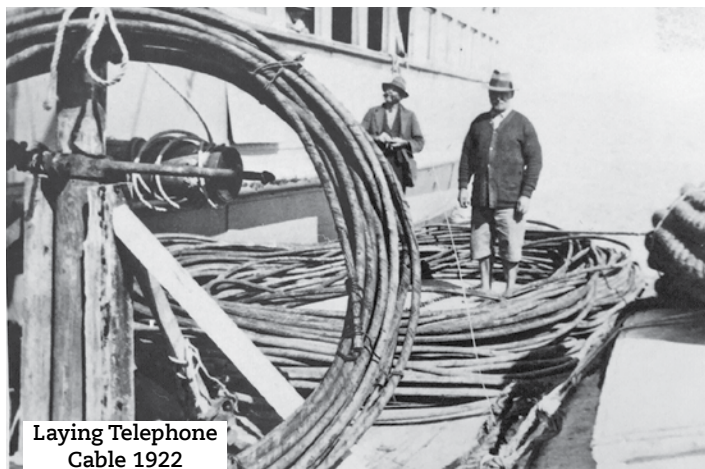


conditioning and parking. The first official Postmaster was Jim Bell, and it served the growing community needs until the mid-1990 when the Corporate Post Office relocated to the newly built Woolworth's shopping centre. Licensed Post Offices now operated by William and Alan at Woorim, and Suzie and Jack at Bongaree are well patronised and get a special mention for their ever-smiling faces and personal service.



MORE BRIBIE HISTORY

The Historical Society meets on the second Wednesday of the month at 6; 30pm at the RSL Club. There are fascinating guest speakers and visitors and new members always welcome, with notification. You can see many more articles on our Blog Site <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com



Laying Telephone Cable 1922

Local Solander Lake bowler, Fred Tarry, 2nd from right with his guide dog Ripley, represented Queensland in the National Blind Bowlers Championships held recently in Port Macquarie. Fred received a Gold Medal in the Drawn Pairs and a Silver Medal in the Open Pairs and was ably assisted by his Director, Bruce Hill (not shown). Congratulations Fred on a great achievement.



BONGAREE LADIES BOWLS

Friday May 28th. Paddle Pop Triples Winners: Di Drew, Maureen Ferguson, Beryl Moor. R/Up: Joanna Horsley, Ferdym Timmermann, Mick Falvey
Tuesday June 1st, Mixed pairs and triples winners: Arne and Elna Jensen. R/Up: Ron Corrick, Jim Irvine.

Friday June 4th: 2-4-2 and Fours; Winners: Mick Falvey, Bob Vonarx. R/Up: Max Nganeke,

Richie Ferguson.

Tuesday, June 8th Mixed Pairs Winners: Junie Jackson, Yvonne Wilkie, R/Up: David Vaughan, Arne Jensen. Bonus Draw. Carolyn Merritt, Jenni Mitchell
 The final of the ladies B singles was a very exciting match resulting in a 2 point winning margin. Well done to all who participated in the competition. Congratulations to the winner Joanna Horsley. Jaarpung Blundell was a very worthy runner up.



Attached photo. Winner of the Bongaree Ladies B Singles for 2021 Joanna Horsley with Runner Up Jaarpung Blundell,

BRIDGE CLUB RESULTS

Fri 28 May Novice Pairs 1 D Brady & S Burton 2 J Lawson & S Smith 3 C Cowley & S Gordon
 Sat 29 May N/S 1 P Tipping & M Hardy 2 J Breene & S Pascoe 3 G & S Barnulf E/W C McAlister & Y Swanson 2 B Fuller & E Seeney 3 J Medhurst P Edis

Wed 2 June N/S 1 C & S Watson 2 A Jones & J Kennedy 3 M O'Reilly & B King E/W 1 R Medhurst & H Browne 2 N Plumb & S Maller 3 R Webb & L McLaren

Sat 5 June Restricted Pairs: 1 R Medhurst & L McLaren 2 B Fuller & E Seeney 3 P Tipping & M Hardy B Section 1 J Breene & R Webb 2 D Quinan & F Barkwith 3 B King & N Everson

Wed 9 June N/S J Breene & S Pascoe 2 A Jones & J Kennedy 3 R & C Cowley E/W 1 P & B Larcombe 2 S Allen & LHeap 3 R Webb & L McLaren



Winners of the Restricted Pairs competition, Richard Medhurst and Lin McLaren.

BONGAREE BOWLS MEN'S RESULTS

Scroungers Sat May 29th
 Winner Pam Barringhaus, 2nd Peter Mann, 3rd Errol Fender
 Wed 4's June 2nd
 Winners Ellen Corrick, Sandi Hodges
 Runners up Wendy Rollason, Jen Hadley, Janice Mason, Sandra Scott.
 Thurs pairs June 3rd
 Winners Dawn Ryan, Max Nganeke, Col Graeme.
 Brekky Bowls Sun June 6th
 Winners Brett Sellars, Billy Bradshaw, Barney Blomendahl.
 Runners Up Brenda Hutchinson, Maureen Ferguson, Richie Ferguson
 Wed 4's June 9th
 Winners Bob Vonarx, Leigh Weston, Mike Crowley, Darryl Brown.
 Runners Up Ray Horne, Pat Pierce, Gordon Pitts, Barry France
 Thurs June 10th Pairs
 Winners Barry France, Ray Horne
 Runners Up Brett Sellars, Imelda Valentine.



FUN AND GAMES

Kathy Vincent

There have been so many competitions over the past few weeks that I cannot possibly mention every winner with a photograph of the happy face! I will mention some but I would like readers to see just how much fun we can have playing croquet too. Dennis Green won the Croquet Association Queensland (CAQ) Open Singles playing against state players. He also won the McKenzie Bribie Cove 6 and under Challenge trophy well done Dennis. Lyn Beh won the Caboolture Sports Club trophy. Jenee Molyneux won the SCRCC (Sunshine Coast Region Croquet Committee!!) Women's singles and Sue Green won the SCRCC golf croquet Division 1. Phew!! I am sure I have missed out on someone but there were just too many really good players to mention.

But I wanted to show that it can be fun too. It's not just about winning but that is a bonus. Six members of the club recently went up to Hervey Bay for a Three-day tournament. A couple

of ladies always wear pearls so they all decided to wear pearls and were quickly nicknamed the "Pearl Girls from Bribie" by members of other clubs. Lyn Beh, Jan McNee, Jan Sampson, Sandra Edwards, Maggie Lawson and myself. Well, we had great fun not only playing croquet but enjoying the hospitality of the Hervey Bay Club who produced a fabulous BBQ one night. But also spending a little time exploring the town especially the eating places! I did say it isn't just about winning but all the ladies played really well some never having played in a tournament before.

Did we win anything you ask? Yes, we did Maggie Lawson was through to the final playoff from the 3 groups and was runner up in the singles.

But we had a great time and really put Bribie on the map in Hervey Bay especially as we were on 7 news, famous at last!!

Do you fancy some fun and exercise? If so contact Dick or Jan and come along and have a go. Dick 0488 282 959 or Jan 0437 008 042



SOLANDER LAKE BOWLS CLUB

Bowls Results – Week Ending 5/6/21

Tuesday 1st – Club Select Triples – Winners: J Gill, R James, A Ager. Runners up: T Fairman, J Day, T Parker.

Wednesday 2nd – Self Select Pairs – Winners: J Cummins P Hodgson. 2nd Place: M Lammas, G Hubbard. 3rd Place: B Stuart, G Caplick. Jackpot – \$500 - Not Won.

Thursday 3rd – Self Select Triples – No Play.

Friday 4th – Self Select Pairs – Winners: H Taylor, R McLean. Runners up: P Dixon, R Stumbles. 1st Round Winners: G Caplick, P Hourigan. 2nd Round Winners: V Mitchell, W Mitchell.

Saturday 5th – Club Select Triples – Winners: J Corbett, T Fairman, A Matheson. Runners up: B Payne, C Cummins, N Feazey.

Bowls Results –

BRIBIE ISLAND LADIES GOLF

Tues 1/6/21 – 2 Person Team Aggregate Stableford – Sponsor: Affordable Opals & Sapphires. Overall Winners: Barbara Newcomb & Fizzie Jackson 72. R/U: Marjorie Sills & Gill Lee 70 c/b. 2nd R/U: Ros Gardiner & Chris Pronk 70. NTP: Hole 4 – Rita de Bondt. Hole 7 – Lauren McDonald. Hole 14 – Carole Watson. Hole 16 – Debra Dunn.

Thurs 3/6/21 – Monthly Medal, Single Stroke & Putting – Sponsor: Churches of Christ in Queensland. Div 1 Winner: Myra Thomsen 75. R/U: Gill Lee 78. 2nd R/U: Dianne Hayward 79 c/b. NTP: Hole 14 – Linda Urquhart. Hole 16 – Desley Neilson. Best Putting: Jo McCowan 28 putts. Best Gross: Abby Driver 92. Div 2 Winner: Lyn Cockerell 71. R/U: Debra Dunn 73 c/b. 2nd R/U: Di Croft 73 c/b. NTP: Hole 4 – Debra Dunn. Hole 7 – Margaret Huxley. Hole 14 – Ingrid Coburn. Hole 16 – Susan Brown. Best

Week Ending 12/6/21

Tuesday 8th – Club Select Triples – Winners: M Moore, M McKenzie, J Stimson. Runners Up: J Harris, M Zahl, C Dann.

Wednesday 9th – Self Select Pairs – Winners: P Dixon, R Stumbles. 2nd Place: C Gleeson, G McCarthy. 3rd Place: P Samuelson, D Hill. Jackpot – \$500 - Not Won.

Thursday 10th – Self Select Triples – Winners: M McKenzie, T Rolfe, J McKenzie. Runners up: M Hopper, A Ager, S Ager. **Friday 11th** – Self Select Pairs – Winners: P Bradley, B Harris. Runners up: E Holliday, R Horsfall. 1st Round Winners: K Henshaw, R Henshaw. 2nd Round Winners: T Miquel, A Denherdt.

Saturday 12th – Club Select Triples – Winners: M Jones, T Smith, C Langley. Runners Up: J Young, K Hellmrich, A Thompson.

Putting: Mary Barbeler 28 putts. Best Gross: Debra Dunn 97. Single Stableford Div 3: Winner: Angela Jordan 39. R/U: Val Miller 36. 2nd R/U: Roselyn Crossley 35. 3rd R/U: Anne Carmody 33. NTP: Hole 4 – Val Miller. Hole 14 – Angela Jordan. Hole 16 – Angela Jordan.

Tues 8/6/21 – 4BBB Yellow Tees – Sponsor: The Belles of the Ball. Overall Winners: Maree Bailey & Linda Urquhart 48. R/U: Maureen Bailey & Angela Jordan 46 c/b. 2nd R/U: Lyn Cockerell & Suzanne Peet 46. NTP: Hole 4 – Vicki Butcher. Hole 7 – Myra Dickson. Hole 14 – Maree Bailey. Hole 16 – Terry Keily.

Thurs 10/6/21 – Single Stroke & Putting. Gertrude Mcleod Round 3. Div 1 Winner: Suzanne Vallely 71. R/U: Gill Lee 72. 2nd R/U: Myra Thomsen 74. Div 2 Winner: Jude Dorhauer 76. R/U: Joy Jordan 77 c/b. 2nd R/U: Ann Mitchell 77. NTP: Hole 4 – Linda Urquhart. Hole 7 – Charmaine Price. Hole 14 – Suzanne Vallely. Hole 16 – Cheryl Loimaranta. Best Putting: Gill Lee 25 putts.

BRIBIE BOWLS CLUB:

Self Select Pairs Wed 2 June

Winners: S Hose, N Gray
Runners up: E Stacey, M Jamieson
Out of hat winner: M Sarich, G Hartley
Out of hat winner: G Steele, D Beadman
Out of hat winner: K Muller, B Sivyer
Bunny: R Brinton, E Deakin

Club Select Triples Thu 3 June

1st out of hat: W Ritchie, K Muller, A Riley
2nd out of hat: C Wilkie, D Lelievre, V Lelievre
3rd out of hat: B Kelly, J Murray, G Twigg
Bunny: J Clear, N Smith, R Davenport

Self Select Pairs Fri 4 June

Winners: A Feichter, D Gibson
Runners up: K Opray, J Oliver
Out of hat winner: L Savige, J Jones
Out of hat winner: G Duncan, W McDougall
Out of hat winner: K Muller, E Sharp
Bunny: D Hooper, J Dunn

Random Select Fours Sat 5 June

1st highest margin: T Erfuth, J Johanson, C Monk, M Andrews
2nd highest margin: K Fuller, G McEniery, F Reeves, D Groves

3rd highest margin: P McCarthy, D Neumann, A Wilmott, L Murphy
Out of hat winner: D Hudson, W Gilbert, B Moss, J Oliver
Self Select Triples Tuesday 8 June 2021

Winners: A Kinnear, B Doe
Runners up: A Hocking, G Hull, L Hocking
Out of hat winners: R Eaton, F Crockett, L Hackwood
Out of hat winners: J Noonan, M Gittens, L Gilmour
Out of hat winners: M Ball, C Ebert, D Heath

Self Select Pairs Results Wed 9 June

Winners: D Beadman, G Steele
Winners: S Root, A Boyd
Out of hat winner: G Duncan, L Savige
Out of hat winner: M Prewitt, V Studd
Out of hat winner: J Oliver, N Holzberg
Bunny: C Thornton, K Thornton

Club Select Triples Thu 10 June

1st out of hat: H Andrews, W Follett, K Fuller
2nd out of hat: R Kling, C Sambaher, R Wickhurst
3rd out of hat: G Mallett, A Christy, D Groves
Bunny: J Clear, P Neumann, C Hancock

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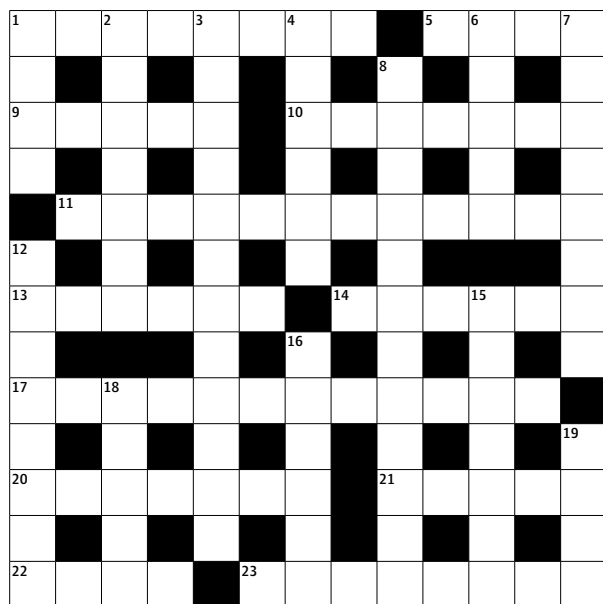
Funding delivered for local
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To have your say, call 5432 3177 or complete my 30 Second Online Survey here:

Authorised by T. Young, Liberal National Party of Queensland, Unit 7, Level 1, 69 King Street, Caboolture QLD 4510.



Crosswords - QUICK & CRYPTIC



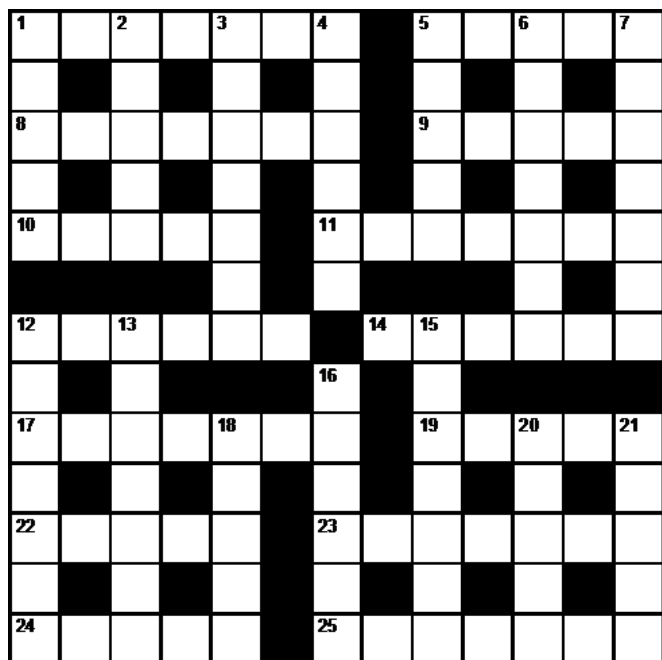
Across

- 1 Anxious uncertainty (8)
 5 Fit of shivering and shaking (4)
 9 Embarrassing outburst (5)
 10 Earth, air, fire or water? (7)
 11 Obstacle race — late speeches (anag) (12)
 13 Fixed (6)
 14 Influence (6)
 17 Able to keep out wind and rain (12)
 20 Enter uninvited (7)
 21 Conscious (5)
 22 Gain — win (4)
 23 Car feature designed to prevent whiplash injuries (8)

Down

- 1 Strip of material worn around the waist or over the shoulder (4)
 2 Stayed in bed later than normal (5,2)
 3 The very last moment (8,4)
 4 Humming (6)
 6 Garbo or Thunberg? (5)
 7 Urgent appeal (8)
 8 In future (12)
 12 Pale colour (3-5)
 15 Touchy — controversial (7)
 16 Stop right there! (6)
 18 Cast member (5)
 19 They can be cold or itchy! (4)

SUPPLIED BY CYRUS



Across

- 1 Accuse the little rascal and every individual (7)
 5 Moves wagons... (5)
 8 Watery environment? For one with PHD in Lion management? (7)
 9 The subject of children? (5)
 10 Eager to express approval (5)
 11 How astute the head is in issuing decree (7)
 12 Seven days said to be about backing those less able (6)
 14 Any delay getting the doctor first can be fatal (6)
 17 Optical illusion - good news? (7)
 19 A cat's view of matter... (5)
 22 One of the spinner's choices (5)
 23 The little rascal over-rated to get better (7)
 24 Good for a class of pupils (5)
 25 More the problem of an assumption (7)

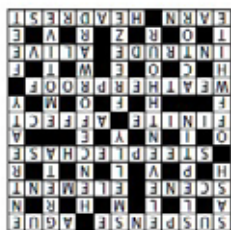
Down

- 1 Home aid back for the residents (5)
 2 Mate hesitates with lighter (5)
 3 The heat gets to this contestant (7)
 4 Wish one still held genuine demeanor (6)
 5 A feature given a tweak for pottery (5)
 6 Delivered from secured position (7)
 7 The vision of God's natural wonders (7)
 12 Observed what December is, briefly, all about (7)
 13 Arrives with father coming back with fruit (7)
 15 The past is sufficient to show a pattern (7)
 16 Unusual nuptials leave us to lament (6)
 18 Lettuce at backstreet prices (5)
 20 Outlaw's leader, dismal and smelly (5)
 21 You can see it rising from working teams (5)

SOLUTION

SOLUTION

EASY crossword Issue 142



CYRUS crossword Issue 142





Kisses with Cream Filling

INGREDIENTS

240g butter softened
1 ¾ cups icing sugar
1 tbsp arrowroot
1 cup (170g) self-raising flour

METHOD

1. Preheat oven to 150°C. Line a baking tray with baking paper. Cream 115g of butter and 1 tbsp of icing sugar together until pale and creamy.
2. Add arrowroot and flour, and mix until combined. Roll a heaped teaspoon of mixture into a ball and place on the baking tray.
3. When all the mixture is rolled, press each little ball gently with a fork.
4. Bake for 10 to 12 minutes. Cool completely. Store in an airtight container.
5. To make the cream filling – whisk 125g of butter until creamy. Then add 1½ cups of icing sugar and whisk until fluffy.
6. Spread the cream filling on one 'kisses' and top with another.
7. Dust with icing sugar to serve.

NOTES

For special occasions, add food colouring to the cream filling mixture before spreading on the 'kisses'.

Wright's Fruit Barn

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Kids Recipe proudly supported by Wrights Fruit Barn #healthyoptions support local

Kids Page

Q. Why do birds fly south for the winter?

A. "Because it's too far to walk."

Q. Why are there fences are cemeteries?

A. Because everyone's always dying to get in.

Q. What did one wall say to the other?

A. "Meet me at the corner!"

Q. Why did the golfer need new pants?

A. Because he got a hole in one.

R	O	E	E	W	A	I	T	R	E	S	S	E	Y
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B	U	F	F	A	Y	Y	K	R	O	Y	W	E	N
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Find A Word

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Tia



Miley



Old Tom



Reggie & Maggie



Winston

Pet  Care**iWater-Loving Cat....**

Minty is a cat of unknown breeding, but some clues are present. Minty has rare webbed toes on the front feet- that's right, they're fully webbed! Oddly, Minty also loves water and can be found seeking out washbasins in the family home. What a funny boy!

This doesn't seem cat-like at all. However, Maine Coon cats love water and also have webbed feet that makes them good swimmers - almost like biological flippers, you could say. Minty also loves to drink

water whereas most cats do not. Originally being desert animals, cats more usually have poor thirst receptors. Minty is getting a small wading pool for sure (once the weather warms up a bit!)

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

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Old School vs New School Training Part 4

If you're a Gen X or Baby Boomer and have trained previous dogs you will be familiar with the Old School method, joining an Obedience Club and using a check chain (choker), where you spend weeks on end teaching your dog to walk beside you on the left hand side. Unfortunately in some places this is still the preferred method.

Why and what is it and how does it compare to the new method?

First the old school is based on not allowing your dog to be dominant and you are and must be the boss.

What is Dominance? It means to control; have influence,

having the authority to influence or control and to assert control in dealing with others. For example if two dogs competing over a toy and one dog gives up and leaves the toy for the other dog then he wins and in this case is dominant.

How did this thought get started? It was shown through studies of captive wolves in zoos from 1940's to 1980's that they used aggression to establish a pecking order. The dominant wolf was called the alpha leader or the boss. From the 1980's to now numerous studies have been done with wild wolves and there was very little aggression shown within the family pack. In the next issue I'll explain better methods.

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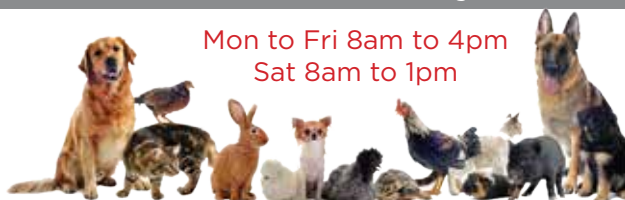
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Cross-reactivity in allergic reactions can occur when one protein is similar to another protein. For example, if there is an allergy to chicken, there may also be a reaction to turkey. Cross-reactivity may also result if an animal is fed multiple proteins simultaneously. Protein rotation is really variety. If consistently fed the same food, some pets may develop an allergy or intolerance to common ingredients (e.g., chicken, beef etc.) Rotation feeding reduces this risk because the ingredients are not present long enough for the animal to develop an adverse reaction.

General signs and symptoms of allergies include: dry itchy skin, excessive scratching or licking, bald patches, a high frequency of hot spots, ear infections, skin infections, diarrhoea, and vomiting.

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OUR PASSION, COME
IN AND TALK TO US
ABOUT YOUR PET
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HOME AND GARDEN

HANDY HINTS & TIPS

MICE CAN'T STAND THE SMELL OF FRESH PEPPERMINT - SO PLANT IT AROUND YOUR HOUSE OR PUT SOME OIL OF PEPPERMINT ON A PIECE OF CLOTH AND PLACE IT IN LOCATIONS YOU SUSPECT THE MICE MAY BE VISITING



Empty sauce containers

are great for decorating cakes or bickies.



To prevent soggy salads

Place an inverted saucer in the bottom of the salad bowl. The excess liquid will drain off under the saucer and the salad stays fresh and crisp.



Put replacement trash bags in the bottom of the garbage can for easy access.

To keep brown sugar soft,

put a slice of bread in the same container as the sugar. The sugar will pull the moisture from the bread and stay soft.



That stubborn coffee stain

That rims your mugs? Remove them with a lightly salted citrus peel.

Put an apple

In your potato bag to keep the potatoes from budding.



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When squeezing lemons,

Microwave it for 15 sec then roll it around on the counter. You will get much more juice out of it.

Quick clean-up

Baby wipes are great for quickly cleaning phones, sticky purse linings, and dirty hands



Removing price labels

Can be frustrating. A little hot air from the hair dryer quickly loosens price labels! Also using a mixture of bi-carb of soda and oil will remove those sticky labels from jars



Luminous Light Switch

A dab of glow-in-the-dark paint means no more groping for the light switch in the dark.

Tennis Ball Parking Guide

If you have ever wondered why a tennis ball was hanging from your friend's garage ceiling, here's why. To park your car in perfect position every time, hang a tennis ball from the garage ceiling so it just touches the windshield. It will show you precisely where to stop



Stop Losing Socks

Stuff a strip of foam pipe insulation into the space between your washer and dryer or along the wall. That way, socks can't slip into the abyss.

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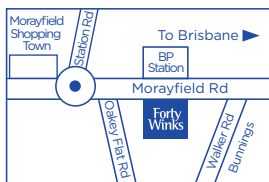
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Bribie residents will receive a significant road safety boost with the Morrison Government announcing it will invest \$472,000 under the 2021-22 Black Spot Program.

The funding will provide a new signalised pedestrian crossing at Goodwin Drive, Bongaree, near the Bribie Island shopping centre.

Federal Member for Longman Terry Young said community input was critical to identifying key black spots in the electorate.

"There is a history of rear-end crashes at this intersection as well as pedestrians being hit where vehicles travelling on Goodwin Drive failed to give way," Mr Young said.

"Road crashes place major emotional and economic strains on all affected communities but particularly the families and friends of the victims.

"I am pleased to see that projects like Goodwin Drive in Bongaree will be delivered under the 2021-22 funding round.

"Moreton Bay Regional Council nominated this crossing for blackspot funding in early 2020 and I'm pleased to see it delivered under the 2021-22 Black Spot funding round."

The improvements involve replacing the existing zebra crossing with a signalised crossing and decreasing the length of the crossing by installing kerb buildouts and narrowing the centre median.

The new traffic signals will include push-button activation with pedestrian countdown timers, advance warning



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signage and flashing lights.

Work will be carried out in the 2021-22 financial year.

The Australian Government has committed \$1.1 billion to the Black Spot Program from 2013-14 to 2023-24 to improve road safety across the nation.

Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development Michael

McCormack said the State would receive \$20.8 million under the Black Spot Program's 2021-22 funding round.

"This major investment is part of the Australian Government's commitment to building safer roads right across the nation," the Deputy Prime Minister said. "The Black Spot Program funds safety measures such as traffic signals and roundabouts at locations where several serious crashes are known to have occurred.

"That is why the Australian Government has committed \$1.1 billion to the Black Spot Program from 2013-14 to 2023-24 to improve road safety

across Australia."

Assistant Minister for Road Safety and Freight Transport Scott Buchholz said the 67 Black Spot projects across Queensland would make an important contribution towards reducing serious injuries and deaths on Queensland roads and built on previous investments in the state.

"This Government is investing in road safety right across the nation to ensure Australians get home sooner and safer, as even one death or one serious injury crash on our roads is one too many," Assistant Minister Buchholz said.


The Australian Government has committed \$1.1 billion to the Black Spot Program from 2013-14 to 2023-24 to improve road safety across the nation. Community input is critical to identifying key black spots in the electorate. For more information on the Australian Government's Black Spot Program, or to nominate a black spot, visit investment.infrastructure.gov.au/funding/blackspots

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Grandma's

GARDEN TIPS



PART 1

Do you have memories of the scents and tastes of Grandma's garden? It was filled with gorgeous blooming plants, always seemed to be green, and the veggies and fruits it produced—whoa—they tasted better than anything!

Whether you are trying to replicate your family garden memories or aspire to make your garden memorable for your own kids and grandkids, turning to the gardening tips of yesteryear might yield the best, most effective advice for gardening organically, efficiently and frugally.

PLANTING TIPS

SOAK SEEDS BEFORE YOU PLANT THEM: If you soak seeds overnight before you plant them in soil, they germinate faster. Go ahead and try—it definitely can't hurt.

LABEL YOUR PLANTS: It doesn't matter whether we're Grandma's age or as young as a spring chick, it's easy to forget what we planted where. Plus, you want to make sure to keep track of all the varieties. Make a chart or label plants directly in the garden.

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Garden Centre OPEN 7 DAYS

VALUE NEWSPAPER: This is the cheapest garden bed you'll ever make. Simply put newspaper down in the area where you want to have a new gardening bed, on top of the soil and grass. Don't be skimpy on the number of layers—the more, the better. You can either dig holes through the newspaper for planting, or give it a few months to break down before planting. It naturally kills the grass and weeds beneath and makes a great garden bed.

REPURPOSE CARDBOARD: Like newspaper, cardboard can make a great base layer in the garden if you're starting a new bed. Just follow the same directions as using newspaper. You can also use it as a free, recycled mulch or even grow plants in a cardboard box. Yep, growing potatoes in a cardboard box is always a good idea.

STAGGER PLANTINGS: You can extend your harvest of quick-growing veggies such as greens if you plant new seeds every couple of weeks. Stagger your plantings for a time-released garden harvest.

SAVE SPACE: Just because you're tight on space doesn't mean you can't grow a productive food garden. Vining veggies such as cucumbers and melons can grow up on a trellis, some tomatoes do great in hanging pots, and potatoes and strawberries can grow in barrels or boxes.

PLANT THE RIGHT AMOUNT: You don't want to run out of cucumbers a week into the harvesting season, but you also don't want to be so overwhelmed your fruits rot on the vine. Plant just a little more than you think you can use, but don't go crazy. This will ensure you can manage your crops, have enough to eat, and have some extra to preserve for winter.

SOIL CARE

Caring for the soil and providing plenty of nutrients for the foods we grow is among the most crucial of gardening tasks. Use these tips to frugally feed your soil, in turn feeding your plants, in turn feeding your family, all for little money.

GIVE BACK TO YOUR SOIL: Healthy soil is the best, most fundamental requirement for a healthy garden. We can't expect to keep taking from our soil and not give anything back in return. The food we eat requires nutrients from the soil to grow, so add it back in the way of organic compost. Organic compost is incredibly cheap and easy to create, and it's the ultimate organic fertilizer. Most people can create exceptionally healthy soil using no soil amendments besides good organic compost.

SAVE THOSE COFFEE GROUNDS: Coffee grounds make an excellent addition to compost bins, and they can also be used as a direct mulch or side dressing for nitrogen-hungry crops such as tomatoes and squash. Don't layer too much coffee straight into beds, however, as it could lead to mould growth.

COLLECT TEA BAGS: Like coffee grounds, tea bags can make an excellent addition to your compost pile. Many gardeners say leftover tea and tea bags are especially helpful with azalea plants.

ADD KITCHEN SCRAPS DIRECTLY TO THE GARDEN: The old-fashioned version of composting involves digging holes around the edges of the garden and "planting" kitchen scraps—no composter required. This method still works just fine today, and the natural nutrients food waste offers plants are fantastic.

ADD EGGSHELLS: Crushed eggshells have been used for years to encourage plants to grow big and healthy. Simply crush them up and add them around your plants' root base, or add them to the compost pile.

MULCH, MULCH AND MORE MULCH: Wood chips, organic mulch and straw—all of these naturally add nutrients back to the soil. Mulching also helps hold in water, keep soil a more even temperature and prevent weeds. Quite simply, mulching is one of the wisest and most cost-effective things you can do to ensure good garden soil for years to come.



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An unorganized and dirty home is hardly a living space. It can add pressure just thinking about how much cleaning you have to do with the little time you have if any. When you allow professionals like Clean Base to handle this task for you, you don't have to worry about how you can do it with other things on your hands.

More than becoming pleasing to the eye, a clean home helps keep your family from sicknesses. A dirty home or poorly cleaned dwelling can easily become a haven for bacteria, mould, viruses and dirt, which can pose health risks to whoever resides there. Older homes pose the risk of exposure to asbestos fibres and lead dust, along with other pathogens. A thorough, professional cleaning is an important factor in keeping your indoor air fresh, clean, and healthy. Dirty indoor air is more common than you think. Babies, young children, the elderly, and people with immune deficiencies or asthma need clean, fresh air. If you have young children or older persons living with you, you can help protect against a range of unpleasant, uncomfortable, and dangerous health conditions with their help.

By hiring Clean Base professional cleaners, you can rest assured that your house is kept clean so it keeps allergens and dirt away. Aside from removing the dirt, professional cleaners sanitize specific areas of your house such as the toilet to stop bacteria and viruses from spreading and to keep your house fresh. With a clean home, you can protect their health and ensure that they have a safe environment. As a result, you can avoid health concerns, which will help you save money on allergy medicine and doctor visits.

It also helps to keep the value in your home. Maintaining the furniture and surfaces throughout your home with adequate care helps increase your home's lifespan so instead of worrying about dust, mildew, or mould eating away at your home, Clean Base professional cleaning team can help to keep your assets from deteriorating which assists in keeping your home's value.

While there are many residential cleaning services, they are not all created equal. You may have hired a cleaning service, only to see the quality of their work become less and less. When hiring a home cleaning service, you want to be confident that your home and your possessions will be treated with respect.

At Clean Base, we are committed to providing quality service and we do not skimp in our work. We are there to get the job done right, every time, to the same high standard. We understand that your home is your castle, and treat it right.

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VMR BRIBIE ISLAND

YEAR to DATE RADIO ROOM STATISTICS

To Thursday 10th June May 2021:
6,522 Calls, 1,853 vessels logged on,
140 Vessel Assists, 812 Sitreps, 352
Requests,
32 overdue vessels, 9 Vessel
Tracking,
682 Radio Checks, 4 Weather
Broadcasts,
2 Securite Broadcasts, 1 Pan Pan 0
Mayday.
VHF 75.8%, 27MHz 7.1%.

CONGRATULATIONS WAYNE



Congratulations Wayne Sclater, seen above receiving his Senior Competent Crew Epaulettes from Vice Commodore Ces Luscombe and Commercial Coxswain Ian Grimes.

BLUE WATER REVUE

On Monday 24/5/2021 Volunteer Marine Rescue Bribie had a visit from representatives from the Marine Rescue Implementation Program where they discussed the Resource to Risk Project looking at each VMR's and Coast Guard's capabilities and requirements.



From left: Nigel Hogan from QFES, Tom Bennett from KPMG, Gary Voss VMR Bribie Secretary, Commodore Liz Radajewski, Unit Training Officer Allan Tranter, Vice Commodore Ces Luscombe and picture taken by Radio Officer Peter McNamara.

TOORBUL RURAL FIRE SERVICE

VMR Bribie had a visit from members of the Toorbul Rural Fire Service today 26th May 2021, they showed us their new pump, how it worked, and to look at arranging some joint training together. It is important for all Emergency Services to be familiar with each other and be working together in our local area.



From left: Richard Duxfield from the Toorbul Rural Fire Service, VMR Coxswain Ian Grimes, Commodore Liz Radajewski, VMR Coxswain Jon Brice, and Vice Commodore Ces Luscombe with the new pump after testing.

BRIBIE ISLAND IN GOOD HANDS

All the residents of Bribie Island should be thankful they are in safe hands both on Land and Sea because of two very dedicated women. Jan Dwyer Group Leader Bribie Island State Emergency Service, and Volunteer Marine Rescue Bribie Island Commodore Liz Radajewski. Whether it's from helping residents after storm

damage or rescuing people off a sinking vessel both Jan and Liz lead dedicated teams of volunteers who give up their time to help keep our beautiful island safe on Land and Sea. Both Jan and Liz agree that it is important for all the Emergency Services on the island to be working together. Bribie Island Thanks Them Both.



Jan Dwyer and Liz Radajewski.

ES EXPO PHOTO SHOOT

Our Combined Emergency Services EXPO Young Ambassador Willow Sheppard with representatives from Queensland Ambulance Service, Queensland Fire & Emergency Services, Volunteer Marine Rescue Bribie Island and

Queensland Police Service. The photos will be used for advertising this year's EXPO to be held on Sunday 17th October 2021 from 9am to 2:15pm. Come along and see the largest EXPO of its kind in Queensland.



MISSING SURF SKIERS, NORTH STRADBROKE ISLAND

Our Water police coordinated a search and rescue operation to locate a 26-year-old man who remains missing from North Stradbroke Island since the morning of Saturday 29 May 2021. Two men were reported missing after they failed to return from a mid-morning surf ski expedition between Dunwich and Cylinder Beach. Around 8pm that night, a 28-year-old man paddled to the Amity Point Wharf, however the 26-year-old man was not located. An air search continued throughout the night and at first light Sunday morning the search was expanded even though hazardous sea conditions were expected.

Fifteen vessels and four helicopters were involved as well as a land search of Moreton and



Bribie 1 during the SAR.

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North Stradbroke Islands. Bribie 1 and Bribie 2 were deployed on Sunday and Monday for the SAR operation from 6am to late afternoon. Conditions were very rough outside Moreton Island, so much so that at times you couldn't even see the vessel next to you in the line search, which was only 50m away, said VMRBI Coxswain Alan Tranter. Bribie 1 continued searching on both Tuesday and Wednesday.

VOLUNTEER AWARDS

The 2021 Longman Volunteer Awards were presented Wednesday 9th June 2021 by Federal Member for Longman Terry Young MP, at the Caboolture Memorial Hall, where many worthy recipients received their Volunteer Recognition Awards. Our own Commodore Liz Radajewski being one of them. Commodore Liz puts in many hours each

week, being on call day and night, training new crew members and promoting boating Safety and holds the proud record of being the first woman Commodore of VMR Bribie. Commodore Liz celebrated with fellow VMR member Aamir Cao who was also presented with a Volunteer Recognition Award for all her volunteer services to many organizations on Bribie Island including VMR.



Aamir Cao and Commodore Liz Radajewski with Terry Young MP, Federal Member for Longman

SAFETY DAVE - The Frenchie's Message:

Safety Dave says for this coming holiday period check your LIFE JACKETS:

- do you have the appropriate life jacket for the whole trip?
- are the life jackets suited to the activity being undertaken?
- do you have one jacket for everyone on board?
- are the jackets in good condition and correctly labelled?

- if boating at night, do the jackets have reflective tape on them? and
- do you have an appropriate sticker/label showing where the life jackets are stored? Many boaters have their jackets still in their original packaging – this leads to lack of effective inspection and the deterioration of the straps. This in turn also makes it difficult to fit in an emergency.

The bottom line – life jackets should not be stowed and forgotten. They are difficult for a novice to put on in an emergency, and then it's too late to realise they are inappropriate for the intended person in that emergency. Skippers should inspect each before each trip, show all passengers how to wear and have them easily accessible for use, preferably worn. Look after the equipment that will look after you.!"



MAY/JUNE 2021 VESSEL ASSISTS:

TUE 25/05 1730pm – 3.9m Tinny member with broken fuel line required a tow from near Goat Island to Bellara Boat Ramp.

FRI 28/05 1952pm – 4.3m Half Cabin member with engine issues and dragging anchor. Required a tow from Passage just North of the Base to the Bellara Boat Ramp.

SUN 30/05 0600am – Water Police activation for SAR for missing Surf Skier missing from yesterday, the other Surf Skier paddled in around 8pm last night. B1 deployed on Eastern side of Moreton Island and B2 on Western side within Moreton Bay.

SUN 30/05 1525pm – 3m Jet Ski non-

member stuck on sand bank required a tow from Elimbah Creek. Attended but unable to assist immediately, owner arranged another jet ski and boat to assist at high tide.

SUN 30/05 1342pm – Person in trouble 200m off Woorim, requested by Police to assist. Attended NFA required Surf Lifesavers had situation under control.

MON 31/05 0600am – B1 and B2 tasked for SAR for missing Surf Skier. B1 from Comboyuro Point around the Cape and down the eastern side of Moreton Island. B2 from Cowan Cowan to Amity.

TUE 01/06 0645am – Tasked by Water Police on SAR for missing Surf Skier, Eastern side of Moreton Island.

WED 02/06 0754am – Tasked by Water Police on SAR for missing Surf Skier, Eastern side of Moreton Island.

SAT 05/06 1154am – 3m Jet Ski non-member with starting issues, required a tow from North of Donnybrook to Bellara Boat Ramp.

SAT 05/06 1333pm – 5.8m Half Cabin member, ran aground near 2nd green beacon Bongaree. Required a tow off sandbank, member proceeded under own power.

MON 07/06 0945am – 2.5m Jet Ski non-member with starting issue 1km off Woorim, required a jump start. Jump started vessel, but still required a tow to Bellara Boat Ramp.

WED 09/06 0902am – MOP reported large yellow buoy banging against side of boat moored off Bongaree – investigate.

WED 09/06 0920am – Investigate and locate drifting yellow buoy in vicinity South Cardinal – located and put on beach at Bongaree advised MSQ.

THU 10/06 0132am – Requested by QFES to attend vessel fire at Spinnaker Sound Marina and transport fire officer to scene.

THU 10/06 0145am – Another vessel requested to assist vessel fire at Spinnaker Sound Marina.

THU 10/06 0709am – Tow Houseboat non-member back into Marina after this morning's fire.



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Fishing REPORT

By: Robyn from Bribie Island
Boat Charters

June 11, 2021 Fishing Report
– The Bribie Islander

This report is being written as the cold front is coming through – snow predicted out at Eukey, and freezing westerlies across the south-East. The water temperature is also expected to drop a little over the next few days, which will affect fishing. In the run-up to this cold weather, fishing has been a little inconsistent but certainly busy enough to keep people interested. There have been plenty of good-sized tusk-fish being caught, well above the 30cm legal limit. Emma says there are lots of them, near Ningi Creek but also north of Pacific Harbour. Her favourite bait is usually marinated chicken but

Noel found that prawns are really what's working on the tuskfish. Dan also took a fat 35cm beauty from the Ripples, using a live worm. There's been some good early-season snapper action at the Ripples as well. It can be frustrating trying to find the right spot, and you may have to catch and release quite a few undersize fish for each legal one, but the succulent fillets make it worth the effort. Remember to handle the undersize snapper with care, avoid touching the lateral line and release them in good condition, so they can keep growing for next year.

Drifting over the oyster regeneration project scored a snapper, a sweetlip, two flounder and some bream

for Shane and crew. There have been plenty of tuna jumping around there lately, too, and a few good ones being brought in.

Jimmy also had a fair bit of luck, a week or so ago, catching snapper, whiting and flounder, all well south of the bridge. Don't forget that from July 15, the closed season on snapper will begin, and we'll all have to give the snapper a rest for a month.

Fortunately, flathead are never out of season, and numbers are definitely on the rise in the Passage right now. Bailey was at White Patch, when he had to throw back a 35cm dusky, soon followed by a hearty 45cm one, which he kept. Caught on prawns.

Anyone who is happy to

stay inside the Passage over winter will find some good spots, on the water or beside it, where the mainland offers a buffer against the brisk westerlies. Turner's Camp would be one of the best choices, sitting just south of Ningi Creek – that's where the Fishability Qld men's group scored 4 biggies between them. Adrian's 30cm bream was picked up the next day, at the same spot, over the top of the tide, using squid.

If you can stand the cold, try the sand flats there, early in the evening, especially if there's a higher tide, with worm, yabbies, prawns or squid strips. Not just flathead, but also whiting can often be found in good numbers. The deeper water off the banks of Turner's



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Josh Mell with a great catch

Camp, later in the evening, would be right for casting out lightly weighted worm or yabby bait, with a good

chance of quality bream. Lures are trickier than bait for winter fishing and really are most effective on the

drift. In the cold waters over winter, fish might not be as keen to chase a lure. If you really prefer lures to bait, you might be best to rely on brightly coloured lures to get them to bite. Reds, yellows, and greens can all produce results. If there is enough rain or wind to muddy the waters, however, red-coloured lures tend to lose their visibility. Your best bet then is to stick to bright yellow/green. Lures that have moving bits attached will help maintain action in the water. Choose artificial bait which is suitable for multiple species of fish and reduce your lure size. Because the cold reduces metabolism, the fish that you're targetting won't be going for bigger prey. Also consider using a nice, oily attractant for soft plastic lures - because fish aren't as hungry, attractants will encourage them to bite and hold on once they do.

Live bait, if you can get it, gives the greatest chance of success for winter fishing. Ann-Marie loves to use a bait-jig to start her day out on the water, and usually brings something decent home. She showed us her latest favourite jig, bought on-line from New Zealand, which takes a lot of the "pain" out of using and storing a bait jig. Instead of the jigs being connected to a main line, they are individually attached to a slender rod, about 60cm in length, which prevents tangling and makes jigging much easier. After the job is done the rod, and jigs, are popped into a tube for storage - neat, safe and ready for next time! A home-made version wouldn't be hard to make, I reckon, using the top half of an old rod...

TIDE TIMES

**BRIBIE ISLAND
& MORETON BAY**

FRI 18 Jun 3:17 am 1.86m 10:08 am 0.46m 4:13 pm 1.48m 10:01 pm 0.61m	SAT 19 Jun 4:18 am 1.8m 11:04 am 0.41m 5:26 pm 1.59m 11:21 pm 0.61m	SUN 20 Jun 5:23 am 1.74m 11:59 am 0.34m 6:36 pm 1.75m	MON 21 Jun 12:36 am 0.57m 6:30 am 1.69m 12:52 pm 0.27m 7:36 pm 1.93m	TUE 22 Jun 1:46 am 0.5m 7:34 am 1.64m 1:43 pm 0.21m 8:32 pm 2.1m	WED 23 Jun 2:52 am 0.42m 8:34 am 1.6m 2:32 pm 0.17m 9:24 pm 2.22m	THU 24 Jun 3:50 am 0.37m 9:29 am 1.56m 3:20 pm 0.16m 10:14 pm 2.28m
FRI 25 Jun 4:44 am 0.35m 10:21 am 1.51m 4:07 pm 0.18m 11:02 pm 2.29m	SAT 26 Jun 5:36 am 0.36m 11:11 am 1.47m 4:54 pm 0.22m 11:49 pm 2.24m	SUN 27 Jun 6:25 am 0.39m 12:01 pm 1.43m 5:40 pm 0.29m	MON 28 Jun 12:35 am 2.15m 7:14 am 0.42m 12:51 pm 1.42m 6:28 pm 0.37m	TUE 29 Jun 1:19 am 2.04m 8:01 am 0.44m 1:42 pm 1.41m 7:18 pm 0.46m	WED 30 Jun 2:04 am 1.92m 8:46 am 0.46m 2:37 pm 1.43m 8:12 pm 0.56m	THU 1 Jul 2:49 am 1.79m 9:32 am 0.46m 3:37 pm 1.45m 9:13 pm 0.66m

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ON THE ROAD

More on 'SPARKIES'



By: David Horrocks

I thought that I had exhausted the subject of Electric cars but an interesting letter to the editor plus more information that came to

light has prompted a last (hopefully) 'parting shot'. Michael, a reader, posed the question of the reality of a hypothetical interstate trip in a 'Sparkie'. To better

comment on this issue, I tried to get information from the son of a friend in a major interstate city who actually owns a Tesla rather than just search

the information online where said information largely comes from the EV manufacturers or sellers who of course tend to 'gild the Lilly' to suit their purposes.

The story from the friend is one that really shows that Sparkies are mostly used where they are best suited, for around-town use. Our friend there always parks in shopping centres where he plugs the beast in each time to keep the car 'topped up'. When he goes home he plugs into the Tesla supplied wall plug when the same topping up happens albeit more slowly.

Now of interest here is a fact that adds to the maybe mystery. When the car was supplied new he was told that it was always best to just charge it to 80% capacity to have the battery-less stressed and to promote its longer life. He was told to only fully charge

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if he intended to make a long trip. Supposedly if this extra to maximum was filled he had to immediately set off to use this last 20% quickly. For some reason, the manufacturers don't want a car sitting idle when 100% charged.

When you look online to try to find out charging times etc. invariably the figures quoted are for charging to 80% where the fastest times, using the best possible charger are stated at 40 minutes. It also states that the last 20% is done at much slower speeds (they don't quote these times) so to get a full head of steam as it were would take maybe twice as long. Using lesser capacity chargers also multiplies the times immensely. So, if you intended a long trip you could either use the 'fast' 40 minutes and travel less far or spend longer on the charger to attain 100% potential. All this paints the picture of an extended trip time over a more conventional vehicle. When manufacture's published figures are so 'rubbery' I'm always suspicious.

Now, these are all facts and figures and don't take the stress factor into consideration. 'Stress' you ask? Well, who doesn't start to feel a little anxious when our low fuel light comes on? We know deep down that there is bound

to be a servo not too far ahead and that we can run with the light on for ages and if disaster strikes there is always a carry can somewhere and maybe a walk or a hitched ride, but still we feel anxious. How much more so in a Sparkie – it's a call to the RACQ and a tow truck, not to mention the lost time, inconvenience and embarrassment involved. This I think will translate to the EV driver topping up much earlier than is essential. It's all very well to have super IT advice on board telling you where your charge level is but we're all human.

The other point I raised with my friend was why does a vehicle used in the way of a city convenience have to be able to go from 0 to 100 kms an hour in about 4 seconds? I won't repeat the story I got back of my friend getting a bad fright when the car was demonstrated to him. OK on a racetrack he said but not where this car was used. Why this 'speed potential' can't be translated into 'distance potential' is hard to understand.

The other issue that came to light was reading in the John Connolly motoring column in the Weekend Australian that one EV manufacturer has decided to remove a model from sale because it could self-



ignite. Now we've all read that some current model petrol engine cars seem to be doing the same thing because of issues with their computers – diesel doesn't tend to burn in the atmosphere, so not an issue there. Owners have been told not to park these petrol cars in their garages at night; but according to JC, unlike petrol vehicle fires, where foam is used to quench the flames, fires in EVs are impossible to extinguish. If you explore

the net you can find a dramatic film of firefighters doing battle during EV fires. This risk sounds alarmist, but I'm only quoting folk more expert than me.

To lighten the occasion and leave you with one comic thought – Boris Johnson has vowed to have only Sparkies on the roads in the UK after 2035. Imagine all the extension leads running across the pavements of terraced houses. Wouldn't want to have to walk home from the local on a dark rainy night!

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LETTERS to the EDITOR

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

LETTERS TO THE EDITOR

Dear Editor,
In response to David Blake's letter stating that the Covid "vaccination" is spreading the virus to remote parts of Australia, I question his motive. Is he trying to spread another conspiracy theory? What he spouts forth is absolute rubbish. Where is his evidence that the vaccination itself spreads the disease? I have read the W.H.O. article that he referred to - dated December 2020. And, as quoted, the spokesperson for the organisation does state that they don't believe they have the evidence on any of the Covid vaccines to be confident that it's going to prevent people from actually getting the infection - and therefore being able to pass it on. However, wouldn't that have been true of any new vaccine? Have we ever known that any new vaccine - or treatment for that matter, is going to be effective? Isn't it always a matter of time before conclusive results can be confirmed? Look back at the history of successful vaccines. Smallpox, Polio, Chicken Pox, Rubella - and more. According to the polio eradication organisation, without a vaccine, more than 18 million people who are currently healthy, would have been paralysed by the virus.

In 1952, the number of polio cases in the U.S. peaked at 57,879, resulting in 3,145 deaths. Ultimately, polio was conquered in 1955 by a vaccine developed by Jonas Salk and his team at the University of Pittsburg. Surely this is proof that vaccines do work. Sure, there are occasions where the person vaccinated has a bad reaction; but as far as I'm aware, the numbers are small in comparison to the total number of people vaccinated. I choose to be vaccinated regardless. I had chicken pox as a child which then exposed me to shingles as an adult. Three times in fact. I wouldn't wish that on anyone. If only the vaccine had been available when I was a child. I'd like to hear the facts from our local medical professionals as to how many people have died - solely due to the vaccine, with no underlying conditions. And how many people worldwide have been vaccinated. PLEASE, do not listen to the nay Sayers who pass on false information. If in doubt, talk to your doctor. Sincerely
Margaret Guthrie-White

Dear Editor,
We wrote the following to the
jer.com.au [f](#) The Bribie Islander

Premier and our local Member in response to a request from Animal's Australia. We now see that the Sandstone Point Hotel is holding its 6th Annual Rodeo on 26 June. The letter was not originally intended for the Hotel event but, "if the cap fits....."
Dear Premier Palaszczuk and M.P. for Pumicestone, We're sure you agree with the vast majority of the Queensland community that baby animals shouldn't be put at risk of stress and injury for the sake of 'entertainment'. That's why we're writing today to urge you to ban calf roping events in our state which is the very least you can do, preferably though you would ban all Rodeos. We're sure you already know about calf roping which involves a young calf being let into an arena, and chased down by human competitors on horseback, before being roped roughly around the neck and violently 'downed' (meaning thrown to the ground) and tied up. We are also sure you know that this type of event is already banned in Victoria, South Australia and the ACT on animal welfare grounds. It seems clear that, in 2021, a ban on calf roping needs to happen in Queensland too. We understand that you're

currently considering laws and regulations that could change to make this happen. Let's help keep animal cruelty out of community events. Please make this compassionate decision on behalf of all caring Queenslanders. We also note that Rodeos are advertised as family entertainment and many children do witness these barbaric spectacles and then everyone is surprised at the burgeoning level of violence in our society.....yes, we do think there's a connection. Thank you for reading our message and we look forward to positive news. Sincerely,
Annette & Chris Schnack
Conserving a way of life! The 'way of life' that led families to buy on Bribie, 10, 20, 30 or even 50 years ago is fast becoming a nightmare for many residents. A large % of people choosing Bribie as a place to live over previous decades have done so because of the quiet, relaxed way of life here. A virtual peaceful Paradise that is relatively close to essential services & work commitments. A quiet destination to enjoy spending time with family & friends & future retirement. Many residents who are directly impacted by the massive increase of heavy & quite often highly modified 4 x 4 vehicles

passing along once-quiet streets is not only stressful & noisy, but becoming a huge health concern. Thousands of vehicles can pass along the 2 main accesses to Ocean Beach on a busy weekend, very close to many houses & not many of these consider the people who call these streets home. Ground sand mixed with diesel becomes airborne filtering into homes. Many vehicles over-accelerate loudly, skid in sand residue & flash strong lights into homes at night, causing stress & disruptions to many residents. Many of the daily visitors that access the beach in vehicles, don't take the time to enjoy a lovely breakfast at one of Bribie's cafes. Very few hang around to spend their money at the Sunday Markets & they certainly don't stay at night to enjoy Bribie Island's many lovely restaurants & eateries. A coffee, energy drink or soft drink here & there, ice for eskies in the morning & air for tyres in the evening & they're off to fight the traffic home.

As a kid, I remember walking to the lagoons with friends along the ocean beach. This is impossible now, as the constant traffic makes it too dangerous. Our streets once had kangaroos & emus wandering through the yards. Not anymore! At a young age, we were once free to wander across the road to the beach without our parents, but now on a weekend, can wait for 10 minutes tightly holding our grandkids hands, just to get across the road safely to the beach.

Residents do appreciate that tourism to the island is important & love nothing more than seeing visitors enjoying the beauty of wildlife, flora & Bribie's many beautiful attributes, but then get branded as 'killjoys' & 'whinges' if they bring up issues negatively impacting them as homeowners of the shire.

I agree that there are 2 very conflicting sides to this debate. What should be in common agreement, is protecting what we do have left to protect - both the environment & a 'way of life'. The number of 4 x4's accessing the beach that is neither enjoying the fishing, taking in the historical sites of the island, viewing the wildlife, camping or appreciating

a lovely family outing has increased substantially. This is spoiling it for both those that do appreciate these things & residents. This needs to be addressed as a matter of urgency.

Nor is it right to take the mindset that there are tens of thousands of kilometres of ocean beaches in Queensland, so the tiny % of Bribie Island beach is open for anybody to drive on with minimal restrictions! It is not ok for Bribie Island's Ocean Beach & its beauty to be Collateral Damage!

Concerned BI resident.

Dear Editor,

We recently had the good fortune to have a week in Far North Queensland. We were greatly impressed by how neat and tidy the whole general area was and couldn't help comparing it with our surrounds here. We drove from Cairns to Mossman Gorge a distance of 82 Kms on 6 occasions and counted 5 pieces of rubbish on the road side in that distance. This is a very different prospect to driving from the Bribie Shopping Centre along Sunderland Drive to Solander Esplanade in Banksia Beach, a distance of approximately 3 Kms, where on an average day you can count at least 6 times that amount of rubbish. This is not even taking into account the litter that is thoughtlessly tossed from vehicles on Bribie Island Road and on the Bruce Highway between the Morayfield & Bribie Island turnoffs. Please Islanders, can we show a little pride in our beautiful home and stop littering.

Sincerely,
Annette & Chris Schnack

Dear Editor,

Sandstone Point Hotel is submitting a Development Application to establish a helicopter landing area at the hotel. Full details and all documentation can be found on Moreton Bay Regional Council's DA Tracker; DA 2021/1375. The application will be impact assessed, which means that the application will need to be advertised, formal objections can be submitted to the council and the decision on the application will be made by the councillors in an open meeting.

The application is for 30 helicopters of unspecified size landing and taking off from the hotel each month [five may be on the one day], daylight operations only, with up to five parked on the ground at any time. The preferred flight path is close by and parallel to the Bribie Island Bridge. All of these will be commercial flights bringing patrons to the hotel, the resort or events. The application seeks an additional unlimited number of aircraft landings and take-offs by the hotel owners.

The Pumicestone Area Noise Abatement Group [PANAG Inc.] will be objecting to the proposal on numerous grounds:

Regional Plan-Zoning. Such an operation is completely incompatible with the zoning of the area and the adjacent land [next generation neighbourhood zone] and with the objects and purposes of that zone. There appears to have been no consultation with CASA [responsible for air safety], Air Services Australia [responsible for aircraft noise complaints] and the Office of Liquor and Gaming Regulation [who are responsible for

- Public safety and noise compliance at licensed premises].

Safety: imagine the noise and turbulence of a helicopter suddenly and without warning appearing immediately beside or above your car or bicycle

- As you cross a bridge with no shoulders and no lane separation. Imagine also the possible interaction between landing aircraft and people on the ground, some of whom may be influenced by alcohol, some of whom may be unsupervised children.
- Resident Amenity. The noise from these operations will exceed the allowable levels at the nearest residences in Next Generation Neighbourhoods.
- Environmental. Intensive helicopter operations will be most disruptive to the local resident bird population, especially the pelicans that perch on the bridge that we all fought so hard to protect. Worse however will be the disturbance to recovering and resting migratory birds that frequent Buckley's Hole, Kakadu and other local areas in large

numbers.

PANAG is a community group of local residents concerned about the effects that noise and related disturbances have on our local amenity, peace and quiet; and on the environment. We will be seeking advice from appropriate experts and will be submitting a detailed objection to this Development Application, on behalf of our members. All residents of Sandstone Point Spinnaker Sound and Bribie Island are invited to join PANAG and be a party to this objection. Please contact Membership Secretary Graeme Wilcox bribielife@gmail.com 0402303212 for more information. As well, all local residents are urged to consider submitting their own objection when the application is advertised.

Regards,
Ken Park
Chairman PANAG Inc.

Dear Editor,

I read the article in issue 141 "The Electric Car by David Horrocks" As the author said it is meant to be entertaining and tongue in cheek but I enjoyed it. There was no mention in it though of a question I have been asking for ages. I have read many different articles on electric cars and none of them have addressed the question I have.

The scenario is. I am driving my petrol or diesel powered car from Ningsi to Canberra. After around 700 kilometres I pull into a service station and fill up with petrol.

This takes 10 to 15 minutes and I am back on the road again and continuing my journey. I would have to stop one more time for fuel.

If I was to do the same trip in an electric car it is debateable as to how far I would get before the battery will need recharging. But when it does I pull into a recharging station.

My question is "How long will I have to sit there waiting until the battery is fully charged so that I can continue my journey. Also I do not believe I would go as far on one charge as a tank of fuel so I would no doubt have more than one more stop for recharging.

Michael Booth



COULD YOU BE A POLICEMAN TODAY?

By Colin Walker

THE OLD BRITISH COMIC OPERA, "THE PIRATES OF PENZANCE" (OF THE 1890S) SAYS IT ALL, SO SUCCINCTLY: "A POLICEMAN'S LOT IS NOT A HAPPY ONE!"

Growing up in the post-war 1940s and 1950s (thankfully, in a country town that had not long gained "city" status) policemen – and policewomen – were treated with a degree of respect which doesn't seem to apply in many sections of our communities, today.

Maybe that's a subjective judgement on my part, rather than an objective one – but it is based on personal experiences. I would hope that in country towns and regions, still, there is a level of respect and support for "local coppers" akin to my experiences, growing up in country Queensland.

BUT now, it seems – in our big cities, especially – authority at all levels is questioned more and more by a society more focused on rights, benefits and entitlement than personal responsibilities, or even respect for much else.

Today, we see our police turning out in response to breaches of law and order, or to counter disruptive and/or illegal protests or demonstrations, only to be met with violence (against them, and others)....and the "coppers" are called out, publicly, to account for their actions, more than the lawbreakers. It makes me wonder why anyone would want to continue being a policeman (or policewoman) in these circumstances

In some areas of society, this sort of anti-police reaction has always been an issue; for example one of our sons (in the Queensland Police Service for 10 years) was called out to assist a woman in a domestic violence incident, at her home.

But instead of welcome support from a grateful caller, seeking help, he found himself confronted by an angry woman ready to attack him with a heavy steel wrench. On another occasion, after going to the assistance of a drug addict, the addict attempted to break into his home (late at night) and – when that failed – he threatened to kill our son, his wife, and their children.

Now, I'm not an apologist for badly (or illegally) performing police officers who abuse their authority or overstep the mark in dealing with people.... but from numerous personal experiences I am also aware of the undue and unwarranted pressures and criticisms they are often subjected to.

I believe all public officers (in any role) should face the same treatment as people in all other occupations and/or disciplines, if /when they commit offences....and it is not unreasonable for us to expect high standards from

those in authority in any official positions. And that means accountability via the full force of the law. But as Gilbert and Sullivan said, "A policeman's lot is not a happy one!"

While I was a bit of a feisty lad, growing up, I have good cause (now) to remember my contacts with "the police" with considerable affection and respect...although I drew my share of unwanted police attention on a few occasions, in my youth.

What I didn't know was that my Dad (a businessman in town) had very good relations with members of the local constabulary, and he asked a few of them to "keep an eye on young Col for me, can you?"

As a result, on a couple of occasions when I wasn't where I should have been (or was involved in something I shouldn't have been) I "got the message" from the wrong end of a policeman's boot, and was sent packing (back home, or to the family shop), as fast as my little legs could carry me.

I wasn't overly impressed at the time of course, but in retrospect now, I appreciate the interventions (and help in understanding what was acceptable and what wasn't) from the local "boys in blue" (actually, their uniforms were mostly khaki, in those early days).

I got to know many of the local coppers pretty well as a result of these contacts and I found them very helpful on numerous occasions.... family emergencies (or deaths), guidance on legal procedures, etc.

By the time I entered journalism (in 1959) I had cemented good relations with police, which assisted me greatly in my "new directions" in life.

BUT, given society attitudes today, I still wouldn't consider being a policeman! They (mostly) have my sympathy and support for what they have to put up with today.

Spinnaker Marina Lucky Escape



Two boats were lost and others suffered superficial damage, in a dramatic fire at Spinnaker Sound Marina, early last Thursday morning. The origin of the fire will be determined by a fire-investigation officer, but it was a relief to witnesses that there were no fatalities or very serious injuries. A dog on one boat woke his owner when the fire first started and they were both able to escape the flames. Attempts by the man to bring the fire under control were unsuccessful, and his boat was completely incinerated. That man acted swiftly, however, to unrope a vessel to the left, which was then removed to safety,

although it did receive significant fire-damage on the portside. A houseboat on the right was also destroyed in the fire, but a man staying overnight on that vessel was, fortunately, woken by his smoke alarm in time to save himself. Further along, another houseboat had to be cut free of its moorings, in order to move away from danger and to prevent the further spread of the fire. Quick thinking by those involved and the action of the fire and rescue teams ensured that this incident was much less destructive than it could have been, although it was a long night for everyone involved.

CRIME REPORT

BRIBIE ISLAND WRAP June 2021

www.mypolice.qld.gov.au/moreton



UPDATE: FATAL HIT AND RUN, CABOOLTURE
Police have charged a 23-year-old man today in relation to a fatal crash in Caboolture.

Just after 7am on Saturday (June 12), emergency services were notified of a discovery of a body near the intersection of Porter and Beerburum roads. Police will allege the man was walking near the intersection when he was struck by a vehicle driven

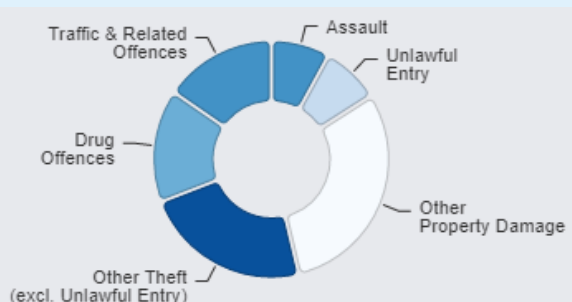
by the 23-year-old. Police will allege the vehicle involved was not at the scene when the man was located.

The 45-year-old Caboolture man was pronounced dead at the scene. The 23-year-old Aspley man attended the Caboolture police station and was subsequently charged with manslaughter and driver show callous disregard. He is due to appear in the Caboolture Magistrates Court June 15.

13 OFFENCES

Assault 1
Unlawful Entry 1
Other Property Damage 4

Other Theft (excl. Unlawful Entry) 3
Drug Offences 2
Traffic & Related Offences 2



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Shirley will be sadly missed
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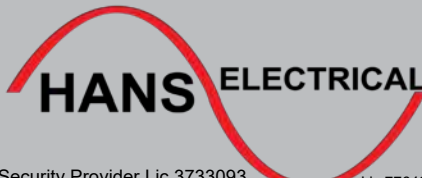
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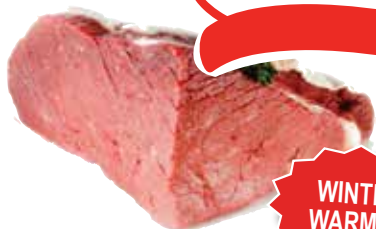
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