



# The Bribie Islander

AND DISTRICTS

ISSUE 143 JULY 2, 2021

YOUR LOCAL COMMUNITY MAGAZINE

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JULY 16 2021

# Welcome

Dear Readers,

In this edition we have some exciting new features! We are introducing our Look Well, Feel Well, Be Well pages! Our first company to be featured in it is Queen B and is owned by a beautiful couple, Hanna and David. I usually don't use my editorial for things like this, but I am a massive fan of their products! I have bought every single product they have and not one has disappointed me. My father always used to say, you can't make a silk purse out of a pig's ear, but these products have really helped turn this old sow into at least a canvas purse! I urge you to check them out, I am sure you will not be disappointed!

Now is the time to start getting your garden ready for spring so please keep up with our Between the Leaves and Island Gardens stories! They have even motivated me into tackling my yard and let me tell you, that is no easy feat! But I am getting there and I am pleased with the results so far. We seem to be having a lot of thieves about the Island lately! My home was targeted and they cleaned out my outdoor bar fridge. I must admit, I was far from happy, especially when I found out it was a teenager who has been welcomed into my home on numerous occasions. They will be dealt with, but I have gotten a lot smarter now and so has my Red Cattle dog! The feeling isn't pleasant to know you can't leave anything unattended in your own home, but unfortunately, it seems to be getting worse lately. I worry for our older generation as they are becoming more and more brazen.

If you live near someone who is elderly, frail, or on their own, please reach out and see if they are ok. Let them know if they need help or are scared or being targeted by thieves that you are there to help. Sometimes it is happening and they are too frightened to say anything for fear of retaliation. As a community, we need to take a stand and say ENOUGH is ENOUGH. You should be able to feel safe in your own home, this is our piece of paradise and degenerates are not welcome!! So I have had my rant,

Until next time, take care, stay safe,

*Cherrie*

## in this issue

## our regular contributors:

Anne Matthews

Al Finegan

Barry Clark

Bill Peacock

Bribie Bait & Tackle

Chris Connelly

Colin Walker

David Horrocks

David Nicholson

Dr Jackie Perkins

Elaine Lutton

Joie Scheinpflug

John Stevenson

John Traill

Kathy Vincent

Marj Webber

Michelle Hanton OAM

Mick O'Brien

Peter Schinkel

Philip Arlidge

Robyn - B.I. Boat Charters

Sue Wighton



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### LOOK WELL, FEEL WELL, BE WELL



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### BRIBIE ISLAND COMMUNITY NURSERY

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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**Cherrie Wilson -**

EDITOR | GENERAL  
 MANAGER

on **0448 694 507**

editor.thebribieislander@gmail.com

**Michele Doran-**

ADVERTISING  
 REPRESENTATIVE

on **0448 448 457**

sales.thebribieislander@gmail.com

**Debbie Hunter -**

GRAPHIC DESIGNER

design.thebribieislander@gmail.com



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## This is David and Hanna, founders of QUEEN B.

We are parents of four children living on Bribie Island. We have 9 year old Sharon, 7 year old Samuel, 5 year old Anna and 6 month old Daniel. This is our second year living on the island and we are in love with the beach life. David and I are originally from South Korea. I have spent most of my life in Australia, but David moved to Australia during his adulthood.



Our family is very musical, I (Hanna) have a degree in music and my husband David is a professional drummer. We enjoy singing together and playing music instruments at home as a whole family. Our house turns into a concert hall almost every night.

I am a school music teacher and David used to run online shop selling baking goods including tools and ingredients. When I got offered a job on the island, it was a big decision for our family to move here. But we have always dreamed of a beach life, David loves fishing, and our children love the water, so we had enough reasons to settle our lives on the most beautiful place.

Our jobs are nowhere near beauty industry. However, the one thing that we always did in our family was to make our own skincare. Our children have sensitive skins and suffered from eczema, I also had serious skin condition in my early 20s. So we decided to make our own skincare. When we were researching and studying about the formulation of skincare

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products in commercial, we were shocked by how much unnecessary chemicals were contained.

At first, we were in doubt whether this will actually going to work or not. We had a funny episode to find out that it works well. When Sharon was a toddler, she had the worst eczema condition. As usual, I placed the whole container of homemade body butters in front of her after shower, put nappy on her and went off to make some foods, forgetting that I have left the lid opened. It was not a surprise that she had so much fun with the body butters putting all over her and making the place glossy and shiny. Few hours later, we could see the result immediately. Sharon's skin condition improved so much that we couldn't believe our eyes. Since then, we have

always made our own and shared with friends around us with skin conditions.

Now, the time has come and it's time to reveal our homemade skincare to everyone.

The idea of QUEEN B is to provide natural, minimal, multipurpose skincare products. We believe in the power of nature and how it can bring true beauty to people. We also believe that the real beauty lives inside us, we want people to find the importance of 'self-care' and it can be achieved simply by doing the skincare routines with our natural products.

A list of our products can be found on the Look Well, Feel well, be well on page 8 & 9 in this edition. Please check our website at <https://qbshop.com.au/>







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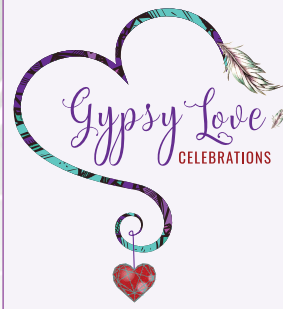
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## HYDRATING GENTLE EXFOLIANT MIST

This is a multi-purpose toner/exfoliant mist that is not only just super hydrating but also great for exfoliating dead skin cells gently. It is also perfect for after-shave soother.

## FACE MASK BRUSH

Face mask brush keeps your hands clean when applying clay mask on your face. This is a must have item for your self-care routine. (brush only)

DIRECTION & CARE

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# Natural Skin Care



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**DO YOU SMELL?  
HOW DO YOU  
SMELL? HOW  
OFTEN DO YOU  
SMELL?**

We take our sense of smell for granted. But it's a sense that's a bit 'on the nose'. Frankly, it could use a bit more of a profile.

**A**fter all, if we didn't smell we couldn't taste.

Just take a moment to think of your favourite foods – how that first whiff of toast in the morning carries so much with it. This particular smell makes me think of my childhood, the love of my parents, and a feeling of safety and warmth.

Smells can transport us back to another time and place. I remember my first day of prac. Teaching and the smell of the primary school ... sweat and old bananas in musty 'Globite' school bags. I should have listened to my sense of smell back then (can you listen to smells?) Should have run for the hills. Instead, I inflicted myself on the innocent owners of those smelly Globite bags for years.

Only recently I smelled a hand cream that was exactly like the Herco lotion my mum used to buy. Green container. Herco Olivol. I can smell it still. I cried.

There are some smells that make us recoil in horror ... nature's way of telling us to beware. Don't drink that sour milk. Step away from those maggoty bins. Eschew those oysters. (Maybe that last one is just me.)

I was brought up not to mention smell. It was considered impolite. And of course, we all want to present our more fragrant selves to the world. But hey, things smell – some sweet, some not so sweet. Scent, aroma, waft, fragrance, pong, stink. These

are all words we give to smells, providing clues as to the type and acceptability of the smell.

1.It's the reason we have noses, so we can experience the range of scents reminding us of our animal beginnings. Maybe this beastly connection is why we're all a bit squeamish about this much-neglected sense.

One of the funniest movies I ever saw (smelt) was 'Polyester', a scratch and sniff movie directed by the film world's enfant terrible, John Waters. The main conceit of this schlock movie was that it was in 'smell-o-vision. During any given scene a number appeared on the screen. Patrons would scratch the corresponding number on a card they were given. Depending on the context you might get a whiff of a rose, or perhaps an old sandshoe, or worse. Seriously, this was not Ingmar Bergman. But I laughed a lot.

I love the smell of salt air, new-mown grass, old books and of course 'petrichor' (the smell of rain).

Blind American educator Helen Keller is worth quoting on smell: 'Smell is a potent wizard that transports you across thousands of miles and all the years you have lived...'

**You can smell that again!**

By Sue Wighton



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## Have gratitude!!!

We often hear the term “to have gratitude” or “to be grateful”, what does it really mean? Gratitude is a feeling or showing an appreciation for something done or received, for me it is most sincere when felt from the heart, not just words were spoken...though how often are we really grateful???

I remember as a child sitting at the dinner table playing with my food and my mother would say, “eat up, and think of how fortunate you are and of all the starving children that haven’t got any food’. I couldn’t really fathom either. Now as an adult having gratitude is integrated into most of my day. I find it hard to understand how one can’t be aware of being grateful. Recently, I had the experience of being with someone that I found difficult to be around. Normally it’s brief encounters, this time I knew it would be longer. I had a feeling of dread before I got there, but was determined to go with an attitude of love. What I found when the event was over is that I had more gratitude for this person being in my life, it had given me the opportunity to be more open, more tolerant and have more patience. We often appreciate and have thanks for the good things that happen to us, though what about appreciating the not so good and look for gratefulness in those moments? For myself having gratitude is part of life, it makes life easier, better and brighter! It really can change things for the better and once you get started you

## HEALTH, WEALTH & COMMUNITY

may also begin to wonder how you lived without it! Here’s three ideas on how to get started:

- ☑ Everything you do, see or feel have thanks for, really feel it! Think about why you are grateful for it.
- ☑ Instead of talking to others about lack of something express your gratitude about all the wonderful things you do have!
- ☑ Keep a gratitude journal or jar and in times where you don’t feel don’t so fortunate reread what you have written. Gratefulness, like mindfulness, is an awareness exercise and a way of training, deepening, and directing our attention. Like other forms of practice, gratefulness makes us more resilient and flexible, and also offers a way to frame and learn from everything that unfolds in our lives. I can support you in finding more gratitude in life and can 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,  
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# DISABILITY DOESN'T DISCRIMINATE

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The National Disability Insurance Scheme (NDIS) became available to residents in the Moreton Bay Region from 1 January 2019. 1 year and six months ago. This was one of the last rollout dates for the NDIS in Australia and leaving behind so many people with a disability as they were over 65. From the initial introduction of the NDIS was that all people with a

diagnosed disability would be eligible for the NDIS and along the way this changed to the eligibly for the NDIS if you were under 65 years of age. This is discrimination and places so many people with a disability in a very vulnerable position, financially and emotionally.

Bribie Island has an exceptionally large population of people with a disability who were 65 or tuning 65 before the 1st of January 2019 at the time of NDIS availability and now live lives that are limited due to so many variables. The strain this has placed on day-to-day life with the lack of financial support to have assistive technology, modifications, and lifestyle support.

Today as an advocate I chatted to a client in Aged Care living in Bongaree who is on a level 4 package missing out on the NDIS by 7 months, it is 3 days since she has had the money in her package to have a shower or to get in or out of bed. The disability was acquired some five years ago as the result of a traffic accident. Another client in Sandstone Point at 70 has not been able to leave his home for 4 years as there are such limited funds

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seasons



available for carers other than family and friends to help with household chores and keep the garden and surrounds, as all the Package funds are required for care in health and purchases of product to meet the daily sanitary and health requirements.

These are two of so many weekly stories and getting help is like trying for blood from a stone.

Since the beginning of the Covid-19 pandemic, the situation has become

critical has so many people with a disability have become more isolated and the effect it has on Mental Health is devastating. **If you need help, please call 1300MHCALL 130064 22 55.**

The rate of suicides among those

with a disability in our community has increased due to fear and not being able to cope. If you are a disabled person over 65 it will seem as if your disability disappears, and you have no value as a person. The greatest fear is being removed from one's own home and being placed in residential care. We all have the right to live in our own homes for as long as possible and that was the aim of both NDIS and My Aged Care.

The situation worsens if you are a self-funded retiree, having spent your life making provisions for your retirement and Wham! You are suddenly acquiring a disability and you are over 65.

Spinal Life Australia has begun a national advertising campaign and is being launched to pressure the Government to change laws and allow older disabled people to access the National Disability Insurance Scheme.

Currently, people aged 65 and older are excluded from the NDIS but the "Disability Doesn't Discriminate" campaign wants to change that. Let us get behind this campaign and help make lives better for our disabled and aged community.

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# BETTER PROTECTION FOR GP'S



GPs demand better protection from virulent Delta strain General Practitioners across Queensland were facing a dangerous shortage of Personal Protective Equipment (PPE) to shield practice staff and patients from the Delta variant of COVID-19.

During the pandemic, GPs have been supplied with PPE through the Federal Government's Primary Health Networks (PHN) but practice owner and Chair of AMA Queensland's Council of General Practice Dr Maria Boulton said doctors and clinic staff were not being supplied with enough N95/P2 masks to ensure their protection.

"We've been calling for

adequate PPE supplies, including masks and gowns, for more than a year," Dr Boulton said.

"Relying on standard, disposable surgical masks puts clinic staff and patients at huge risk from this frighteningly contagious variant, as they do not protect against airborne spread."

N95 or P2 masks have been designed to achieve a very close facial fit and provide more effective protection from airborne particles.

Dr Boulton said GPs needed regular supplies of N95/P2 masks and a bigger range. "We get a trickle of just one style of N95 masks through the

PHNs but masks need to fit properly to work and when we face fit-test, in my experience, a mask won't fit properly half the time," she said.

"This highlights the need for a variety of masks to be made available and for federal and state health departments to facilitate face fit testing for GPs and their clinic staff."

Dr Boulton said masks should also be changed every four hours or if they become wet.

"That's at least two masks per shift per person," she said. "Now, multiply that by thousands of General Practice staff working across the state - that's how many we need right now."

AMA Queensland President Professor Chris Perry urged the state and federal governments to coordinate their PPE stockpiles before disaster struck.

"Doctors should not be expected to shop around for N95 masks at retail prices - they are serving the community and governments must provide the protection they deserve," Professor Perry said.

"GPs are the backbone of Australia's COVID vaccination program and continue to care for patients during the pandemic.

"It would be disastrous if they had to shut due to a lack of suitable PPE."

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**3408 6608**





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

It's been a little while since I introduced myself! My name is Jessica Yung - I'm a registered acupuncturist and Chinese medicine practitioner based in Bellara. My practice is called Bribie Acupuncture [www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au). I hail from the Great White North (Canada!) but was raised with Chinese medicine integrated in my everyday life. From diet and lifestyle habits, to my family's "medicine cabinet" - consisting of a tin of assorted Chinese herbs, soups, and awful tasting teas - I grew up appreciating the body's natural inclination to return to a state of wellbeing and its ability to heal itself. The fact that my 80-year-old mother can give me a good run for my money on any given day is testament to this!

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

# Bribie Acupuncture

**Bribie Acupuncture**  
4/29 Benabrow Avenue, Bellara  
(behind the James Moore law office)

Prior to moving to Bribie Island in 2019, I lived in Brisbane for 11 years and worked in two busy acupuncture clinics where I had the privilege of treating a wide range of conditions and clients, including those aged in their 80's, teenagers, competitive athletes, those trying to conceive (naturally and with IVF), pregnant clients preparing for labour, cancer patients, and stroke survivors. Since setting up my clinic on Bribie last year, I've treated countless friendly locals who have come to see me from Bribie, Caboolture, and surrounds.

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

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

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

uncover the missing pieces of your health puzzle.

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

## HOW DOES ACUPUNCTURE WORK?

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

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

## WHAT CONDITIONS CAN ACUPUNCTURE TREAT?

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

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

- Menopause and hot flushes
- Women's health and fertility
- Labour preparation
- Peripheral neuropathy
- Trigeminal neuralgia

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

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

**If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact me via my website [www.bribieacupuncture.com.au](http://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.**

# Together ... Making a Memory

A Modern Service with Traditional honourability with Ian and Carol Brownlie

## IAN

Ian joined the Navy at 17 years of age. Eight months later, having just turned 18, Ian received notification that his father Bart in his 40's had suffered a fatal heart attack. When Ian heard the news he was in severe shock and disbelief. Not knowing what to think, he returned home to attend the Funeral Service, overwhelmed with grief and confusion.

Over the year's conversation often arose of the sudden loss of his father, the missed opportunity of words that were never spoken, feelings never shared, a lot of things in their relationship never explained and the loss and regret felt. From his desire to help people and having an intrinsic gentle and kind nature, a door opened for him to become a Funeral Celebrant. In this role, he was involved with most Funeral Companies across North and South Brisbane. Being well regarded and respected by several Funeral Organisations and with families thanking him whole-heartedly, his role extended to one of a Funeral Director. In 2011 Ian opened Horizon Funerals based in Caboolture. Having no Commercial Funeral Offices in Caboolture, it was the perfect opportunity to provide an

excellent professional, service without residents having to travel far and to this day they have remained the only Commercial Funeral office in Caboolture. In 2016 Ian was able to open another office to serve Bribie and surrounding areas residents.

## CAROL

Carol spent a year training in Secretarial and Administration Studies after high school, which lead into a world in the corporate arena. At 18 years of age, her grandfather passed away with Carol and the family by his side. Along with Ian, Carol has a very kind and compassionate heart. While her young family was growing, Carol volunteered with community garage sales, Red Cross in the Redcliffe Hospital and Meals on Wheels. As the family left the nest, she re-entered the corporate world as a mature aged worker. Each weekend, Carol would catch up with her mother in her mid-80's. After some annual leave, Carol noticed her mum's appearance seemed to be a little frailer than she had realised so she decided to resign her full time employment in order to dedicate having some quality, relaxed time with her.

Carol moved in with her not knowing how long this would

be for. It was becoming obvious where this was heading. There were difficult, honest conversations, thanks and appreciation given and loads of tears. Family visited. Her mum's health deteriorated further, in so much as Carol learnt to become a hands-on nurse in every way. With great sadness, her mum passed away peacefully with Carol and Ian by her side.

Since her mother's passing, Carol has become further involved with Horizon. With training as a Funeral Arranger Carol has assisted several families in their time of loss and grief. She is often thanked for her warmth, kindness, care and professionalism. A comment from families is often 'you made this so easy for us'.

Ian and Carol focus is to provide a beautiful, meaningful service, knowing that your loved one has had the best

send-off they could have. They genuinely care, listen to and hear you. Their compassion and care comes from a place of true understanding having experienced their own grief and sudden loss. They know how it feels on both sides having to face the loss of someone close and say a very difficult farewell. Ian, Carol and their team will treat your loved one and your family with gentleness, care and respect and will provide a Professional yet meaningful, comforting and beautiful service; that working together with you will make a memory, you will cherish forever.

When you choose Horizon to serve your family, the set office hours cease as they become your own personal, dedicated arrangers that you can phone, email or txt anytime day or night; there to support you every step of the way.



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Funerals

*"Together Making A Memory"*

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Caboolture  
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\* Local family owned & operated  
\* Pre-arrange & pre-pay

[www.horizonfunerals.com.au](http://www.horizonfunerals.com.au)

Please phone to book your consultation  
at our office or your own home.

Locals now have greater access to specialist health care on Bribie Island, with one of the world's largest and most diverse private health care companies Ramsay Health Care opening specialist consulting suites at Bongaree.

Chris Murphy, CEO of Caboolture Private Hospital - part of Ramsay Health Care - said his team are committed to making quality health care easily accessible for locals close to home, at 60 Hornsby Road Bongaree, in front of the shopping centre.

"We felt that it would be beneficial for the residents of Bribie

Island to be able to schedule appointments to see specialist surgeons and physicians in their local community."

A number of specialists will regularly visit Ramsay Consulting Suites Bribie Island to consult and support pre and post-operative care – including across gastroenterology, urology, general surgery, orthopaedics and general medicine including infectious diseases.

Moreton Bay Regional Councillor Brooke Savige declared the rooms officially open at a June event attended by local GPs, specialists consulting on the Island, and some of the team from Caboolture Private Hospital.



Caption: L to R: Ramsay Consulting Suites Bribie Island official opening – Consulting Suites Manager Margaret Ely, Councillor Brooke Savige, Caboolture Private Hospital CEO Chris Murphy, Ramsay Health Care QLD Operations Executive Manager Sam Dodd, Caboolture Private Hospital GP Liaison Officer Lizelle Adams



## Specialist consulting now at Bribie

Caboolture Private Hospital Specialists are now consulting on Bribie Island with services offered in:

- Gastroenterology
- General Medicine and Infectious Diseases
- General Surgery
- Orthopaedics, and
- Urology

Talk to your GP or for details about specialist consults, please call 5495 9440, see Our Services at [cabooltureprivate.com.au](http://cabooltureprivate.com.au) or scan the QR.



People caring for people.

  
Caboolture  
Private Hospital  
Part of Ramsay Health Care



# CHROMING...

## Do you know the signs for your kids?

Police have noticed an increase in volatile substance misuse or 'chroming' by youth. Whilst the cases are restricted to a minority group of youth, the problem is concerning and very dangerous.

Parents, carers and teachers should be aware of signs that may indicate that children in their care may be affected by or regularly taking part in volatile substance misuse (VSM) and where to get help to address the issue. Common inhalants known to be used recently are products such as butane gas, aerosol deodorants, paint and solvent based adhesives like the 'corking gun' building adhesive products that dispense silicone.

The Department of Communities, Child Safety and Disability Services has information about VSM. Volatile substance misuse means to deliberately

inhale or ingest a substance such as paint, glue or petrol to get a high. It is commonly known as inhaling, chroming, chuffing or sniffing.

People who misuse volatile substances are usually aged between 10 and 16 years. However, some adults also do it.

Police usually find youth engaging in or evidence left behind that indicates this activity is occurring in public spaces such as at the back of shops, alleys, public parks, shopping centres, around railway stations and in other business areas. Some people who misuse substances also do it in private dwellings.

There are a number of indicators to look for to identify a potential volatile substance misuser:

- smell or traces of volatile substances, e.g. paint on a person's clothes
- red and watering eyes and a runny nose
- blushing colouring to the skin
- reddening spots or rash around the mouth and nose

- uncontrolled excessive giggling, rowdy, silly or aggressive behaviour
  - appearing to be drunk or falling over
  - confusion or disorientation
  - having an empty soft drink container, particularly if it is stained with paint
- Retailers and sales staff who knowingly sell a 'potentially harmful thing' to someone who the seller reasonably believes will inhale or ingest it or who intends to sell it to another person for inhalation or ingestion commit an offence.

A 'potentially harmful thing' can be lawfully possessed and may be harmful if ingested or inhaled. This includes glue, paint, solvents and methylated spirits. Wynnum District police have become aware that shoplifting of substances is also common and retailers have been asked to lock away the products to prevent their theft and to ask and record identification details of those who purchase them.

**Call Lifeline - 13 11 14 if you need to speak to someone about substance misuse or addiction yourself or for someone you know.**

## The most outstanding funeral venue in the Moreton region

With our light-filled chapel and refreshment lounge, appointed to overlook our beautiful gardens and surrounding National Park, it is no wonder Great Northern Garden of Remembrance is the Moreton Bay Region's most outstanding funeral venue.

The facility provides families with a peaceful, prestigious funeral setting complemented by beautiful memorial gardens and a fully-catered refreshments lounge to gather socially and reflect on a life well-lived.

**When your funeral director asks which venue, make Great Northern Garden of Remembrance your answer.**



9th July 2021: Media Statement

### Fixing our GP crisis

Dear Pumicestone,  
It's now been over a month since I wrote to Federal Health Minister Greg Hunt, asking him to give our area priority status for GPs. If we had GP priority status, local clinics could find the doctors they need. That would mean shorter waiting times for appointments and people being able to get on the books of local GPs.

So far, we've heard nothing from Greg Hunt, and our GP priority status is still the same as the inner city.

All the while our community is crying out for help.

Since I wrote to Minister Hunt, more doctors and local people have contacted me with their concerns.

One doctor based in Ningi said "Since starting in October last year, I've lost count of the number of new patients I've taken who have told me they can't find a GP in the area, or their GP is too busy to get into."

Nurses and reception staff are suffering too.

One nurse told me "Patients often break down to us nurses about the fact that they cannot find a Doctor willing to take them on... that they are not sick enough, worthy enough or urgent enough."

Some local GP practices have even told me they our GP priority

status changed to be able to stay open. Just last week a clinic in Caboolture closed its doors because they couldn't find GPs. That's a massive loss for their 2,000 patients, their employees and our community.

This is above politics, it's about the wellbeing of people in our community, and Minister Hunt can fix it. The clock is ticking, Minister Hunt. This is urgent for our community.

We desperately need more GPs.

Nearly 800 locals have signed our petition to Greg Hunt to ask for

this change so we can get more local GPs.

Will you join them and help us get to 1,000?

You can sign the petition using the QR code below or go to <https://actionnetwork.org/petitions/pumicestone-gps>.

If you have questions or want to add your name by phone or email

please contact my office via phone 3474 2100 or email [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au)

Warmly,  
Ali



### Local clinic becomes latest victim of the GP Crisis



**ALI KING MP**  
Member for Pumicestone  
Working hard for us

# WE NEED MORE GPs

*"We can't plan ahead  
that we're going to get sick."*

Marcia from Bribie

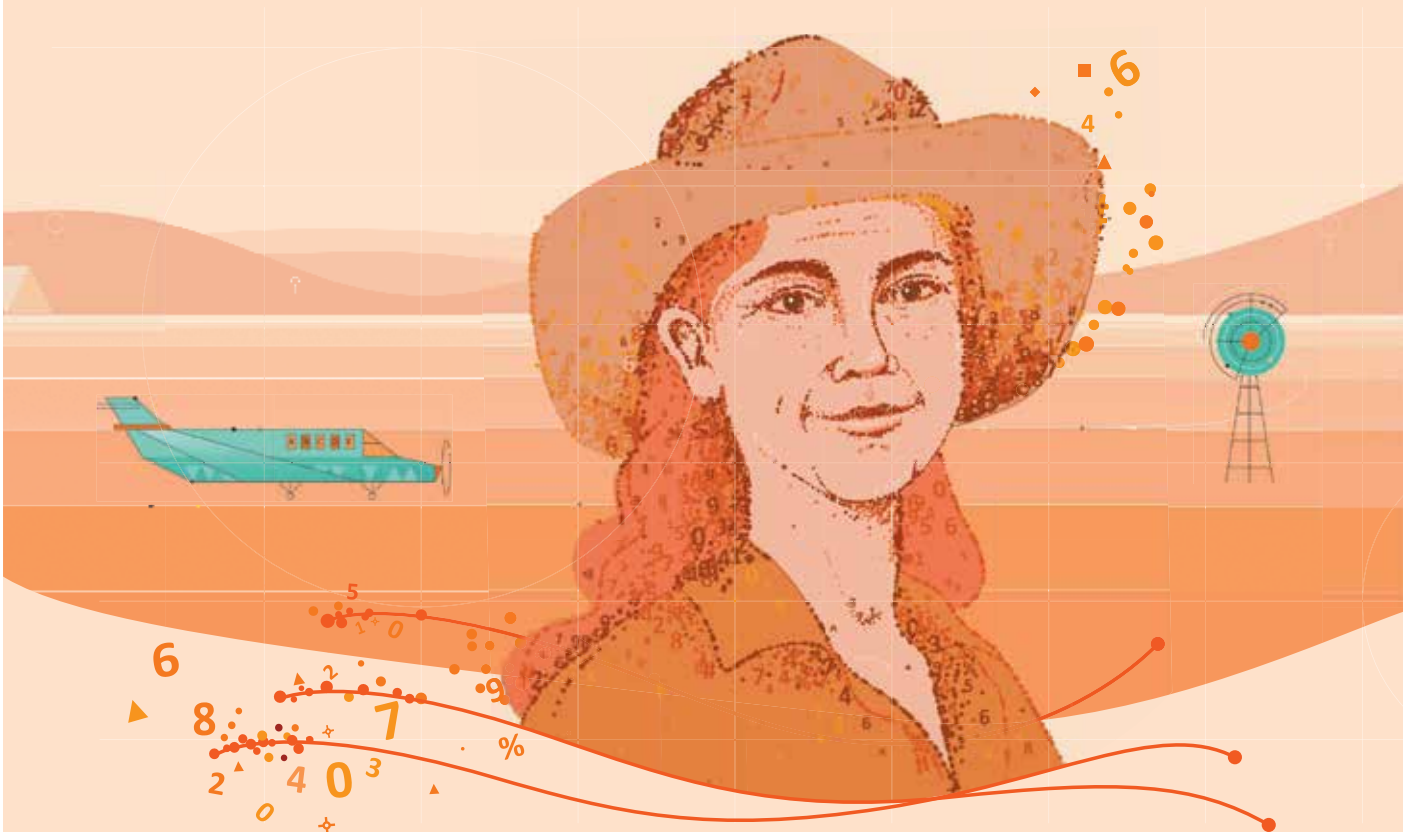


**ONLY 100 SIGNATURES TO GO!** **ALI KING MP**  
Member for Pumicestone



# Census

## The Census is coming this August.



### Every stat tells a **story.**

Your Census answers don't just make statistics. Local birth rates help plan local playgroups that connect families. The number of people in remote areas tells doctors where life-saving help is needed most. When you complete your Census, you're helping build a better future for all of us.

Look out for instructions on what to do.



Scan or visit [census.abs.gov.au](https://census.abs.gov.au)

Authorised by the Australian Bureau of Statistics, Canberra.

# SELF ANALYSIS...

## *A Folly?*

By Colin Walker

### THE LEGAL FRATERNITY HAS A SAYING ABOUT PEOPLE WHO REPRESENT THEMSELVES IN COURT PROCEEDINGS: "HE WHO REPRESENTS HIMSELF HAS A FOOL FOR A CLIENT!"

And I think that whoever coined that phrase may well have had self-analysis "in the frame" as well (or in his or her mind, anyway).

Have you ever taken part in a survey (or personal assessment process) which aims to establish your sanity (or otherwise) for living your life as you have, or are? Psychologists and others in the business of psychoanalysis tell us this can be a cathartic experience - even to the point of turning our lives around - if we're honest with ourselves in ticking the offered boxes..... be it in newspapers, magazines, the sanctity of professional offices, or today's much-revered technological forum, "The Net". Self-belief is a very strong element in our view of ourselves.....as in who we are (in our characteristics and behaviour) and how we would like others to view us (and hope they do!). So the personal "honesty" bit is the weak link in any self-analysis exercise, as I see it.

I mean .... how do I honestly tick a box(any box) in a survey that asks me: "Do you - or have you, ever - acted "out of character", warranting

apologies for embarrassment, when "under the affluence of alcohol" ,or some such(I think you get my meaning!).

Honestly, I'm not about to admit to that to anyone (other than myself, internally ... my family members already know!) - And certainly not on "The Net".

God knows how many unsolicited emails (or other notifications) I would get from "Alcoholics Anonymous "and/ or other worthy and well-intentioned public and/or commercial support services .... And those scores of unsolicited advertisements, too? It doesn't bear thinking about.

So I didn't tick a box, in that survey!

And then there's that question about, "Have you ever had feelings of desire for other women/men (other than your partner that is!). Well I didn't even bother going any further with that one.....jumped straight to the next question, and didn't answer that one, either!

These tick-a-box surveys just aren't my "thing", these days.

The point of all this is that we all know what we have done in terms of our errant ways and lifestyles, at times.....and we all know what was right and what was the wrong thing to do(and still is). We all know what we need to do to remedy our errant ways, too.

The fact is, the basics of acceptable and unacceptable behaviour don't change - and

certainly haven't, in my lifetime of almost 80 years.

What has changed, however , is our societies' tolerance (undue, and unearned, in my view) of people who continue to flout our laws (and social obligations) affecting the lives of others....repeat offenders in particular....and then as good as get away with it(repeatedly) by "soft" treatment by our Courts.

Some even get our support (via the public purse) to front up in Court - or represent themselves (to save costs).... and very often walk free or receive the legal version of a good thrashing with a lettuce leaf, in Court judgements.

In these cases, they are not the "fools" referred to in the opening paragraph of this message; WE ARE!

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3/17 Benabrow Avenue, Bellara QLD

A

s a business strategist, I frequently receive clients who are drowning

in a deluge of the mundane. It is like being bogged in mud (or perhaps up Woorim beach might be a more appropriate analogy here). Dragging themselves through the mire of tasks that, despite their hard work is just not taking them where they deserve to be. The passion with which they started out has vanished.

When you become overwhelmed with keeping operational from day to day it becomes almost impossible to see the light at the end of the tunnel. And yes, there is always light – although it can be challenging to see.

MY TOPS TIPS

- 1. Take a step back. Breathe.
- 2. Take a helicopter perspective. This means, amongst other things, looking at all aspects of how the business runs, consider your strategic plan, is it still relevant, how are you tracking against the KPI's?
- 3. Be 100% honest with yourself and consider whether you are too close to see objectively. If you answered yes, this is the time to reach out and get some help.

Evolving, changing and adapting to meet the demands of the marketplace, your personal needs and those of clients is part and parcel of being in business or running a community organisation—no matter what kind of business, it is the same for everyone. No matter how we find ourselves amid changes, they need to be managed. In other words, we need a plan to manage change. For example, in my case, I have travelled my entire life. It has never been a big deal for me to hop on a plane to meet clients or to take Skype calls across time zones at weird hours. BUT now, in this COVID world we live in, travel is off the

cards totally for the foreseeable future. I also turned down opportunities where I felt the risk of failure was too great.

HANDLING CHANGE & CHALLENGES

For most businesses today, this usually means a bit (or in some cases, a lot) of a restructuring. There are frequently challenges to overcome, yet when you look carefully, challenges are opportunities. Being resistant to change is

for openings that lie ahead. Opportunities come in many guises if we are open and receptive to exploring options, stepping out of our comfort zones, and being brave.

For instance, a naturopath client who wanted to regain balance in personal life had previously been resistant to online consultations. COVID forced the position to change. The results? Happy clients, an online ordering system

PIVOTING & COPING

Coping capacities and the ability to pivot are determined by mindset and attitude. As individuals, we each react in different ways but being in business means it is essential to be proactive rather than reactive. I am not saying it's easy. It does require discipline, but it can be achieved when you are open to learning. The most significant advantage a small business owner has



usually a result of fear. Fear of the unknown. Fear that your audience will reject what you are offering. Yet, in many cases, it is from a challenge that positive changes occur. That said, it can also be a challenge to understand the positive in the moment you are facing your fears. There is absolutely no point in looking at a door that is closed. Just because something was always done that way in the past does not mean it needs to continue in the same vein. There is no value in rehashing old history. However, history does have a role in shaping the future by providing insights and snapshots of past positioning. Instead, it is crucial to search

for products that increased efficiency, reduced costs for clients and eliminated the practitioner's need to carry stock resulted in a better bottom line. Plus a much better work-life balance. Spending 10+ years working with small businesses and not for profits helping them move ahead by showing them HOW to tackle challenges has traditionally meant face-to-face workshops and presentations. Thanks to COVID, although a large part of my business was already online, the pivot over the last 12 months has transitioned to a fully online model. On the plus side, it works out a lot cheaper for clients.

is being nimble; a gift to be harnessed. Being nimble means adapting to the circumstances that present themselves. Looking forward...not backward. An example of how I have pivoted is the Crystal Clear Business Success Blueprint. It is a unique, interactive online membership program (now in its second year) providing ongoing learning and growth, moving participants towards their goals with encouragement, feedback and accountability. It is designed specifically for anyone who is overwhelmed, always busy but not making progress. If you would like to know more, reach out, and let's chat. michelle@dragonsisters.com.au 0418 898082



**OUR MISSION**

To develop the Number one Accounting Practice on Bribie Island and surrounding areas,

To effectively assist our customers by continually researching Accounting and Taxation literature

To maintain personal service to our customers and to always have time for them.

To always remember that our customers make our business successful.

To receive positive feedback from our customers.

To always go that extra mile.

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- Admitted as "Fellow" of I.P.A. in 2015
- Winner Excellence in Business Awards (Professional Services) by Moreton Bay Regional Council
- Registered Tax Agent (79376002)
- Registered Self-Managed Super Fund Auditor (100195935)
- Academic Bachelor of Commerce (Accounting and Finance major)
- MYOB Professional Partner
- Justice of The Peace qualified (71658)

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Our focus is to identify and understand our client's needs; to deliver accurate financial reporting and tax effect accounting and to assist our clients achieve business growth and profitability.

We work with you, tailoring solutions to assist your business to succeed.

We will always offer you considered objective advice, in a manner which you can understand as you need it.

Our experience operating our own businesses, ranging from manufacturing, wholesaling to retailing, over more than 30 years, is invaluable to our clients.

We strive to achieve long-term relationships with our clients by providing information, advice and record keeping, in a timely and effective manner.

Bribie Accounting Services Pty Ltd is an M.Y.O.B. Professional Partner. We provide accounting services, accounting software advice, bookkeeping and data entry services, business activity statement preparation and lodgement, cash flow management, financial reporting, business management and advice, business coaching, business plans and audit services.

We can deliver a complete range of services to you as you need them.

# 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  
[www.bribieaccounting.com.au](http://www.bribieaccounting.com.au) -  
[info@bribieaccounting.com.au](mailto:info@bribieaccounting.com.au)

Volunteers are the unsung heroes in every community they give up their time, much of it on weekends or the night hours. they turn up regardless of the weather, all because they care about our community.

THAT'S WHY IT WAS A PLEASURE TO ACKNOWLEDGE MANY OF THE VOLUNTEERS IN OUR COMMUNITY AT THE 2021 LONGMAN VOLUNTEER AWARDS.

**CHRISTINE STODDART**

Bribie Respite & Support Services  
Christine has been a treasured Volunteer with Bribie Respite and Support Services Inc. since 2015. Chris is a valued member of our organization, loved by both staff and clients. She is known to our NDIS participants as "Lady Chris" and works over and above all expectations. She has

provided love, care and empathy from when she started to this day. Chris is more than a volunteer, she cooks with the group, cleans, works in supporting each client to achieve their individual goals. She has been present at all Seniors Expo's held at Bribie Respite, which is over and above her normal volunteering. She has helped out at camps early in the morning to help the clients prepare breakfasts.



**AAMIR CAO**

Bribie Island Community  
Aamir has dedicated her life to volunteering since moving to Bribie Island. She has been involved in many groups on the island including, Busy Fingers, Bribie State Primary School, Bribie State High School P&C and Bribie

Volunteer Marine Rescue. She participates in all areas of charity and is still an active volunteer at Bribie High School P&C and Volunteer Marine Rescue. Aamir works tirelessly during weekdays and weekends and continues to support these organisations without hesitation.



**AMANDA WATERS**

Bribie Island State High School  
Amanda has volunteered for many community organisations for over 15 years. Mainly School P&C's at Banksia Beach State School and Bribie Island State High School. She has implemented an

amazing recycling program with funding through an environmental grant from Terry's Office. She voluntarily ran the high school canteen for 9+ months during COVID so it didn't have to shut down. She always gives so much of her time to everything she does.





**GUBBI GUBBI DYUNGUNGOO**

Gubbi Gubbi Dyungungoo Group Inc. is a Gubbi Gubbi Traditional Owners non-profit organisation dedicated to environmental conservation and preserving land with its

fauna and flora along with their traditions, heritage language and culture for the community.

Today the members (all volunteers) continually share the Gubbi Gubbi Language, culture and heritage across our community.

The group continues to share and add the Gubbi Gubbi language with everyone using social media and face-to-face opportunities. The volunteer

members actively work on the land looking after heritage sites of great significance (this includes mundane labour like weeding mowing and painting). They are not afraid of hard work.



**HERB COLEMAN**

Herb joined Sandstone Point Community Association Inc. in 2003. This position he continues to hold today. Herb has been in the forefront in rallying for the shopping centre, doctor's clinic, newsagent, post office and letter box, better nature walk along the foreshore, improved parkland facilities, boat ramps, more public transport, traffic lights at Bestmann Road East & Bribie Island Road and the extension of the Sandstone Point Community Complex. He has always placed the Community first, organising grants to assist in producing a variety of community events from Fun Day, Community Carols often acting as Santa and SPCA Free Monthly Morning teas for residents. Herb has been involved in VMR Bribie Is & Bribie Gleemen.

**PETRA AND HANS KRUMBHOLZ**

Hans Electrical

Hans Electrical has volunteered at the Sandstone Carols by Candlelight since 2013 as well as at the Abbey Medieval Festival since 2016. They have also supported

- Bribie-Moreton Hospice Health Services
- Bribie Meals On Wheels
- Golden Age Association in Woorim/Bribie
- Bribie Island Indoor Bowls Club Inc.
- The Animal Welfare INC Bribie Island

Hans Electrical Service supports Bribie State High School, ALL local Neighbourhood Watch, Matthew Flinders Art Prize / Bribie Arts Centre 2019 and 2021. Hans Electrical is truly a community-orientated company.



**LIZ RADAJEWSKI**

Liz is the Commodore of Volunteer Marine Rescue Bribie Island. She one of the highest qualified coxswains at the base and has come up through the ranks. Liz has done countless marine rescues during the day and night and a lot in adverse conditions oversees as well as running the base and all of its 140 active

volunteers. Liz is one of the base's registered trainers and is actively involved in training and promoting Marine Safety on Bribie Island. She is also the first woman to be appointed as the Commodore of Volunteer Marine Rescue Bribie Island and currently the only woman Commodore of any VMR Squadron in Queensland.



Proudly sponsored by...

**TERRY YOUNG MP**

Federal Member for Longman

**Delivering for Bribie Island:**

↳ Funding for a safer pedestrian crossing at Goodwin Drv

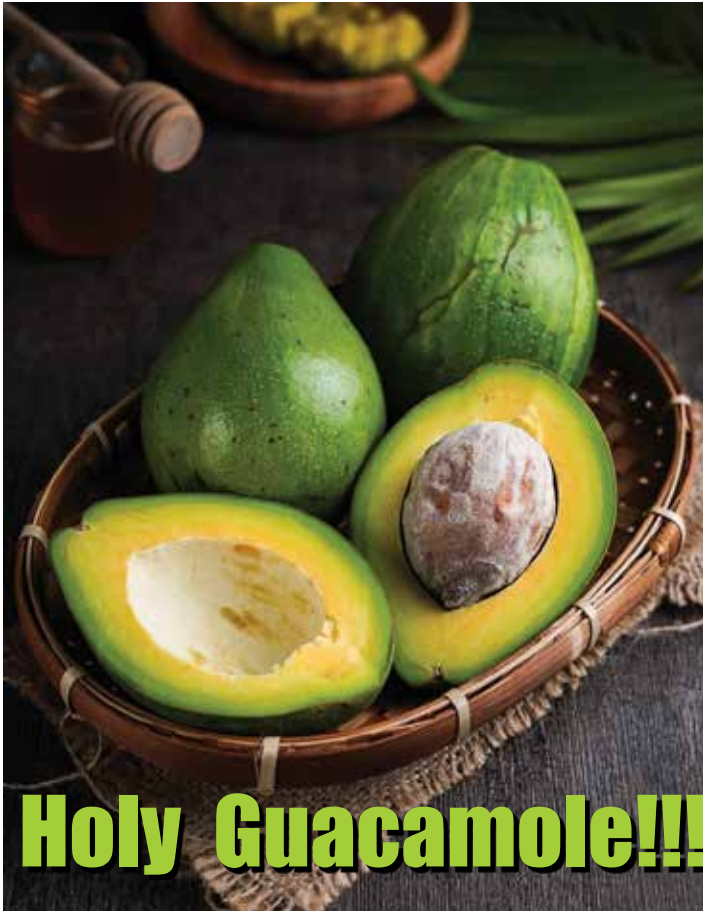
↳ Government Services Agent for Centrelink & Medicare

↳ Funding delivered for an after-hours medical service

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.



# Holy Guacamole!!!

**A**vocados are a fruit, much loved for their creamy texture and taste. They're mainly used in savoury dishes in Australia, but other countries around the world use avocados in sweet dishes like milkshakes, ice creams and cakes.

## AVOCADO FOR A HEALTHY WEIGHT

Avos are full of healthy, monounsaturated fats. Healthy fats help to control our appetite by releasing hormones in the intestine that signal fullness. So those watching their waistline can still eat avocados.

## AVOCADO FOR ANTIOXIDANTS

Mother Nature protects the fats in avocados from going rancid too quickly by packing the fruit full of antioxidants. The gorgeous green and yellow colours of avocados come from the natural antioxidant pigments chlorophyll (green) and carotenoids – beta carotene (orange) and lutein and zeaxanthin (yellows). These orange and yellow colours are fat soluble and play important roles in maintaining eye health. Avocados are also a source of vitamin E – the fat soluble

antioxidant vitamin. Vitamin E needs vitamin C to work properly, so it's no surprise that avocados are also rich in vitamin C. So avocados have plenty of antioxidants, just like fruits and vegetables.

## AVOCADO TO BOOST ABSORPTION OF CAROTENOIDS

The fats in avocados help our body absorb the carotenoids from other vegetables. Research found adding a small amount of avocado (75-150g) to salads helped to absorb colourful pigments from carrot, lettuce, spinach and other vegetables. The more avocado added the more carotenoids were absorbed.

## AVOCADO FOR FIBRE

Like all plant foods, avocados are a good source of fibre with around 4g per 100g or 13% of the Recommended Dietary Intake (RDI) for adults. Fibre helps to keep our digestive system healthy, and keep us feeling full and satisfied between meals. Avocado for a healthy heart Around two thirds of the total fat in avocado is monounsaturated fat. We know that monounsaturated fats are key for a healthy heart. Research has found that as part of a cholesterol lowering diet, avocado can lower total and LDL cholesterol while increasing the HDL cholesterol. Plant sterols and fibre also make avocado a 'heart smart' choice. A healthy diet that includes both fruits and vegetables, such as avocado, and a variety of other foods reduces the risk of heart disease.

## AVOCADO FOR FOLATE

Avocados are an excellent source of folate, which is important for the growth and development of cells. Women of child bearing

age need to consume at least 400 micrograms of folate per day at least the month before and three months after conception. A varied diet rich in folate, including avocado, may reduce the risk of neural tube defects in babies. A quarter of an avocado has around 60 micrograms of folate, 15% of the recommended amount. So avocado is full of health benefits, and a great food for all ages.

## AVO INFO - SEASON

Avocados are available all year round but the peak season is March to September.

## BUYING, STORING AND PRESERVING

The most popular varieties of avocado are the Hass which has a pebbly purple-black skin with creamy coloured flesh, and the pear shaped Shepard which has smooth, thin, green skin. There are many other varieties of avocado that remain green skinned when ripe. The yellow-green flesh has a rich smooth consistency and a nutty flavour. Choose ripe avocados which are soft but free from dark sunken spots. Avoiding squeezing avocado with your palm however as this will bruise the flesh inside, instead gently press the flesh at the neck of the avocado. A firm avocado will ripen in a paper bag or in a fruit basket at room temperature with apples or bananas within a few days. Once ripe, they will keep in the fridge for a day or two. Slice around the stone and twist the two halves to separate, and then use a spoon to remove the stone. Sprinkle any exposed cut surface with lemon or lime juices or white vinegar to prevent the flesh from browning, or alternatively press cling wrap firmly on the exposed edge.



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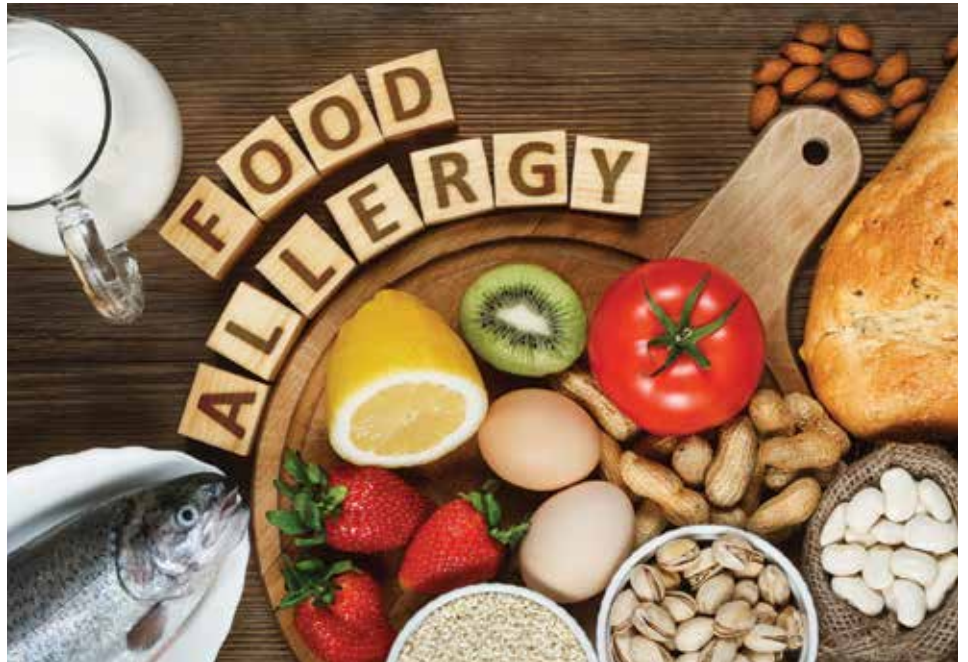
# WHAT IS FOOD ALLERGY?

A food allergy is when the immune system reacts to a food (allergen), which is usually harmless. The immune system produces allergy antibodies called Immunoglobulin E (IgE) that can result in symptoms.

A positive food allergy test (skin test or blood test for allergen specific IgE) means that a person's immune system has produced an antibody response to that food. This is known as sensitisation. It is possible to have sensitisation without allergy, which means that the person can eat the food without any symptoms. For this reason, food allergy should be confirmed by a clinical immunology/allergy specialist.

Food allergy occurs in around 10% of infants, 4-8% of children, and about 2% of adults in Australia and New Zealand. The most common food allergens are cow's milk (dairy), egg, peanut, tree nuts, sesame, soy, fish, shellfish and wheat. Almost any substance that is eaten (including herbal medicine) can trigger an allergic reaction.

Mild or moderate food allergic reactions are common in Australia and New



Zealand. Severe allergic reactions (anaphylaxis) due to food allergy are less common and deaths from anaphylaxis are rare. Most deaths from anaphylaxis can be prevented by:

- Careful food allergen avoidance;
- Correct posture during a reaction (lying flat, in recovery position or sitting with legs outstretched)

- Prompt administration of adrenaline (epinephrine).

### What are the signs and symptoms of allergic reactions to foods?

Signs and symptoms of mild to moderate allergic reactions to foods include:

- Swelling of the face, lips, and eyes.
- Hives or welts on the skin.
- Abdominal pain, vomiting.

# OPEN 7 Days



## TRADING HOURS

Monday - Thursday 10am-7.00pm  
Friday - Saturday 10am-7.30pm  
Sunday: 10am-7.00pm



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

### Signs And Symptoms Of Severe Allergic Reactions (Anaphylaxis) To Foods Include One Or More Of The Following:

- Difficult or noisy breathing.
- Swelling of the tongue.
- Swelling or tightness in the throat.
- Difficulty talking or hoarse voice.
- Wheeze or persistent cough.
- Persistent dizziness or collapse.
- Pale and floppy (in young children).

Less common symptoms include infantile colic, reflux, eczema, chronic diarrhea and failure to thrive in infants.

### What factors can make allergic reactions to foods worse?

Some factors can make allergic reactions to foods worse, and these include:

- Amount of food eaten.
- Form of the food - liquid may be absorbed faster, and cooked food is sometimes better tolerated.
- Whether it is eaten on its own or mixed in with other foods.
- Intake of alcohol.
- Exercise around the same time as the allergen is eaten.
- Asthma.
- Being unwell.
- Menstruation.

### Are all adverse reactions to foods due to allergy?

No. The term food allergy is often misused

to describe any adverse reaction to foods.

Adverse reactions to foods that are not food allergy:

- Include food intolerances, toxic reactions, food poisoning, enzyme deficiencies, food aversion, or irritation from skin contact with certain foods.
- Can result in symptoms such as headaches after having chocolate or red wine, or bloating after drinking a milkshake or eating pasta.
- Do not result in life-threatening anaphylaxis.

### When does food allergy develop and can it be outgrown?

Food allergy can develop at any age, but it is most common in children less than five years old.

Most children allergic to cow's milk, soy, wheat or egg will outgrow their food allergy. By contrast, allergic reactions to peanut, tree nuts, sesame seeds and seafood persist in approximately 75% of children affected. When food allergy develops for the first time in adults, it usually persists.

### How can people with food allergy manage their condition?

People living with food allergy can learn to manage their condition with the guidance of their clinical immunology/allergy specialist. For people who are at risk of anaphylaxis, having an adrenaline injector

and ASCIA Action Plan for Anaphylaxis can provide reassurance, but this is not a substitute for strategies to minimise the risk of exposure. Strict avoidance of confirmed food allergens is essential in the management of food allergy.

### It is important for people with food allergy to:

- Know the signs and symptoms of allergic reactions and know what to do when a reaction occurs.
- Read and understand food labels for food allergy.
- Tell wait staff that they have a food allergy when eating out.
- Be aware of cross contamination of food allergens when preparing food.
- Carry their adrenaline injector (if prescribed), and ASCIA Action Plan at all times.

### Does cooking the food remove the allergen?

Cooked or baked foods, such as cow's milk and/or egg in muffins, cakes or biscuits, may be tolerated by some people with allergy to cow's milk and/or egg. Unless tolerance to cooked or baked foods is confirmed, this should be discussed with your clinical immunology/allergy specialist before introducing these foods.

Next edition we will discuss food intolerances.

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



# Wright's

## FRUIT BARN



Just call **3408 1179** by 1.00pm 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

# 3408 1179

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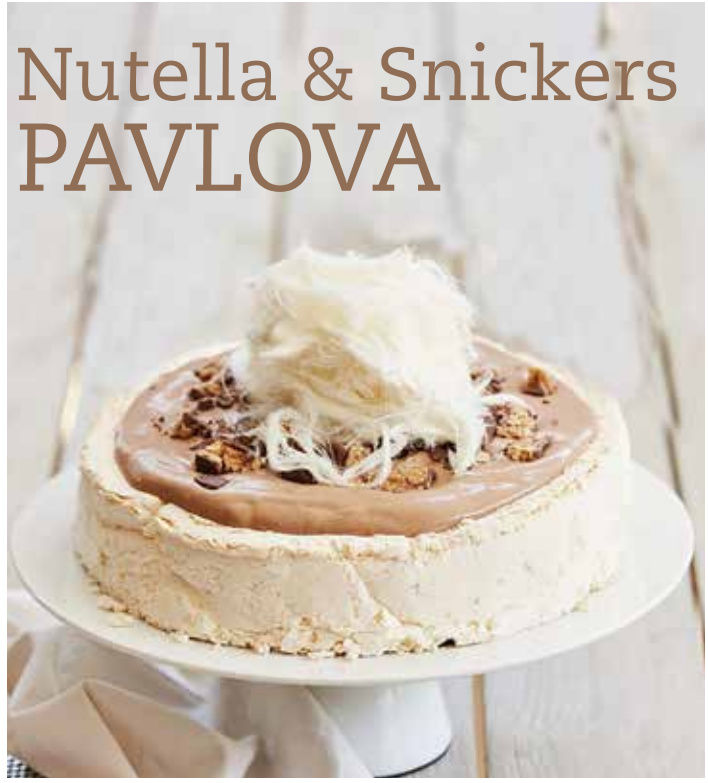
# 4-Minute Microwave CHEESECAKE

## INGREDIENTS

- 220g packet Buttersnap biscuits
- 4 tbsp. butter, melted
- 2 cups Greek yoghurt (full fat)
- 395g condensed milk can

## METHOD

1. In a food processor or blender, crush the biscuits.
2. Add the melted butter and mix to combine.
3. Line a 22cm cake tin with baking paper and press the biscuit mixture across its base.
4. In a large bowl, mix together the yoghurt and condensed milk.
5. Spoon the mixture over the biscuit base.
6. Microwave on HIGH for 4 minutes.
7. Chill in fridge until completely cool before topping and slicing.



# Nutella & Snickers PAVLOVA

## INGREDIENTS

- 300ml double cream
- 100g Nutella (or other hazelnut chocolate spread)
- 500g Country Chef Pavlova Base
- 2 Snickers bars
- Fairy floss for decoration

## METHOD

1. Whisk the cream and Nutella in a bowl for 5 minutes until the mixture clings to the whisk but drops off when given a sharp tap on the side of the bowl.
2. Chop the Snickers bars into rustic chunks.
3. Spread the delicious Nutella cream over the top of the Pavlova and scatter the Snickers pieces over the top, creating height toward the centre.
4. Chill in the fridge for an hour.
5. Add fairy floss on the top for decoration before serving.



# 3pm Special

\$300

# JUICE BOX & PATTY CAKE




**OPENING HOURS:**  
 MON - TUE 6AM - 4PM  
 WED - FRI 6AM - 5PM  
 SAT & SUN 6AM - 2.PM

Shop 3/33 Benabrow Ave, Bellara, Bribie Island

PH: 3408 7609



The Big Bun Bakery and Takeaway

# Busy Fingers



## COVID

**GOVERNMENT COVID QR REGULATIONS** As we should all be aware of now, the Queensland Government has introduced the QR Check-In Code.

Busy Fingers has put in place the Scan poster and if you do not have a smartphone, we have installed an iPad that you can use to enter your details required by the state. Your name, address and phone number are required, if you chose not to enter your details in your phone or the iPad, you will not be granted access to the shop, this is government regulation, and we must follow the rules.

If you are having trouble scanning or entering your details, please ask our friendly staff or our cashier who will get someone to help you. Customers dropping off donations are also required to scan in, our staff can bring the code to you if you do not want to get out of the car.

This is a government requirement, and we must follow the regulations to protect our staff and the community, so please do not abuse or challenge our staff, as they are there to help. Abuse will not be tolerated, you will be refused admission and could be totally banned from the shop in future.

## EKKA

**THE EKKA DAY HOLIDAY** for the Moreton Shire is on Monday 9th August and Busy Fingers will be closed on that day.

## BARGAINS

any sales such as 50% off furniture, a basket of books for \$2 or clothing \$8 a basket is advertised on our Facebook site and on the Blackboard as you enter the shop, so make sure you check them out.

## DONATIONS GIVEN

As well as our continued support of the VMR, BI Hospice and Global Care we granted the following requests. A new trolley for one of the canoes of the Bombora Outriggers Group, an IT package for the TS Koopa Trail Run. The Junior AFL club required new post pads for the 8 goal posts, and the Bongaree Bowls Club needed assistance in the replacement of the ageing shade covering and drink holders. The Bribie Island SES needed assistance in obtaining a special equipment trailer that could house all the equipment needed for attending storm damage sites, allowing them to attend quickly without loading their trucks with the necessary equipment.

We would not be able to assist the many groups on the island without the assistance and support of our donators, customers and tradies, we thank you all sincerely for your continued support.



## PICK UPS

are performed every morning of the week, weather permitting, please ensure your items are clean and resalable and are placed in a shed or garage or on the front of your property. Our staff are not allowed to enter your home for safety and health reasons. Please call 3408 1014 if you would like a pickup, please advise us of ALL the items that need to be picked up, so we can make sure we have room on the truck. Please ensure the items are resalable as our drivers have been advised to refuse items that are broken, dirty or unable to be sold on. We thank you for your cooperation in this matter

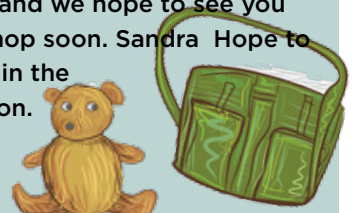
## REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please be aware we only deal with island associations and groups, not individuals.

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

Sandra



# 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

## Bribie Island U3A

CHANGE OF DATE PLEASE NOTE: U3A will start on  
Thursday 5th August 2021 9am to 11am

## Melsa Park Train Rides

July 18t, Aug 15, Sept 19, Oct 17, Nov 21, Dec 19 Xmas Special  
10am to 2pm



## 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:

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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bbq, ponies and picnic areas with views

# MARY WADE

## Our Founding Mother

By: Al Finegan

### Episode 1 - Trial

This is an inspiring story of a little London girl who in 1789, at age 11 must have been in the depths of bewilderment and fear, being totally alone in a cruel and uncaring world that, without the slightest remorse, decided to execute

her for the smallest crime. But for the miracle of a mad King's brief period of sanity, the 11-year-old child would have died in a public hanging. Little did the King know that his "benevolence" would lead this little girl on an incredible adventure to become, what she is now referred to as, "Our Founding Mother" of Australia. In 1787 Mary Wade, born on 5th October 1777, worked to survive in London as a sweeper, clearing the horse manure from the footpath outside the Treasury building so gentle ladies would avoid the horse droppings from the carriages that waited like a taxi rank

outside the building. On the 5th January 1788 she was led astray by an older girl, 14 years old Jane Whiting, to take a frock, hat, and tippet from an 8-year-old girl, to be pawned for profit.

In a trial that beggar's belief, Mary and Jane must have been bewildered, even terrified, by their ordeal, suddenly being the centre of attention in the Old Bailey, and prosecuted without representation, by a heartless court that took less than an hour to thrust them into the horrors of the penal system.

**Below is a transcript of the trial. I have made some small**

**changes to modernise some words and left out some longwinded diatribes but otherwise these are the actual words spoken at the time.**

**Source:** University of Sheffield. Humanities Research Institute. The Proceedings of the Old Bailey: London's Central Criminal Court, 1674 to 1913. [Database on-line].

**Citation details: Old Bailey Proceedings:**

**Trial of MARY WADE & JANE WHITING, 14th January 1789.**

### TRANSCRIPT:

**JUDGE:** Mary Wade, Jane Whiting, you are charged with Violent Theft - highway robbery, for feloniously assaulting Mary Phillips, on the King's highway, on 5 January 1789, and putting her in fear, and feloniously taking from her person, and against her will, one cotton frock, value 3s one linen tippet, value 2d one linen cap, value 2d the property of John Forward.

**MARY PHILLIPS.**

Court: How old are you? - **Eight years old.**

Do you know what you are come here for, child? - Yes.

What are you come here for? - About my frock.

Will you tell me the truth about it? - Yes.

Do you know the difference between what is true and what is false? - No.

Let us try if we cannot go on without her. Call the next witness.

**JANE FORWARD sworn.**

I am wife of John Forward. When I came home from my labour, on Friday, I enquired for my child, and my boy told me he sent her to the Treasury for a bottle of water. I came home at half after five; I live in Charles-street, Westminster; the child was not at home.

Does she live with you? - She is my child; she is eight years old next April.

Is she a sharp child of her age? - Yes.

Have you taught her anything? - She has been in the country from me four years; I fetched her home in August last.

Have you taught her to say her



prayers? - Yes, she can say her prayers. Have you taught her to say her catechism? - Yes. I sent my boy to look for her; he went, but could not find her: then I went myself. When I came to the door, to go out, I met her at the door crying, saying, mother I have been robbed. She had no frock, no cap, no tippet. I asked her where; she said at the privy, in the Treasury. And I asked her how she came home; she said, there was a gentlewoman came with a light, and two boys; then she knew where she was.

**JOHN PHILLIPS** sworn.

I am older brother to Mary Phillips. She went out, that afternoon, a little before five; my mother came home about half after five. The girl went out for a bottle of water; I sent her out: she had a frock, cap, and tippet on. I saw her no more, before my mother came home; I saw her afterwards, without her frock and cap.

**JAMES KIMBER** (Pawnbroker) sworn.

I took the frock in pledge on Monday, the 5th of January, in the evening, between six and seven; I think it was a person like the tall prisoner, but I cannot swear positively to the person; it was pledged in the name of the shortest, Mary Wade; I do not recollect seeing any more than one, nor I cannot recollect the person. Do you recollect the dress and appearance of the person who pledged it? - No.

Was it a young person? - Yes; a young person, and like the tall prisoner.

**JOHN TAYLOR** sworn.

I am an officer of St. Margaret's parish. This little girl, Mary Phillips, came to my house about a quarter past ten last Saturday night, telling me the story she has related, I said, are you sure you are right; she said I will show you. I went to apprehend the parties. We went to the lodgings of the little prisoner, thinking to get it out of her; there I found the child's tippet in the room; from there, the girl went along with me, and we apprehended the tall prisoner. I went to the pawnbroker's that night and saw the frock.

Court to Jane Forward. I suppose your child at present is maintained by your husband?

- Yes. They are all the things that she lost that night.

**Court to Mary Phillips.** Has your mother taught you to say your prayers? - Yes. And your catechism? - No; I cannot say my catechism.

You have told me, do not you know, the difference between telling a lie, and telling the truth? - Yes.

Will you be sure to tell me the truth, to tell me all you know about this? - Yes.

Now, remember, you are going to promise before God, that you speak the truth? - Yes.

Court. Give her the oath. (Sworn.)

Now tell me how you lost your frock, and your cap, and your tippet?

- John sent me to the Treasury-yard for a bottle of water, there I saw these two girls and a little boy, and they asked me to fill the bottle for me, and so they broke it; and they took me into the necessary, both of them, and said they would get me another bottle, and bid me not cry; and the little girl pulled off my clothes, and the biggest girl staid with the boy; and the little girl pulled off my petticoats, and put them on again; and the great girl staid till the boy came with the bottle of water.

Had you ever seen the girls before? - I saw the little girl sweeping the streets.

How often? - A good many days; almost every day I went to the Treasury.

Had you ever seen the great girl? - No.

You did not know her? - No.

Do you know either of them now? - I know the little girl.

When did you see them afterwards? - Not for a good while.



Newgate Gaol

Did you ever see her again? - No.

Was you before the Justice? - Yes; and the big girl too.

Were the two girls that were before the Justice either of them that stripped you? -

There was the little girl that stripped me.

Was that the same little girl that you saw before the Justice that stripped you? - Yes.

Nobody beat you? - No.

Nobody hurt you? - No.

**Court to Mary Wade.** How old are you? - Going of eleven.

Are not you older than that? - No.

Have you no friends? - Yes.

Are they not here? - No; they live at Westminster; they was here to-day, only they could not come in to me.

**Court to WADE (Mary's Mother).**

Are you the mother of that child? - Yes, I am indeed; she was ten years old last December. I have a husband; he is a drover.

Court. I hardly can ask you how your

child has behaved; for I am afraid you are as much in fault as she is, by not taking proper care of her, what you can say for yourself then for her?

- It is the other girl that induces her out, when my back is turned, to go a begging with her.

**Prisoner Whiting's Defence.**

I am going in fourteen: I have no friends.

Have you a mother? - Yes; she lives at Westminster, in Peter Street.

**Court to Jury.** Gentlemen, I am distressed how to state to you, that this is a less crime than robbery; because, though there is no such violence as would affect the constancy of a grown person, or alarm them; yet the very circumstance of such a child falling into the hands of two strangers, young as they are, standing over her and stripping her, does seem to me to be equivalent to holding a pistol to the breast of a grown person; therefore, I cannot state it to be anything less than robbery; the consequence of that is, that they must answer it with their lives. Therefore you

are to consider, whether the fact is sufficiently established against both or either of these prisoners. Now, that this child was drawn away into this privy by somebody, and was there stripped of her clothes, stands so clearly established, that there can be no doubt.

Judge to Jury. For the sake of example, I cannot recommend to you, if you should be of opinion that the crime is sufficiently fixed upon them, I cannot recommend to you to say, it

is of a less degree of atrociousness than robbery: the tender years of these persons may be a circumstance to be attended to in other views; but as to the denomination of the crime, I think it would be a dangerous thing to society, if you were to be induced, by any humanity, to lower the offence at all below the rank of actual robbery. So that if you say, that they are both, or either of them guilty, I think you must say they are guilty of the crime for which they stand indicted, robbery, and not larceny.

Judge to Mary Wade and Jane Whiting, the jury has found you **GUILTY**.

The Punishment is: Death by Hanging. Tried by the first Middlesex Jury before the LORD CHIEF BARON.

In a daze, the girls were led away and shoved into a prison transport carriage to be taken to Newgate Prison. The terror they must have felt is unimaginable.

**Next Episode: "The Floating Brothel"**

REGULAR FEATURES

# MATTHEW FLINDERS ART PRIZE looking good for 2021

ORGANISERS OF THE 2021 MATTHEW FLINDERS ART PRIZE ARE DELIGHTED WITH THE EXHIBITION THEY'VE HUNG AND DISPLAYED FOR OPENING NIGHT TONIGHT.

More than 220 entries of all mediums are up in the Matthew Flinders Art Gallery at Bribie Island Community Arts Centre. The judges have chosen, the excitement is building, the crowd is gathering. Tonight's the night the winners will be announced at the Gala opening at the Centre which this year, due to COVID restrictions, will be a smaller exclusive event. The first prize is \$5000, second prize is \$2000. There are two Highly Commended

prizes of \$500, a \$500 People's Choice prize and a \$500 BICAS Members prize. Judges Jo Duke, from Caloundra Regional gallery and Redcliffe artist and Gallery owner, Peter Martin will be at the Arts Centre tomorrow, Saturday July 17 at 9.30am, giving a floor talk on their winning choices and other works in the exhibition.

Organising committee chairman Stephanie White said there would be artist demonstrations daily at the Centre' Gift Shop Gallery during the three-week exhibition to create a vibrant interactive ambience. Some of these would be past prize-winners of the event. All are talented and popular tutors and masters of their craft and others are enthusiastic BICAS Working Together Group members. People are urged to come along and meet the artists and watch them working.

## THIS COMING WEEK, YOU WILL SEE:

- Saturday:** afternoon: Robin Jensen making her popular acrylic skin jewellery
- Sunday:** morning; Shirley Heapy leadlights.
- Tuesday all day;** Sewing Ladies group
- Wednesday morning:** Printmaker artist Cheryl Mortimer
- Thursday:** morning; Alex Ferguson journalling; afternoon; Gaye Tait collage.
- Friday:** morning; Caroline Hughes-King pen and ink; afternoon; art therapist Michelle Watson.
- Saturday:** morning: Gail Greening watercolours; afternoon; Robin Jensen alcohol ink.



## NEXT WEEK:

- Tuesday:** Sewing Ladies all day
  - Wednesday morning:** Maria Christina mosaics; afternoon: Caroline Hughes-King linocut printmaking.
  - Thursday afternoon;** John Spittle painting
  - Friday morning: BICAS Drawing & Painting group
  - Saturday morning:** Bribie Gemmies & Fossickers; afternoon; Robin Jensen printed linen
- FROM AUGUST 1:
- August 1** Sunday morning: Shirley Heapy leadlighting.
  - August 3** Tuesday all day: Sewing Ladies
  - August 4:** Wednesday morning; Maria Christine mosaics

**August 5;** afternoon Gaye Tait collage  
**August 6:** morning; Bakthi Ross digitalart; Molly Galpin glass art; afternoon; Caroline Hughes-King drypoint etching.  
 There is also a concurrent event at the Arts Centre during the exhibition run.

**The GALLERY SINGERS will give a special CONCERT** marking their 21st anniversary, on Sunday July 25, at 2pm.

The singing group, so named after the Art Gallery where they were regular performers in their early years will present a repertoire of popular and reminiscent tunes in their show. Tickets are \$20 and include afternoon tea and bubbles. Book on 3408 9288.

The Matthew Flinders Art Gallery and the art prize named after it, has been a welcome gathering point and focus for local and visiting artists from around the region and interstate. Stephanie said the event also relied heavily on the generosity of local sponsors, who have kindly teamed up with BICAS in 2021.

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The Gallery Singers





**Find Us on Facebook..**

OPEN 7 DAYS 9AM - 2PM



# ON NOW

**COME SEE THE CREAM OF LOCAL AND REGIONAL ART IN OUR ANNUAL POPULAR AND PRESTIGIOUS EVENT**

**July 17 - August 7. Opening Night July 16**

**Cast your vote for the People's Choice award by July 30**















**191 Sunderland Drive, Banksia Beach | Ph 3408 9288**  
[www.bribieartscentre.com.au](http://www.bribieartscentre.com.au) [info@bribieartscentre.com.au](mailto:info@bribieartscentre.com.au)

# Uncertainty

By: Elaine Lutton

**I**t is the beginning of the school holidays and I am fretting. Are they coming or aren't they?

At this very moment are they being given a swift turnaround at Brisbane Airport and sent packing before even getting to unpack?

I will explain. My son and his family had planned to fly from Melbourne to spend a few days with me before continuing to Noosa for a week before returning to me and then flying home.

That, of course, was before the advent of Delta COVID.

I have tried to find out what the exact State of Play is as regards Victoria to Moreton Bay Shire, to no avail. My friends here seem to think No Go but my son says it is OK. He has looked into it.

Well, I do keep reminding myself that he a "grown-up" now with a family of his own but as his Mother I cannot but feel responsible for my little boy. Will he manage? Has he packed sufficient clean underwear, warm clothes, handkerchiefs? Will he remember the tickets?

Whilst typing this I am keeping one eye on the T.V. whilst listening to the News. Oh, a three-day Lock-down. I phone my son's wife Leigh and discover they are still at Melbourne Airport. They have had to do some rearranging and are going to fly directly to Noosa, maybe they will be able to collect me during their time there and I could stay with them. That would be nice if it is possible.

The family has at least had some form of entertainment. They have been interviewed by Channel 7, to the great excitement of the children. Apparently, my eldest granddaughter has given me a good rap by saying how much she was looking forward to seeing her Nan. If I do not manage to get up to Noosa at least I will see them briefly on their way back to Brisbane. Not what I had hoped for but better than nothing. Which might yet happen. At least I have been promised another phone call tonight.

My son has the most widely travelled golf clubs that I know of. Well travelled, but

## Arrival

rarely played with. Between Lock-downs and pouring rain it seems they rarely get to see a Green. The mere sight of Simon with his clubs will end any drought.

A phone call this evening from Simon: the plane was delayed again and we are still travelling North to Noosa. The kids are as you might expect after twelve hours travelling and waiting about. Queensland is in a 3 day Lockdown. If they had stayed in Melbourne, they would be as free as birds as Victoria is about the only State not in Lock-down.

This has all the possibilities of being the worst holiday yet! And it continues to rain. I hope, like their Nan, they will see the comic side of it in future days.

Another phone call from son and family. They have arrived at their accommodation, finally, and are feeling surprisingly buoyant. Perhaps due to the large trampoline that they have discovered in the yard of the house that they have booked for a week. There is also a spa so they can sit in the spa whilst watching it rain! They can order in meals, exciting dining from Noosa restaurants to keep the local economy ticking over. Is there no end to the pleasures they are free to enjoy? But wait, there is more! Going to the Beach is considered to be exercise and the wearing of masks is not required as long as social distancing is observed.

The next day I receive photos of the family enjoying a balmy Queensland Winter. They are not the only ones; the ocean is full of



equally  
barmy Victorian  
visitors enjoying an invigorating swim in the briny! See the photos as proof!!! Still, for my little family, there is always the spa to get their circulation going again and compared with Melbourne they feel they have come to the Tropics. I just hope they do not get heat-stroke.

Another phone call, another interrogation by an anxious mother. "What will happen when (if) you are allowed to return to Victoria?". Back comes my son's decisive answer, "That depends". I just hope it is just a three-day Lockdown with no further outbreaks. In which case the worst that will happen is they might have to get tested and stay home until their results come through.

If all goes well, they will pop in on me next week and stay a night before boarding a plane back to chilly Melbourne. They seem in high spirits and say they are very much enjoying the holiday and I am not to worry. Personally speaking, I can only admire their resilience in the face of such adversity. Perhaps they have inherited a little of my True British Grit and Churchill-ian Spirit after all.



# Bribie Island Photography Club

The theme for the month of June was "Noir" which are moody, dark images in black and white that look straight out of 50's and 60's crime movies. The winner for this category was Gavin Wright with his dramatic image titled "Black in Black".

Photo of the Month was won by Vince Bowser with his stunning, Open Colour shot "Sarenia".

Rodney Augusten won the Mono section with "Wallangarra Station".

Creative winner was Lynette Romano with an interesting creation made up of loopy leaves.

Prints - Mono was won by Mike Ktori with "Spider" an engaging close-up of a Jumping Spider.

Prints - Open Colour was taken out by Roger Bawden with his shot "Church on the Lake" taken in Germany.

Judge for the night was Daryl Fisher who is a member of the Aspley Photography Club. He drove on a cold and windy night from Murrumba Downs to critique and judge our entries. His critiques were interesting and informative.

Member's Spot was presented by Gail Goodair who gave us a description of how she created an amazing action shot using dominos.

A weekend outing on the Scenic Rim saw several members braving the cold and visiting Morgan Park Raceway near Warwick, Markets at Killarney, Glengallan Homestead on the New England Highway, Darling Downs Zoo, Warwick Gardens Galore, Boonah township, several waterfalls and many other interesting places along the way. Saturday night was spent at the Comfort Inn in Warwick.

Theme "Noir"



"Black on Black" by Gavin Wright



"Wallangarra Station" by Rodney Augusten



"Spider" by Mike Ktori

Photo of the Month



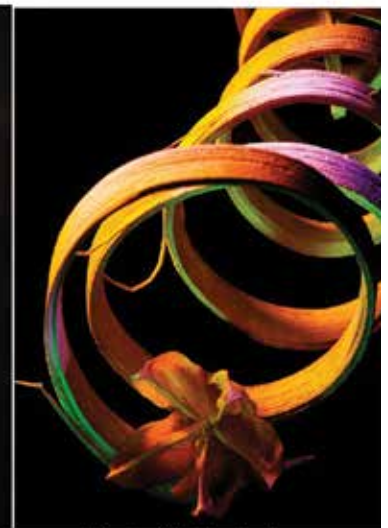
"Church by the Lake" by Roger Bawden



"Glengallan" by Gail Goodair



"Sarenia" by Vince Bowser



"Creative" by Lynette Romano

## COMING EVENTS ARE:

### JULY 11TH

Hunt and Shoot at Sylvan Beach on Sunday

### AUG 8TH.

Lakeside Raceway, Kallangur

### SEPT 10TH-12TH.

Weekend away - Hervey Bay

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

For enquiries, please ring Gordon on 3408 2649 or Gail on 0419 638 865. Website: // [www.sites.google.com/site/bribiephotographyclub@gmail.com](http://www.sites.google.com/site/bribiephotographyclub@gmail.com)



By: Marj Webber



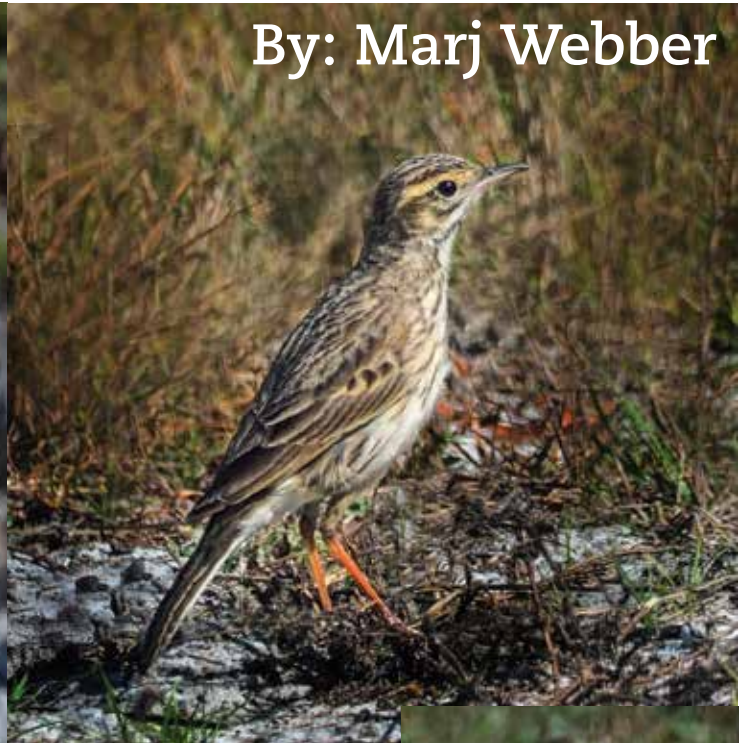
## Australasian Pipit

### *Anthus novaeseelandiae*

AUSTRALASIAN PIPITS ARE A COMMON SIGHT ON BRIBIE ISLAND IN GRASSY PATCHES, HEATHLANDS AND ALONG THE EDGES OF HORNSBY AND TREATMENT WORKS ROADS. THEY ARE SMALL, UPRIGHT, SLENDER, GROUND-DWELLING, PASSERINE BIRDS ABOUT THE SIZE OF HOUSE SPARROWS, 15-17CM IN LENGTH AND WEIGHING 21-30G. THE PLUMAGE IS

MAINLY BROWN WITH DARK STREAKS ABOVE, CREAM UNDERNEATH AND WHITISH STRIPES ON EYEBROWS AND NECKS. EYES ARE BROWN AND BILLS AND FEET ARE PINK. BREASTS ARE STREAKED AND WINGS AND TAILS ARE BROWN.

Australasian Pipits are terrestrial birds that are found almost always on the ground in several habitat types such as grassy areas, grassy roadsides, farmlands, forest clearings and heathlands. Newly cleared land is often quickly found and



settled upon. Besides living in most parts of mainland Australia and Tasmania they are in New Zealand, PNG, Asia and Africa. Usually, they are sedentary birds but if their circumstances change, they can become locally nomadic and move to find better conditions. Food consists mainly of insects and their larvae, as well as seeds from local grasses. They feed only on the ground, often in small flocks. When foraging they wag their tails up and down which is thought to disturb insects, making them easier to prey upon.

From August to December are their most likely breeding months. Cuplike nests of grass lined with soft grasses and hair are built on the ground, well hidden from view usually under a bush, tussock, or overhanging rock or piece of wood. Males perform an elaborate mating ritual consisting of swooping dives whilst singing loud trilling songs. 2-4 whitish blotched eggs are laid by females which incubate them for about 13 days and feed the young when they are hatched. Chicks remain in the nest for about 14 days. During this time, males are mostly observers and guard the nests. After 14-16 days the



young can fly. Pipits may have 2-3 clutches in a season. Australasian Pipits can be confused with Eurasian Skylarks which are an imported species and not found in our area. They were once thought to be part of the Richard's Pipit family, but scientific tests have revealed they are a different species. In fact, some of the older bird field guides still refer to them as Richard's Pipits. They are one of Australia's most common birds. Their conservation status is of least concern with their main threats being eating insects that have been sprayed with insecticides and being preyed on by introduced predators.

By Barry Clark  
Bribie Island  
Historical Society



# LONG HISTORY OF JULY



## Historical Events On 16 July

**THIS ARTICLE WILL BE PRINTED ABOUT 16 JULY WHICH IS A SIGNIFICANT DATE FOR BRIBIE ISLAND.**

I will look back at a few July events over the years, to show how much our world has changed, from first footsteps in the sand of Bribie, to first footsteps on the Moon.

Climate Change is a topical issue, but global warming and cooling has been going on for millions of years. At the end of the last Ice Age, possibly on a July day 18,000 years ago, when the coastline was far away from here, the sea level started rising. Over the next 12,000 years, the sea rose more than 125 metres, and Archaeological evidence reveals that indigenous people adapted to climate change, living on the land that is now the bottom of Moreton Bay, when the coastline was 50 kms. east of what is now Bribie Island.

The sea level went down a bit, and the coastline has been this way for about 1000 years, with Bribie being an Island for just a few hundred years.

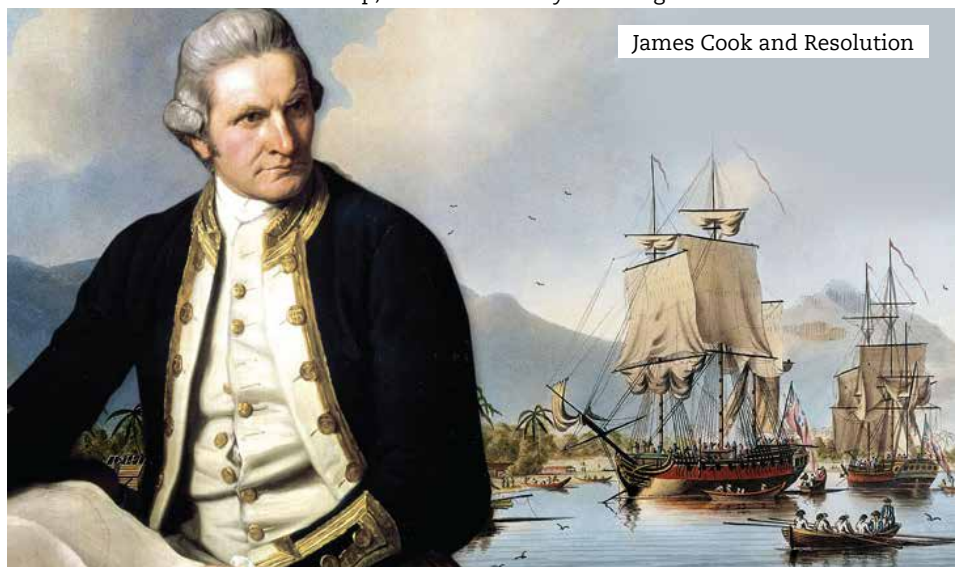
### FAR OUT TO SEA.

In July 1769, James Cook observed the Transit of Venus in Tahiti, and went on to discover and claim this new coastline in 1770. He named The Glass Houses and Cape Morton (without the E which was a later error), but he did not see big Moreton Bay or any islands.

In July 1770, Cook and his crew were desperately repairing damage to the Endeavour after having run aground on the Great Barrier Reef. They were very fortunate to fix the hole in the ship, and

find a way out of the reef, to successfully return home to England with 44 of the original crew of 100, who survived the three year journey of discovery.

Cook spent 20 years of his life, charting oceans and coastal features all around the world. Eleven years on three journeys of explorations aboard Endeavour and Resolution, sailing the Pacific Ocean, searching for a Great South Land and a North West Passage, before his death in an incident with the natives of Hawaii in 1779, at 50 years of age.



James Cook and Resolution

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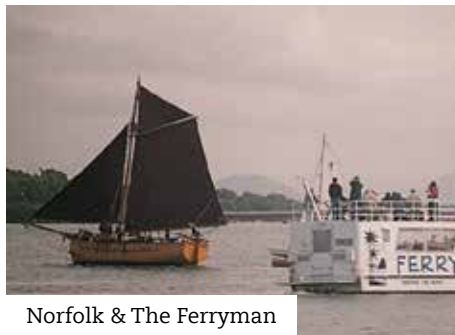
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### THIRTY JULYS LATER

Thirty years after Cook sailed past here, it is possible that a few old indigenous people of Moreton Bay would have memories of seeing the sails of the Endeavour far out to sea, all those years ago. And then another ship sailed in.

Searching for the Cooks Glass House Bay, the 25-year-old Matthew Flinders became the first white man to sail into Moreton Bay and set foot on Bribie Island. on 16 July 1799 Aboard the Norfolk with his much-travelled



Norfolk & The Ferryman

cat Trim, and aboriginal companion Bongaree, he was looking for big rivers along this coast. Flinders spent 11 of his 16 days in Moreton Bay on Bribie Island, climbed a Glasshouse mountain, named the Pumicestone River, but failed to find what we now know as the Brisbane River. Matthew Flinders had joined the navy as a young man and sailed with William Bligh, who had learned his skills from James Cook, and served on the ship on which Napoleon Bonaparte surrendered after the battle of Waterloo.

He sailed from England to Sydney Cove in 1795 where he met George Bass, and explored together on the tiny Tom Thumb. Flinders circumnavigated Van Diemen's Land (Tasmania) on the Norfolk in 1798, proving for the first time that it was an island.

### NAMING AUSTRALIA

Promoted to Commander at the age of 27,

Flinders captained the Investigator to survey the entire coastline of New Holland in 1801, sailing anticlockwise all the way round the vast continent, mapping and naming



thousands of locations. Flinders completed his map and circumnavigation in 1803, proving for the first time that this was a vast island continent, and suggesting the new name of AUSTRALIA.

On his voyage back to England he stopped at Mauritius, not knowing that France was at war with England, and was held prisoner of war for 6 years, eventually getting back to England in failing health in 1810.

He eventually published the book of his adventures, maps and discoveries, but died in 1814 at the age of 42, the day after his works were published, without much public recognition.

### JULY 16 ANNIVERSARY

Bribie residents should be proud that the first white man on Bribie Island, who landed here 16 July 1799, named hundreds of locations around the coastline, and proposed the continent be named Australia, which was finally accepted 3 years after his death.

For the 1999 Bicentenary celebration of that first landing, a replica of the sloop Norfolk built in Tasmania was sailed to Bribie Island for the 200-year anniversary. Community



leader Margaret Guthrie organised this event for the opening of her Bribie Island Community Arts Centre and the Matthew Flinders Gallery.

### OTHER JULY 16 EVENTS

The history of Exploration shows that 16 July is a special date for a variety of memorable happenings.

**1623 Pilgrim Settlers arrived at the new**

**BONGAREE LADIES BOWLS**

Tuesday, June 28th  
Mixed Pairs Winners: David Hutchinson, Gail Parker.  
R/Up David Vaughan, Errol Fender  
Tuesday, July 6th  
Mixed Pairs Winners: Gail Parker, Sue Francis.  
R/Up: Jim Irvine, Ron Corrick.  
Bonus Draw Winners:  
Jenni Mitchell, Carolyn Merritt, Mike O'Reilly, Richard Medhurst.

**BONGAREE MENS BOWLS**

Bongaree Bowls Men's results  
Wed 4's July 7th Winners  
Steve Pomroy, Ant Gordon, Barb Tanner  
Runners up Graham Symonds, Andy Anderson, Jake McGarry, Ron Carruthers  
Thurs pairs July 8th Winners  
Ant Gordon, Rowan Gordon, Brett Sellars

**BONGAREE LADIES GOLF**

29/6/21 – Single Stroke & Putting – Div 1 Winner: Maree Bailey 76 c/b. R/U: Maureen McGlone 76 c/b. 2nd R/U: Charmaine Price 76. Div 2 Winner: Terry Keily 75. R/U: Leonie Wood 77 c/b. 2nd R/U: Gay Burnham 77. NTP: Holes 4 & 7 – Terry Keily. Hole 14 – Vivi Lloyd. Hole 16 – Ros Gardiner. Best Putting: Abby Driver.

6/7/21 – 4BBB Stableford – Winners: Suzanne Valleley & Ailsa Lauchlan 48. R/U: Virginia Hayes & Ann Mitchell 45. 2nd R/U: Yvonne Swanson & Joan Osborne 44. 3rd R/U: Myra Dickson & Charmaine Price 42 c/b.

8/7/21 – Single Stableford – Div 1 Winner: Ros Gardiner 37. R/U: Denise Shearer 36 c/b. 2nd R/U: Marjorie Sills 36 c/b. Div 2 Winner: Fran Boxsell 38. R/U: Ann Mitchell 35. 2nd R/U: Yvonne Swanson 34.



**SOLANDER LAKE BOWLS CLUB**

**Bowls Results – Week Ending 3/7/21**

Tuesday 29th - Club Select Triples – Winners: V Paul, S Orr, J Mawn. Runners up: K Benson, S Jeffrey, R Zahl.

Wednesday 16th – Self Select Pairs – No Play.

Thursday 17th – Self Select Triples – No Play.

Friday 18th – Self Select Pairs – No Play.

Saturday 19th – Club Select Triples – No Play

**Bowls Results – Week Ending 10/7/21**

Tuesday 6th - Club Select Triples – Winners: R James, B Rudd, M Jones, K Reithmuller. Runners Up: F Hubbard, V Foley, S Hillen.

Wednesday 7th – Self Select Pairs – Winners: P Snow, M McKenzie. 2nd Place: T O'Neill G McCarthy. 3rd Place: C Avenell, P Bradley. Jackpot – \$500 - Not Won.

Thursday 8th – Self Select Triples – Winners: A Larsen, J Pursehouse, B Pursehouse. Runners up: M McKenzie, T Rolfe, J McKenzie.

Friday 9th – Self Select Pairs – No play.

Saturday 10th – Club Select Triples – Winners: T Dempsey, T Smith, R Harris. Runners Up: B Cameron, M Whiteside.

**BRIBIE BOWLS CLUB**

Random Select Fours Saturday 26 June 2021

1st highest margin: K Fuller, D Neumann, W Gilbert, P Neumann

Lowest Margin: B Castle, J Muller, F Crockett, S Hankins

Out of hat winner: R McDermott, B Wood, I Smith, C Monk

**Self-Select Triples Results**

**Tuesday 29 June 2021**

Winners: N Clarke, S Gaunt, G Gaunt

Runners up: A Kinnear, B Kinnear, B Doe

Out of hat winner: S Shaw, G Shaw, T Henderson

Bunny: T Turnbull, R Miles, D Hudson

**Self-Select Triples Tuesday 6 July 2021**

Winners: Z Elmore, E Bateman, R Garfield

Runners up: K Smith, B Lamb, V Adams

Out of hat winner: S Shaw, G Shaw, T Henderson

Out of hat winner: M Mills, T Bennett, G Reilly

**Scroungers Results**

**Wednesday 7 July 2021**

1st: E Bonney

2nd: W Follett

3rd: L Savige

**Open Pairs Wednesday 7 July 2021**

Winners: K Perkins, C Perkins

Runners up: F Reeves, K Fuller

Out of hat winner: A Kinnear, B Kinnear

Out of hat winner: M Garfield, E Bateman

Out of hat winner: M Durham, M Prewett

Bunny: M Clarke, G Miles

Out of hat winner: J Neil, G Olson, J Herbert

Out of hat winner: M Cherry, I Gillard, P Jones

Out of hat winner: K Keech, C Low, S Joliffe

Bunny: P Mann, C Sambaher, C Hancock

**Social Bowls Thursday 8 July 2021**

Out of hat winner: J Neil, G Olson, J Herbert

Out of hat winner: M Cherry, I Gillard, P Jones

Out of hat winner: K Keech, C Low, S Joliffe

Bunny: P Mann, C Sambaher, C Hancock

\$100 PP, Hole Sponsorship Available  
18 Hole, Shotgun Start, 4 Ball Ambrose  
Burger Buffet, Cart and Prizes

**PACIFIC HARBOUR**  
GOLF & COUNTRY CLUB

**BRIBIE CHAPPY GOLF DAY**

OCTOBER 29, 2021 AT 8:30AM

This will be a fun, social competition raising awareness of SU Chaplaincy and providing much needed funds towards our school chaplaincy services. Show your support by participating and enjoying a round of golf, register today!

ENQUIRIES: RAY 0447546952, OR RAIROSA@GMAIL.COM  
TO REGISTER VISIT, [SUQLD.ORG.AU/BRIBIEGOLFDAY](http://SUQLD.ORG.AU/BRIBIEGOLFDAY)



# BLACK BELT PROMOTIONS.



Recently, the Seiryukan Dojo of Shorinjiryu Koshinkai Karatedo held Black Belt promotion testing at their Dojo in the Lions Community Hall in Sunderland Drive Bellara. Qld.

Two Bribie Island students were successful, Leisa Dunmore was promoted to Sandan (3rd Degree Black Belt) and Eric Tabor was promoted to Shodan (1st Degree Black Belt).

They were comprehensively tested by Kyoshi Jim Griffin (8th Degree Black Belt) and Shihan Lesley Griffin (7th Degree Black Belt) from Bribie plus Renshi Tony Fletcher and Sensei Leanne Sippel from other Queensland Dojos.

Leisa Dunmore is a Grandmother and long-term Bribie business owner who has been training with Jim and Lesley Griffin for more than 10 years. She has achieved this feat through dedicated regular training while running her business and bringing up a Family. Leisa has competed successfully in local and international tournament events.



Eric Tabor, who volunteers at the Butterfly House at Woorim, has been training on Bribie for over 5 years (since the age of 16) and has overcome multiple physical issues as well as helping with his mild autism along the path to his black belt. When Eric joined the Bribie Dojo, he had issues with his feet that severely affected his balance. He has largely overcome these issues through his dedicated Karate training and his progress is a credit to him. Eric has competed in local tournament events.

Jim and Lesley Griffin have been involved in Shorinjiryu Koshinkai Karatedo for over 40 years and are firm believers that you will learn respect for yourself and others, confidence, mental and physical fitness, pride in personal achievement all while you are learning self-defence. Both have competed at regional, state, national and international levels in Japan and the U.S.A. In our next edition I will explore more into Jim and Lesley's achievements, so keep an eye out for that!

The principles of Shorinjiryu Koshinkai Karatedo are the basic tenets of behaviour that is expected of all practitioners of the school.

- Etiquette
- Integrity
- Respect
- Discipline
- Perseverance

The fees for such expert and knowledgeable training are remarkably affordable with a low cost annual membership that covers insurance and membership of the worldwide association and only a \$50 monthly fee which you can come to as many lessons as you wish.

**Training Times & Venue**  
The Seiryukan Dojo trains at the following times:

- Tuesday 6.30pm - 8.00pm
- Thursday 6.30pm - 8.00pm

The dojo is located at:

Lions Community Hall

280 Sunderland Drive

Bellara (Next to the Skate Park)

For more information, please call Jim on 0428288866 or email [karate@shorinjiryu.com.au](mailto:karate@shorinjiryu.com.au)



## A Puppet Show Wins 'Best Kids Live Show' At National Industry Awards

"Kids absolutely love our puppets and, while we love performing live shows, we're keen to bring puppets back to Australian TV in a big way - that's our next big goal." FOR IMMEDIATE RELEASE 2 July, 2021: A puppet show performed by Bribie Island's Larrikin Puppets has won 'Best Kids Live Show', the highly coveted judged award, at the National What's On 4 Kids Awards in a shock win of the night.

A win for grassroots grit, dogged determination and untamed talent, Larrikin Puppets - who perform 3-4 live

shows for children and families each week at schools, childcare centres, libraries, shopping centres and festivals from as far north as Rockhampton, as far south as Coffs Harbour and as far west as Mitchell - are reeling from their success at this year's Australian industry awards for children's entertainment and activities.

Larrikin Puppets also took home People's Choice Winner and Highly Commended for Best Local School-Aged Activity (5-12 years) sponsored by Australian Children's Activity Association, honouring the work they do in schools

teaching puppetry performance workshops.

Larrikin Puppets, based on Bribie Island, performs colourful and exciting puppet shows and interactive puppetry workshops featuring zany characters and catchy songs - live, online and for film and TV. They also have a fun, catchy music EP for kids aged 3-7, which debuted during 2020's first major Covid lockdown, now available to stream and download.

Highly entertaining and captivating, Larrikin Puppets' fast-paced, feel-good puppetry celebrates fun, kindness and diversity while nurturing child development, encouraging audiences to talk, dance, sing

and play along.

Larrikin Puppets, established in 2012, is a thriving Australian puppetry arts company founded by Brett Hansen. His wife Elissa Jenkins joins him as co-puppeteer.

Since being forced to shut their doors for 6 months during 2020 due to Covid restrictions, Larrikin Puppets has come back bigger and better than ever, with gigs now booked out 3 months in advance.

Larrikin Puppets' principal puppeteer Brett Hansen said winning the national award for Best Kids Live Show was a major highlight of his career.

**2-10 year olds must have closed in shoes**



**\$2** a train ride

**July 18th**  
**Aug 15th**  
**Sep 19th**

**Oct 17th**  
**Nov 21st**  
**Dec 19th**  
**Xmas party!!**

**MELSA PARK**  
**STEAM TRAIN RIDES**

# Find A Word

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
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H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
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I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- |           |          |            |
|-----------|----------|------------|
| BULLDOG   | SHEPHERD | ROTTWEILER |
| PINSCHER  | BEAGLE   | CHIHUAHUA  |
| DALMATION | TERRIER  | COLLIE     |
| MASTIFF   | SETTER   | HOUND      |
| BOXER     | CORGI    | DACHSHUND  |

# SUDUKO

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7		5			8		
			5				9
4	6			3	1		

TERM 3 2021

# KIDS CLUB

FRIDAYS 5-6:30

16 JULY	GREETINGS, HUMAN
23 JULY	DARK NIGHT
30 JULY	FLIGHT NIGHT
6 AUGUST	ARCHADE/LASER \$15
13 AUGUST	DISNEY THEME
20 AUGUST	MEXICAN NIGHT
27 AUGUST	BRENNAN PK.
3 SEPT.	'MAKE-IT'
10 SEPT.	MOVIE

 we are family

Free - 11:0  
3:20 entry  
www.annielane.com  
info@annielane.com  
Ph. Tabita - 0492 627 630

# Kids Page



Braden and Caleb, enjoying their WILD and DELICIOUS "Over The Rainbow" crazy shake from Annie Lane at Bongaree

PET PAGES - share your pets pics

SHARE YOUR FUNNY PET PICS WITH THE BRIBIE ISLANDER... SEND TO:

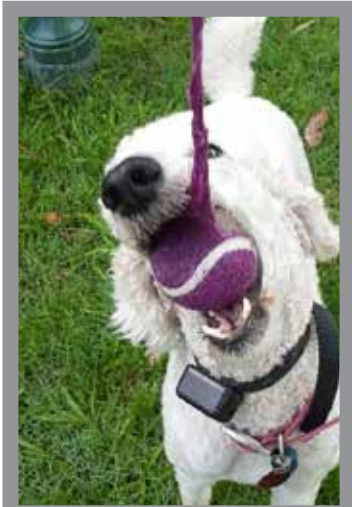
editor.thebribieislander@gmail.com



Rex Sleeping



Lily Loving Life



Shhh Let me Sleep



Jack



Essential Medical Care for Animals

Veterinary care for our pets and livestock is regarded by Australia as essential in this time of national crisis. The survival, productivity and humane treatment of Australian animals has been declared an essential service from the beginning of the Covid-19 outbreak. Shutdowns protect not only Australian people but also Australian animals, including wildlife, against the disease. We do not yet understand the far-reaching

effects of Covid, and as an intelligent species, we do not need to learn the hard way, but the measured, safe way. We continue to provide Veterinary care for animals at our Clinic and mobile Vetvan while practicing required health safeguards during this very difficult time.

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

Phone the clinic for an appointment on 07 54976000 / 0400699704  
Hours: Mon - Fri 8.15am-6pm  
Sat 9am-11pm. Closed Sunday and Public Holidays.

Old School vs New School Training Part 5

In the last article I wrote about dominant theory and how it came about. If your dog is showing unwanted behaviour such as growling at you or others, it is not because they are trying to dominate you. Often it's due to stress and anxiety or a medical condition. Or it could be he hasn't been taught what is expected from him. For eg if he is on the lounge and you approach him and he growls at you, he could be anxious as he knows he may be punished for being there.

You may have received advice that you must show the dog you're the boss or make them submit (do you remember the alpha roll?), or you growl back at the dog. These are very bad ideas. Punishment will increase fear and anxiety and can be risky. Punishment does not calm an agitated dog and can ruin the trust and bond between you and your dog.

If you ever attended old school training you would have used the check chain (choker) or prong collar. These collars help you to be the alpha or boss and in control of your dogs. Yes, it does work by causing pain and/or discomfort to your dog and he will learn very quickly through avoidance for eg if he pulls he will feel the tightening of these collars, if he doesn't pull there's no discomfort. Effective but is it really the best method? Some dogs that have been jerked so hard have had to receive chiropractic help due to their back and neck pulled out of alignment. It has been shown dogs walking with these collars are not relaxed on their walks. Some trainers advocate using them on aggressive dogs and it has been found to make dogs more reactive and stress not calm.

In future issues I'll explain better methods that will create a better bonding between you and the dog

Happy training

Yvonne

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Yvonne Bishop (Dog Behavioural Trainer)

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# THE LUCY AWARD

By Bongaree Pet Food

Want the chance to win a \$25 pet food voucher for the month of July from Bribie Island's best pet food company?

Simply follow our pages Gary Houghton LJ Hooker Bribie Island and Bongaree Pet Food; post the cutest picture of your pet in the comments section below the JULY "Lucy Award" post on the Gary Houghton LJ Hooker Bribie Island page; and if your pet's picture gets the most 'Likes/Loves', you win a \$25 voucher to spend at Bongaree Pet Food.

### TESTIMONIAL

Such a good little shop that has everything you need for so many different pets! Excellent variety on everything and also isn't too expensive either! Would 100% recommend, as the staff are so friendly and always wanting to help you out. - **Kristyn H**

Great service, pet food is a good price! Hard to find proper raw food without going to paying butcher human food prices. Thanks we'll keep coming back! - **Camellia G**

The Owners are very helpful and accommodating. I'm so happy I don't need to leave the Island to get Quality Pet Food and a Great Price! Cheers - **Amanda O**

Don't forget - to win, you must follow Gary Houghton LJ Hooker Bribie Island and Bongaree Pet Food pages and also get the most Likes/Loves for your pet's picture during the current month.

Winners will be announced on the first day of the following month.

You have a chance to win every month so tell your friends to Like/Love your pet a lot!



Spencer

Spencer



Patch



Ella



Boots



Buddy

## Bongaree Pet Food



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Mon to Fri 8am to 4pm  
Sat 8am to 1pm



## HOME AND GARDEN

**H**ave you seen the new pop up bedding shop

Mattrest Bedding?

Great news, they

have now moved to a permanent location at Woorim Beach Village (6 North St, Woorim).

Buying a mattress can be a big decision and at times a confusing one. What size do I need? What Comfort level do I select? What if my partner and I want or need different things?

Regardless of your questions or needs, the team at Mattrest Bedding is here to help.

Greg, Sam and their two daughters are a local family committed to supporting the community by providing quality Mattresses, Bases, Adjustable beds, Bed Heads and a range of accessories.

With a long history in manufacturing, Greg has not only run mattress factories but made them with his own two hands, adding to his wealth of knowledge about

the products he endorses.

Mattrest bedding supply a range of Therapedic International mattresses.

Therapedic® has become one of the worldwide top-selling mattresses. With its continual research and development, Therapedic® applies its knowledge to develop innovative support systems and comfort layers to design sleep products that provide superior comfort, superb quality and enduring value.

Therapedic® has 54 mattress factories located across six continents including Australia and New Zealand and have been manufacturing mattresses for over 60 years.

With constant research and product testing, Therapedic means quality you can trust.

When you buy from Mattrest Bedding, not only do you support a local family but you support local manufacturing. Their products come from Mattress Resources Australia, located in Brendale, North Brisbane.

Don't just take our word for it, hear directly from recent customers who were happy with both customer service and products supplied:



## Here to stay

**NORM AND ZENA** "Greg is extremely knowledgeable about his products, he answered all our questions and gave us a really good price as well. The Tommy Bahama is top of the range, but worth every penny, absolutely brilliant to sleep on and definitely a quality product.

It is locally made and built just for us, both my wife and I love our new Mattresses, they are sooo comfortable and give us a relaxing night's sleep, and we highly recommend Greg and Mattrest Bedding, for honest advice, good prices and quality products."

**JASON MRAK** "Purchased one of their Black diamond range, absolutely amazing difference with quality and price. Now looking at replacing the other mattresses in our home"

So what are you waiting for, head on down to 6 North St, Woorim and see for yourself what the Mattrest Bedding team has to offer? Sleep Right, Sleep Tight . . .



At Zentè we specialise in designing kitchens to fulfill your dreams, wants and desires.

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WOORIM BEACH VILLAGE  
mattrestbedding@outlook.com



**MATTREST BEDDING**  
Sleep Right, Sleep Tight...



# FortyWinks

# ANY SIZE FOR THE PRICE OF A SINGLE

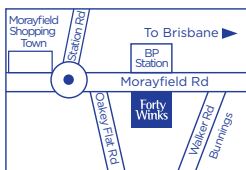


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J542IM-1

The Any Size for a single offer must be completed in the original transaction, during the promotional period. The upsized mattress will be the same brand and model as the original mattress chosen. Selected brands only. Mattress only. Exclusions apply. Super King not available on all mattresses. Terms and conditions apply, see in store for details. Valid until 01.08.2021. \*Approved customers only. Conditions, fees and charges apply. Visit retailer website or see in-store for details. Credit provided by Latitude Finance Australia (ABN 42 008 583 588), Australian Credit Licence 392145.



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3517 2406

## COMPARE YOUR SAVINGS

LISTING PRICE	STANDARD 2.6%*	OURS 1.5%	YOUR SAVINGS
\$400,000	\$10,400	\$6,000	\$4,400
\$500,000	\$13,000	\$7,500	\$5,500
\$600,000	\$15,600	\$9,000	\$6,600
\$700,000	\$18,200	\$10,500	\$7,700
\$800,000	\$20,800	\$12,000	\$8,800
\$900,000	\$23,400	\$13,500	\$9,900
\$1,000,000	\$26,000	\$15,000	\$11,000

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

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**We will find genuine buyers able to meet your price expectations.**

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# BRIBIE ISLAND COMMUNITY PLANT NURSERY

WE WOULD LIKE TO GIVE A MASSIVE SHOUT OUT TO THIS AMAZING COMMUNITY GROUP WHO SUPPORT SO MANY OF OUR LOCAL GROUPS. JUST HAVE A LOOK AT THE LIST OF DONATIONS THEY HAVE MADE THIS YEAR! PLEASE SHOW THEM THE SUPPORT THEY DESERVE, BY SHOPPING FOR PLANTS AT THEIR NURSERY SO THEY IN TURN CAN CONTINUE TO KEEP SUPPORTING OUR LOCAL ORGANISATIONS.

**Neighbourhood Centre** - Bi-Monthly Food Parcels And Quantity Of Swags.

**Diabetes Society** - Insular Pumps

**Caboolture Warplane & Flight Heritage Museum** - Defibrillator & Furniture.

**Bribie Island Orchid House** - Defibrillator

**Bribie Island Anglican Church Hall** - Defibrillator, Fishability - Defibrillator

**Bribie Island Soccer Club** - Trophies for Junior Players, Commercial Refrigerator.

**Melsa Train Park** - Paint and Supplies, New Train

**Boronia Cottage Hospice** - New furniture  
Camp Quality - Donation

**Bribie Island A.F.L. Club** - Commercial Refrigerator and sportswear.

**Bribie Island Rugby League Club** - Defibrillator & T.V. for training purposes.

**Bribie Island Surf Club** - Defibrillator

**T.S.Kooper Sea Scouts** - Dishwasher, Ride-On Mower, and Electrical Installation upgrades.

**Bombora Outriggers** - Waterproof two way Radios.

**Sandstone Point Lions** - Plants and Gift Vouchers.

Without continued support, a lot of these groups would find it very difficult to perform the services they do in our community. We take our hat off to this team, you well and truly are the best display of generosity and community spirit that we are proud to call our own!!!





# Grandmas GARDEN TIPS

Once the garden is up and running, it's time to maximize your harvest and minimize your efforts with smart, efficient maintenance tips. Of course in Grandma's day, the garden was just one of many chores in the long day, so maximizing efficiency and resources was a must-do.

## PART 3. GARDEN MAINTENANCE

### WATER IN THE MORNING

This seems obvious, but many people still don't follow this advice. Morning is by far the most efficient time to water, as less moisture evaporates from the heat. If you do only a few things on this list, make this one of them.

### WATER NEW PLANTS PLENTY

New plants need extra help getting established—water them at least every other day, giving them a good long drink. This is the case for trees, too. Water them more thoroughly in the first year so they can really take root.

### WORK WITH THE WEATHER

Gardeners of old had to keep a close eye on the weather, and you should do the same. If you're going to fertilize or add compost, it's best to do so just before a rain. It's also best to do planting on overcast days without a lot of wind. Keep an eye on that seven-day forecast and plan your garden activities accordingly.

### KEEP A GARDEN JOURNAL

Even if you don't keep a journal every year, try keeping one for a year or two.

Write down details such as which varieties you chose and how well they did; when the last day of frost was in your area; when certain plants emerged; what plants had pest problems; and other tidbits like this. It'll help you plan more efficiently in future years.

### PULL WEEDS EARLY

Keeping on top of weeding is the most efficient way to protect your garden. Don't wait for weeds to seed and bury deep into the ground. Nobody likes the chore of pulling weeds, but dealing with them early is the way to go.

### DON'T FORGET TO DEADHEAD

Know why Grandma's flowers looked so good? There's a good chance it had to do with her loyalty to deadheading old blooms. Deadheading is the most important technique you can use to improve the health of your blossoms and keep flowers blooming longer. Learn it. Embrace it. Do it.

### KNOW YOUR NEIGHBOURS

Before we had so many resources at our disposal, our grandparents had to rely on strong community ties to help improve

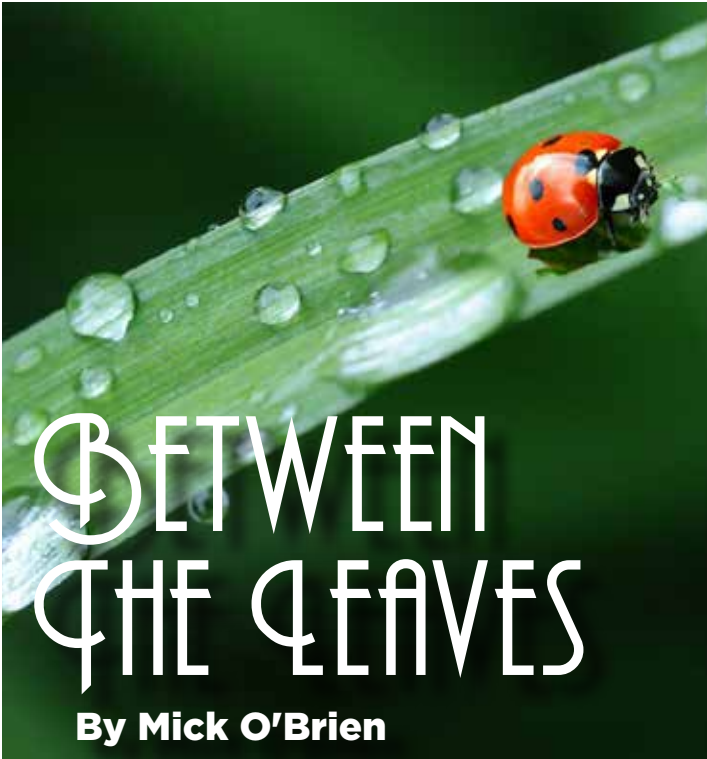
their lives. If you notice that one of your neighbours is an avid gardener, talk to them. Chances are, your neighbours have similar soil and can offer you an incredibly valuable perspective about the plant varieties that grow best in your area, pests to watch out for and much more.

### GROW FOOD WITH KIDS

It's important for kids to see where their food comes from and how easy it is to grow. Get them involved every step of the way from planting to harvesting. You can also give them a sense of ownership by giving them their own crops or area to tend—start easy with something almost guaranteed to succeed so they gain confidence. Gardening with kids is a good way to preserve our garden knowledge and share our important connection with nature.

### MAKE MISTAKES:

Everyone should experience a little trial-and-error. It's part of being a gardener. So be adventurous and push the limits in your own backyard to discover your next favourite plant.



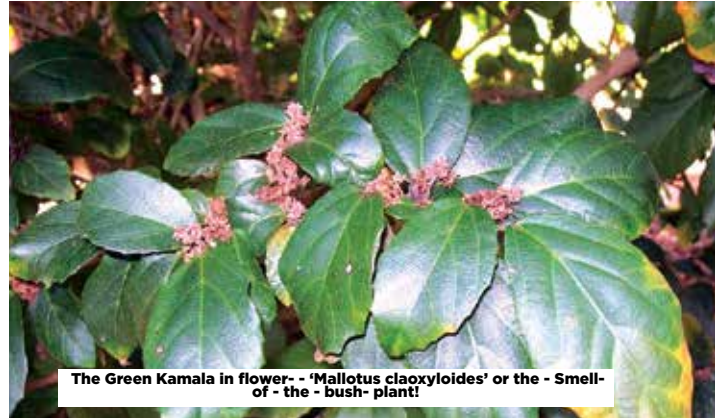
# BETWEEN THE LEAVES

By Mick O'Brien

## WEEDS and BIODIVERSITY

Great to be back from our little break! I was visiting a little patch of paradise recently, a running stream trickling through a mountain valley in the hinterland, with abundant vegetation and wildlife. I was particularly impressed with the many species of birdlife such as the local Azure Kingfishers, Eastern Whipbirds, Fairy-wrens and Black-backed wagtails - flying and hunting and busily darting in and out of the small little shrubs on the stream's banks. It was only on closer inspection of the local vegetation that the irony hit me. Most of the vegetation the little birds were nesting and flying in and out of - are environmental weeds. Wild tobacco tree (*Solanum mauritanium*), Lantana (*Lantana camara*), Common thornapple (*Datura stramonium*), Anzac tree daisy (*Montanoa hibiscifolia* syn. *Eriocoma hibiscifolia*) and a myriad of Billygoat weed (*Ageratum conyzoides*) competing for sunlight amongst our native grasses and endemic 'Lomandra longifolia' thickets, all within a postcard view if you were to take a "snapshot that is".

Now, I know most of these weeds are not a 'declared' or notifiable species and more of a nuisance and highly invasive throughout our local bushland in most parts of eastern Australia but it just goes to show you that there seems to be some appreciation from our endemic wildlife as they search for a place to perch, hunt and nest in these shrubs that have flourished in areas that have previously been hammered by floods brought on by cyclones or extended droughts and bushfires over the last decade or so, especially while our native endemic flora species try and recover. There are some endemic species however such as Callistemon - "bottle brush" plants, shaped by the floods, bending like coconut palms as they arch towards the sunlight with their roots clinging for dear life between rock boulders around the stream in a testament to their resilience as the plants face the sheer force of mother nature when the gentle stream becomes a flooding torrent. As I sat there - in my element, taking in the sounds of the running stream



The Green Kamala in flower - 'Mallotus cloaxylodes' or the - Smell-of-the-bush-plant!

and watching the dragonflies hovering, the little birds dancing around, I could also smell the iconic - east coast odour of the "Smell-of-the-bush-plant" or 'Green Kamala' - wafting around, it can be pungent for some, but it always takes me back to the early morning weekend drives or bush walks through our hinterland rainforest areas of northern NSW and south-east QLD. The Green Kamala - 'Mallotus cloaxylodes' is rather an unassuming small tree that can grow 4 - 6 metres tall and is remarkably resilient to drought, bushfires and pest attacks. The small tree is

considered a pioneer species due to its hardiness as it can produce suckers from the roots as well as its annual flower, fruit, and seed production. Green Kamala - seems to be more pungent after recent rainfall. Have you ever wondered what that pungent scent was while bushwalking around the rainforests of the great southeast? Perhaps it was the Green Kamala.

Until next issue; See you in the garden!

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Asbestos becomes a health risk when its fibres are released into the air and breathed in. Breathing in asbestos fibres can cause asbestosis, lung cancer and mesothelioma.

- The risk of contracting these diseases increases with the number of fibres inhaled.
- The risk of lung cancer from inhaling asbestos fibres is greater if you smoke.



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• Those who get health problems from inhaling asbestos have usually been exposed to high levels of asbestos for a long time. Symptoms don't usually appear until 20 to 30 years after initial exposure.

A total ban on asbestos came into effect in Australia on 31 December 2003. It is illegal to make it, use it or import it from another country.

Workers must not handle asbestos unless they have been trained and hold a licence that is current and appropriate for the type of work being done.

**Asbestos: a definition**

Asbestos is a naturally-occurring mineral and can typically be found in rock, sediment or soil. It has strong fibres that are heat resistant and have good insulating properties.

• You can't see asbestos fibres with the naked eye

and because they are very light, they can be blown long distances by the wind. Because of its properties, which are described as being either 'non-friable' or 'friable', asbestos was seen as being very useful for building products.

• Friable asbestos is a material containing asbestos that when dry, is in powder form or may be crushed or pulverised into powder form using your hand. This material poses a higher risk of exposing people to airborne asbestos fibres. Friable asbestos was commonly used in industrial applications rather than the home, although loose-fill asbestos has been found in homes in NSW and the ACT, where it was sold as ceiling and wall insulation.

• Non-friable or bonded asbestos products are solid and you can't crumble them in your hand—the

asbestos has been mixed with a bonding compound such as cement. If non-friable asbestos is damaged or degraded it may become friable and will then pose a higher risk of fibre release.

**Asbestos and cancer**

Asbestos is extremely fibrous and the tiny fibres are easily breathed in where they can become trapped in the lungs. Being exposed to asbestos increases the risk of developing cancers of the lung, ovary and larynx as well as mesothelioma (cancer of the lining of the lung). These cancers often develop decades after exposure to asbestos.

Your cancer risk from asbestos varies, depending upon the:

- length of time you are exposed to airborne asbestos fibres
- amount of asbestos fibres

in the air breathed

- frequency of exposure to asbestos fibres
- time since exposure occurred
- age at which exposure occurred
- type and size of asbestos fibres.

Those most likely to have been exposed to asbestos in the workplace include transport workers (particularly waterside workers), asbestos miners and millers, asbestos cement manufacturing workers, builders, plumbers, insulators, electricians and mechanics.

Today, all states and territories in Australia have work health and safety laws that explain duty of care for employers and workers' responsibilities to reduce the risk of asbestos exposure.

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**LOCAL  
HANDYMAN FROM  
BEACHMERE TO  
BRIBIE ISLAND**



## Local Handyman Beachmere to Bribie Island 'Fixologist'

It's a return to where it all began for Phil Gibbs. As a qualified registered Queensland Builder, he built a home at Sandstone Point for his parents back in 1995, it was a different place then and kangaroos were a common sight. This is when he fell in love with Bribie Island and its surroundings, the proximity to the city with the benefit of the seaside location..perfect..paradise. Since then Phil has been a Chief Engineer at Lizard Island on the Great Barrier Reef, he and his wife Kerryann then moved to New Zealand where they managed hotels for the Scenic Hotel group. Phil in the role of Maintenance Manager and Kerryann as General Hotel Manager. Theirs is a partnership that has seen them excel in their chosen fields. Kerryann has a diploma in project management and specialises in Hotel openings. Her passion is for interior design work. She has assisted on two Hotel openings and two extensive refurbishment programmes, as well as the day to day operating of 100 room plus hotel. Phil as a renovator, project leader and builder. Phil is a handy guy to have around, if you need a job done he can do it

Phil and Kerryann returned to Moreton Bay to pursue their dream of being the team that completes every job before them to perfection. They want to eventually retire but believe they have several good years yet before that dream becomes a reality, in the meantime, they couldn't think of anywhere in the world they would rather live. They bought a house at Beachmere, got a chocolate Labrador pup named Mousse and now are ready for the next chapter. Phil is a skilled builder who has the knowledge and experience to maintain almost any property. But they wanted to do it differently, knowing how hard it is to find anyone to do the small jobs. The aircon cleaned, the gardening done, a deck built, or a lightbulb changed, so that is where came up with the idea of the "fixologist". Phil can fix it, he can paint it, plaster it, build it and clean it. Kerryann can assist with colours and styling, and Mousse is in training, they are not sure for what yet. They are happy to discuss any tasks you may like to have completed. Don't worry if it is small. Remember, from small acorns large oaks grow!



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Kerryann 0423 856 529

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■ BOATING, FISHING & ADVENTURES



**YEAR to DATE RADIO ROOM STATISTICS**

To Thursday 8th July 2021:  
 7,572 Calls, 2,126 vessels logged on,  
 167 Vessel Assists, 963 Sitreps, 439 Requests,  
 51 overdue vessels, 15 Vessel Tracking,  
 772 Radio Checks, 5 Weather Broadcasts,  
 9 Securite Broadcasts, 1 Pan Pan 0 Mayday.  
 VHF 74.9%, 27MHz 7.2%.

**MISSING FREE DIVER**

Thursday 24 June 2021  
 A search and rescue operation (SAR) continued today for a missing free diver in the waters off Point Lookout at North Stradbroke Island. Yesterday a 10.10am (June 23), four men were free diving 3-4 miles northeast of Point Lookout when one of the divers, a 26-year-old Norwegian National, failed to return to the boat.  
 Police were alerted at 10.45am and commenced a search and rescue operation. Yesterday's search included five helicopters and 6 vessels; however, the diver was not located. The search continued today, and police asked for anyone that may have been in the area and has any information to contact police.  
 THU 24/06 0550am – Request to VMRBI from Water Police to commence the SAR travelling via Cape Moreton to Point Lookout in search for missing diver.  
 Playful whales spotted by Bribie 1 enroute to SAR.

Unfortunately, the free diver's body has not been recovered.



Playful whales spotted by Bribie 1 enroute to SAR

**SUNSET DRINKS**

Friday 25 June 2021 - . Around 70 members and guests attended the June Sunset Drinks. All were required to sign in with the Check in Qld app in line with current Covid conditions. The usual raffles were held, and the ladies of the Social Committee provided great hamburgers for only \$5. The bar as usual was open with our great prices. It was great to see "things almost back to normal" and also some new members attending for the first time.



Our usual stalwarts and Life Members Brenda Allardyce and Betty Snell manned the door, sold raffle tickets and meal vouchers.



Nia Brice receives the raffle prize donated by Simone Wilson from Commodore Liz and Vice Commodore Ces.



Allan and Shirley Ladru – first time at Sunset Drinks since joining in March 2020.



Linda Skinner receives her raffle prize from Commodore Liz and Vice Commodore Ces.



Glenn Jackson receives his raffle prize from Commodore Liz and Vice Commodore Ces.



Sunday Raffle Team: Ces Luscombe, Mel Wall, Aamir Cao, and Craig McShane with Peter McNamara behind the lens.

**VMR Bribie Island  
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**STATE OF ORIGIN – Game II**

Sunday 27th June 2021  
 14 Maroon supporters and 1 Blue supporter turned up to watch another disgraceful effort by the Maroons losing 26-0. The ladies of the Social Committee, Leona Patrick, Sheryl Traill & Betty Snell, served up pies, toasties, and hot dogs whilst Peter Morton manned the bar.  
 Mark Horsburgh was on the PM shift radio duty and was planning to attend the State of Origin function afterward, but as fate would have it, just prior to finishing he had a call from the Water Police that a boat was sinking just North of Donnybrook.



Mark Horsburgh already dressed for the State of Origin function takes another call from the Water Police. A man and a woman in their late sixties and their bird, were retrieved from the vessel. Our crew secured the vessel and located their missing dog, returned them to the base to be checked by QAS

**SINKING VESSEL ASSIST**

Sunday night Callout Crew were activated by the Water Police to assist a sinking houseboat near Toorbul. A helicopter was also sent to locate the vessel with 2 people on board, a bird, and a dog called River.  
 The vessel was located and by the time the crew arrived the vessel had listed and partially submerged. The 2 owners had managed to get in to their tinny with their bird in a cage, but

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 & Sat 7am to 12 Noon

this was also taking on water, so the crew quickly relocated them to Bribie 2 to be told the dog was missing and still in the vessel. The crew desperately tried to locate the dog while the owners were growing more upset and showing the signs of hyperthermia. So, they were rushed to the base where an ambulance assessed them.



The 14m Cruiser was home to the couple.

The crew headed back to try to locate River the dog, they called and called but nothing, so the crew boarded the vessel peering through windows trying to get a glimpse of the dog and nothing... But then Mike saw a glint of an eye with the torch, there she was, the window had to go and Mike went in, there was at least 2.5 metres of water. They managed to rig up a rope and get her out of the vessel then the job of getting Mike out the vessel was next, some nifty rope work and Mikewas



VMR Crewman Mike Looney with River the dog which he was able to locate and retrieve from the sinking vessel.

out. The owners and River were reunited and off they went in the ambulance. Hats off to Mike who went in to save River.

**FIRST AID COURSE**

Monday 28th June 2021

Karen Llewellyn conducted the first of the new VMRAQ First Aid and CPR courses at the VMR Bribie Base this morning. Students were required to have done the theory exam on-line through the VMRAQ portal and have run through the training material on-line as well prior to attending this course.



John Traill has his elevated arm sling checked by Karen Llewellyn.



Nigel Blundell and Gary Beros practice in the use of the defibrillator watched by Lindsay Crompton, Karen Darlington, and Trainer Karen Llewellyn.



Karen Llewellyn checks the head pressure bandage and sling covering on Lindsay Crompton!



**SAFETY DAVE -**  
The Frenchie's Message:

**Safety Dave says -**

PLBs are smaller and easier to transport than other beacons, and are designed to be worn or carried by individuals these can be used on land, sea and air. There are many different makes on the market so take your time to decide what PLB is the best for you. They are light weight and easy to use in an emergency it literally puts rescue in the palm of your hand

Safety Dave the Frenchie wants to talk about Personal Locator Beacons (PLBs) For a PLB to be legally acceptable, it

- needs to abide by all of the following:
1. It must comply with the standard AS/NZs 4280.2
  2. The owner or master of the ship must have it registered with the Australian Marine Safety Authority (AMSA).
  3. It must have up-to-date registration.
  4. It must be GPS-enabled.
  5. It must float, or must be fitted with a pouch or similar item that ensures it will float. Note: PLBs are not considered a substitute for EPIRBs when adhering to State and Territory marine rules and regulations

**JUNE/JULY 2021 VESSEL ASSISTS:**

SUN 27/06 1022am - 4.85m Tinny non-member with a flat battery at Mission Point requiring a jump start.

SUN 27/06 1105am - 4.8m Cuddy Cabin member with prop spinning, required a tow from The Skids to Spinnaker Sound Marina.

SUN 27/06 1742pm - 14m Monohull Cruiser non-member, Water Police activated VMR after 000 call that

vessel was sinking approx. 1nm South of Donnybrook - transported 2 adults, 1 dog and 1 bird to QAS at VMR Base.

MON 28/06 0705am - 8m Yacht member dragging anchor at Bongaree, investigate and secure vessel opposite Bongaree Jetty.

TUE 29/06 0945am - MOP reported distressed kangaroo in Marina Boulevard Canal - investigate and relocate carcass to Turners Camp for MBRC to pick up.

WED 30/06 0134am - Activated by

Water Police to investigate MOP in the water hanging onto tinny drifting North with the tide near Bongaree Jetty - person rescued OK.

WED 30/06 0245am - Retrieve and secure tinny which was wedged under a 12m catamaran moored at Bongaree.

SAT 03/07 1209pm - 7m Cruiser member with moored vessel, check vessel as owner in hospital.

MON 05/07 1333pm - 5.35m Tinny non-member motor wont start, required a tow from South of Avon

Wreck to Pacific Harbour.

WED 07/07 1148am - 5m Tinny member with ignition problems required a tow from White Patch to Spinnaker Sound Marina.

THU 08/07 0738am - 8.2m Sports Cruiser member with slow leak required a tow from Pacific Harbour canals to Spinnaker Sound Marina.

THU 08/07 1637pm - MOP phoned to advise men in trouble launching boat off Woorim Beach, investigated, and stood down by QPS.



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■ BOATING, FISHING & ADVENTURES JUNE AND JULY, TYPICALLY, ARE MONTHS OF BEAUTIFUL, CALM WEATHER AND PLEASANT FISHING DAYS. LATELY THAT HASN'T ALWAYS BEEN THE CASE, WITH A LOT OF CLOUD COVER, OCCASIONAL HEAVY RAIN AND BRISK WINDS. MORNING TEMPERATURES HAVE ALSO BEEN WELL BELOW AVERAGE.

That may explain why the flathead have been picking up just lately. Cold mornings and a bit of wind will always help to stir things up. There have been plenty of under-sized sand flathead being caught, and some bigger ones among them. Sam and his sons spent most of their fishing trip under the bridge, hiding from a cold westerly on a day that BOM recorded as having zero hours of sunlight. Getting nothing at all, not even nibbles, they gave up and moved into Ningi Creek and caught two good flathead, using prawns and mullet for bait. The next day, Madeleine nabbed a 50cm flatty, using bacon, at the same spot.

The full day of rain on the first Saturday of July has really made the difference with flathead fishing. July is

often the month that the big flathead fishing takes off and it looks promising so far.

As the weather cools, larger flathead are attracted to the mouths of the creeks. They're keen and will usually attempt to eat anything that passes by. Casting and retrieving soft plastics and hard-bodied lures is often the best way of catching them. If you're using bait, make sure you use the tidal flow – allow the boat to drift along the sandbanks.

If you're shore-based, then cast out lures over the shallow flats, where the incoming tidal flow brings a food source to the fish. Look for signs of a weed-bed or the edge of the mangroves. Bullock Creek, at Meldale, is another spot where some nice flathead have shown up. Going after flathead, it's always a good idea to add some strong leader to your line – they're pretty good at biting through a regular line, which John figured out too late!

I have heard that there are lots of bream

## Fishing REPORT

By: Robyn Bribie Island Boat Charters

at the bridge and further north, but not many of them are really big. Ray did get a good one, as well as a flathead, squid and sandcrab, again at Ningi Creek – in his words, “the place to be”. Richard says there are plenty of big bream in Ned's Gutter.

Down at Bongaree jetty, there have been catches of snapper, tailor and sweetlip. The snapper are picking up in size, just in time for the annual closed season, which goes from July 15th -August 15th. One of our regulars, Shane, had an unusually quiet fishing session today, as I write the report. His crew scored one nice, fat tuskfish at the bridge, using prawns, one 37cm winter whiting and lots of baby snapper at the Ripples.

Don't forget that EVERY snapper must be released back into the water for the snapper closure period, so try to unhook carefully, not damaging their lateral line in the process – give them a chance to keep growing!

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Fishing outside the Passage has shown mixed success lately. One man told me, "They're not taking anything – poddy mullet, mullet strips, pillies, hardy heads – tried the lot!" Not long after, Rob, Jo and Amy had a great time out at the Cockle Banks. They took just an hour to pick up 40 winter whiting; Rob found that the nipper heads of live worms was absolutely the way to get the whiting. Jo also caught three puffer fish (maybe the same one



Don and some tiny Snapper

twice) and two under-sized flathead, so lots of fun all round.

Talking of fun, check out the Fishability Qld event at Bongaree Jetty, on July 30th – as well as fishing, they're running filleting and rope splicing tutorials and an indigenous art workshop. Sounds great!



Brent and some big Whiting

## Come Fish with Us!

FISHABILITY QLD INC.

**WHERE:** Bongaree Jetty (First Ave & Toorbul Sts, Bongaree)  
**WHEN:** Friday, 30th July 2021  
**TIME:** 10:30am - 2:00pm  
**COST:** FREE – (includes: BBQ, Special Guests, Filleting workshops, Rope splicing workshops, Indigenous Art therapy workshop, fishing events and prizes)

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# TIDE TIMES

**BRIBIE ISLAND & MORETON BAY**

FRI 16 Jul	SAT 17 Jul	SUN 18 Jul	MON 19 Jul	TUE 20 Jul	WED 21 Jul	THU 22 Jul
1:55 am	2:43 am	3:37 am	4:42 am	12:19 am	1:38 am	2:47 am
1.91m	1.8m	1.67m	1.54m	0.62m	0.55m	0.46m
8:29 am	9:15 am	10:09 am	11:08 am	5:55 am	7:11 am	8:20 am
0.37m	0.36m	0.35m	0.34m	1.45m	1.41m	1.42m
2:34 pm	3:36 pm	4:47 pm	6:03 pm	12:09 pm	1:11 pm	2:10 pm
1.52m	1.56m	1.64m	1.75m	0.31m	0.26m	0.2m
8:22 pm	9:30 pm	10:54 pm		7:12 pm	8:15 pm	9:11 pm
0.49m	0.57m	0.63m		1.89m	2.04m	2.15m

---

FRI 23 Jul	SAT 24 Jul	SUN 25 Jul	MON 26 Jul	TUE 27 Jul	WED 28 Jul	THU 29 Jul
3:45 am	4:36 am	5:23 am	6:07 am	12:18 am	12:57 am	1:34 am
0.38m	0.33m	0.32m	0.33m	2.08m	1.97m	1.84m
9:19 am	10:12 am	11:01 am	11:48 am	6:48 am	7:27 am	8:05 am
1.45m	1.47m	1.49m	1.5m	0.35m	0.37m	0.39m
3:07 pm	3:58 pm	4:46 pm	5:31 pm	12:33 pm	1:18 pm	2:05 pm
0.16m	0.15m	0.16m	0.21m	1.49m	1.49m	1.5m
10:03 pm	10:51 pm	11:36 pm		6:16 pm	7:00 pm	7:48 pm
2.21m	2.21m	2.17m		0.29m	0.39m	0.5m

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**R**ally for a Cause is a community charity actively supporting Fraser Coast and Sunshine Coast families and individuals affected by life-limiting medical conditions and/or whose lives have been disrupted by detrimental circumstances beyond their control.

The Dunga Derby is the major fundraising event to support the Rally for a Cause Charity – a four-day car rally adventure travelling through country Queensland, approximately 1350km four days and three-night adventure, where only the officials know where the destinations are. They always have the amazing support of a Doctor, medics, mechanics, tow truck and officials. Dunga Derby's Nicholas Chapman will bring along his helicopter for extra support as well. It's going to be a Dunga Derby Double Header of epic proportions! There are 65 Dunga registered cars from the Fraser Coast and 27 cars from the sunshine coast. That is 300 participants and 50 officials. With 29 July fast approaching, Aussie World will host the departure of the big four-day event. 65 teams from the Fraser Coast will leave Hervey Bay early on the 29th to join up with the Sunny Coast teams at Aussie World. This year they are expecting a massive jump in the fundraising tally. The announcement will be made just before all the cars take off from Aussie World.

To qualify as a "Dunga" the vehicle must be over ten years old and cost under \$2,000. To make the event a challenge and lots of fun, there is plenty of dirt and gravel tracks along the way to test the cars. The rally travels through and stops in small towns along the way, also injecting much-needed money into these communities. Teams consist of 3 people who are happy to share the driving. The registration fee covers all of the main meals, camping fees and entertainment. At night, swags and tents come out for a night of fun and stories of the day around the campfire. Teams are encouraged to theme their cars and proudly display the stickers of their supporting sponsors. Dunga entrants experience good-natured rivalry and camaraderie and are treated to the finest old fashioned country hospitality. The Dunga Derby is not a race or timed event - it's about raising funds to support the Fraser Coast and Sunshine Coast and other communities they visit along the way.

Each team has a responsibility to raise a minimum of \$2,000 which goes directly to the charity efforts. Since the inaugural event in

2015, the Dunga Derby has raised over \$1.3m which has gone back into the Fraser Coast and Sunshine Coast community through Rally for a Cause assisted over 130 families or individuals.

**GOOD LUCK TEAMS, SAFE TRAVELS AND WE HOPE YOU HAVE A GREAT TIME!!!**

2021  
**DUNGA DERBY**  
SUNSHINE  
COAST



29TH JULY TO 1ST AUGUST 2021

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ON THE ROAD



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Long ago and far away, or once upon a time if you prefer; I spent a time selling cars, mostly used cars, in a couple of outlets, one of which I managed. Although I did enjoy the experience I decided after a few years that it was better to move on and look to other things to better secure my future. However afterwards I always missed the largely good times that I had, especially the laughs and the humour.

I worked with one guy who was a particular joy. When I later moved on to a future of secure mundane commercial activities Les moved on to become a very famous comedian. Unlike the belief that comedians are at heart sad and sometimes troubled in spirit, Les was the opposite; every day was filled with laughs, everybody loved the man. He knew almost nothing about the technical side of vehicles. We had a service manager who also took delight in Les' company so he offered one day to spend time to teach Les the basics of the tech aspects. Les wanted nothing of it. He responded to the offer by saying 'I can stand alongside a car that's running and making all sorts of banging noises

and tell the punter how nice the seats are and how the paint colour catches the sunlight'. It worked for him; he made lots of sales. Before he came into car sales he used to sell cakes and confectionary out of a van to local shopkeepers. He told the tale (and this is related to amuse any Poms reading this – they will understand the references) that a rather dull-witted shopkeeper asked him one day 'what's the difference between a Chorley cake and an Eccles cake' – 'a penny', responded Les!

One day a guy walked onto the site looking to buy a used car. He was to start a new job some distance away and wanted to buy a car. He told me he wanted something comfortable because of the distance to be travelled and one not too heavy on fuel, plus he was trying to preserve funds so wanted to keep the price down. Now I don't know if you're the same as me but sometimes I meet people and they instantly come across as being very genuine and open. Maybe it's their demeanour or appearance but a light goes on somehow. I took to the guy and wanted to help him out. We had just had a car traded in that day that hadn't been logged into

stock. It required detailing but was very sound apart from the fact that the clutch was gone. I asked him if he was mechanical at all, he told me that he was and could fix most things. OK, I said, well here's a deal – that one over there is everything you want but the clutch is cactus. If I log it into stock and have it put through sales preparation you won't be able to afford the asking price. But, if I sell it to you as it is and include all the new parts to fix the clutch the price will be low. Sounds good to me, he said and the deal was done.

A couple of weeks later he called by, the car was all bright and shiny and he had a smile on his face. I know why the clutch had gone he told me. I was curious – well he said

when I was under the car and unbolted the bell housing from the engine to get into the clutch area a dead cat fell on top of me. The dried-out remains testified to the fact that the poor moggie had been run down long before and had mummified, trapped in the confines of the underside. He left the site laughing and gave me a cheery wave, as he powered away in his new car. This was a different outcome to another time when a buyer drove onto the site and asked me through an open window if I liked fishing. Warily I replied that when younger I used to. Well, I still do, he said, opening the door to let water pour out onto the ground: but not in here!

**Ah well, you can't win them all!**

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Please keep your letters to no more than 200 words or they will not be printed, 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,  
 This is a plea for Moreton Bay Regional Council to please take action now before it is too late to save Bribie Island's Kangaroo and Wallaby population. Yes, it is fast diminishing, we have personally phoned in 5 times to have the body of a Kangaroo or Wallaby picked up for disposal by Council Officers along Sunderland Drive. We have also narrowly avoided wildlife on at least 2 occasions when returning home along Sunderland Drive at night. We can't really comment on other hot spots because we very rarely drive in these areas.  
 We believe there is only one really effective solution to the problem and that is fencing the National Parks. The fences would not need to be a fence of the quality installed at the Banksia Beach State School's new car park but would need to provide a deterrent to macropods going onto the roads, e.g. 2 metres high Hurricane Wire would surely be sufficient and in most cases, it only needs to be on one side of the road. No doubt lowering the speed limits will be suggested but from our observations, many

people take no notice of the speed limits as they stand now so there is no reason to think they will adhere to the law if the limit is lowered, especially as many of these incidents occur at night when speedsters feel they can get away with it.  
 Very sincerely,  
**Annette & Chris Schnack,**  
**Very Concerned Rate Payers.**

Dear Editor,  
 "Our daughter-in-law died of cancer two weeks ago, so I feel somewhat able to comment on VAD and Palliative Care. Two years ago she was given 12 months to live. There was no VAD, so she just continued living, loving her family, going fishing and camping together, setting up an art studio and being a loved and treasured member of our family.  
 At the end she received the most wonderful palliative care from the Sunshine Coast Hospital, she lived her days free of pain.  
 Then on a Saturday afternoon when she was welcomed into paradise, it was at her home, surrounded by the people she loved. The sun was shining, birds singing, and she had a view over the bush landscape

that they had created.  
 This was not in hospital with the doctor and a lethal injection to perform an assisted suicide. As there was no VAD, there was no pressure to "get it over with" no beneficiaries waiting for tomorrow's hand out. If the VAD is passed, will the Government supply the \$275 million required for palliative care? "  
**Name and address withheld**  
 Dear Editor,  
 I'm distressed to have to inform your readers that I've developed the latest 'Gamma' strain of the COVID infection. The symptoms are when watching state politicians and health bureaucrats on TV I get an overwhelming urge to vomit. I believe the strain is highly contagious and can be transmitted in writing so your readers are at risk. Health advice is not to wear a mask whilst watching TV.  
**David**

Dear Editor  
 I reference what was a very odd letter to the editor in the prior edition. This writer was taking offence to the price someone was marketing their house and that the agents were "artificially hiking the

price way above what is a fair and reasonable increase".  
 This is surely one of the most bizarre comments I've seen here in this fine magazine. How the hell can you artificially inflate the price?? If the price is too high, then no-one buys it...that's called supply and demand and a process that has been in place for thousands of years! Who knows in another 5 years the price might go down!  
 The writer (clearly a Labour voter) then goes on to say that a capital gains tax should be implemented to stop this "blatant opportunism and rorting". Again how the hell could selling your house to meet the market be considered either of these?  
 So if the writer was to sell their house & after doing my research I offer a price that I hope will be accepted, is the writer seriously saying they will then say "that's too high, how about you offer me less".  
 Interfering in this market process is what any good authoritarian socialist country should do, but not one that should be happening in Australia, although one could argue we are moving all too quickly in that direction.  
**Dan @ Bribie**

## CRIME REPORT



# BRIBIE ISLAND WRAP June/July 2021

[www.mypolice.qld.gov.au/moreton](http://www.mypolice.qld.gov.au/moreton)

Make stronger choices, now and for your future. Knife carrying is one of the most common forms of knife-related crime in Queensland and has increased steadily over the past five years. The Queensland Police Service (QPS) I live my life...without a knife campaign aims to increase awareness of rules and consequences of knife carrying and encourages safer behavior.

### MAKE SURE YOU KNOW THE RULES:

- Under Queensland law, you can't carry a knife in public, including in a vehicle.
- Self-defence is not considered a 'reasonable excuse' for carrying a knife.
- You may face fines or imprisonment if you are found to be carrying a knife.

Carrying a knife doesn't protect you. If you carry a knife, you risk it being used against you or in other knife related crime. The choices you make can impact the rest of your life and have consequences for you, your family and your friends. How to support your family and friends:

If you are worried about a family member or friend who carries a knife in public, there are steps you can take to support them.

- Start a conversation – encourage them to learn about this campaign, the laws and consequences associated with carrying a knife in a public place.
- Make sure they know the rules.
- If it is not safe to speak to the person, talk to a trusted adult such as a teacher or youth worker who can assist.

### HOW TO REPORT KNIFE CARRYING:

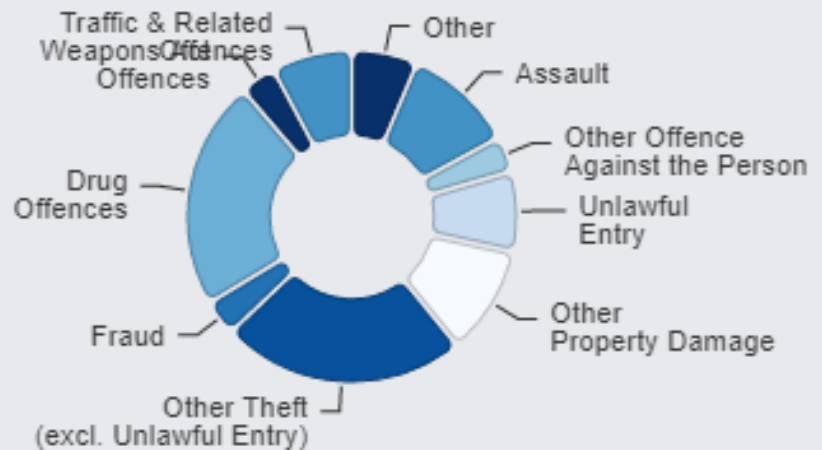
- Think Policelink & report activity online or by calling 131 444.
- Report anonymously via Crime Stoppers on 1800 333 000 or online at [www.crimestoppersqld.com.au](http://www.crimestoppersqld.com.au)
- If you, or someone you know is in immediate danger call Triple Zero (000) and ask for police.

Next Bellara Neighbourhood Watch Meeting  
Monday July 19th, 10am – 11.30am  
VMR building, Marine Pde, Bellara All welcome.

## 65 Offences

13 JUN 2021 — 12 JUL 2021

- Other 4
- Assault 7
- Other Offence against the Person 2
- Unlawful Entry 5
- Other Property Damage 7
- Other Theft (excl. Unlawful Entry) 16
- Fraud 2
- Drug Offences 15
- Weapons Act Offences 2
- Traffic & Related Offences 5

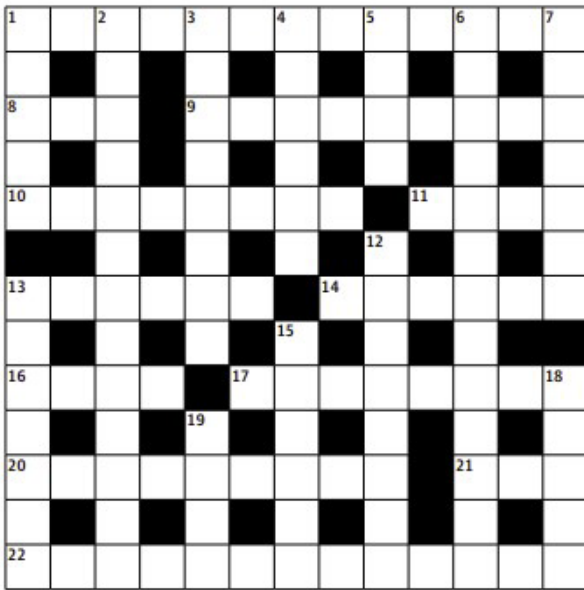


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# Crosswords - QUICK & CRYPTIC



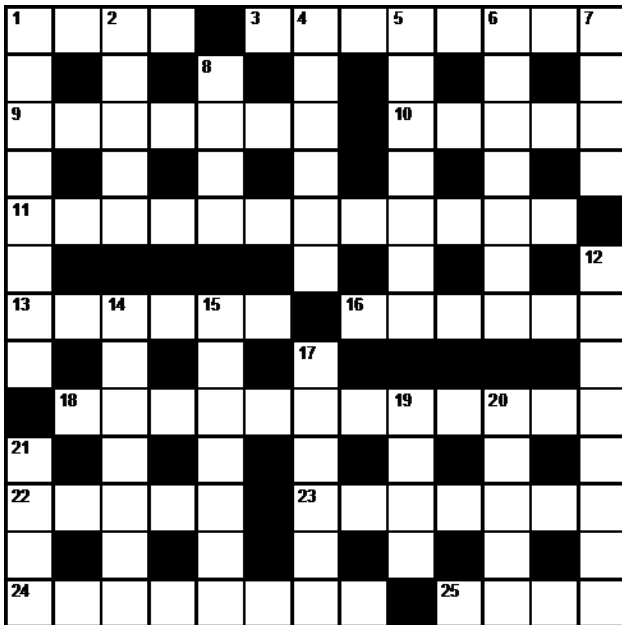
## Across

- 1 The Alps bug her (anag) — a kind of grapevine? (4,9)
- 8 Watering hole (3)
- 9 Getting too little remuneration (9)
- 10 Garden structure for keeping things (8)
- 11 Peru's largest city (4)
- 13 Atlantic bay stretching from Point Penmarc'h to Cape Ortegal (6)
- 14 Small basket of fruit (6)
- 16 Eurosceptic party, led by Nigel Farage 2006-09 and 2010-16 (4)
- 17 Extract from a dwarf citrus fruit used in Earl Grey tea (8)
- 20 Astaire or Rogers, for example (3,6)
- 21 Kind of whiskey (3)
- 22 Cause a complete reversal of circumstances (4,3,6)

## Down

- 1 Constructed (5)
- 2 Dedicated tanner? (3,10)
- 3 Traditional weekday for UK general elections (8)
- 4 Climbing frame? (6)
- 5 Money transfer system via banks (4)
- 6 1, as opposed to I (6,7)
- 7 Water discharge pipe with a valve (7)
- 12 Balkan country on the Black Sea, bordering with Turkey (8)
- 13 Small Eurasian non-migratory bird with blue, yellow, white and green feathers (4,3)
- 15 Save (6)
- 18 Lock of a woman's hair (9)
- 19 Like lightning — don't eat (4)

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## Across

- 1 Bargain found in blonde ale - a specialty beer (4)
- 3 Cited short operations as being tyrannical (8)
- 9 Room preferred for the spider, so the story goes (7)
- 10 A rise for one in prison? (5)
- 11 Waves stakes about for moving smoothly (12)
- 13 Persuade niece to have the first dance (6)
- 16 Admire minister before union (6)
- 18 Testing diplomacy with Brahms in pink suit (12)
- 22 With the best the Spanish have it, to a point (5)
- 23 Expire, it's said with vile connection to the family (7)
- 24 Farm worker found with half of that slice (8)
- 25 A measure of odd boys treated properly (4)

## Down

- 1 Reluctant emigrant (8)
- 2 Natural for the Northern Territory to abstain from the hearing (5)
- 4 Serge's suit is on the way out (6)
- 5 Support period for correspondence (7)
- 6 Top equipment for a high flyer (7)
- 7 Bad jokes cropped? (4)
- 8 Legend has a role to play (4)
- 12 They open for a beginner (8)
- 14 Tenacity shown following the fox or bull (7)
- 15 Prisoner starting to admit (7)
- 17 Mark gained by leading from so many up doing gym exercises (6)
- 19 Saying no in Hamburg is not right for a number (4)
- 20 Reticent in holding us - She's rather a tease (5)
- 21 Improve Stadium with grant involved (4)

## SOLUTION

EASY crossword Issue 144



## SOLUTION

CYRUS crossword Issue 144





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