

A young girl with a flower crown is hugging a large black Bribe dog on a wooden porch. The girl is wearing a blue denim dress and has a flower crown on her head. The dog is sitting next to her, looking towards the camera with its tongue out. The background is a wooden wall.

The Bribe Islander

AND DISTRICTS

ISSUE 146

AUG 13, 2021

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146
AUG 13, 2021

Welcome

Dear Readers,

I hope you all survived lockdown without any major issues. I was very proud of our little community, everyone seemed to be doing the right thing and avoided going out unless absolutely necessary. Let us all hope and pray we won't have any more lockdowns! This is the time we need to get out and support our local businesses. Please consider the fact that if we don't support them now, we won't be able to shop with them later as they won't be able to stay afloat.

Without the tourist industry to give our economy the money injection it needs, these struggling businesses are relying on local trade only. The bigger shopping outlets will survive, but it is the family-run smaller companies that won't. Besides, look at what this area has to offer!

We have fantastic cafes and restaurants, great fresh produce available at your local butchers, bakers, fruit barns and seafood outlets. Not forgetting our retail section which has everything we need from fashion to home furnishing, beauty to health and not forgetting our boating and automotive fields. We are very lucky to live in a place that offers so much without the constant roar of traffic and the rush of city living all while being surrounded by some of the most beautiful scenery around. I wish we could all take a good look at what we have and stop focussing on what we don't. Then we may all appreciate just how lucky we truly are compared to living in other places.

Now I have had my rant, live local, shop local, love being a local! Have a wonderful day!

Take care, Stay safe,

Cherrie

in this issue

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Bribie & District Woodcrafters



MELSA TRAIN PARK THANK YOU



SATELLITE HOSPITAL HAVE YOUR SAY

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.

contents



Al Finegan	40-41	Meet Your Local Tradie	62-63
Arrival	37	Pet Pics	50-51
Between the Leaves	59	Photography Club	38
Classifieds	73	Recipes	30
Crime Report	71	Sports Pages	44-47
Fishing Report	66	Talking Business	24-25
History	42-43	Trades and Services	73-79
Kids Page	49	VMR	64-65
Letters	72		
Look Well, Feel Well, Be Well	8-9		
Market Times	34		

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THAT HARSH WINTER WEATHER CAN WREAK HAVOC ON YOUR SKIN, CAUSED BY BITTER COLD TEMPERATURES AND DRY AIR THAT DEplete ITS NATURAL MOISTURE. BUT THE



Winter skin tips

RIGHT ROUTINE AND A FEW KEY CHANGES TO YOUR GO-TO HABITS AND PRODUCTS CAN HELP KEEP BOTH FACE AND BODY SKIN SOFT, HYDRATED, AND SUPPLE, RATHER THAN CRACKED, PARCHED, AND CHAPPED.

DON'T TAKE SUPER-HOT (OR LONG) SHOWERS

Nothing sounds better than a steaming hot shower or bath on a cold day, but hot water is actually the enemy of dry winter skin. Too much hot water causes increased evaporation of your skin's natural hydration.

And keep it short, all you need is about 10 minutes. To make your shower more moisturizing, swap parching soaps and gels for a body cleansing oil or bath oil with fatty acid-rich soybean oil or other plant oils to fortify and protect skin's moisture barrier.

USE A THICKER MOISTURIZER IN THE WINTER

After your shower, use a soft towel to pat skin dry and apply a hydrating moisturizer. Opt for a cream or balm that's thicker than the lotion you use during the summer. The thicker texture seals moisturizing ingredients into dry, cracked, flaking skin.

MOISTURIZE MULTIPLE TIMES A DAY

It's important to slather yourself in moisturizer in the morning and before you



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snooze, starting with your face. Before you put on pyjamas, rub a hydrating body cream all over from your neck down to your feet (slip on socks to help the formula soak in). It'll function the same way a night cream for your face does, softening skin and keeping moisture in as you sleep.

SKIP THE TONER

Astringents, often made with alcohol to absorb oil, are best for balmy months when you're more sweat-prone because they can exacerbate dryness.

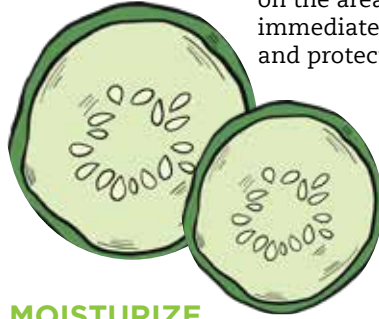
Can't pass up that refreshing toner feeling? Make your own DIY face mist by shaking 2 cups of water with 10 drops of soothing chamomile essential oil in a small spray bottle

EXFOLIATE IN MODERATION

The last thing raw, dehydrated, winter-worn skin needs is a harsh, abrasive scrub or peel (or even loofah or cleansing sponge), which can further deplete moisture and worsen irritation. If you notice flaking or redness when you exfoliate, swap in a gentler face peel formula with lactic acid or fruit acids or face scrub with round jojoba beads, which are less likely to be dehydrating to skin. Steer clear of stronger acids like glycolic acid and rougher exfoliants like sugar and salt and use your exfoliator

no more than once per week. Swap more abrasive cleansing tools like scratchy loofahs, sponges, or body brushes for softer washcloths, which are less likely to disturb skin's hydration barrier, and lightly dab your face and body dry with your towel rather than rubbing. Avoid scratching skin, too. No matter how itchy your dryness is, scratching can damage skin's surface and cause more moisture loss. Instead, dab a hydrating ointment or balm

on the area to immediately calm and protect it.



MOISTURIZE ALL OVER

Areas of your body like the hands and feet can easily be missed but are also prone to dehydration. Skin on the feet is thicker, so can build up with dry, rough layers of dead skin, and skin on the hands is constantly exposed to the elements (cold, wind) and repeated

hand washing, which can deplete skin's moisture.

Keep hands and feet soft and hydrated all winter long by slathering on a rich hand cream before you go to bed at night. Then, slip on socks or gloves: The fabric and heat inside them will help the formula absorb into skin.

DRINK UP!

Proper hydration is directly related to skin cell regeneration, GH Nutrition Lab experts say, which is key to a glow. Aim to sip eight to 10 cups per day of unsweetened beverages such as water (including sparkling or fruit-infused), tea, and coffee. That said, unless your body is dehydrated, drinking more water than you need won't help moisturize your skin, so there's no need to guzzle gallons (unless you want to!).

DON'T SKIP YOUR LIPS

The skin on your lips is thinner than the rest of your face, making it more susceptible to damage from the harsh winter elements. To replenish hydration and protect them, it's especially crucial to wear balm at night, when indoor heat and even breathing through your mouth can exacerbate dryness. When you apply your face and body moisturizers nightly, smooth on a coat of a rich lip balm as well to fend off flakes and chapping.




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Skincare Routine

Step by instructions to beautiful glowing skin.

I have been using these products for over a month now and I could't be happier with the results. My skin feels the best it has in years! Your complete face and body skin care for only \$99!!! Here is my step by step guide to beautiful skin using Queen B products

STEP ONE

Reusable Cleanser Pads

1

These are awesome! Quickly removes your makeup and it is also a great tool for wiping off the clay mask! Must have product!! Simply wet the pad with water and wash your face. It will naturally remove your makeup, impurities and SPF.



STEP TWO

QUEEN B Daily Mist

2

This is also great for teenagers with acne.

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. Soak konjac sponge in the water for 1-2 minutes, Spray 'Hydrating gentle exfoliant mist' on your face, Squeeze the water out from konjac sponge then gently roll it around your face, Rinse the sponge and roll it around again.



STEP THREE

Mask Apply and Clean Set

3

This mask I use 3 times a week. My face tightened up and felt clean, fresh and firm.

I tip a little of the powder into the lid and then add water to make a paste at the consistency I like.

Using the brush, I apply it to my face and leave on until dry, then take off with clean sponge.



STEP FOUR

QUEEN B Eye Cream - Eye Blueberry U

4

Winter must have! The skin on our eye areas is very delicate that's why it needs extra care. I also use it on all of my face, it only takes a tiny amount to cover and it feels amazing.



STEP FIVE

Lavender Soothing Balm

5

Take a small amount on fingertip and apply it your lips. This balm has multiple uses, I would not be without it! It Helps to relieve eczema, is antibacterial and provides instant hydration.



STEP SIX

Cosy Cocoa Body Butter

6

This I apply straight after my shower and keeps my skin hydrated, feeling soft and glowing.

I also use it as a hair mask on the days I do my face mask. This is also a multi-use product!



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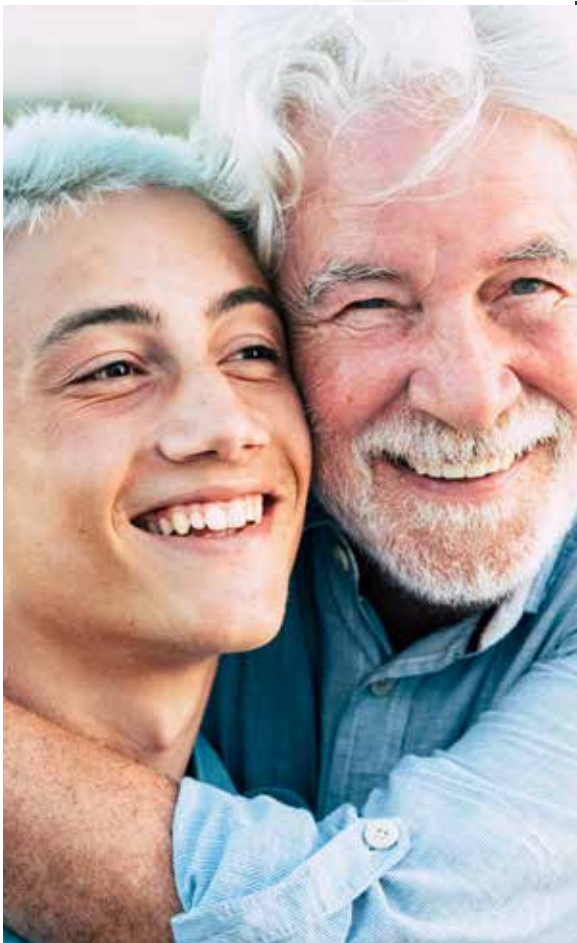


BRIBIE AND DISTRICT WOODCRAFTERS ASSOCIATION INC

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thank you to the Woodies for their hand made donations and assistance in raising the funds.

The Bribie Woodies have donated a substantial amount of money towards the costs in getting a service dog for Lachlan and it was worth every cent by looking at the remarkable influence the dog has already made to Lachlan and his family. Jenny said "This has been life changing for Lachlan from the first moment he was picked up. The pair are inseparable!"



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Lachlan is Autistic, ADHD, has sensory processing difficulties, an anxiety disorder, and a myriad of health issues. To help Lachlan he now is the proud owner of Henry his service dog. Henry was placed with the family on the 18th of May 2021, and he turned one on the 20th of May 2021.

Henry is trained to disrupt Lachlan's self-harming behaviours when he is in overload or meltdown, Henry is trained to track and locate Lachlan when he runs away due to emotional or sensory overload. Henry provides deep pressure to Lachlan's legs when he needs calming. Henry is trained to ground himself when Lachlan is holding onto Henry's lead which prevents Lachlan from running off. Henry is a lifelong companion for Lachlan, a conversation starter for Lachlan due to the fun tricks that Henry knows. Henry will be able to assist Lachlan with transitions at school.

Lachlan is responsible for the day-to-day care of Henry, under our supervision - feeding, toileting, brushing, washing and so on. This teaches Lachlan how to care for his dog but also assists in further developing Lachlan's fine motor skills.

Henry was raised and trained by Smart Pups Assistance Dogs who are a Sunshine Coast based not for profit organisation. They do not receive any government funding for the training of the Assistance Dogs. The rough estimate for the training of a single dog is \$35000, families are asked to raise a minimum of \$20000 that goes directly to training the dogs. Smart Pups train Autism Assistance Dogs, Mobility Assistance Dogs, seizure alert dogs, diabetes dogs that detect high/low blood sugars and PTSD dogs for returned service personnel and emergency services personnel.

Once the dogs pass all phases of their training, the dog is paired with their child/person and placed with the family. After a week of intense training, the dog, and their handler (in our case, Team Henry is a team of three) undergoes the Public Access Test (PAT) and once they pass the

PAT, are certified to operate in public. Service dogs once they've passed the PAT are permitted to go anywhere in public except for commercial kitchens and sterile areas such as quarantine areas or operating theatres in hospitals.

Families are responsible for the ongoing training of their service dog - every outing that they do, even small outings such as to do the shopping, they treat as an opportunity to do training.

"When we're out and about, as long as Henry isn't directly assisting Lachlan, we're more than happy for people to stop and say hi but please don't pat Henry without asking." Said Jenny.

Jenny would like to take this opportunity to thank the Bribie Woodies for making this a possibility, words cannot express their gratitude to the Woodies as without their help they wouldn't have Henry, and this has been a life changer for all the family!



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UKULELE LOCALS

by the Jetty

OUR ISLAND OF BRIBIE, BESIDES, SIGNIFICANTLY PART OF PARADISE, IS GIFTED WITH SO MANY INTERESTING AND TALENTED PEOPLE. WE HAVE OUR U3A, COMMUNITY ARTS AND CRAFTS CENTRE, CLUBS E.G. CHORAL SOCIETY, CLASSICAL MUSOS, COUNTRY AND WESTERN, CELTIC MINSTRELS AND AN INNOVATIVE, ENTHUSIASTIC UKULELE GROUP, THE UKULELE LOCALS BY THE JETTY!

Ukulele has been taught at U3A for some years now; but recently has blossomed more into a social and outgoing activity that all of us, even NON-players, can enjoy.

Ray Styles recalls that, "3 years past, I was impressed by the Sunshine Coast Ukulele Festival at KENILWORTH. Everyone present was happy so I decided to learn and stumbled through a course at U3A, then an intermediate UKE group. Vance and I set up near The Jetty in Bongaree; inviting anyone

interested to join.

The group varies each Monday depending on commitments, but the fun, laughter and enthusiasm the players generate is infectious (probably, not the best choice of words, at the moment!!) But, to the casual observers, occasionally, they join in and sing or just listen, but more often, you can see their spirits lift".

Nola Strawbridge, an accomplished musician of several instruments, recalls her initial experience with the PUGS, (Pumicestone Uke Group) which led to joining U3A, her current commitment as UKE U3A tutor and a member of the Group. She has written the lyrics to melodies created within the group; an uplifting interpretation sung by Ray, Vance and Josette, called "Sandy Shores". "The chorus is mainly inspired by the memories of those we have loved and missed, as well as the immense feeling of pleasure and peace one gets; just living in this awesome place!"

So it was, a recent Monday that Ray and Byron noticed an ABC reporter asking for interviews. They volunteered and had her



in fits of laughter as they bounced off each other with their ukuleles. She was impressed enough to ask for another interview complete with an ABC presenter and camera crew. The result of this was a radio broadcast and an upcoming ABC television program featuring the Ukulele Locals by the Jetty. The television program is projected for 22 August at 7 pm on the ABC channel. What a boost for BRIBIE and great promotion for the group!

Ray and the ULBTJ welcome ANY person interested to come and play the ukulele, sing out loud and have fun, to join them at the shelters near the Bongaree jetty every Monday at 10 to 12, COVID permitting.

By Joie Scheinplug

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



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MELSA TRAIN PARK SAY THANK YOU...

Great photos by Katherine O'Malley



We enjoyed a fun filled celebration to thank the numerous community members and local businesses who have supported the Club in our rebuild project. Many of our Members attended and those who couldn't attend were sincerely missed.

Cherrie and her team Michele & Deb from the Bribie Islander & Districts Magazine organized savouries, wine & soft drink while Rosies supplied a seafood and chicken feast that was truly wonderful. Certificates of Appreciation were awarded to community members and local businesses for their support. We will be getting the rest of the certificates out to the businesses in the next few days.

I was blindsided by the presentation of a plaque that was beautifully made and donated by the Bribie Woodies for my rebuilding efforts which was very embarrassing given that so many other members have been putting in hard yards as well. Thank you so much for the honour. We truly wish to thank everyone who was a part of this rebuild, no words can express how much it has meant to us all.

Best wishes,

Les Young



WOULD YOU LIKE TO BE A LEGATEE?

G'day readers, my name is Glenyce, and I am one of a few Legatees on Bribie Island.

I volunteer my time in the Bribie, Ningi, and Sandstone Point community, assisting widows, widowers, and their families, of our deceased and incapacitated service personnel. To be a Legatee is to become a part of Legacy's proud traditions and values, and currently, more volunteers are needed. Many of you may know or have heard of Legacy but let me tell you a bit about the history of Legacy, being a Legatee, and why we do what we do.

LEGACY

Legacy is an Australian Organisation that was formed in Melbourne in 1923 by World War 1 veterans. All States and Territories in Australia have their own Legacy Clubs and we even have one in London. The ideology, on which Legacy is based, originated on the Battlefields during the First World War. It has been fortified over many years by generations of Australian Servicemen and women in conflict and peacekeeping actions. The special shared experiences of comradery and loyalty, experienced in a combat zone, generated support for each other. The commitment of this support, for those who had paid the ultimate sacrifice, extended to their widows, partners and children.

Affectionately called "Australia's largest Family," Legacy is dedicated to the welfare of all eligible widows, partners, and children of veterans of war and peacekeeping operations and of members of the Australian Defence Force who have lost their lives or have been incapacitated on hazardous service or duty of war. The support provided is individual and personal, depending on each person's needs, and is given freely with great sensitivity and compassion. Legacy has been supporting the families of deceased Australian

Veterans, by providing financial and social services. Our vision is that no Australian widow(er)s or family will face the challenges of life alone after a veteran's death, injury, or illness.



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MANGO HILL

Legacy Australia currently cares for over 65,000 widows, and 1,800 children and dependents of deceased war veterans. These dependents are predominantly from the Second World War, Korea, and Vietnam conflicts. However, in the last 30 years over 50,000 Australians have served



in places such as Somalia, Rwanda, East Timor, Iraq, and Afghanistan. Veterans of these most recent conflicts and any further conflicts can be confident that Legacy will always be there to care for their families.

Legacy Brisbane, which was founded in 1928, has accepted responsibility for over 6,500 widows, families, and children, including those with disabilities. The Redcliffe, Caboolture, and Bribie Island Legacy Group currently support approximately 850 widows, widowers, and families.

LEGATEES

A Legatee is a volunteer who makes a personal obligation to assist the Legacy families of deceased service personnel. There are more than 5,900 Legatees around Australia who actively keep Legacy's promise. They are the mainstay of Legacy.

Once a volunteer is inducted, they would have in their care, several Legacy widows (er)s and families, who would live reasonably close to the Legatee. They can then deliver hands-on practical support by providing referrals to programs, services and information about financial assistance, social inclusion, and youth wellbeing. Personal contact is what makes Legacy's care special and gives the work of Legacy its unique character.

Some of the types of duties a Legatee would undertake includes:

- Social visits to a home, hospital, or Aged Care Facility.
- Support at a Care Group.
- Fundraising activities.
- Assisting widows with basic services e.g., driving, shopping trips, appointments etc.
- Arranging for simple domestic assistance, or basic home maintenance services e.g., ringing on behalf of the widow while they are present.
- During the year, usually once a month, Legacy, with the help of the Australian Defence Force will organise a Backyard Assist for any widow that may need help with their garden. It could include pruning overgrown trees, mowing, weeding, hedge trimming, whipper snipping and pressure cleaning. I had the opportunity this year to help one of my Legacy ladies with a Backyard Assist. As you can see in the before and after photos the ADF really accomplished a lot in several hours. Councillor Brook Savige also came to lend a hand, and my Legacy lady was ecstatic.

I am proud to be a Legatee. It is extremely rewarding, supporting Defence Force families in my community. I receive a lot of hugs, laughs and enjoyment from doing this, and I have made many new friends over the last 5 years.

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Winners are Slimmers

THE HEALTHY SLIMMERS FELLOWSHIP SUPPORT GROUP WAS FOUNDED BY GWEN CLAYTON IN 1972 WITH CLUBS MEETING AROUND THE BRISBANE DISTRICT. BRIBIE ISLAND HAD TWO CLUBS WHICH WERE ESTABLISHED IN 1982. THE TWO CLUBS MERGED IN 2014 AND NOW HAVE OVER 70 MEMBERS WHO MEET WEEKLY.

The Bribie Island Healthy Slimmers Fellowship celebrate their successful efforts annually at a graduation lunch where weight loss efforts throughout the year are rewarded and encouraged. This year the event was held in the Bribie Island RSL Club's Garden Room on Saturday 24th July.

Last years' graduation was not able to be held due to the Covid 19 lockdown and restrictions. It was a very challenging time for our members with many of them gaining weight without the weekly weigh in and support of our club. However, the club resumed with weigh in only and no weekly meetings, progressing to sitting outside for coffee and a catch up. Gradually, as restrictions eased and members have become used to mask wearing, checking in and hand sanitizing. We have been able to hold our weekly meetings again. We have also had six new members join our club this year!

Graduation event is held as

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* New or existing BIM clients, single use only, not valid with other offers.

Not for massage only services



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a way of recognising the efforts of those members who have lost weight and also for those who had reached their goal weight to graduate. The slimmer who loses the most weight within the year is crowned Queen and the one with the nearest weight loss to the Queen receives the title of Princess. This year's graduation, saw Sandra Webb with a weight loss of 13.7kgs announced as Queen, Margaret Banham lost 7.3kgs and became our graduation Princess, runner up was Helen McDonald losing 3.3kgs.

The overall net weight loss within the club this year was 30kgs. The aim is not just to lose weight, but to be healthy. Members try to achieve a goal weight which is set by the member's doctor not the club. Once the members goal weight has been reached there is ongoing commitment toward maintaining that goal by remaining within a range of 2kgs above and 4 kgs below. To maintain their goal weights

members are encouraged to remain with the club, some have been there for over 30 years! Losing weight can be difficult but keeping it off long term can for some people be problematic. This is where being a member of the Healthy Slimmers can be an advantage. Weights are recorded weekly and members are there to support each other in a non-judgmental way. Our club is all about being healthy and motivated.

Bribie Island Healthy Slimmers is also a very friendly and sociable organization. Our club activities have been curtailed but we were able to have small holiday in Yeppoon this year. We have bi-monthly morning tea with a 'Bring and Buy'. We also have guest speakers. Parties at Easter, Mother's Day, Melbourne Cup Day and at Christmas time. Obviously, these are all subject to restrictions and done in a covid safe manner.

So, if this is something that resonates with you, why not join us, what have you got to lose?



Bribie Island Healthy Slimmers Fellowship meets every Tuesday in the Toc H Congeau House Hall at 36 Banya Street, Bonaree. Weigh in is from 8.00am to 8.50am with a meeting starting

about 9.00am, concluding at 10.00am, new members are always welcome. For more information email bribieislandhealthyslimmers@gmail.com or find us on Facebook.



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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).

Bribie Acupuncture

- Fatigue, memory loss, and difficulty concentrating
- Anxiety, depression, and mood swings
- Digestive issues, sluggish metabolism, and weight gain
- Headaches

The intensity of the symptoms vary with each individual but also with how we handle stress and how well we nourish our bodies. Smoking, obesity, and physical inactivity all increase the likelihood of experiencing hot flushes. Other common triggers include caffeine, alcohol, spicy foods, heat, smoking, and stress. The key to a smoother transition and a more positive experience during menopause is to address the adrenal glands. The adrenal glands produce hormones that help regulate metabolism, immune system, blood pressure, response to stress, and other essential functions.

Many women feel frustration or difficulty in managing the variety of symptoms experienced during perimenopause and menopause and seek natural relief rather than hormone therapy. Chinese medicine, including acupuncture, herbs, and dietary changes, provides effective, hormone-free relief from the discomfort associated with all stages and symptoms of menopause by 'recalibrating' and regulating the adrenal glands. Tailored treatments including specifically targeted herbal formulas can provide support and reduce symptoms. Most of my clients start to "turn the corner" after about three or four weeks of treatment when their hot flushes and night sweats dissipate and become less intense. As hormone levels become more regulated, the frequency of treatments decrease until only maintenance treatments are required.

Chinese medicine views menopause as a time of new beginnings, calling it a 'Second Spring'. For many women however, menopause is often no cause for celebration due to a range of symptoms that can dramatically affect their quality of life for several years. Though every woman has a different experience when going through menopause, many experience symptoms such as hot flushes and night sweats, while others have feelings of uncertainty about moving to a new stage of life. Some may have seen their friends suffer during menopause and worry they too might face a rocky road.

Menopause typically starts between the ages 45 and 55 - on average at age 51, with perimenopause starting several years prior as hormones start to decline or become imbalanced

CHINESE MEDICINE & HOT FLUSHES

Hot flushes and night sweats are the most well-known symptoms of menopause. Many women who experience them will get flushes at varying frequencies - from three or four times a day to almost hourly, for anywhere from one to five years. More than just a 'nuisance', hot flushes and night sweats can cause a cascade of effects, including:



QUICKS Q's

■ **Are you a Bribie local? Yes!** I've been lucky enough to have a place in Woorim since 2017.

■ **When did Bribie Acupuncture open?** I opened in early 2020, just seeing a few clients per week while I was also working in clinics in Brisbane. In February this year, we moved to our current location to accommodate all our wonderful clients. I now focus all of my time on Bribie.

■ **Who gets acupuncture?** All walks of life! I see a wide range of people with a variety of conditions. The youngest client I've treated on Bribie so far is four years old and the oldest is 91.

■ **How does acupuncture work?** In a nutshell, acupuncture stimulates your blood flow and guides it to areas that need repair; blood is the source of life after all. Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation.

■ **What are the most common conditions seen in clinic?** The top five conditions I see on Bribie are:

- Peripheral neuropathy - pain or numbness in the extremities often due to chemotherapy or diabetes
- Knee pain and osteoarthritis
- Back pain and sciatica
- Menopause and hormonal imbalance
- Insomnia

■ **Why acupuncture and Chinese medicine?** Many of my clients choose acupuncture because they are looking for

treatments that address the root causes of their concerns, not just the symptoms. They're also looking for natural ways to improve their health without the negative side effects that can sometimes come with drugs and surgery.

A NEW FACE AT BRIBIE ACUPUNCTURE

Thanks to all the great people of Bribie and surrounds who have recommended their friends and family to Bribie Acupuncture, our little clinic has grown! As such, the lovely Katherine has joined the clinic to help everything run smoothly. Katherine and her family, including her husband and three girls, are loving their sea-change and are enjoying all that Bribie has to offer. She's looking forward to greeting you at our front desk or on the phone soon.

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

Bribie Acupuncture

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

At Heaven's Door

Death is one of the things in life that no matter how much money you have, your race, religion or gender, it calls upon us all. This week from our inner circle, a soul got called back home....

The way we view life and death make all the difference. Some wait to go to heaven, though could it be we are already here? ...all we need to do is have clear vision?

As I walked today, I felt my heartbeat whispering "I love you, thank you for having the courage and strength to be here".

A kookaburra laughed, reminding me to laugh, play and. make a difference.

Bees danced from one flower to another reminding me to spread love and joy wherever I go.

The warmth of the sun reminded me of my warmth and love, and to sprinkle some on all that pass me. The amazing songs and colour of all that that surrounds me, that life is truly magical.

Life is what we make it, how we choose to view it, our thoughts can create or break everything.

It's in the dark that we can truly see the light and realise it was always there, we just had to find it!

When we lose someone, we feel the loss, sadness and sometimes anger knowing they will no longer be with us in the physical, though we are all part of the same energy consciousness, so therefore we are part everything! So really when one's journey ends, in that moment of time, they become part of

everything, part of life's magic! We haven't really lost them we are just experiencing them in a different way. The greater meaning of life, is to be love, and that all the beauty and magic is heaven on earth....

"Remember to spend some time with those that are precious, the journey is short.

Be kind, show love and exercise patience.

Give big heartfelt hugs, it can make all the difference. An embrace or a kiss will mend hurt when it comes from deep inside of you.

Say, 'I love you' to your loved ones, and mean it!

Hold hands, cherish the moment for someday that person will not be there.

Give time to love, give time to speak! Share precious thoughts.

"Always remember, life is not measured by the number of breaths we take, but by those moments that take our breath away."

Dedicated to David Keith, may your heart be filled with peace and love x

Supporting you in creating your heaven on earth. I can be contacted on 0405 361 882 or creativeandhealingtherapies@outlook.com or Woorim markets 2nd Saturday of each month, look out for the purple gazebo!

***Blessings in Abundance,
Maria Christina x***

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

Father's Day Memorial Service

To be held in our Chapel at
31-35 Tallowood Drive, Deception Bay
on Friday 3rd September 2021,
arriving at 6pm for a 6:30pm start.



**Great Northern
Garden of Remembrance**

31-35 Tallowood Drive, Deception Bay

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Authorised by the Australian Government, Canberra.

WHAT TO do when SOMEONE Passes Away

We are sorry to hear you are facing this sad time, losing your loved and offer our sincere condolences. We have personally experienced sudden loss and aged loved ones passing unexpectedly and are here to provide a supportive and listening ear to assist you and your family.

Coming from a place of genuine understanding, we promise to treat your loved one with dignity, care, and compassion. We offer a service of care for you and your family – and your family and your requests will always come first.

Passing away at home

Every passing is unique and whilst sometimes expected, it will very likely still be very distressing. If the person has been under medical supervision or palliative care at home, the palliative care team will have

advised you what steps to take. This is such a sad time for you. Please follow their direction. You may then contact Horizon and we will bring your loved one into our care, generally within one hour. If you would like to spend a little more time with them, please let us know and we will delay our visit to your home for a while longer.

If this is a sudden event, an ambulance and/or the Police will need to be called. They may issue a document called a 'Life Extinct' Certificate and you may then contact Horizon who will bring your loved one into our care generally within an hour.

At times, the ambulance team are unsure of the cause of the persons sudden passing. This can be an extremely distressing time, but it does become a legal requirement for your loved one to be transported to the Brisbane Coroner. The legal authorities will make these decisions, the necessary phone calls and arrangements very quickly. In due course we will bring your loved one into our care from the coroner.

You will possibly be experiencing great shock and there is every likelihood that the last people you want to contact or talk to is a Funeral Director. Please be assured, we are kind, gentle, compassionate people and will provide great support, guidance, and assistance through this extremely sad time.

Horizon and our team are not limited to a 'standard' funeral. This time is about you and your families wishes, where your families requests are encouraged and supported. If you would like something you may consider as a bit 'different' for a funeral, we will do all we can to accommodate your wishes to make this happen.

These circumstances you are facing will no doubt be extremely upsetting and distressing for all involved. Horizon is here to support and guide you with a kind, listening ear through this difficult time.

Passing away in a Residential Aged Care Facility

There is a likelihood that the Aged Care Facility would have asked you to nominate a Funeral Director. When your loved one eventually passes, a member of the Aged Care team will very often contact Horizon on your behalf, to alleviate you from having to make that difficult phone call.

Often, the topic of funerals and preparing ahead can be a sensitive topic, yet sadly it is an event that we should be prepared for. In some ways it can bring peace of mind, knowing information has been documented and family

information is already on our files to reduce stress for those making decisions at the time of a funeral arrangement. There is no need to make payment at this time.

We will generally bring your loved one into our care within one hour. If this occurs during the evening, we will contact you at a reasonable time during daylight hours, to arrange an appointment to discuss all the important information for funeral arrangements in detail. Horizon offers support, guidance and assistance 24 hours on 1800 355 830

Passing away in Hospital

Horizon are here to offer support, guidance and assistance to you and your family in every possible way. We understand you would like your loved one brought into our care from hospital as soon as possible and we wish for that to occur as well. Once the hospital has completed their documentation (usually Monday to Friday), we will bring your loved one into our care as soon as possible and advise you when this happens. Please be assured we will treat them with compassion, dignity, gentleness and respect.

This will likely be a difficult time for your family and as difficult as it may be, it will become necessary to start making Funeral Arrangements. When you call Horizon, you will find we are kind and gentle people and our promise to you is to put your families care and wishes first. Often the comments families make to us is | **'you made this so easy for us'**.

Horizon
Funerals

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* Local family owned & operated

* Pre-arrange & pre-pay

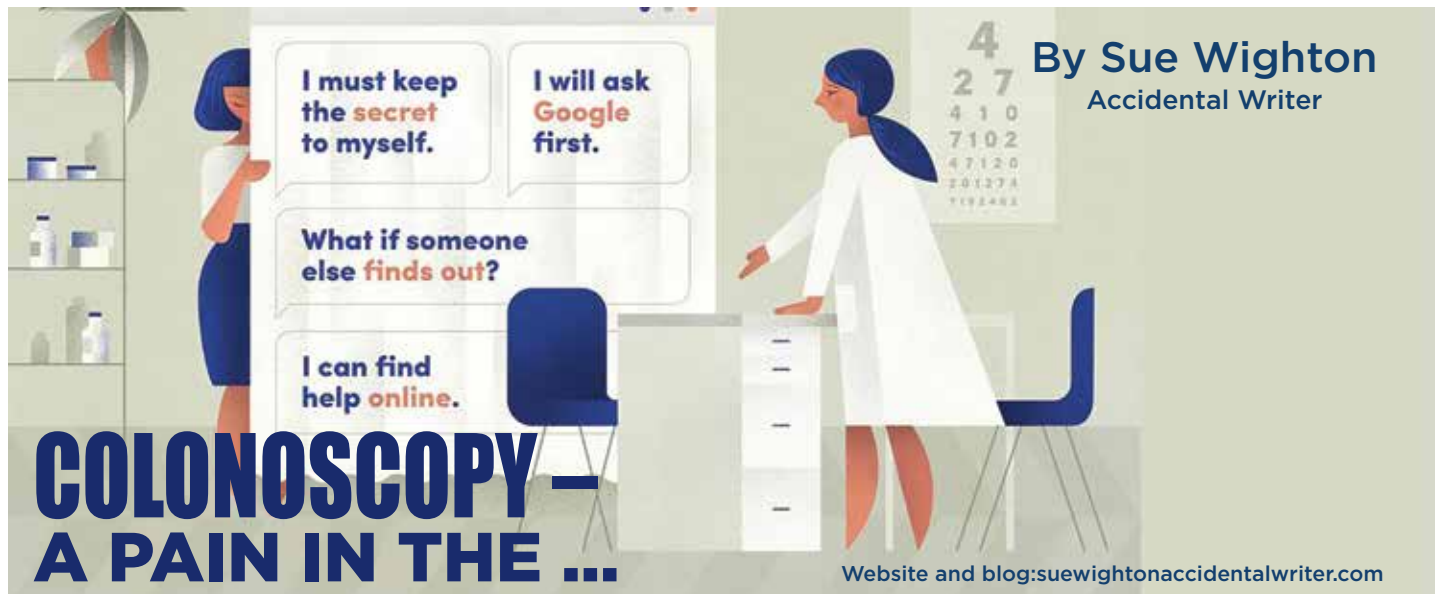
"Together Making A Memory"

1800 355 830

**Bribie Island
Caboolture
Moreton Bay**

www.horizonfunerals.com.au

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



What goes through your mind when you're told you need to have a colonoscopy? To be honest, I think doctors sit around guffawing merrily as they dream up the most excruciatingly embarrassing, intimate procedures for their trusting and unsuspecting patients.

I once had to have a micturating cystourethrogram - a term that doesn't exactly trip off the tongue. This is an unedifying experience I will never forget. Believe me, I've tried. Basically, the doctor asks you to fill your bladder to bursting point. There may have been a catheter involved, which I've probably repressed. Then, when you're bloated beyond belief and totally vulnerable, they lie you on a table and ask you to void your painfully full

bladder while they take pictures! Are you kidding me? This is something that goes against everything we have learnt since toddlerhood. It's torture. Yes, I desperately needed to go. Desperately. But of course, there was no way I was going to wet myself in front of a total stranger, particularly the handsome young man at the controls.

I was crying in pain and embarrassment when I asked tearfully how many patients could actually do what was required of them. My smiling assailant answered about ten percent! I was then subjected to the humiliation of standing to relieve myself while the required X-ray was taken.

I remember going home where my mum was babysitting my four-year-old. I basically threw myself into my mother's arms, sobbing uncontrollably. To be honest, my tears were the only remnants of moisture remaining in my body.

I remember too, as a young woman, having a barium enema. This charming procedure involved drinking gallons of wet cement, then having tubes inserted in various orifices while the usual pictures were taken. I lay on the hospital gurney, tubes dangling akimbo, desperately trying to transport myself to a tropical island or dream I was dancing the night away in a nightclub. Imagine my surprise and humiliation when the young man (why are these people always young and attractive?) looked at me intently and said: 'Doesn't your dad have the BP service station at Nundah?' Great.

I think I feigned ignorance or mumbled 'no comprendo' or something similar. Believe me, you want to be completely anonymous when you're in these invidious situations, your dignity and any semblance of privacy in tatters.

This brings me back to the colonoscopy. A friend has to have this procedure - one I've experienced several times. Of course, he's been the butt (sorry) of jokes from his mates at his local watering hole. I've told him the worst part is the preparation over several days, which involves medically-induced diarrhea. Lovely.

However, there is an upside to this invasion via one's bottom. Yes, it's a bummer, and can be a pain in the backside. But the sleep you enjoy courtesy of the anesthetic is the best sleep you'll ever have. And the post-procedural cup of tea and sandwich? Absolute heaven!

I've told my friend not to think about the kind of high jinx the medical team might get up to when he's out for the count. No one needs to know.

My advice to my friend is akin to what I'd have said (before I knew better) to lackluster sex. Just lie back and try to enjoy it, and focus on the sandwich and the cuppa after.

Quality Gastroenterology care, close to home

Caboolture Private Hospital's team of gastroenterologists offer care across colonoscopy, endoscopy, inflammatory bowel disease, motility and functional disorders, hepatology and more.

It is the first private hospital in Australia to take ownership of a new Artificial Intelligence Colorectal Polyp Detection system, designed to help improve clinical outcome.



Talk to your GP or for details about specialists consulting at Bribie Island and Caboolture, please call 5495 9440. See Specialists under Our Doctors at cabooltureprivate.com.au


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Satellite Hospital health services – *have your say!*

Dear Pumicestone,

We're all thinking a lot about health at the moment, and I've got some big news to share. Community consultation for the services for our Satellite Hospitals is **NOW OPEN**.

As you know, we've announced the site for the Bribie Satellite Hospital next to Bribie Island High School at Bongaree. The Principal is very pleased, and we're hoping the location next to the High School will be great for our young people's health and students training opportunities. The site for the Caboolture Satellite Hospital is still being worked through, but I'll let you know.

Our Bribie Satellite Hospital will make a huge difference for our community. For the first time we will have hospital services delivered by hospital doctors and nurses right in the heart of our community. Now we are asking the community what services are most important to you and your loved ones.

The main purpose of our Bribie Satellite Hospital is to reduce health commuting and provide more care closer to home. For the Caboolture Satellite Hospital, it's about moving services out of busy Caboolture Hospital and into a more homelike, low-stress community setting to free up bed spaces.

The services you want to see most in the Satellite Hospitals might be dialysis, or urgent care and minor trauma, wound care, chemotherapy, post-operative rehab, mental health services or other options. Please fill in the form and tell us what services you will be mostly likely to use, and feel free to leave any comments. The questions about GP services and your health are optional, but they will help to get a picture of the needs of our community.

Of course, no hospital can offer every service, and if you are critically unwell you will always be safest at a major hospital. That's why Caboolture Hospital is right

now getting a massive \$400 million upgrade. It's doubling in size and adding lots of new services from orthopedic surgery to palliative care to a brand new NICU. You can have your say on what services you think are most important for the satellite hospital you will use most – Bribie or Caboolture – via the QR code below or at this link: https://actionnetwork.org/forms/satellite-services?source=direct_link& Otherwise, a paper copy will be delivered to your letterbox very soon and you can drop it in to my office, text a photo of it to 0402 851 509 or email a copy to pumicestone@parliament.qld.gov.au **Our community is unique so it's important we have our say about what services we want at our local Satellite Hospitals!**

Warmly



Talking Business

Michelle Hanton OAM

Time is the one commodity money cannot buy. Once gone, there is no recovering extra time. We have a finite amount each day, so strategic management of this precious asset is vital.

We live in a fast-paced world. When you're



running a business, you are likely also juggling family, social commitments, and squeezing in time for yourself. Some people seem to be able to manage to fit everything in, while others struggle.

It comes down to effectively managing and maximising your business day.

My Top Tips

1) **Calendar management** putting absolutely everything into one calendar is the key.

That includes scheduling in breaks, lunchtime, buffers between appointments and personal activities.

I block in my free time too, and that way, there is no chance of accidentally booking in an appointment.

If you are not already in this habit, give it a shot. You'll

Bribie Island, *we're here to help.*

It can be overwhelming to know where to begin or who to speak to about your finances. But your local CommBank Bribie Island team are here to help. We're on hand to chat about your unique financial situation, answer your questions and recommend solutions that will meet your needs.

You can also book in for a free CommBank Financial Health Check which will allow us to better understand your goals and explore ways to help you achieve them.

Things you should know: Applications are subject to credit approval. Full terms and conditions will be included in our loan offer. Fees and charges may be payable. Commonwealth Bank of Australia ABN 48 123 123 124. Australian credit licence 234945. ADV14932 190121

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Bribie Island Shopping Centre,
Cnr Hornsby Road & Goodwin Drive
Bribie Island QLD 4507



soon see precisely where your time is going, and it can be quite an

2) Boundaries – Set your boundaries and get comfortable saying no. Burnout, mistakes, and overwhelm result when you push yourself to accommodate everyone.

3) Break times – Taking a break is not wasting time. Instead, it is setting you up to be more productive. It's incredible how much more clarity you have after a short break – even 15 minutes can make a difference. You'll work more efficiently – guaranteed! Set designated break times and stick to them. Don't eat at your desk, take the time to chat with colleagues or read a magazine/chapter from a book, listen to some relaxing music or whatever appeals to you.

4) Emails – do not be a slave to them! Sure, they are a quick, efficient communication tool, but they can get out of hand and start to control you. The solution is to have designated times for checking your emails. If possible, shut

down your email between those times because if something drops into your inbox while working on an important project, you can bet that your attention will waver slightly. Repeat this over the course of the day, and you end up losing a significant amount of time.

Should you need to refer to information in your emails, turn your system to offline mode. You can still access details you may need to refer to without the distraction of incoming mail.

When going through your emails, if there are some you can deal with via a quick response, do it immediately. It is faster than flagging for follow-up and then having to come back to it later.

5) Social Media – if you have a social media account for your business, it needs to be active regularly. If your account is sitting dormant, it can create the impression that you are no longer in business. But, it's easy to get sucked down the social media rabbit hole and end up wasting time daily.

Using social media strategically

is the key to harnessing your time. It would be best if you had it to work for you, rather than being something that drains time. The way to get around this is to allocate specific times to sit down and create your content in batches.

To effectively batch, you need to have your content pillars mapped out, create a social media plan, develop a system for posting and responding, then stick to it. If you need helping working out a plan, get in touch.

6) Keep a notepad handy – this is perfect for scribbling down any brilliant flashes that pop into your head at random moments. I find all kinds of stuff crops, and because I don't want to lose my brainwave, my notepad allows me to get it down on paper. The act of writing it down frees my mind to concentrate on the task at hand.

Snap Lockdowns

As we live in a world where a lockdown can happen at any given moment, time management becomes doubly important. Being forced to work from home is where

well-developed habits make a huge difference to your effectiveness.

Finding yourself with less time because the kids are home means you're going to be grateful for batched content. A boundary of working in offline mode where no one expects instant replies to emails means you have breathing space to supervise lessons.

Suppose you have no one to be accountable to or distractions? In that case, having a strategy in place means jumping onto projects and working on ideas you now have time to explore.

Need help getting strategic and harnessing your time management so that you can achieve all your goals? Reach out, and let's get you on track.

**michelle@dragonsisters.com.au
0418 898082**

NOELENE LAKE

Bribie Accounting Services

TAX TIPS....NOT TODAY

I WANT TO TELL YOU ABOUT COVID INCOME SUPPORT

IF, DUE TO COVID 19, YOU HAVE:

lost your job, had your working hours reduced, had to close your business or you are in financial hardship, follow these steps: Go to this website: www.servicesaustralia.gov.au/covid
Click on the following headings and read:

- If you need a payment
- Claim a payment
- Get ready to claim
- Make your claim

Each of the above sections, has a lot of information that will guide you towards the payment/s you may be eligible for. You may be entitled to more than one type of payment. You have to do some reading, as it is not a "one payment fits all" situation.

There are a lot of different types of payments available so you have to check what ones you are eligible for.

It will quicker for you to get payments if you have a mygov account and a Services Australia customer reference number (CRN). The website will explain how to get those.

Not everyone can manage using a computer or navigating a website, so please don't despair if it all seems too hard. Help is available. You may have a neighbour, friend or community organisation that can assist you or contact Services Australia. I hope this article helps some of you.

Noelene and Angela



PHONE 3408 9539

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



Census

It's not too late to complete your Census.



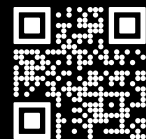
Census night was Tuesday 10 August.

The Census is compulsory*.

You can complete online, by paper or with help from us.

→ census.abs.gov.au ☎ 1800 512 441

*See the 2021 Census Privacy Statement at www.census.abs.gov.au/privacy



Authorised by the Australian Bureau of Statistics, Canberra.

THE ETHICS CENTRE EXPANDS WORLD'S-ONLY INDEPENDENT ETHICAL HOTLINE



ETHI-CALL

A FREE, INDEPENDENT HELPLINE AVAILABLE TO ALL.

Ethi-call offers free, impartial guidance on tough decisions, professional or personal

Not-for-profit organisation The Ethics Centre has re-launched its unique Ethical call phone counselling service, appointing 11 additional trained ethics counsellors to help Australians work through the process of making a difficult decision.

The phone counselling service is currently receiving its highest-ever caller volume since it first launched 30 years ago, and demand is expected to only grow during the COVID-19 pandemic.

The confidential service offers a one-hour phone call with one of 20 trained counsellors to guide people through a series of questions and ethical lenses to gain clarity, as they face a tough choice.

An additional 11 trained ethics counsellors will now be on board for one-hour calls and this couldn't come at a better time as COVID lockdowns and restrictions progress.

In a nutshell, Ethical call helps people make difficult decisions like:

- Do I report a neighbour breaking the rules?
- Do I prioritise home schooling over my job?
- Should I put my mum into aged care?

ABOUT ETHI-CALL

- Ethical call is a free and confidential decision-making helpline run by The Ethics Centre
- Anyone can book a one-hour phone session with one of 20 trained counsellors to help work through difficult decisions.
- Ethical call counsellors don't offer advice, but guide callers through a series of questions to explore their dilemma, and help callers come to the best decision for them and their circumstances
- Issues can be personal or professional, ranging from whether to do a neighbour breaking COVID restrictions, to whether callers should prioritise online school learning for their children or their own workload

Ethical call, the only independent service of its kind in the world, helps people explore the different facets of their decision and the ethical considerations,

generating multiple options, and a path forward.

"Sometimes it seems that there are no good options, or no option at all, when it comes to decisions, so we provide impartial guidance to help people find some clarity and a way forward," said The Ethics Centre's Director of Ethical call, Michelle Bloom.

Bloom said regardless of the size of the issue or topic, it always helps to speak to someone who is independent and objective.

"We've taken various calls tackling all issues, from honesty and duty of care in relationships, to conflict of interest and trust in the workplace. Ethical call counsellors have been able

to lend an ear to callers in distress and provide them with the agency to make the right decisions for themselves," she said.

Ethical call is not a psychology service but rather a structured and practical problem-solving approach for people to access when it seems like the right decision is impossible to make or when decision paralysis kicks in.

As one of many free programs that The Ethics Centre offers, Ethical call provides a way for people struggling to make a decision to stop and explore all the dimensions to find an answer that's right for them.

To book an Ethical call appointment, visit www.ethi-call.com.

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FRASER ISLAND

Memories Rekindled

By Colin Walker

AL Finegan's excellent recent articles on Fraser Island (and the history/legend of Eliza Fraser) brought back a flood of wonderful memories, turning the clock back some 70 years, for me (personally) and my family.

My broader family's involvement with Fraser Island (the world's largest sand island) dates back to the 1850s when my great grandfather, master mariner Capt. Matthew Walker sailed from England to ply the coastal shipping trade in the Wide Bay region, out of Maryborough and (for a while) Rockhampton. But for me, my personal link with the magnificence of Fraser Island began at the age of 8, when I visited the (now) World Heritage site on a fishing trip with my father.

A rowboat (from Hervey Bay) took us to the inland shores of Fraser, and a converted Army "blitz"(truck) took us to the ocean beach (known as the "back beach" to locals) for a spot of tailor fishing....and we got a bundle. (Traversing the island, and going through unique rain forests, in several spots, was like driving through an outdoor cathedral....these areas were that special!).

We returned for many more visits after that, and in those days (the late 40s/early

50s) it was rare to see more than a couple of other vehicles on the 90-mile long "back beach". If you saw 4 or 5 vehicles, it was regarded as very, very busy on the beach.

Today, it is rare not to see a couple of hundred 4WD vehicles running up and down this magnificently picturesque stretch of sand, interspersed with some equally impressive freshwater streams running off the island, and rock formations attracting fish, oysters and crayfish too, in a few places.

As a boy I recall seeing local (Hervey Bay) pro fishermen running their nets into back-beach gutters, and filling their big flat-bottom dinghies (or the back of their trucks) with massive hauls of good quality tailor, mullet and other species.

Fast forward about a decade, and as a very young cadet journalist I was an early visitor to the island's just-finished first major tourist resort, Orchard Beach (on the northern "back beach "coastline).I flew in on the day the resort's light aircraft strip became "trafficable", with resort part-owner Reg (Sir Reginald) Barnewall.... before the resort had received its first official guest. (Heavy seas and shore erosion eventually forced the closure of Orchard Beach).

Over the past 70years, Fraser Island has provided me (and my family) with many highlights (and sights seldom seen by anyone), including

- Kangaroos, brumbies and dingoes swimming across from Fraser Island to other islands in the Great Sandy Straits.
- The bulk migration of new-shell mud crabs from deep waters off the island to Fraser and adjacent islands in the Straits.... literally hundreds of them at a time. It was like a black/green moving carpet of crabs like I'd never seen before (or since).
- The beaching of whales (twice).
- Filming the Island's unique rain forests as part of the first-ever Queensland video souvenir (produced in the 1980s).

I feel very privileged to have experienced all of these highlights (and more) of the Island featured so graphically by Al Finegan, recently. Bribie ,North Stradbroke and South Stradbroke Islands (as sand islands similar to Fraser) are often referred to as "little brothers" to "big brother" Fraser Island, and having lived on two of the three, I can attest that their appeal, in many respects, is similar.

Brisbane Cruises is the longest running family-owned company servicing the Brisbane River & Moreton Bay areas. Brisbane Cruises started operations in 1987 and to this day is owned and operated by the well known Captain Jim Kelly.

Our crew are committed to making sure each and every passenger enjoys their cruise on the Lady Brisbane. Meet our crew: Captain Jim, Skipper Mark, James, Dennis, Camila, Lara, Dena, Zoe, Mark, Paula, Cheryl - we're a happy bunch!

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- We take pride in our vessels and ensure they are maintained to a high standard
- Our safety procedures are continually updated
- All our food is fresh and is sourced locally
- We have the fastest service to Saint Helena Island

- We have always operated above the standard crew number requirement
- Our outstanding safety record means our passengers can feel safe while travelling with us
- All vessels have internal stairs, ensuring the comfort and safety of our passengers in the event of rain
- Lauren Penny, who is part of our historical team, was awarded the 1999 Brisbane City Council prize for outstanding colonial research, which unearthed BUSHRANGER Captain Starlight, alias Walter Gordon, as an inmate at Saint Helena Island



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Price Includes BBQ lunch and cruise

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2021 DATES: Fri 24th Sept, Thur 11th Nov

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Chicken Enchilada Cake

4 Serves



METHOD

PREHEAT OVEN TO 180 DEGREES CELSIUS

Line a 20cm cake tin with baking paper

Lay a tortilla on the base

Layer in this order: Tortilla, salsa, chicken, cheese

Continue layering until all ingredients are used

End with a tortilla, spread over salsa and sprinkle with cheese

Bake until cheese is completely melted

and the sauce is bubbling (about 30 Min)

Remove from oven, rest for 10 mins, sprinkle chopped coriander to serve

INGREDIENTS

Mission Wraps 8 pack

450g Jar Enchilada or salsa sauce

2 cups of shredded roast chicken

150g Mozzarella cheese grated

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RUOK?
A conversation could change a life.



FATHERS DAY

BEERS, BOWLS & BBQ

Our local RE/MAX office continues its push into the world of social responsibility by partnering with the Bongaree Bowls Club to bring to us its first charity bowls day raising funds and awareness for mental health this Father's Day. Speaking to David Wereszczuk the principal of RE/MAX Advanced about the event, it is very clear that they take social responsibility seriously. This past year their marketing has had a focus on "Social Responsibility" that has stemmed from the first lockdown back in April of 2020. The RE/MAX team sat down and discussed how they could make a difference to people's lives and produced a letterbox drop you may all still remember with a heartfelt message and a list of contacts where you could find help. Not only did this help our community with advice on where people could find support, but

their team felt great about it and if it helped just one person it was worth it, said David. So, in 2021 instead of running their usual Easter social media competitions, they went into our community dressed in a giant Easter Bunny suit and handed eggs to volunteer groups to say thank you for what they do in our community. Then when it came to Mother's Day, they ran a very successful movie night raising almost \$5,000 for the charity "Share the Dignity" a charity that provides women's sanitary products to the underprivileged. On top of this, you will have all seen their Easter and Christmas road signs asking everyone to consider how their driving is going to affect others on the roads. Considering all of this it's no surprise that they want to make a difference for Father's Day. The Charity Bowls Day will be run on the 2nd of September 2021 and is shaping up to be a massive day

with very generous support from a huge range of sponsors that all take mental health seriously and want to be part of something that can make a positive change in somebody's life. With Southeast Queensland experiencing lockdowns again, it makes this cause more relevant than ever before. The concept of RUOK Day alone is something that we should embrace and really something we should adopt all year round. How many people do you know that are doing it tough? Doing it tough isn't just financial, it can be someone is lonely, it can be having to lay staff off, in this current world we live where people are hurting and to have a friend or workmate just ask the question "R U OK" could make a huge difference in someone's world. Contact Brianna Wereszczuk at RE/MAX Advanced Bribie Island to find out how you can get involved.

Voices Choral Group

THE GOOD OLD DAYS

Your own, your very own,
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AFTERNOON
TEA

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1.30 PM

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4TH & 5TH SEPT. 2021



RE/MAX logo

RUOK?
A conversation could change a life.

FATHERS DAY

BEERS, BOWLS & BBQ

In honour of Father's Day this year we want to give back to a worthy cause. We have partnered with R U OK? and Bongaree Bowls Club to put together a fun afternoon to raise money and donations for R U OK?.

\$500 WORTH OF PRIZES TO BE WON!

WHEN: Thursday 2nd of September, 2021
WHERE: Bongaree Bowls Club

COST: \$25 per ticket (this includes a game of bowls, a beverage of your choice, a bite to eat and a goodie bag)

GAMES ARE PLAYED IN TEAMS OF THREE*



FOOD INTOLERANCE

Food intolerance is a broad term that is used to describe a wide range of adverse reactions to foods that cause symptoms after eating some foods. These include stomach pain, bloating, gas/flatulence, diarrhoea, irritable

bowel syndrome (IBS), rashes, hives (urticaria), recurrent mouth ulcers or headaches. If food intolerances are not properly managed, these symptoms can adversely affect general health and wellbeing.

Food intolerances are sometimes confused with, or mislabeled as food allergies. Food intolerances involve the

digestive system, whilst food allergies involve the immune system. Unlike Immunoglobulin E (IgE) antibody mediated food allergy, food intolerances (except for sulphite and benzoate reactions) do not cause anaphylaxis (severe allergic reactions), that can be life threatening. Non-IgE mediated food allergies are sometimes called food intolerances, however these conditions involve the immune system, so they are different to food

intolerances that do not involve the immune system. Natural substances in foods can cause food intolerances

Foods are composed of proteins, carbohydrates, fats, various nutrients and several natural chemicals. These following naturally occurring substances often add flavour and smell to food but they can trigger symptoms in some people.

- Lactose intolerance is an example of an enzyme deficiency, which occurs



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when people are born with, or develop, insufficient lactase enzymes to digest lactose in cow's milk and other dairy products. This can result in bloating, gas/flatulence, stomach upset and diarrhoea after having dairy products. This condition is uncomfortable but not dangerous and does not cause rashes or anaphylaxis. Diagnosis is by temporary elimination of lactose and reintroduction.

- Monosodium glutamate (MSG, additive numbers 621 and 625) was originally isolated from seaweed in 1908 by a Japanese chemist. Glutamates also occur naturally in such foods as camembert cheese, Parmesan cheese, tomatoes, soy sauce and mushrooms. MSG stimulates nerve endings, which may be why it is used as a flavour enhancer when it is added to food.

- Vasoactive amines such as tyramine, serotonin and histamine are well known triggers of migraines in some people. They are present naturally in pineapples, bananas, baked meat, vegetables, red wine, wood-matured white wine, avocados, chocolate, citrus fruits and mature cheese. Amines can act directly on small blood vessels

to expand their capacity. This may be why they can trigger flushing, migraines and nasal congestion in some people.

- Salicylates are natural aspirin like compounds that are present in a wide variety of herbs, spices as well as fruit and vegetables. Reactions to salicylates may be even more common than reactions to artificial colours and preservatives. Aspirin can trigger hives by acting directly on skin mast cells, and therefore salicylates can also worsen hives in some people.

- Toxins can cause severe symptoms. Contamination of food with micro-organisms (such as bacteria) or their products (due to spoilage) can cause food poisoning due to toxins. For example, if some types of fish are stored poorly, their gut bacteria can convert histidine to histamine, resulting in allergy like symptoms.

- Irritants. Caffeine and curry are gut irritants that can trigger indigestion in some people. It is important to realise that reactions to these substances are not due to allergy.

DIAGNOSIS OF FOOD INTOLERANCES

Food intolerances can often be difficult to diagnose. Some substances within foods, and the quantity (dose) of foods eaten, can increase the frequency and severity of symptoms. These include stomach pain, bloating, gas/flatulence, diarrhoea, IBS, rashes, hives or headaches,

Diagnosis of adverse reactions to foods should be based on clinical history, response to treatment and testing. Skin prick tests or blood tests for allergen specific IgE are negative for food intolerances. However, they are useful if the history suggests that food allergy (as opposed to intolerance), is the problem.

THE BEST APPROACH IS TO FIRST SEE YOUR DOCTOR TO:

- Make a diagnosis, such as migraine headaches, hives, IBS, recurrent mouth ulcers.
- Check for other conditions that may be causing symptoms.
- Determine if diet or other factors play a role in causing symptoms.
- Identify individual triggers to be avoided.

Management of food intolerances may involve

elimination diets

Once a diagnosis is made, a clinical history may help identify the role of diet or other factors that make symptoms worse.

The only reliable way to determine if diet is playing a role is by people being placed on a temporary elimination diet, under the supervision of a dietitian and medical practitioner.

If removing the food from the diet helps, this is followed by challenges under controlled conditions to identify food triggers which may need to be avoided in the future.

It is important that elimination diets are temporary, so they should only be undertaken for a short term trial period, under strict medical supervision, as a diagnostic tool. Prolonged restricted diets can lead to problems with adequate nutrition, particularly in children.

It is important to note that low salicylate and low amine diets should not be used for investigation of food intolerance until other potential causes for reactions are explored.

Next edition we will discuss other adverse reactions to food.



3pm Special



\$300




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The Big Bun Bakery and Takeaway

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:

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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Father's Day

Sunday 5th September 2021

Show your Dad you love him this Father's Day with a delicious

LUNCH

Lunch Sittings are available at 11.00am and 1.00pm (90 minute sitting—limited Bistro menu)

OR

DINNER

Dinner is available between 5.00pm and 8.00pm (no time limit—normal menu)

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You're invited to join us for a delightful evening of food and wine. Enjoy a delicious 5-course menu matched to some of De Bortoli's newer portfolio offerings. Experience the difference when a few sparkles and a little bit of magic are added for good measure!

On Arrival - Amuse Bouche

Chef's Selection of Canapes
Accompanied by Divici Sparkling Rose

1st Course

Sesame crusted tuna, romesco, cured cucumber
Accompanied by Wizardry Grenache Blanc

2nd Course

Beef Tenderloin, collard greens, corn tomatilla salsa
Accompanied by Vinoque Rose

3rd Course

Osso bucco w risotto Milanese, gremolata
Accompanied by Rutherglen Estate Durif

4th Course

Salted chocolate & caramel tart, butterscotch sauce, toffee shard
Accompanied by Rutherglen Estate Sparkling Durif

\$79 per person

WEDNESDAY 15th SEPTEMBER 2021

6.30pm for 7.00pm

Tickets available for purchase from Reception or on 07 3408 2141



TICKETS MUST BE PRE-PURCHASED FOR WINE DINNER EVENTS
BISTRO BOOKINGS AVAILABLE ONLINE

The Surf Club Bribie Island

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P| 07 3408 2141

W| thesurfclubbribie.com.au



Busy Fingers



THANK YOU

We would like to thank some people this month, firstly the VMR who invited our volunteers to the Christmas in July function that they give us every year. All who attended had a wonderful time and we were all surprised when they managed to arrange a visit from Santa Claus, one of their members is a friend of the icon in red and somehow manages to get him to visit us twice a year. VMR arrange this as a thank you for our support throughout the year, which we gladly give to ensure the safety of the island residents and our visitors. Thank you to all who made this a wonderful evening for us.

We would also like to sincerely thank Jenny and Warrick Mason from Bribie Leading Appliances, who have supported us for many years, with both our needs and the donations we have supplied to many organisations on the island. I have been involved with them for the past 10 years as secretary and they have always managed to arrange all our requirements. After 30 years of service to the community, they have decided that it is time to retire and enjoy some much-deserved time to themselves, hopefully they will be able to go travelling soon. Enjoy your retirement guys and we hope you have lots of adventures in the future. Busy Fingers hope to continue a good rapport with the new owners.

LOCKDOWNS

As we are not an essential service under the Queensland government lockdown list, we will be always close when instructed to, ensuring the safety of our staff, volunteers and our customers. When there is a lockdown, we of course, cannot do any pickups or deliveries, resulting in us coming back to outstanding jobs, we endeavour to complete all backlogs ASAP before commencing new PICK-UPS, which we perform every morning of the week, weather permitting, please ensure your items are clean and resaleable and 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 picking up, so we can make sure we have room on the truck. Please ensure the items are resaleable as our drivers have instructions to refuse items that are broken, dirty or unable to be sold on. We thank you for your cooperation in this matter.

GREAT NEWS

Last year we were approached by Paul Kelly Secretary/Treasurer of the BI Seniors Rugby League Football Club asking for assistance in supplying sportswear and equipment for 3 new teams U18, the Reserve Grade Team (Div2A comp) and the C Grade team (Div2B comp) for the 2021 season in the Sunshine Coast Gympie League. We love assisting the youth and young people of the island and this is the first year since about 2013 that we have been able to field three teams in the same season. The Seniors Club Div2A Reserve Team finished third and, it was wonderful to hear that we had reached the finals. The semi final was due to be played at Kawana on the 1st August but due to the lockdown was postponed, so please check out their Facebook page Bribie Island Seniors RLFC for information of when the finals will be rescheduled. They also have a post on that page praising the new U18 team so check it out. We wish the players all the best for the finals and for next season.

REQUEST FOR PRESENTATIONS & DONATIONS

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

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

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

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



Arrival

By: Elaine Lutton

We would sit around discussing Religion, does God exist? Civil Rights and Apartheid, Politics, Unions and more. I vividly remember the afternoon when the entire University shut down so we students could debate the Cuban Missile Crisis (October 62) when the whole world teetered on the edge of yet another World War. I marched through Sheffield for CND, I was with a West Indian friend from the University Newspaper when he took on Oswald Mosley, and I refuse to give him his title when he campaigned on an anti-immigration platform calling for forced repatriation of Caribbean immigrants as well as the prohibition of mixed marriages.

I became involved with Student Union Politics, not standing for office myself but being good friends with those who did. A peculiarity of the time was that the President of the Union had to be male whilst the Vice-president was female. My friend, one Audrey Jay, was horrified to walk into the Union

this sounds I know it really did occur, with foreseeable consequences.

On the brighter side, there were more cheerful things that the Sixties were remembered for: Music, fashion, coffee bars, curries, even the Magic Round-about shown on TV just before the News.

There were The Beatles and The Rolling Stones. I was definitely a Beatles fan, I saw the film "A Hard Day's Night", I cannot say heard, far too much screaming.

A confession: I visited a close girlfriend in London and after supper, she put on some Beatles records to which we danced enthusiastically. It put us in the mood for more dancing and she suggested that we go out for the evening and find one of the many nightclubs around and so we did. We had nowhere particularly in mind but came across a club which gave a price for gentlemen clients but said that ladies were free. A trifle misleading, as we were later to find out. Anyway, we did not lack for partners and thoroughly enjoyed ourselves. We attracted the notice of a particularly nice Frenchman, who bought us both a drink and then explained his dilemma. He was unable to decide between us. He asked each of us our going rate; perhaps he was wondering if he could afford us both. I don't know. The penny belatedly dropped and we gently explained that we were not "that kind of girl". All three of us burst into uncontrollable laughter. The Frenchman then said that he would look elsewhere, and suggested that for the sake of our Virtue, perhaps we should head for home, which we did. But what a gentleman he was!

Fashion was Mary Quant, Biba, miniskirts, I had the legs for them then, and false eyelashes. All of which I embraced.

Once I had married and was working, my husband and I could afford to go to our favourite pub and have a few modest drinks. When the pubs closed, 10:30 pm, "Time gentlemen please!" we might treat ourselves to a curry at a local Pakistani restaurant. They did not usually open until just before the pubs shut when they would do most of their business. Those curries were the genuine article, one ordered them by number as the waiters and kitchen staff usually spoke little English, but they could cook! The staff had to sign up at the police station and we once heard the owner of a restaurant introducing his new employees and asking them to sign in, whereupon the Sheffield sergeant sighed heavily on looking at the autographs and said, "That 'ud be right, upside-down and back'ards way around!". A phrase we used throughout our married life!

Yes, indeed, we were fortunate to be young in those glorious times, and how thankful do I feel for the receipt of that email, that blast from the past that brought back all those precious memories.



As I do every morning, a few days ago, I opened the Inbox of my Gmail and there, waiting for me, was the most delightful surprise.

A real echo from the past, way back to my student days, a friend I had known during my time at University in the Sixties had obtained my email address and was getting in contact. I replied to his email immediately exchanging news of life post-University, marriage, and grandchildren etc. His email took me back to my youth and so many memories came flooding back.

Those of you who remember the Sixties will appreciate what a vibrant and exciting time it was. I will ignore the standard joke, "If you remember the Sixties, you were not there!" As students, as well as being expected to take our academic work seriously, we were encouraged to take part in Student Life.

Bar and discover the Committee for her Election had put up posters everywhere declaring "All the way with Audrey Jay", echoing the well-known phrase about the USA president of the time. It had alternative connotations in our day, definitely not politically correct, but she did get voted into the position. Whilst the UK itself managed to stay out of the Vietnam War we had Canadians, Americans and others who came over to study in the UK to avoid being drafted into a war with which they disagreed. The advent of The Pill put a whole new slant on relations between the sexes. It was still advisable though, to wear a curtain ring from Woolworths when attempting to persuade one's doctor to prescribe this. It was either celibacy or a quick trip down the backstreets to find "help" from someone who had "practised" on the local Derbyshire sheep. Horrific as

Bribie Island Photography Club

Our judge for the night was Ralph Brown from Alexandra Headlands who is an international judge and president of the Photographic Society of Queensland. His critiques were informative, interesting and fair.

The "Hunt and Shoot" held in July was a great success with many of our club competing in the competition which was staged between the Pirates Park and

the VMR. Five themes were given to be photographed on the way down to the VMR and another five for the way back. Some very interesting images were the result.

The Lakeside Raceway visit in August has been cancelled because of Covid. Hopefully we will be able to go ahead with our planned weekend at Hervey Bay in September and meeting up with the Hervey Bay Photography Club socially and for activities.

The Bribie Island Photography Club meets on the fourth Monday of each month in the Boardroom at the back of the Arts Centre on Sunderland Drive 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](http://www.sites.google.com/site/bribiephotographyclub) Email: bribiephotographyclub@gmail.com



Theme for July was "Scapes" and was won by Gail Goodair with "Drought Effect" - a stark scene of the recent drought at Lake Eucumbene NSW.



In the Print Section Vince Bowser was the Mono winner with "Warwick by Night" - a lovely shot taken during a recent weekend excursion by the Photography Club.



Ron Le Huray was awarded first place and Photo of the Month with "A Star is Born" in the Creative Section with an image of his beautiful, dancing granddaughter.



John Cupper with "Friarbird Attack" won the Open Colour. This is one of many splendid photos taken in his back yard.



Digital Mono was taken out by Rodney Augusten with "Python" a great close up on the snake's head



Roger Bawden on a visit to Sawtell in NSW snapped the lovely winning shot "Peace" in the Open Colour, Print category.



Krissy (left) and Sarah (right) are sad to have to cancel the event



BICAS PIVOTING on Young Artists event

THE NEXT GENERATION ART PRIZE IS A VICTIM OF THE COVID LOCKDOWN.

The uncertainties of the weeks ahead and how it will affect events like this has caused the organisers,

Sarah, Krissy and Ange to cancel it in its present form.

But they are working furiously to ensure the young artists who have been working long and hard on their entries will still have them seen and admired through the Bribie Island Community Arts Centre.

To this end, they are planning an on-line exhibition of the works, and with a facility for voting for your favourite, so the People's Choice Award can remain.

Sarah said the team were very disappointed to have to make the call when lockdown occurred and while the situation looked brighter, the unknown is too precarious a place to plan for an event with large numbers and the possibility of the Arts Centre Gallery suddenly closing its doors again.

STAY TUNED THROUGH THE NEXT GENERATION ART PRIZE FACEBOOK PAGE.

ALL INTERESTED PARTIES WILL BE CONTACTED BY EMAIL.

NEXT GENERATION ART PRIZE 2021

BRIBIE ISLAND COMMUNITY ARTS SOCIETY

invites you to enter

Wednesday August 25th - Saturday September 4th

The Prize is on
To open

CANCELLED

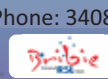


Official Opening Saturday 28th August 6pm

MATTHEW FLINDERS GALLERY

191 Sunderland Drive, Banksia Beach

Phone: 3408 9288



MARY WADE

Our Founding Mother



EPISODE 3 - ARRIVAL

By: Al Finegan

Unknown to all on board *Lady Juliana*, she was the first vessel to arrive at Sydney cove since the First Fleet's arrival almost two and a half years before. The women, all dressed up to look their best were excited, anticipating a cheering crowd to welcome them. They were soon deeply disappointed. It quickly became obvious to Mary and Jane that their arrival had provoked deep disappointment and even anger in the reception party on the dock. Of all the responses the women of the *Lady Juliana* had expected or feared, it was surely not this one.

The colony was in the grip of starvation. Judge Advocate David Collins was mortified at the arrival of, "... a cargo so unnecessary and so unprofitable as 222 females, instead of a cargo of provisions".

Lieutenant Ralph Clark was blunter, lamenting the arrival of still more "damned whores". A journalist who witnessed the arrival of the women wrote, "They were all fresh, well looking women." The passengers might

have been a feast for the eyes for some, but the women also signified a devastating burden on the new colony. How on earth were they going to feed another shipload of people? Governor Phillip had petitioned for more skilled men, more food, and more women to remedy the imbalance of the sexes. London seems to have answered his petitions in the wrong order. The colony had been expecting a store ship with a few skilled men aboard to take charge of building and agricultural projects. What had been delivered was 222 females with their "brats" to be housed and fed instead of a cargo of provisions. There was at least one positive note, the ship carried letters from home and the first news of events in Europe to the settlement since the First Fleet had sailed in May 1787.

The next few weeks became a nightmare for 12-year-old Mary and her fellow convicts. They were immediately pressed into service to take food stores from the *Lady Juliana* and dump them on the dock.

Under armed guard, carts were loaded and transported to locked storehouses. Mary was shocked at the poor condition of the soldiers and convicts. They were all skin and bones with sunken cheeks and eyes, staring hungrily, not at them, but at the food being unloaded from the ship. A soldier told Mary how the colony was almost out of food, with the daily ration being a small portion of weevil infested flour, barely enough to survive. He said that men had been dropping dead in the streets from starvation and six marines had recently been hanged for stealing food. The arriving women were by far the fittest people in the colony. The biggest of them were put to work for the next five days unloading the ship of all her stores, food and animals, and land them on the dock. The others, including Mary and Jane, were sent to live and work at the hospital to help feed and nurse the hundreds of starving inmates, using fresh food and medical supplies from the *Lady Juliana*. When the final sums were done at the end of the week it was calculated that the

colony could increase its weekly ration from four to five and a half pounds of flour per week.

Mary settled into the hospital routine, becoming more competent at nursing the feeble patients who were slowly recovering, thanks to the extra supplies from the *Lady Juliana*. On the first Sunday after their arrival, all women were assembled by a tree which had become the spot for divine services. Under the guidance of the colony's minister, they said prayers, heard a sermon, after which the reverend baptised all the children who had been born on board.

After two weeks from their arrival, the 21st June 1790, the storeship *Justina* anchored in Sydney Cove. Its arrival was a blessing that changed the atmosphere of the entire colony from gloom to optimism. Then as the colonists began to see some hope for a brighter future, the Second Fleet arrived.

The colony had only one week of relief between the blessed arrival of the *Justina* and the delight of the stores she had

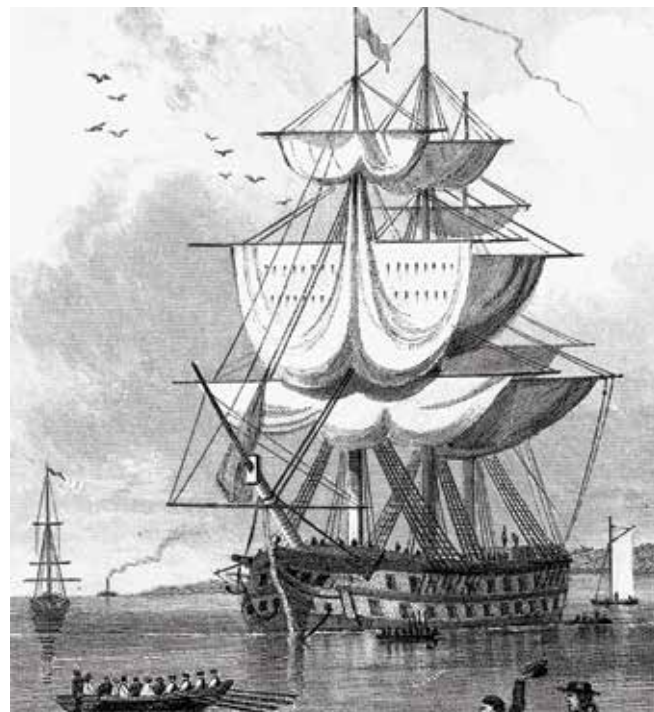
brought, and the horrors that came with the next three ships. As they dropped anchor offshore, it became clear to all watching from land that the crews had spent much of the night bringing up the bodies of the convicts who had died in the holds and were throwing them over the side. For days bodies washed up on the beaches around Sydney Cove with bloodless hands still shackled. Mary with her companions looked on in horror when the first boats from the transport vessels landed with a load of stinking dying humans still manacled in irons. Of 1017 convicts who had embarked on the Second Fleet, only 759 survived. 273 were buried at sea and 486 of the survivors unloaded were too sick to feed or care for themselves. More would die during the first few days in the colony. Mary silently gave thanks for her treatment on the *Lady Juliana*. Standing with a group of her fellow convicts, one said it for all of them, "God bless our good government agent".

Governor Phillip's fury was absolute. He rapidly organised rescue teams including all the women convicts, some who even plunged into the water to help pull the shackled staggering men up to the shore. Here blacksmiths were employed knocking out pins to release men from their chains. Most on the beach could not walk, their muscles atrophied from months in shackles and from lying in tight conditions. The naked sick collapsing on the shore were wrapped in blankets and gently fed and watered by the *Lady Juliana* women, some in tears from the inhumanity. The few walking survivors, assisted by some of the women, carried the feeble on their backs or in their arms through The Rocks to the hospital. The ships' boats continued ploughing back and forth dumping more and more of the helpless convicts onto the shoreline until the beach was crowded with helpless men. The governor organised makeshift tents to cover the survivors. For hours, then days, boatload after lousy boatload of men and women, blinking at the light, so filthy,

drawn, and disfigured as to be unrecognisable as human beings, were deposited on the beach. The hospital was swamped, and its dispensary drained.

For the next three weeks, Mary worked day and night tending to the sick, both on the beach tents and at the hospital. A huge log fire had been prepared and began to burn the dead. Convicts were organised to search the beaches to collect the bodies washed ashore and carry them back to the fire. It burned all night and day fed by the stiff filthy human remains unceremoniously tossed into the flames.

Most arriving convicts were naked or wearing only rags. *Lady Juliana's* seamstresses were given bales of cloth brought by the *Justina* and were ordered to run up clothes as quickly as possible for some 750 convict



men. For the next three weeks, Mary continued to work to exhaustion both day and night, nursing hundreds of near dead patients, snatching what sleep she could in the hospital. Others continued working around the clock in the female huts sewing clothes.

Word had crept out that most were to be sent to Norfolk Island, a colony even more isolated than the one in which they had just settled. Each day they were hoping to hear who

would stay in Sydney and who would go. Those who stayed on the mainland would be the ones who had someone to plead their cause, an employer, a patron, or a husband whose work or prospects kept him in Sydney. Some marine officers had already selected a mistress and would keep them on hand. Elizabeth Barnes Lee, Mary's protector on the voyage over, had found her husband Thomas Barnes Lee on the mainland, and she was now happily settled in with him. She later said that she had committed a crime to be transported to her husband. She would go on to become a successful businesswoman. Soon after arrival, Mary's friend, Jane Whiting married a convict, Thomas Kidner, eventually having two children, Thomas and Ann. They had a happy marriage and in 1810 she is

listed as having received an absolute pardon.

As the *Lady Juliana* had her last few days in the colony the seaman and their convict wives were allowed to unite for one last night on board. There was only two ways these couples could stay together. Requests that the men be allowed to stay in Sydney Cove had been denied. Either the men jumped ship, or the women stowed away. Several sailors decided to steal women away and hide

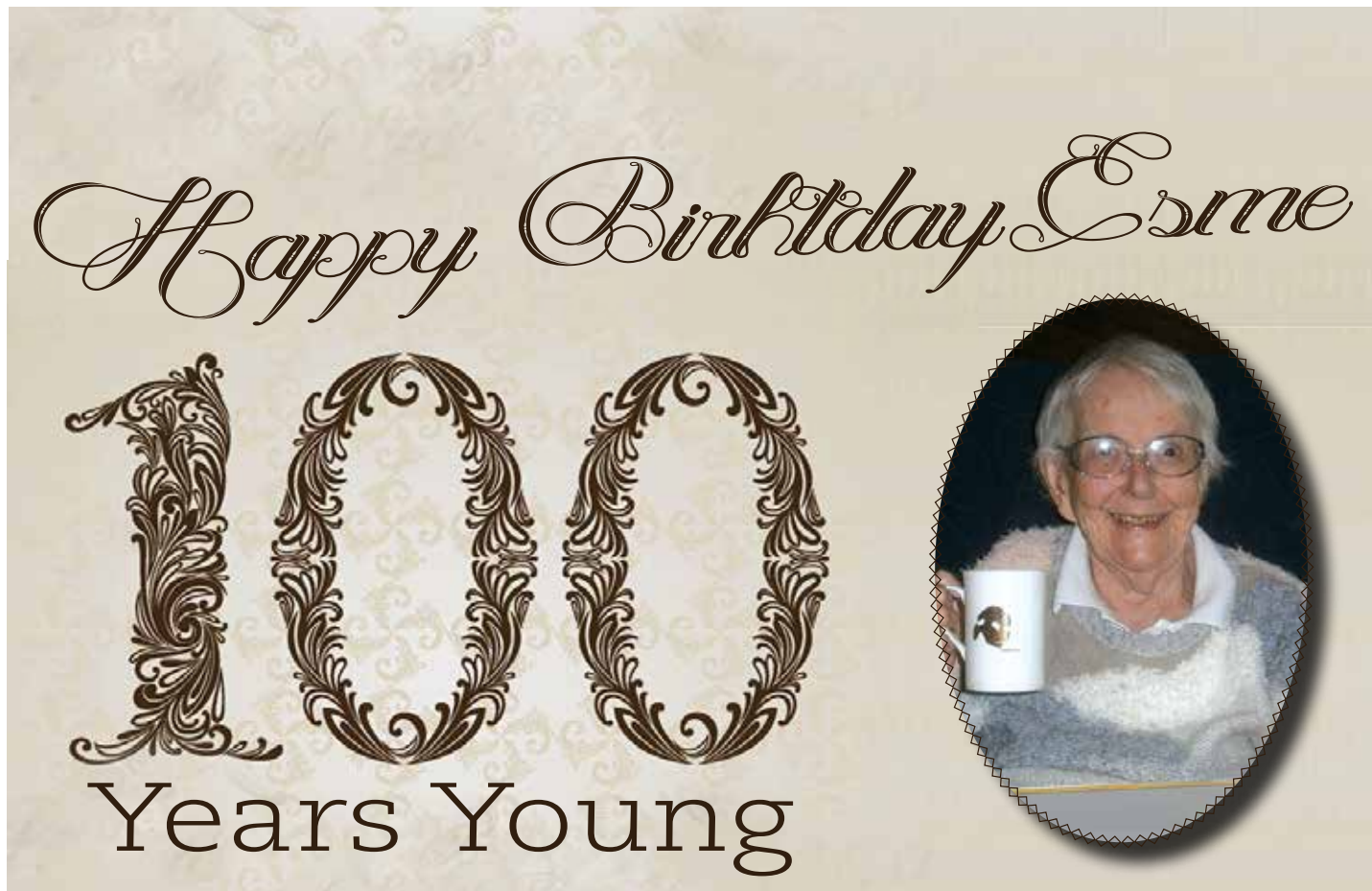
them in the ship until they were too far gone to turn back, as there seemed no possibility of the women getting back to England by themselves.

On 24th of July, a marine captain came aboard and ordered the women to get onto the boats to go ashore. Many of the women stood their ground, stating they would not leave the ship - and the marines were sent in. A huge melee developed which turned into a running brawl as marines tried to get hold of the women and pass them down to the boats below, while the seamen fought them all the way, coming down the ladders after their women. Some carried the fight even to the shore while many of the beached women tried to swim back out to the boat. The whole camp turned out to watch the entertainment and support the women, dodging blows from marines as they jumped in amongst the struggling crowd. They shoved and taunted the marines amid the screaming of bewildered babies and distraught women. The marines eventually dominated, while the women yelled promises to their sailors that they would return when their time expired. Eventually the marines cleared all the women from the ship and forced the sailors back on board with threats of gunfire if they tried again. The next day, the day of departure, soldiers searched the ship from stem to stern. But sailors knew their ship far more intimately than soldiers.

Lady Juliana left Sydney Cove at the end of July. On shore, five of the women were married already and four more would marry the day after she left. Two days into the voyage, the captain smiled on as five sailors and their brides suddenly appeared and, arm in arm, happily strolled about the deck. The remainder on shore were still bunkered in the female huts sewing clothes or working and sleeping in the hospital, waiting to hear who would stay in Sydney, and who would go to Norfolk Island.

Once again, Mary wondered just where she would be going, and what more horrors might be awaiting her.

Next Episode... A Big Family



By Barry Clark
Bribie Island
Historical Society

My regular articles in this publication are usually about long forgotten historical events,

only by Japan and parts of Europe. Of any 100 boys born in Australia in 1920, only 12 survived to reach 100 years. However, Australians aged in their 90's today are the fastest growing age group of any older Australians, and have increased by a bigger percentage than any other ten year age group over 60.

and in Australia it is a Queensland farmer who recently turned 111 years. Medical science suggests that 50% of babies born today, in the wealthy countries of the world, could live to be over 100 years old. This will be due to advances in medical science, but it has significant implications for global economies.

old buildings and structures, and past pioneers who contributed to the rich commercial and social history of Bribie Island.

This article is something different, having recently met a Bribie island lady soon to celebrate her 100th birthday. She is Esme Paton, who has had a long and interesting life, with 33 years on Bribie, and has contributed in many different ways to our community. Esme is a delightful lady, and at my first meeting her it was hard to believe she is about to celebrate her 100th birthday.

Living to 100 years is more common these days. When Esme was born in 1921 life expectancy for women was only 63 years. Over the past 100 years, life expectancy for women in Australia has increased steadily, growing to 70 years by 1960, and for a girl born in Australia today she can expect a life of 85 years.

Australia has one of the highest life expectancy rates in the world, exceeded



There are about 4900 people in Australia now over 100 years, and I am told that there is a lady on Bribie that is 109, and her sister in UK lived to be 113. The oldest person in the world today is Japanese at 118 years,

BORN IN NZ

Esme Tremewan, as she was born in Lower Hutt in New Zealand on 22 August 1921, came into quite a different world. The recent end of the First World War in 1918 brought Peace, and it remained that way until Esme was 18 years old, when World War 2 broke out in Europe in 1939. Esme did her schooling in Lower Hutt, before completing four years training in



1943 to become a registered Nurse. At the age of 23, when nursing at Wellington General Hospital, she married a long-term family friend John (Jack) Paton, a radio technician with NZ Post & Telegraph. Jack had worked in the Pacific islands during the war, so when an opportunity presented itself, the young married couple jumped at the chance to go and live and work in Fiji for a few years.

Aviation.

The whole family returned to New Zealand in 1960 for the children's education, and progressively followed their own interests and careers. Sadly, their youngest son Chris was killed in a hang gliding accident when he was just 21. Jack continued his connection with the islands doing regular "Calibration Flights" for a few weeks several times each year. When Jack was close to retirement, they went to



LIFE IN FIJI

They returned to NZ in 1949 and went back again to Fiji in 1953 for seven more years. Esme loved their family life there, working and living among the local and expatriate community, initially at the Suva Hospital and later in Nadi. They had three children in those early years, a daughter Jill and two sons Chris and Tom. Esme went on to do part timework with PANAM, when international flights came to Fiji, and Jack worked with Civil

visit their son Tom, who was by then working in Western Australia. Esme and Jack both found work and explored parts of outback Western Australia, before moving on to Darwin for more work and travelling in their Campervan. They enjoyed several years of working holiday in Australia, before deciding to make Australia their permanent home.

MAKING BRIBIE HOME

In 1988, while visiting Bribie Island on their way back to NZ

to pack up, they bought a block of land with an old cottage in Spowers Street Bongaree. They demolished the condemned cottage and built a very grand Pole House.

When I recently met and visited Esme in her home of 33 years, it is still an imposing structure, sitting back on a large block with attractive gardens. I climbed the two flights of external wooden stairs, which Centenarian Esme regularly does on her Chair Lift. Although her eyesight is failing, she has many appropriate aids and devices to be in touch and follow her many interests.

Esme's years of work in secretarial and administration involved computers and technology as it developed, so she is quite comfortable with her iPad in hand, and voice activated technology at her fingertips. Soon after coming to live on Bribie Island, she was involved with the popular Seniors Computer Club and later with the Bribie University of the Third Age (U3A). Esme conducted many Computer classes at her home, and had a well-equipped Computer room on the ground floor of the house. She has also been Secretary of Bongaree

She is fiercely independent and believes it is an important aspect of her life. She was pleased to tell me ***"It has been a varied and rewarding life, but everything that happened was very much by chance and luck. I don't think we ever planned to do any of the things that happened. When an opportunity came along, we just grabbed it.... we did not go looking for anything in particular"***.

I asked if she had any hobbies or collected anything?.

I am certainly not a Collectorbut I am a hoarder, she said as we searched for her old photos. Like many people, her house is a museum of memories of her long life. What about bad habits.....did you ever smoke, or drink?

When I first left home, I decided to start smoking, it was the grown up thing to do back then, and I eventually had the courage to do so in front of my father. There was absolutely no reaction whatsoeverso I stopped and never did it again. My husband made his home brew beer and I helped to sample some of that, but only in moderation.



Neighbourhood Watch and an active member of the Garden Club for many years.

Husband Jack died in 1997 following complications after a knee replacement. Esme has retained her independence and for the past 24 years has remained as fit and active as bones will allow. She is well-read and tuned in to world events, and we discussed a range of stimulating topics.

My thanks to her nephew, Bob Stutter, for letting me know about Esme's upcoming birthday. When she celebrates her 100 years on August 22, I am sure her many friends on Bribie, and her visiting family, will wish her a very happy special birthday..... and many more.

Bribie Islands Seniors Rugby League Football Club



The Bribie Island Seniors Rugby League Football Club would like to extend their sincere thanks and gratitude to the Bribie Island Nursery and Wallum Action Group Inc. for their generous donation of a 'LINSAR' wide screen TV.

The seniors club will be able to utilise the TV in a variety of ways, which target group activities.

Coaches and Players will be able to interact with each other in 'one on one' and 'group' training sessions, revisiting the previous weeks recorded game. The practice allows Coaches to target strategies and tactics relevant to fine tuning the team message on a single platform, for the following weeks game plan. This is a modern approach to the fundamentals of training in the modern era of the game of rugby league and allows the viewing of the previous weeks games, in a controlled environment, identifying success and failures.

The TV will also provide another Seniors Club activity in allowing Senior Players, Coaches, Admin Support Staff and Supporters to watch the big games, like State of Origin. This is a team building activity which brings all areas of the seniors club together.

In the 2021 season, the Bribie Island Seniors Rugby League Club has been able to field three teams, being an Under 18's, a Div2A and a Div2B team. The seniors club has struggled in previous years in trying to find the younger generation of players to step up and continue to play senior football. Hopefully in the next few seasons the Seniors Club will be able to retain this younger generation of players. Assistance from Community Support Groups, like the Bribie Island Community Nursery & Wallum Action Group Inc., is very much appreciated.

Bribie Islands very own Champions



JIM STARTED HIS KARATE BACK IN 1966, TRAINING WITH AN EX COMMANDO IN HIS BACK YARD. FOOTBALL EVENTUALLY DEMANDED MORE TIME SO HIS KARATE WAS PUT ON HOLD FOR A FEW YEARS.

Jim and Lesley commenced their ongoing journey with Shorinjiryu Karate 40 years ago, along with both their sons. All were successful in local, Regional, State, National and International competition and all achieved Black Belt status at varying levels. Rob stopped his training at 1st Dan Black Belt and Tom stopped at 3rd Dan Black Belt. Jim (8th Dan Black Belt) and Lesley (7th Dan Black Belt) are still active and have a Dojo on Bribie Island at the Lions Community Hall in Bellara. Jim and Lesley have both been awarded Shihan (Master Instructor) status by the World Shorinjiryu Body and Jim has also been awarded the title "Kyoshi" (Associate Professor) by the same Organization. Lesley, Jim, Rob and Tom competed in the World Championships in Brisbane in 1985, all had State



Championships to their names by then. Jim, NSW Heavyweight Champion, Lesley, Queensland Kata Champion while Rob and Tom had won a variety of Championships at the junior level.

Lesley and Tom went on to compete at the 1994 World championships in Tokyo. Lesley also successfully competed in the New York Championships

in 2003 and Jim came out of retirement to successfully compete at the New York Championships in 2016. He was 65 at the time. He trained every day for the year before the Championships. His comeback was designed to encourage his students to test themselves.

Jim eventually became joint chief Instructor for Shorinjiryu Koshinkai Karatedo in Australia in 2000 and has been since. Jim is also Vice President Oceania for the Shorinjiryu Shinzen Kyokai, a Worldwide Shorinjiryu umbrella Organization.

In addition to his Karate training, Jim has trained in TaiChi for many years in Taiwan but Covid19 has put a temporary stop to his Taiwan travels.

SPORTING LESSONS IN LIFE

Most sports are renowned for the use of clichés to describe notable victories....or noble defeats.... even special personal feats that aren't necessarily reflected in the score sheets.

But there's more to sport than just wins, losses or personal "bests" of course. Sport (in most forms) can be an important character building part of our societies. It can help educate us to deal with both success and adversity in life, and the lessons (or "messages") delivered to us in sport are many.

As the clichés say, we are taught to "take the good with the bad" to win or lose gracefully.... to "cop it on the chin"....turn the other cheekmake every game (or day) count.... to "try, try again" (if at first we don't succeed)to make every post a winner "It's just a game", and so on. You've heard them all.

There is, of course, a lot of truth in all of these wise words (as applied to how we live our lives, not just how we play on our sports)...and more, like "winners are grinners; losers can please themselves!"

I recall, vividly, as a teenager playing Rugby League in my home town, being on the receiving end of a very embarrassing 42-0 thrashing by an opposing team.

We returned to the club dressing room expecting a massive verbal blast from the coach...but no! Instead, we got some very calm, measured and sound advice:

"That's the best lesson you will get, this season. You didn't play your best or deserve to win, today; your opponents did. You get out of this game what you put into it....and life, too!

"You now have next week, and the rest of the season, to show that today's result doesn't reflect who you are – or what you are capable of."

Our pride severely dented, but with our determination rekindled, we "pulled up our socks" and lifted

in the following weeks to climb the ladder and proudly hold the winner's trophy aloft, at the end of the season.

The lesson? A loss doesn't (necessarily) mean the end of anything; it can be a start to something much better, and that applies to life as much as it does to sport.

I often think of that when (in my own mind) I feel I'm close to "down and out for the count!" It helps to get me up off the canvas and back up, on my feet!

As a youngster I participated in numerous sports (swimming, hockey, tennis, cricket, boxing, and Rugby League). I was fortunate in this, partly because my Dad owned the local sporting goods store.

Rugby League was my favourite, and the sport in which I showed most promise, and I was convinced (at one stage) that I would be the next "hot thing" as halfback for Australia. But unfortunately, my talents and performances didn't match my aspirations and self-belief. But League, as a sport, greatly helped my confidence.

Boxing gave me a few good lessons in self-confidence, too. As (in most situations) I was the "runt of the litter" with red hair, freckles and glasses, I became a bit of a target, but through boxing I learned to "handle myself" pretty effectively when threatened by bullies But I also learned to not push my luck.

I recall seeing a boxer at one tournament (in which I was competing) seeking blessing "from above" before a bout, and asked a nearby trainer, "Do you reckon that helps?"

His answer was very precise, and right on the button: "Not unless you can fight!"

I decided he was right ... and quit the sport (as a competitor) very soon after that.

By Colin Walker

BRIBIE BOWLS CLUB

Random Select Fours Sa 10 July

1st highest margin: R Ghest, G Eather, C Warren
 Lowest Margin: B Doe, M Andrews, D Young, C Halley
 Out of hat winner: C Hayes, B Kelly, B Woods, D Groves
Self Select Triples Tue 13 July
 Winners: B Turnbull, R Miles, B Tanner

Runners up: B Castle, P Patrikeos, M Gaggiano
 Out of hat winner: W Clarke, S Gaunt, G Gaunt
 Out of hat winner: Z Elmore, E Bateman, B Garfield
 Bunny: M Mills, T Bennett, G Reilly

Scroungers Results Wed 14 July

1st: C Stroud
 2nd: H Anderson

Self Select Pairs Results

Wednesday 14 July 2021

Winners: M Durham, M Prewett
 Runners up: G Teakel, I Cooper
 Out of hat winner:
 N Holzburger, J Oliver
 Out of hat winner: J Hattie, R Fowler
 Out of hat winner: B Turnbull, T Turnbull

Bunny: R Brinton, E Deakin

Self Select Pairs Results Fri

16th July

Winners: D McMahon, C Wilkie

Runners up: K Opray, J Oliver
 Out of hat winner: D Bowers, W Castle
 Out of hat winner: I Cooper, T Dean
 Out of hat winner: K Muller, D Beadman
 Bunny: S Root, A Boyd

Self Select Fours Results Sat

17th July

Highest margin: F Crockett, D Neumann, M Andrews, M Young
 Lowest Margin: I McClelland, C Smith, B Hamer, C Hancock
 Out of hat winner: G Olson, L Godfrey, R Hunter, L Gilmore

Self Select Triples Tue 20 July

Winners: V Adams, B Lamb, I McClelland
 Runners up: D Merrett, C Dean, T Dean
 Out of hat winner: F Corry, J Laidlaw, G Corry
 Bunny: M Young, J Stanley, R Ghest

Scroungers Results Wed 21 July

1st: S Ralph
 2nd: R Eaton
 3rd: s Hose

Self Select Pairs Wednesday 22

July 2021

Winners: G Steele, D Beadman
 Runners up: T Vievers, P Campbell
 Out of hat winner: R Ferguson, J Mercer

Out of hat winner: R Miles, G Miles
 Out of hat winner: G Denkel, G Duncan
 Bunny: J Mewett, C Hoffman
Club Select Triples Thursday 22

July 2021

1st out of hat: I Gillard, W Follett, M Andrews
 2nd out of hat: R Follett, B Hamer, c Hancock
 3rd out of hat: P Mann, J Hillier, H Groves
 Bunny: J Murray, c Halley, A Christiansen, S Roots

Self Select Pairs Results Fri

23rd July

Winners: B Hosie, M Beutel
 Runners up: W Broad, M Viterale
 Out of hat winner: I Cooper, T Dean
 Out of hat winner: C Halley, S Martin
 Out of hat winner: B Priest, B Heath

Bunny: K Oprey, J Oliver

Self Select Fours Results

Saturday 24th July 2021

Highest margin: F Crockett, I Gillard, M Young
 Lowest Margin: D McDougall, E Hookey, P Jones
 Out of hat winner: J Noonan, M Mills, P Neumann, L Gilmore
 Bunny: M Cherry, M Andrews,

R Davenport
Self Select Triples Tuesday 27
July 2021 Winners: B Kinnear, B Hamer, A Kinnear
 Runners up: A Riley, N smith, B Wood
 Out of hat winner: R Garfield, E Bateman, Z Elmore
 Bunny: P McCarthy, R Gilmour, R Hunter

Scroungers Results Wed 28 July

1st: R Follett
 2nd: N Gray
 3rd: B Castle

Self Select Pairs

Wednesday 28 July 2021

Winner: E Deakin, R brinton
 Runner up: G Hartley, B Hosie
 Out of hat winner: R Ferguson, J Ferguson
 Out of hat winner: S Root, A Boyd
 Out of hat winner: G Steele, D Beadman

Bunny: G Harper, A Baker

Club Select Triples Thursday 29

July 2021

1st out of hat: P Boyland, J Clear, S Roberts
 2nd out of hat: R Leth, F Crockett, D Groves

3rd out of hat: C Anderson, B Hamer, L Stanford

Bunny: G Frew, N Smith, K Mewburn

BONGAREE LADIES

BOWLS

Friday July 23rd. 2-4-2, Triples
 Winners: Sandra Scott, Rose McCormack. R/Up: Janice Mason, Ellen Fell, Bill Moore
 Tuesday July 27th Pairs
 Winners Sue Francis, Dave Hutchinson. R/Up Mick Falvey, Trevor Richardson

Friday July 30th Paddle Pop
 Triples Winners: Carol Oates, Di Drew, Noela Gray. R/Up: Clare O'Donohue. Robin Maffey, Ken Wales.

Sunday 25th July The annual Australia v New Zealand Day was won by New Zealand. Judy Hargreaves accepts



the trophy on behalf of New Zealand from sponsor Julian Ellis from Richardson and Wrench Real Estate after New Zealand defeated Australia in the annual Aust v NZ bowls competition at Bongaree.

BRIBIE ISLAND LADIES GOLF RESULTS

27/7/21 - 4BBB Stableford – Sponsor: Hair 4507 Hairdressers with Hearts.
 Winners – Cate Thomas & Wendy Robinson 45. R/U: Sandra Marshall & Maureen McGlone 44 c/b. 2nd R/U: Lenore Wilson & Angela Roberts 44 c/b.
 NTP: Hole 4 – Cate Thomas. Hole 7 – Suzanne Valley Hole 14 - Tricia Brown.
 Hole 16 – Linda Urquhart. Div 3 2nd Shot Hole 14 – Sonia Ferrante.
 29/7/21 – Single Stroke & Putting. Gertrude McLeod Round 4. Div 1 Winner: Ann Rogers 72. R/U: Val Smith 73. 2nd R/U: Vicki Jones 74 c/b. Div 2 Winner: Gay Burnham 70. R/U: Roslyn Crossley 73. 2nd R/U: Lyn Cockerell 74.
 NTP: Hole 4 – Suzanne Valley. Hole 7 – Robyn Cantrill. Hole 14 – Vicki Jones.
 Hole 16 – Di Benghamy. Div 3 2nd Shot Hole 14 – Jennifer McKay.
 Best Putting – Val Smith with 24 putts. Best Gross – Di Benghamy 82.

BONGAREE BOWLS MENS RESULTS

Wed 28th July Mixed 4's Winners Sheena Bath, Claire McCarthy, Barb Tanner, June Penberthy. Runners Up Wayne Baker, Barry Russell, Ken Kajewski, Arthur Hangan
 Thurs 29th July Men's pairs Winners Merv Miles, Butch Smith

SOLANDER LAKE BOWLS CLUB

Bowls Results – Week Ending 31/7/21
 Tuesday 27th - Club Select Triples – Winners: R Harris, J Gill, P Carter. Runners up: V Fredericks, M Whiteside, A Sanders.
 Wednesday 28th – Self Select Pairs – Winners: R Zahl, S Ross. 2nd Place: M Lammas, G Hubbard. 3rd Place: P Dixon, R Stumbles.
 Jackpot – \$430 - Not Won.
 Thursday 29th – Self Select Triples – Winners: K Zipf, R Griffen, J Farmer. Runners up: M Moore, K Turnbull, N Feazy.
 Friday 30th – Self Select Pairs – Winners: M James, P Hodgson. Runners up: T Bell, G Jones. 1st Round Winners: P Snow, G McCarthy. 2nd Round Winners: V Mitchell, P Payne.
 Saturday 31st – Club Select Triples – Winners: G Pincott, B

Cameron. Runners Up: A Thompson, T Smith.
 Bowls Results – Week Ending 7/8/21
 Tuesday 3rd - Club Select Triples – Winners: R James, B Rudd, M Jones, K Reithmuller. Runners Up: F Hubbard, V Foley, S Hillen.
 Wednesday 4th – 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 5th – Self Select Triples – Winners: A Larsen, J Pursehouse, B Pursehouse. Runners up: M McKenzie, T Rolfe, J McKenzie.
 Friday 6th – Self Select Pairs – No play.
 Saturday 7th – Club Select Triples – Winners: T Dempsey, T Smith, R Harris. Runners Up: B Cameron, M Whiteside.

LITTLE Athletics Fun, Family & Fitness

How good have the Australian Athletics performances been at the Tokyo Olympics? Athletes such as Ash Moloney, Cedric Dubler, Stewart McSweyn and Riley Day all started their Olympic journey at their local Little Athletics Centre.

The Bribie District Little Athletics Centre (BDLAC) is about to jump into their 5th Season which is set to be their best yet. During last years season the centre had over 100 athletes develop their skills each Friday night in a variety of track and field events. The season runs from August to March and the emphasis is on fun, fitness, family participation and developing your personal best. Athletes are rewarded for improving their personal best results rather than winning.

When your child achieves a personal best, there is nothing better than hearing them ring the PB bell.

During the off season the Committee have been working hard to prepare for the upcoming season and have developed a new strategic and operational plan to take the centre into the future. We have new and returning sponsors on board including InterLock Screen & Door Services, The Bribie Island Hotel, Brown's Mitre 10, Southern Cross Mowing & Property

Maintenance and Wilson & Co Property Professionals. If your family is looking for a fun Friday night then Little Athletics is for you. If you are looking for something to do on a Friday night to help bring smiles to the faces of children we are always looking for volunteers. For more information check out our facebook page. BDLAC look forward to welcoming your family at the Sandstone Point Sports Ground for our orientation night on Fri 27th August 21.

Bribie District Little Athletics



Coaches Wanted

We are looking for track & field athletics coaches for the upcoming season.

Friday's 4:30 – 6:30pm
from September to March.

To discuss this volunteer opportunity further please contact
Justin 0439 329 289

Bribie District Little Athletics



SIGN ON DAYS

August 14th, 15th & 21st
Time: 8am to 12pm
Ages 3 to 16yrs

Sandstone Point Sports Ground
202 Bestmann Rd, Sandstone Point

To Register



More information

facebook

<https://laq.org.au/>

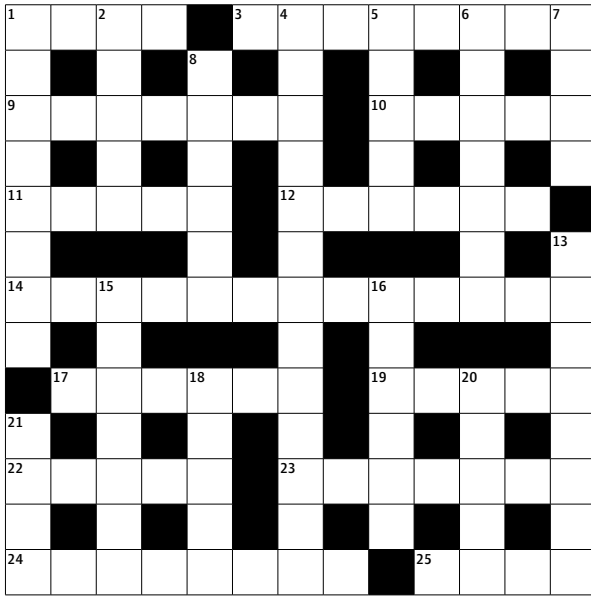
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Bribie Island Bowls Club

11-23 Welsby Parade, Bongaree. www.bribiebowls.com Phone 3408 1018

Crosswords - QUICK & CRYPTIC



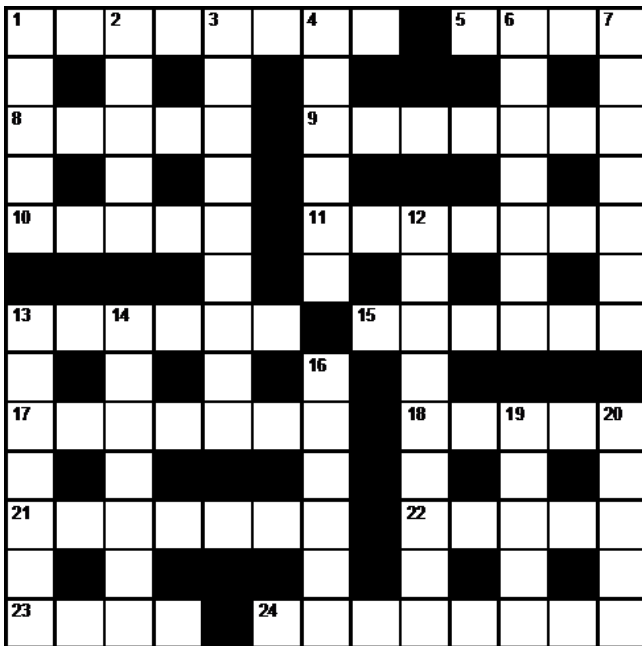
Across

- 1 Audacious (4)
- 3 Cordial (8)
- 9 Keen to find out (7)
- 10 Long-handled broom made of twigs (5)
- 11 At right angles to a ship (5)
- 12 Chinwag (abbr) (6)
- 14 Configuration of stars as seen from Earth (13)
- 17 Angle formed by the junction of two branches of a tree (6)
- 19 Get it down you! (3,2)
- 22 Device used to invert an image (5)
- 23 Unsophisticated young woman (7)
- 24 Go here in disgrace (8)
- 25 Checks closely (4)

Down

- 1 Cheap and inferior (8)
- 2 Fork part (5)
- 4 Fit in Uncle Joe (anag) — system for feeding internal-combustion engines (4,9)
- 5 He's busy over Christmas (5)
- 6 It can inflate or deflate (3,4)
- 7 Test (abbr) (4)
- 8 Grab (6)
- 13 Conspicuous — not at work (8)
- 15 Similar types (3,4)
- 16 Unit of Roman legion (6)
- 18 Gramophone record material (5)
- 20 Model of excellence (5)
- 21 A great distance away (4)

SUPPLIED BY CYRUS



Across

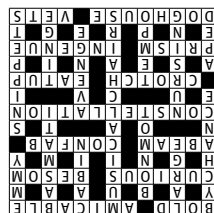
- 1 Expect this to wear out - for an actor in a play? (8)
- 5 Insignias for members (4)
- 8 Precursor of possible series - often up in the air? (5)
- 9 Honest! Out and about -correct? (7)
- 10 Witty Noble back and holding l... (5)
- 11 Places of worship for casual worker - The French, too (7)
- 13 Make mistake and still take a message (6)
- 15 Strapping redhead interrupting research (6)
- 17 Salty quip about worker (7)
- 18 Even coach treats a group (5)
- 21 Take advantage as we use it with the Italian rioting (7)
- 22 Spiritual found from within nerve-wracking situations (5)
- 23 St. Paul's crowning glory (4)
- 24 Versions of sedition published (8)

Down

- 1 Swift whack spirit (5)
- 2 Soldier back with toilet for accommodation (5)
- 3 Anti coal a no-no for this part of Spain (9)
- 4 Grown up but not, necessarily, mature (6)
- 6 You can set your watch by this soldier (7)
- 7 Stays if well adjusted - perfect (7)
- 12 The Princess most likely to find Church (9)
- 13 Spell out the past with weight (7)
- 14 About who the French take half of them to mass (7)
- 16 Present oneself at the beginning - and the end? (6)
- 19 Dance in tartan golf shorts... (5)
- 20 Conditions met in manuscript after the last of the bluster (5)

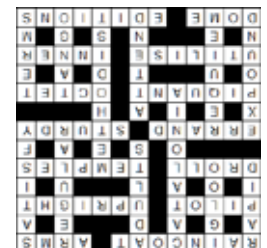
SOLUTION

EASY crossword Issue 146



SOLUTION

CYRUS crossword Issue 146



Kids Page

E	S	K	O	O	B	I	J	O	U	R	N	A	L
P	E	N	C	I	L	C	A	S	E	W	P	E	K
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|------------|------------|-------------|----------|
| LUNCH BOX | PENS | NOTEBOOK | BACKPACK |
| GLITTER | SHARPENER | PENCIL CASE | HOMEWORK |
| SCISSORS | COMPASS | PENCILS | BOOKS |
| BLACKBOARD | GLUE STICK | CRAYONS | |
| ERASER | JOURNAL | MARKERS | |

Find A Word

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SUDUKO

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' MOVIE
10 SEPT.	

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PET PAGES - share your pets pics

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editor.thebribieislander@gmail.com



Teza



Helga



Milo



Hazel



Pet  Care

WORKING TOGETHER

Lukie is a Golden Retriever who just loves to retrieve! It is in his genes. Lukie presents small fish from the shallows and other various items to his pack (family) as a demonstration of doggie love and pack commitment. The breed was purpose-bred to retrieve ducks and birds, even out of cold water, during hunting. They carry game lightly in their mouth and present it proudly often at their master's feet. Their mouths

are gentle, as the master does not want munched-up game birds to prepare for a "pack meal". People and dogs enjoy collecting their food together and have a very long history of doing so. It's a mutual relationship in which everyone benefits. But watch out for the toad-fish Lukie!
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 6

The new type of training is called Positive Reinforcement or Force Free but is it really that new?

Professor B F Skinner (1904 – 1990) was an American Psychologist and Behaviourist. He developed the idea of the principle of reinforcement in the 1930's which is if the consequences to an action are bad then it will not be repeated but if it is good then this action is repeated and becomes stronger. He used Operant Conditioning which is positively rewarding behaviour and hence you can shape this behaviour to be repeated. He did a lot of studies on rats. For eg a rat will learn if he presses a lever when a light is on it will give him food. In dogs if he sits calmly he will be patted but if he jumps he will be ignored.

The first Sea World was opened in 1964 and the training method

of dolphins and seals is using operant conditioning. The dolphin performs a trick and the marine mammal trainer uses a whistle which indicates well done and fish will follow. As this is a rewarding behaviour the action will be repeated.

Dr Ian Dunbar trained as a Veterinarian, a Scientific Researcher, and Animal Behaviourist and is a professional Dog Trainer. He started using this method of training puppies in 1982 and setting up Puppy Preschools. In 1992 Dr Kersti Seksel, Veterinarian Behaviourist developed positive reinforcement classes for puppies in Australia based on Dr Ian Dunbar's methods.

I first came across this form of training in 1995 and still use it successfully to this day.

In the next issue I will explain what Positive Reinforcement Dog Training is.

Happy training
Yvonne

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Yvonne Bishop (Dog Behavioural Trainer)

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Katie



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Ellie



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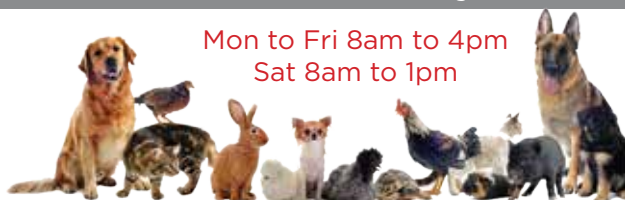
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Mon to Fri 8am to 4pm
Sat 8am to 1pm



Health Benefits of Raw Feeding

By Bongaree Pet Food

Raw food diets are becoming increasingly popular. Many people choose to feed a raw diet because it's more natural and less processed than most commercial pet diets. People simply feed raw because dogs love it. There are many benefits that come with feeding pets a raw food diet including superior joint and bone health, strengthened immune system, improved skin and softer, shinier coat, superior dental health and reduced stool volume and odour. At Bongaree Pet Food we have a wide variety of raw foods available including beef, kangaroo, chicken and offal produced in accordance with Safe Food Accreditation. We also have a variety of bones (Brisket, Neck and Marrow bones split/whole/half) as well chicken, duck and turkeys necks available. We also have a range of complete range of Bone and Raw Food (BARF) including Canine Country and Big Dog brands.

Extra Time to Pay Your Rates



THE DUE DATE FOR RATES NOTICES WILL BE EXTENDED BY A MONTH IN RESPONSE TO THE CURRENT LOCKDOWN, GIVING MORETON BAY REGION'S RATEPAYERS AN EXTRA FOUR WEEKS TO COVER THEIR BILLS. THE ORIGINAL DUE DATE OF 18 AUGUST 2021 HAS NOW BEEN EXTENDED UNTIL 15 SEPTEMBER 2021.

Council unanimously voted in favour of a range of assistance measures for ratepayers, local businesses and community organisations who have been impacted by COVID-19.

Mayor Peter Flannery said the suite of initiatives including extending rates and food licence renewal due dates, as well as fast tracking payments to suppliers will provide some relief to those doing it tough.

"Extending the due date of rates by four weeks, and the payment renewal of food licences until 3 January 2022 will help reduce the immediate burden on businesses and individuals suffering financial loss as a result of the lockdown," Mayor Flannery said.

"This is about affording people a little time if that's all they need to get on top of their bills and provide them with additional short term cashflow to be able to sustain and recover from the lockdown.

"For Council contractors and suppliers we're continuing our accelerated payment terms to ensure that cash gets into their pockets and our economy faster, because we are acutely aware that cashflow is one of the greatest stresses for local businesses right now.

"Since the outbreak of the pandemic in early 2020, Council has supported the

community and local businesses through a raft of assistance measures and targeted projects to stimulate the local economy totalling over \$55 million.

"Last financial year we injected a massive \$104 million in combined government spending on infrastructure projects to boost our local economy, fund 146 projects and support more than 1500 jobs.

"I'm proud to say Moreton Bay Regional Council provided 40% of that funding to make this enormous stimulus initiative a reality and we were one of the most agile Councils in the country in terms of recognising the benefit of pitching these shovel-ready projects to state and federal governments for funding, as a way to keep our local economy ticking through COVID lockdowns.

"In fact Moreton Bay acted before most Councils way back in March

2020 to ensure immediate support to our community by activating almost all of the levers available to local governments.”

These measures include:

- Providing \$7 million in Community Infrastructure Revitalisation & Community Hardship and Assistance Grants
 - Rates rebates
 - Food Licence refunds (two financial years)
 - Suspension of rate collection activities and an introduction of an interest free period
 - Deferred payment of infrastructure charges for development projects
 - The introduction of a Local Preference Objective in our Procurement policy
 - Fast tracking \$4 million in additional contracted maintenance works
 - Recruitment of Council staff providing employment opportunities
 - Fast tracking of payments to suppliers to assist businesses manage cash flow impacts (two payments weekly for the last 18 months upon approval of invoice).
- For more COVID-19 support, visit <https://www.moretonbay.qld.gov.au/Council/Coronavirus-COVID-19>

UNDERSTANDING YOUR RATES

Why do I pay rates?

Council rates are essential for maintaining a vibrant, clean and safe local community. The rates paid by residents and businesses in Moreton Bay are Council's main source of income. Each year through its budget process, council makes important decisions about how to allocate rate payer funds to the vast range of programs and services provided to the community including:

- Maintaining infrastructure such as roads, footpaths, parks and gardens, sports grounds and swimming centres;
- Administering town planning and building legislation, dog and cat control processes and food safety regulation;
- Performing environmental management functions, including providing waste management services, coastal protection and land care;
- Supporting community connection and wellbeing by providing library services, public health services, community support services, and disaster management and response;

- Developing and implementing strategies to create employment, promote regional tourism and attract local events and other business activity.

Are pensioners eligible for any concessions?

The State Government offer a pensioner remission of up to \$200 (\$50 per quarter) towards rates and utility charges. To be eligible for this remission, the property owner must receive any type of pension and have a valid pensioner concession card.

In addition, the Council offers:

- Up to \$250 (\$62.50 per quarter) remission to pensioners who are in receipt of the maximum rate of pension and holders of a DVA Gold Repatriation Health Card; Or
 - A \$100 (\$25 per quarter) remission to pensioners in receipt of a part pension.
- To apply you need to complete the Pension concession application online. If you need help, or are unable to complete this application online, please contact our Customer Service Centre on 1300 522 192. Council utilises a matching service through Centrelink to confirm your eligibility. It is important to note that in order to be eligible for the remissions

above, you must be either the property owner, or a life tenant responsible for the payment of rates. Rental properties occupied by a pensioner are not eligible.

How often are rates notices issued? Rates notices are issued quarterly at the beginning of July, October, January and April. They are due to be paid 30 days from the date of issue.

What if I can't pay my rates by the due date?

It's important that you contact us if you're having difficulty paying before your rates become overdue. If you don't pay your rates on or before the due date, interest (calculated daily) will be charged on the amount owing. The interest rate is set annually by Council and is based on the rate prescribed in the Local Government Regulation 2012. That said, we recognise there are cases of genuine financial hardship and can offer some assistance to residents through our Financial Hardship Policy [moretonbay.qld.gov.au/payment-plan](https://www.moretonbay.qld.gov.au/payment-plan) In addition, Council offers an option to make fortnightly or monthly payments in advance by direct debit from your nominated account to spread your rates payments over the quarter.



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Health Benefits Of Living Near The Water

IT'S NO SECRET THAT LIFE NEAR THE WATER HAS A LOT TO OFFER. BEAUTIFUL VIEWS, SCENIC DRIVES, FUN ACTIVITIES - BUT DID YOU KNOW THAT LIVING NEAR THE WATER HAS HEALTH BENEFITS AS WELL? DOCTORS AND RESEARCHERS ARE FINDING AN INCREASED LIST OF REASONS THAT LIVING NEAR WATER IS A GOOD IDEA FOR THE MIND AND THE BODY. MORE THAN JUST SOMETHING NICE TO LOOK AT OR ENJOY ON VACATION, LIVING NEAR THE WATER CAN IMPROVE YOUR HEALTH.

YOU EXPERIENCE GREATER HAPPINESS.

The term "Blue Mind" refers to the meditative state the brain enters when we are exposed to water. Scientists have determined that looking at/enjoying water floods the brain with dopamine, or feel-good hormones, naturally. Meaning people exposed to water are often more relaxed and happier in general.

YOU BREATHE FRESH AIR.

Air exposed to water – and especially sea water – is charged with a good number of negative ions, this fresh air helps your body absorb oxygen. Fresh air is known to improve alertness and balance levels of serotonin, attributed to mood and stress. There is a reason we crave fresh air when we are experiencing something difficult. Fresh air is a healthy choice for the mind,

YOU STRENGTHEN YOUR IMMUNE SYSTEM.

Increased relaxation and decreased stress mean a strengthened immune system. A strengthened immune system better positions us to fight off illnesses, diseases and unwanted health obstacles. Living near the water can achieve all these objectives and more. And the best part? Once you live near water, it's something you don't even need to think about to benefit from it.

YOU RELAX

Water can be very therapeutic. Engaging in simple activities such as fishing or walking can help reduce stress and fight off the negative effects of Post-Traumatic Stress Disorder after a hard situation. Especially if you battle anxiety or depression, water can be very helpful in overcoming the difficult side effects associated.

YOU LENGTHEN YOUR LIFE.

That's right! Living by the water and enjoying the great outdoors can add healthy days to your life. Getting even a moderate amount of leisure time and light physical activity (including walking along the beach front or picking up shells) can increase life expectancy. What's not to love about that?

Ready to live near water? Tired of enjoying the water only on vacation?

YOU INCREASE YOUR WHITE BLOOD CELL COUNT..

Plants and trees, especially those near water, are known to give off chemicals called phytoncides. When humans breathe this in, it results in an elevated white blood cell count, which is great for fighting off illnesses or infections.

Being outside and being around water is a natural immune booster.

YOU SLEEP BETTER.

Exposure to water is known to relax the mind and body unlike anything else. Consider how many people enjoy going to sleep at night to white noise or a sound machine. It's difficult to dispute that the sound of water is helpful for a good night's rest. In many ways, seeing or living near water helps clear the mind of unwanted distractions or unpleasant thoughts. All of this allows the mind and body to relax into greater, deeper sleep. And the benefits of better sleep include greater rest and better rejuvenation each morning. Just being exposed to water on a regular basis improves health!

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Simone and the team from Wilson And Co were fantastic to work with, professional and friendly, making our selling experience seamless and easy. They enabled us to sell our property in quick time due to their attention to detail and market place knowhow. We received exceptional service from the team and we thoroughly recommend Wilson And Co to anyone considering selling their property.

Brad + Filomena, Banksia Beach Sellers

Sally read the market so well for the sale of our property and then facilitated the purchase of our current property in Banksia Beach. We will definitely work with her on our next property sale and purchase on Bribie Island in 12 months time. So appreciative of her professional support and efforts on our behalf.

Judith + Mark, Banksia Beach Sellers/ Buyers



wilsonco.com.au

3 5 1 7 2 4 0 6

PART 2

FLOOR CLEANING TIPS



Freshen Up Your Vacuum

Sometimes vacuums can put out a musty smell while you're using them. If the smell is bothering you, just vacuum up some laundry crystals or ground cinnamon! They'll hang around in the dust cup and help eliminate the musty scent.

Freshen Up Carpets

Use baking soda and essential oils to quickly freshen up musty carpets! In a small bowl, mix up one cup of baking soda and 10 drops of your favourite essential oil. Sprinkle the mixture onto your carpets, let sit for one hour, then vacuum the area thoroughly.

Looking for the best laminate floor cleaner?

All you need is Dawn dish soap, white distilled vinegar and water. Put it all in a spray bottle and you're good to go. Shine wood floors naturally with this secret trick Mop them with tea! Basically, make a sink full of hot tea, and mop your wood floors with the solution while the tea is still very warm.

Get your grout clean before you mop the rest of the floor

It's easier than you'd think. Simply spray some Resolve carpet cleaner into the grout lines, scrub with a brush, and wipe it off. Then you're ready to mop your tile floors!



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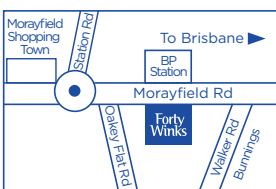
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At Dynamic Tree Solutions, we love our trees. An absolute essential for the dream garden and a huge part of our landscape wherever you live around the country, trees are a part of our lifestyle. Living around so many trees means that we need to care for them responsibly, which is where our experienced team of arborists come in. We prune and maintain trees to keep them a safe, attractive and functional addition to any area.

Our team members work consistently on every job to maintain the highest standards of safety with every task. Dynamic Tree Solutions pride ourselves on our commitment to achieving exceptional results for our clients in every sector we operate in. As certified arborists, you can rest assured that your tree maintenance task will be taken care of to your expectations. Working with Dynamic Tree Solutions ensures a stress-free experience.

Dynamic Tree Solutions understands the importance of proper tree maintenance. We make it our mission to leave every job with our customer's having peace of mind that their trees are safe. This means we take special attention in situations where trees may come into contact with electrical

wiring, where they may obstruct walkways and roads or where they may block views and pose a fall hazard.

THE BENEFITS OF TREE MAINTENANCE

- Your trees will be safe and council compliant
- Expert pruning will maintain the health and well-being of trees
- The risk of storm damage and falling branches will be decreased
- The look and feel of your trees will be improved - aesthetics are always prioritised by our team
- Your property, home and garden will have better sunlight
- Tree pruning will encourage new growth while removing dead or damaged branches.
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REVIEWS

Kyle and his team did an amazing job removing 2 very large trees. Can't recommend them high enough thanks guys.
K Burnett

Dynamic tree solutions come and removed a few big trees today at my place, made it look easy and very professional, price was spot on. **L. Capano**

Kyle is very nice to talk to, had 3 big trees and quite a few (5) bush to be removed. All of them was removed and stump been grind perfectly. Dynamic done a really good job. Service was excellent, job was done well, price is reasonable. **C. Law**

We are very happy with the work Kyle and the team did cutting our huge dangerous gum trees down. They were very skilled, friendly, hardworking and at a very good price. Thanks again boys! Will definitely use you again and recommend you to other people. **J. Gander**

I called Kyle from Dynamic Tree Solutions on a Friday and by Monday afternoon they had felled 2 large trees, ground more than 13 stumps and removed 3 huge piles of green waste. Good clean up after and a great price - would highly recommend. **L.Imms**

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BETWEEN THE LEAVES

By Mick O'Brien Dip.Hort RH-101

Happy August

all, with only four weeks to go until its officially spring, these last two months of winter have gone pretty quickly in my opinion. It's been cold and windy of late, and this can be a challenge when putting new plants in the ground and keeping them hydrated with our sandy soils here on Bribie Island when the ground seems so cold. The potted plants we purchase from the nursery are sometimes irrigated three times a day and the potting medium can dry out quickly due to the plants losing moisture through excess transpiration, but just because the temps are cold, our plants and lawns may still be suffering accordingly and may need monitoring, a moisture meter can be a great tool here if in doubt. (I should take a leaf out of my own book also and drink more water while I am working too) I think if I turned the moisture meter on myself, it may confirm that I need irrigation! Speaking of landscape challenges, the Banksia Beach residents, especially the golf course estate, can surely attest how the local fauna such as our kangaroos can take a liking or sometimes - a fixation, to our non-endemic landscape plants. When walking around the picturesque golf course landscape there sure is lots of flora and native grasses for our kangaroos to feed on but it seems they like to feed on the lush and juicy front lawns and the freshly planted tasty landscape plantings - just because they can!

So not only do we have to contend with hydrophobic soil (soils that will not accept irrigation easily), but the local wildlife we have come to live amongst also valuing our prized specimen plants as much as we do and devour them as quickly as they are planted.

Kangaroo and Joey feeding on our endemic *Carpobrotus glaucescens* - or Angular Pigface on the dunes



There is not a lot that can be done unfortunately except plant more endemic species which supports our local birdlife and pollinators too, or perhaps put wire cages around the new plants until they have matured and hope the novelty has worn off as they hopefully move on, but it does highlight though the importance of not using toxic insecticides on your lawns and plants, as we come here to enjoy this wonderful biodiversity - not poison them. I did see an environmentally friendly deterrent on the market, which is basically an irrigation head with a sensor, that is triggered off by movement and the impact sprinkler kicks in with a stream of water. Although I can visualise that our kangaroo may just lift his arms and have a wash though and not too phased, perhaps part of the Aussie spirit no doubt!

See web link here: <https://www.sureguard.com.au/shop/product/scarecrow-motion-activated-sprinkler-repellent>

With all lock downs and regulations, QR code check ins and mask wearing, life is very much different lately, but much solace can be found in the garden, walking around the parks and reserves with all the benefits being surrounded by sea, living on this beautiful island. We are lucky indeed! In the image, with our kangaroo,

you will note the joey's face strategically placed to eat the flower of the angular Pigface plant - *Carpobrotus glaucescens*. Angular Pigface is a native Australian edible creeping succulent



Carpobrotus glaucescens - close up flower and fleshy leaves.

plant that grows along the beaches of eastern Australia. The name, *Carpobrotus*, refers to the edible fruits - coming from the Ancient Greek *karpos* "fruit" and *brotos* "edible". Pigface was harvested and used a lot by indigenous Australians both as food and medicine. Early European explorers used the plant as an anti-scurvy treatment. *Carpobrotus glaucescens*, is also found on Norfolk Island and Lord Howe Island. That's all on the juice - "between the leaves", take care and see you next segment.

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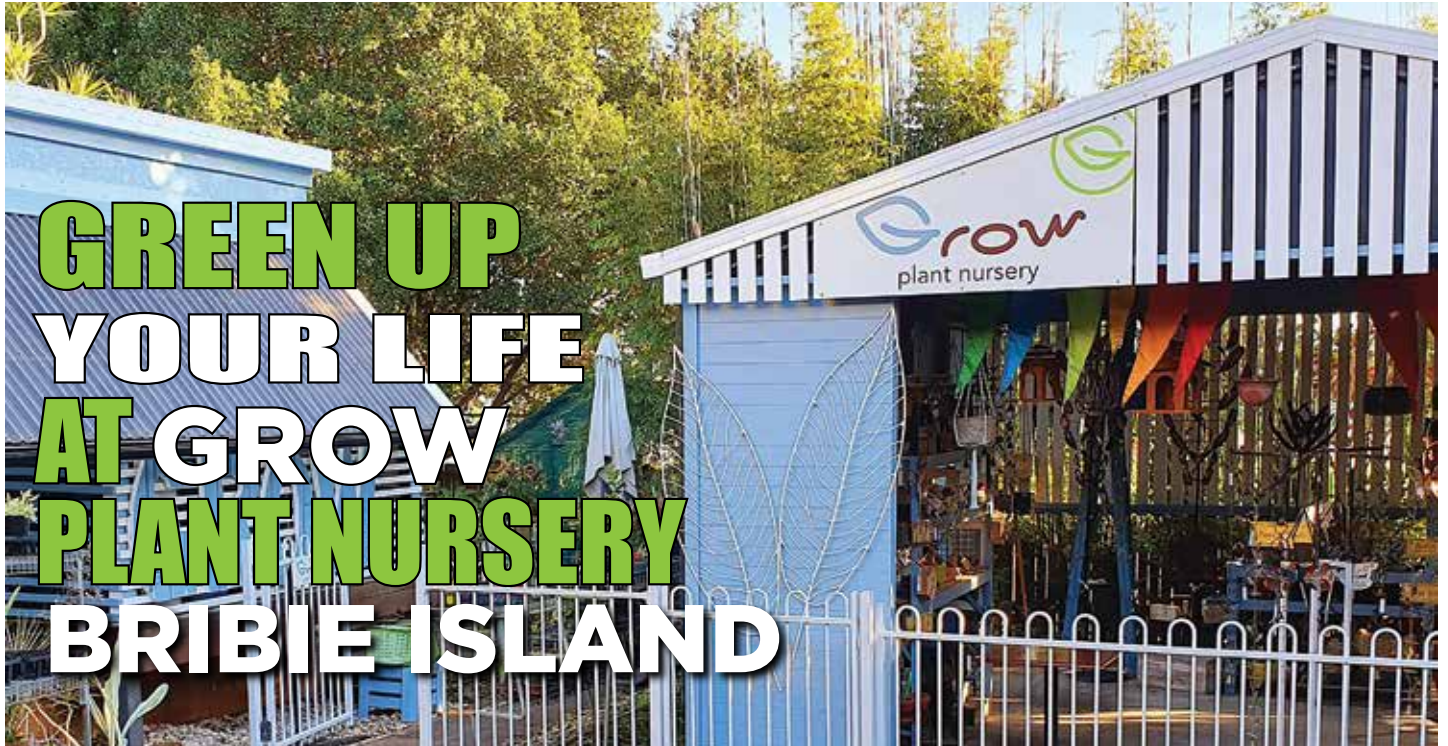


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When you next visit Village Deli Bongaree cafe for a barista-made coffee and tasty treat (perhaps brunch or lunch too), relax on the outdoor deck overlooking this seaside community-inspired Bribie Island garden centre. Take time out to explore the plant garden nursery's large range of healthy flora including shrubs, herbs, flowering plants, succulents and pot plants for sale, including local native

plants better suited to the local beachside climate and salty ground water.

As you enjoy the Grow nursery experience, you're certain to find ideas for your home garden.

This Bribie Island nursery also stocks a range of home decor pots, and outdoor garden art including windmills, statues, wall hanging décor and more. Buy your next gift for that green thumb gardener friend. Grow Nursery is your local stockist of the eco-friendly Grow Organic Australia Bio Organic Sustainable Solution fertiliser, an all-natural way to enrich the microorganisms in your soil to promote better plant health, lush foliage, more flowers, and better pest resistance. They also have their refill station on-site ready to top up your Grow Organic bottles & help reduce plastic waster in our coastal waterways environment. Located at 17 First Avenue, Bongaree, at a popular Bribie Island shopping centre Bongaree Village, the garden nursery is just a 3-minute walk from the historical Bongaree jetty, sparkling Pumicestone Passage Channel and the Bribie Island Seaside Museum. Drop in the next time you visit Melsa Park for their monthly model train rides open day or when you shop at the Brenan Park

markets on a Sunday. Grow Plant Nursery is an integral part of local community gardening and has been trading since November 2013, serving Bribie Island and

mainland areas. It is open 7 days a week and offers direct access to its gardens via popular Bribie Island shops Village Deli Bongaree or Inner Room Bribie.

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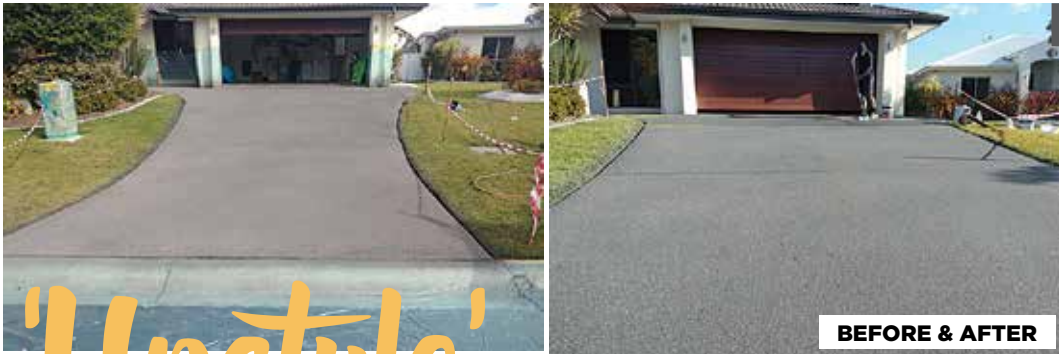
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Ant has 15 years of trade experience, in decorative concrete resurfacing, trained by industry experts & suppliers. Huge difference in the quality of workmanship. You only want an experienced certified concrete resurfacing specialist that knows what is needed

on new or existing concrete.

Having worked on and around Bribie Island over many

years Ant is familiar with the types of homes and outdoor areas. Bribie Island's salty air, effects of weather, age of home, type of surface, spills, and traffic, all have factors that create surface erosion. These types of home driveways were sprayed over a couple of decades ago usually in a terracotta stencil decorative design.

To suit the local market conditions, they have developed an exclusive Spray Pave System called the 'RHINO RANGE' Upstyle Finish. A superior system of resurfacing concrete. Very durable and attractive finish with a modern colour range and design options. Highly recommended for quality & satisfaction of an exquisite diamond finish.

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YEAR to DATE RADIO ROOM STATISTICS

To Thursday 5th August 2021:
 8,510 Calls, 2,379 vessels logged on,
 186 Vessel Assists, 1,074 Sitreps, 507 Requests,
 54 overdue vessels, 20 Vessel Tracking,
 867 Radio Checks, 5 Weather Broadcasts,
 10 Securite Broadcasts, 1 Pan Pan 0 Mayday.
 VHF 74.0%, 27MHz 7.3%.

XMAS IN JULY

Friday 23rd July – The management and Social Committees put on a Xmas in July function for our great friends at Busyfingers to say thanks for the enormous support they have given VMR Bribie Island throughout the years. Unfortunately, due to Covid-19 restrictions, we were limited with numbers, and everyone had to wear masks when not seated.

Master of Ceremonies, Peter McNamara welcomed all and went through the usual housekeeping and safety briefings and kept the attendees entertained, firstly introducing Mike Henson with his singing, both with and without his guitar



Mike Henson warming up with MC Peter McNamara.

Whilst the meal of Baked Ham, Roast Chicken, Baked Potato Gratin, and vegetables was prepared Peter held the floor with Christmas trivia and prizes of chocolates in VMR Stubby Coolers. Mini pavlovas were also a great hit. Peter then arranged one person per table to compete in an air guitar “rock off” to AC/DC’s Highway to Hell and judged by our “resident rocker” Allan Tranter. As if this wasn’t enough, Peter then announced that Graham Patrick had placed envelopes on the undersides of selected chairs – these winners collected their prizes from the bar. Finally, Commodore Liz Radajewski thanked President Pauline and Secretary Sandra for their ongoing support. Commodore Liz also thanked those who made this night a great night. Both Pauline and Sandra responded and thanked VMR Bribie Island for their ongoing commitment to the safety of the boating community.



Peter McNamara serving up the main course.



Table waiters lined up for table service, with Graham Patrick on baked ham carving duty, Gail Tranter, Janine Jaavuo, Betty Snell, and Robyn Young dishing up meals.



Allan Tranter also provided waiter service to the tables!



Busyfingers guests



Busyfingers guests.



Santa visited each table spreading cheer and best wishes.



Marion, runner-up and Stella winner of the Best Dressed Nautical Theme Competition.



Participants get into the swing of the Air Guitar Competition.



Inaugural winners of the Busyfingers Air Guitar Competition: - Stella and Jude with Allan Tranter.



Betty Snell with Gloria, one of the lucky seat prize winners.



Busyfingers President Pauline Hindle responds to Commodore Liz’s Welcome and Thank You

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Busyness Secretary Sandra Tommy responds to Commodore Liz's Thank You.

PROMOTIONS SAT 24TH JULY 2021



Vice Commodore Ces Luscombe receives his unrestricted Coxswain Certification from Commodore Liz Radajewski.



Mick Keating receives his Crew epaulettes from Commodore Liz and Vice Commodore Ces



David Smith VMR Radio Operator and Graham Parker receives his Restricted Coxswain epaulettes from Commodore Liz and Vice Commodore Ces.



The Monday on call crew got a call to assist a vessel in the afternoon for one of our members, the vessel was towed from South point to Spinnaker marina.



SAFETY DAVE - The Frenchie's Message:

With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location,

DANGEROUS FLOATING OBJECT WED 28/07 1202pm - Well, we had a bit of a different assist yesterday one of our eagle-eyed members Craig saw something floating off Godwin beach, it appears to be part of the old Brisbane floating walkway. Well spotted Craig, thanks heaps, this would have caused a lot of damage to anyone's vessel if they hit it. Jonker's Bribie 3 towed it back very slowly to the Bellara boat ramp and council were informed to retrieve and dispose of it from there. Great job everyone involved!



Above and below: - Jonkers Bribie 3 tows the floating object back to the Bellara Boat Ramp.



JUNE/JULY 2021 VESSEL ASSISTS:

JULY/AUGUST 2021 VESSEL ASSISTS:
SAT 24/07 1316pm - 4m Inflatable non-member stuck on sandbank near White Patch, required a tow to Bellara Boat Ramp.
MON 26/07 1409pm - 4.8m Centre Console member out of fuel 300m

South of South Point required a tow back to Bribie Gardens.
WED 28/07 1202pm - Member reported large floating object between Sandstone Point and Godwin Beach, recovered and towed to Bellara Ramp for disposal.
SAT 31/07 1341pm - 2.4m Jet Ski non-member with engine problems, required a tow from Bulwer to Scarborough Harbour.

ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel. Ensure you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning, and make sure you have either a mobile phone, VHF or 27Mhz marine radio on board."

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



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Fishing REPORT

By: Robyn Bribie Island Boat Charters

OUR WEEKENDS ARE BEING BLOWN AWAY LATELY, AND IT'S AFFECTING THE FISHING REPORT!

Weekdays have often been typical winter weather – dewy nights and comfortable, clear fishing days, with only light breezes. The temperatures have been a little above average (even night-time temperatures, believe it or not!). Most of the weekend breezes have come from the west, which can play havoc with the fishing, just when we want to get the fishing rods out! Fortunately, there has still been plenty of action over the past few weeks.

I said last month that July is often the month that the big flathead fishing takes off, and luckily, I was right! Good catches of flathead have been common right through the Passage, especially north of the bridge. The beautiful, clear water over winter can make bait fishing tricky with them but hard-bodied lures and live yabbies or baitfish have been doing ok, as has squid.

Ningi Creek has been a good place to try for flathead. Fishability Qld Men's Group brought in two 50cm duskies and 42cm bar-tail from their favourite spot, just north of the entrance marker. Another day, Paul and his son scored a couple of biggies near the yellow marker, and Lyn got a 52cm dusky from not far away. Sarah and her mates kept five of them over 40cm and one bar-tail that was 43cm.

Elimbah and Bullock Creek mouths, as well as Lime Pocket, have been other places to go for the flathead – that's where Ryan went, using mullet gut to catch big bream, big flathead, and a mud crab as well.

The consensus is that squid has been the most successful flathead bait, although a fair share of the good-sized flathead has been caught on mullet gut. Talking of squid, there are plenty of them in the Passage right now. King and John used a small squid jig and a sinker (to counteract the fast tide) to catch four very big squid. Paul tells me

he's been squidding in the lock-canals and getting loads of them. Daryl wished he'd brought his squid jig with him when he was fishing for mackerel at Banksia Beach, because "they were everywhere I looked!"

Daryl did well enough with the mackerel, though. He had seen a big school of baitfish and the school mackerel chasing them, so he cast out a nice, shiny spinner lure and straight-up had a couple of 35cm beauties. Having a berley bucket out has been another way to get to the mackerel – the baitfish have been coming over to the berley, milling around, then ZOOM! – in come the mackerel.

Also chasing after all these baitfish are the little black cormorants. At this time of year, they gather up in squadrons – a dozen, thirty; I once saw a big group of more than 50! They push schools of baitfish into tight balls or up against a barrier. Then they go crazy, diving and coming up with a fish, quickly swallowing it then diving down again. Great fun to watch!

Whiting has been showing all along the yabby-banks of Banksia Beach, and live yabbies have been the best way to go for them. A couple of local blokes took their boat out in the afternoon last weekend, after the wind settled to the south cardinal. It didn't take them long at all to get a good feed of whiting, using live worms.

There has been the occasional nice snapper hooked up over the past fortnight, some around the bridge, more of them at the ripples – of course, they were all thrown back. Josh and Misty were disappointed – their first catch of the day was a 40+ cm snapper (bridge, pillies), which went back in; then every catch for the rest of the fishing trip was pike! From August 16th, we can start keeping the snapper again – hopefully, the big ones will still be waiting for us!

Crabbing has been pretty successful lately. Brent has been putting out pots fairly regularly, usually near Turner's Camp, and has brought home crabs every time, some of them around



Mick - Tuskfish



Steve - Shovelnose



Tracey - Flounder

15-18cm across. Russell put three crab pots in the water during a break and wandered out to visit them a few times. Unfortunately, he lost two crab pots over the week, but at least he had 10 keepers in the last crab pot.

TOXIC & DANGEROUS MARINE ANIMALS



Stonefish are the most venomous of all fishes. They are found throughout shallow coastal waters of the northern half of Australia. The fish usually lies motionless, often partially buried in the substrate and perfectly camouflaged among surrounding coral, rocky reef, rubble, or aquatic plants. The stonefish has 13 sharp strong dorsal fin spines that are contained within a sheath of thick skin. At the base of each spine there are two venom glands that discharge their contents along ducts in the spine. When disturbed, the fish erects its spines, but maintains its position on the sea floor.

Stings usually occur to the feet of swimmers or waders who have ventured away from clean sandy substrate and closer to the more complex bottom structure preferred by the stonefish. Multiple spines can often penetrate affected limbs, resulting in more extensive envenomation. The pain is immediate, excruciating and may last for many days. Muscular paralysis, breathing difficulties, shock, and sometimes heart failure and death can ensue.

To prevent stonefish stings, sturdy footwear should be worn on reef flats, or while wading on soft-bottom substrates adjacent to rocky or weedy areas. An antivenene for stonefish stings has been developed. In the event of a sting, the victim should leave the water, apply first aid and seek medical attention as soon as possible.

ESTUARINE STONEFISH

Synanceia horrida (Linnaeus, 1766)

Total length to 47 cm, common to 28 cm. Head, body and fins are generally dark brown. The skin is warty, scaleless and often covered in a short coat of filamentous algae. Thirteen sharp dorsal spines are each contained in a thick sheath of skin. The head has deep pits and grooves. The eyes are small and situated on a raised bony structure. The pectoral fins are enlarged and fleshy. Bays, estuaries and reef flats, usually among or adjacent to aquatic plants, fallen trees, rocks or coral. Found in northern Australia from Shark Bay, WA to Tweed River, NSW

TIDE TIMES

BRIBIE ISLAND & MORETON BAY

FRI 13 Aug	SAT 14 Aug	SUN 15 Aug	MON 16 Aug	TUE 17 Aug	WED 18 Aug	THU 19 Aug
6:19 am	12:35 am	1:22 am	2:21 am	3:38 am	5:01 am	12:41 am
0.35m	1.74m	1.6m	1.45m	1.34m	1.3m	0.5m
12:29 pm	6:58 am	7:43 am	8:40 am	9:46 am	10:58 am	6:18 am
1.57m	0.36m	0.38m	0.4m	0.41m	0.4m	1.32m
6:19 pm	1:22 pm	2:24 pm	3:38 pm	4:56 pm	6:07 pm	12:08 pm
0.45m	1.58m	1.6m	1.64m	1.72m	1.82m	0.36m
	7:14 pm	8:24 pm	9:51 pm	11:25 pm		7:08 pm
	0.55m	0.63m	0.66m	0.6m		1.93m

FRI 20 Aug	SAT 21 Aug	SUN 22 Aug	MON 23 Aug	TUE 24 Aug	WED 25 Aug	THU 26 Aug
1:43 am	2:34 am	3:18 am	3:57 am	4:32 am	5:04 am	5:32 am
0.4m	0.33m	0.3m	0.29m	0.31m	0.32m	0.35m
7:23 am	8:16 am	9:02 am	9:44 am	10:23 am	10:59 am	11:36 am
1.37m	1.44m	1.49m	1.53m	1.56m	1.57m	1.57m
1:11 pm	2:05 pm	2:52 pm	3:34 pm	4:12 pm	4:49 pm	5:25 pm
0.3m	0.26m	0.24m	0.25m	0.3m	0.36m	0.45m
8:00 pm	8:46 pm	9:27 pm	10:05 pm	10:39 pm	11:11 pm	11:41 pm
2m	2.03m	2.01m	1.98m	1.9m	1.8m	1.68m

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yourself with the systems and features of your car.

WEEKLY CHECKS

Familiarise yourself with the location of the engine oil dipstick, automatic transmission fluid dipstick, windscreen washer reservoir and cooling system reservoir and how to check the levels and replenish the fluids when needed. Checking these once a week will take no more than five minutes and may save you thousands of dollars by preventing a breakdown.

Also familiarise yourself with the tyre inflation pressures which should be checked weekly and reset as necessary. The recommended inflation pressures can be found in the Owner's Manual and on a sticker attached to the body. It's usually on the passenger's side door pillar, but it may be located elsewhere. Its location is detailed in the Owner's Manual. When checking the tyre pressures don't forget the spare tyre, there's nothing more frustrating than suffering a puncture and finding that the



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spare is flat.

While checking your tyres inspect them for damage that could end in a blow-out. Particularly look for bumps and bruises on the sidewalls front being driven into or over kerbs etc., and check the tread for cuts, splinters and nails.

It's also worth familiarising yourself with the jack and how to change a wheel in the event of a flat. That way you won't be stuck by the side of the road trying to work out how to use the jack while the traffic is thundering past a metre or so away.

Familiarise yourself with your car's warning lights and what they are telling you when they light up on the dash. The lights should all light up when you turn the ignition on as a way of checking they're working. If any don't come on during that ignition-on phase, then have them checked because a faulty warning light may cost you thousands of dollars in repair bills if you miss aren't aware of a fault.

If a warning light comes on while driving, check it out.

Don't keep driving and assume it will go out. It's worth taking a few minutes to investigate and assess the potential danger before driving on. Have a mechanic check the reason the warning light is illuminated.

MONTHLY CHECKS

Once a month check your lights to ensure they'll all be in working order, including headlights, high and low beams, tail lights, reversing lights, front, rear and side turn signals, and brake lights. It's a good way of involving the kids by having them tell you each light is working as you switch them on. If any are not working check the bulbs and replace any that have blown.

ANNUAL CHECKS

There are no accepted checks that should be made annually, but it's worth having the air-conditioning system checked annually for leaks and gas levels.

Re-gas the system as needed and repair leaks as various system components use the gas for lubrication and running low on gas can result in

damage to components like the compressor.

It's also a good time to inspect things like seat belts and child seats for wear and tear that might affect the operation in an emergency situation. Check the belt webbing for signs of fraying and replace the belt if it looks worn.

SERVICING

The Owner's Manual contains details of the manufacturers recommended servicing. Read it and understand when you need to have your car serviced. Carmakers specify service intervals in kilometres which applies to the vast majority of owners, or months to cover those owners who do little driving.

Follow the recommendations and have your car serviced accordingly. Missing services is a recipe for disaster.

While carmakers like you to return the car to one of their dealers for service you are not obliged to do so. You can take your car

to another independent service outlet, which is often cheaper, but it's important to establish that they are able to service according to the manufacturer's recommendation.

By using a service agent other than one approved by the manufacturer you are leaving yourself open to a problem in the event of a failure that affects your warranty. Potentially you could find yourself in the middle of a frustrating and time-consuming wrangle between the manufacturer and the service agent.

If you choose to use an independent service agent, check to see if they use genuine factory parts or generic aftermarket components which might affect the reliability of your car.

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NORTH HARBOUR MARINA

Is A Front Runner In Olympic Tourism Race

The North Harbour Marina Precinct will position Moreton Bay as a front runner in the race to attract tourists visiting southeast Queensland during the Brisbane Olympics in 2032.

North Harbour will be a major drawcard for the Moreton Bay region, showcasing more than 319 hectares of riverfront parkland as well as a unique Heritage Park and the Marina Village's boardwalk location for diners and shoppers.

This concentration of outstanding recreation, leisure, retail, and heritage opportunities in a single riverfront setting will be perfect for time-poor tourists and allows Moreton Bay to race ahead of other southeast Queensland destinations.

The State Government's anticipated declaration of a Priority Development Area (PDA) at North Harbour will sound the starter's gun on the marina project, triggering an employment and economic bonanza worth up to \$760 million to the Moreton Bay region every year.

North Harbour Project Director Bryan Finney said the Olympics will make Moreton Bay a must-visit holiday destination for thousands of tourists from across the world.

"While the eyes of the world have been on Tokyo this year, the global gaze will focus upon southeast Queensland in the build-up to the Brisbane Olympics in 2032," said Mr Finney.

"Tourists will have the very best Queensland experience when they come to North Harbour, with outstanding amenities and opportunities available in a single destination and beautiful

Moreton Bay awaiting them.

"North Harbour will become a launching point for yacht hire, fishing, and diving charters out on the water, while a huge variety of family friendly recreational and heritage activities will be within our 319-hectare riverfront parkland.

"It's a marathon not a sprint," said Mr Finney. "The State Government's declaration of a PDA will be a game-changer for the future prosperity of the Moreton Bay community."

Moreton Bay will host the 2032 Olympic boxing events in the purpose-built Moreton Bay Indoor Sports Centre which will be located at The Mill in Petrie, just 25 minutes away from North Harbour.

A joint project between North Harbour Holdings and Trask Land Corporation, the North Harbour Marina Precinct will provide 2,000 new dwellings, including waterfront homes, units, terrace homes and traditional detached homes, alongside recreational space featuring 12km of frontage to the Caboolture River.

The precinct is expected to create an average of 805 jobs each year during the construction phase, with more than 6,550 new ongoing jobs being created over the lifetime of the project.

To find out more and follow the story of North Harbour Marina, go www.northharbourmarina.com.au or email info@northharbourmarina.com.au. You can also follow us on Facebook at www.facebook.com/northharbourmarina.



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



CRIME REPORT

BRIBIE ISLAND WRAP June/July 2021



www.mypolice.qld.gov.au/moreton

ILLCIT FIREARMS...

On July 1st it was intended to launch the National Illicit Firearms Campaign at the Caboolture Farm Fantastic Expo, but this was cancelled due to Covid 19 virus. However, it is now proposed to hold the Expo 13/14 November and we can then once again promote the Illicit Firearms Campaign.

The Campaign was launched on July 1st by The Hon. Jason Wood MP, Asst. Min. for Customs, Community Safety and Multi culture Affairs and Stella Smith, Director of Crime Stoppers Australia.

Phase One: July - Sept. 2021. To educate the community around firearm laws, licensing and registration, and the safe handling of firearms.

Phase Two: Jan - March 2022. This will be when we will be focusing on encouraging the reporting of illicit firearms and weapons. We do need to make our communities safer.

The Amnesty indemnifies anyone from prosecution who is surrendering an unlawful weapon, firearm, firearm parts, and ammunition. In most States, firearms can be

surrendered at licensed dealers if you would prefer not to go to a Police Station. No questions asked.

It would be strongly recommended that you prearrange a drop off as you would be unadvised to walk into a Police Station with a firearm in your hands..... Leave it in your car until you have made contact with the receiving person.

This is a very short version of all the rules and regulations concerning the amnesty on firearms and should you need more information please call

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07 3015 7777

weaponslicensing@police.qld.com.au

UPCOMING EVENTS.....

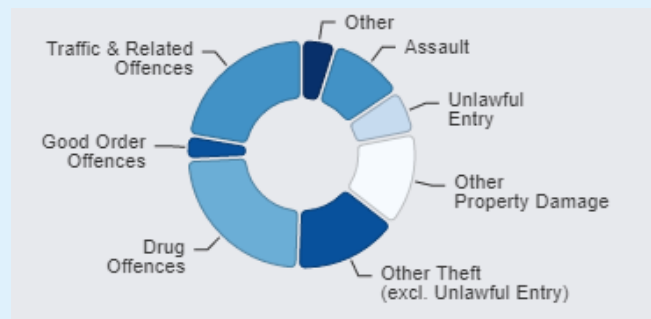
Aug. 5th was to be a Coffee with a Cop but due to Covid 19 this has now been cancelled.

Aug.14th. A sausage sizzle at Bunnings is still proposed but this again (at time of writing) is uncertain. Should it be a go situation then please come and join us....

Sept.29th. Police Remembrance Day. We are asking those that wish to show their support by putting a Blue Light in their window on this day as a sign of support for the Police as they go about their duty keeping us safe.

Sept.29th. This is also Road Safety Week. We ask that everyone tries not becoming a statistic this week.

COME AND JOIN US
HELP PROTECT YOUR
COMMUNITY.....



66 Offences
10 JUL 2021 — 9 AUG 2021

- Other 3
- Assault 7
- Unlawful Entry 4
- Other Property Damage 9
- Other Theft (excl. Unlawful Entry) 9
- Drug Offences 16
- Good Order Offences 2
- Traffic & Related Offences 15



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LETTERS TO THE EDITOR

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,

I sometimes get nuisance callers on my landline, who hang up as soon as I answer, or are just trying to sell me somethings or report a non-existent problem, in an attempt to scam me. I have finally found out how to block these callers. As I know of plenty of other people on Bribie who suffer the same problem, I would appreciate it if you could publish this letter. The number for the "Unwelcome Calls Helpdesk" is 1800 805 996. Just keep a record of the nuisance callers' number, and they will block it for you.

Hazel Benek Often when seeing clients, I find I go through a period of time where a particular theme comes up repeatedly, at the moment it's "Worthiness!" Worthiness basically is a result of how you see yourself... so why is it some people feel worthy and others don't? A lot of the time it is based on past conditioning and environments; that also includes our thoughts.

A Golden Era for Bribie?

We've got the Olympic Games for 2032. I can only see this as a golden era for Bribie. Our

promised new double lane highway to the Island will be finished. Our new double lane bridge will be finished. The promised Hospital will be up – gleaming and new – in time to help with any injuries from the Games. Our proposed airport beside the Sandstone Hotel will be ready. Perhaps our new sporting stadium will be used to hold some minor sports – e.g. soccer; or synchronised swimming at our new swimming arena. I can see high-rises emerging from the sand at Woorim to hold all the international visitors. Our future is unlimited on the Island. Look out Noosa and Byron – its Bribie's turn to shine Baby!

Our new fast-ferry service to Brisbane will be operating and the improved road system will easily handle the overflow and bring thousands to our little paradise. What bliss. It's all money for jam. The Olympics have saved us. The lucky country!

Of course – we will be in debt in the trillions to China and others – but what does that matter? We'll all be dead soon so we don't have to worry – "thank you" global warming. We need do nothing but sit back and

count our success. The future is **GOLD GOLD GOLD!**
Cheers

Michael Matthews

Dear Editor,

Your Islander continues to be a wonderful "flagship" for Bribie and its district community but for me (and others too, I'm sure) also a most welcome alternative and "escape" from the negativity and gloom that our mainstream media continues to spew out, daily.

In a former life (as a journalist for 35+ years), and since, I have never come across a "local" production/publication, anywhere, that supports and promotes its area, its people, and their achievements, as wholesomely as you do with The Islander. Your latest issue is another very impressive example of that.

I have just scrubbed my daily News Corp subscription (after many years of receiving its daily "news feeds") principally because the negativity that engulfed me (through this subscription) every day simply became too much for me. That won't happen (for me) with The Islander....and not because it's FREE - but because it "pumps me up" and gets me back into a positive mood and mode,

however, my day, week, or month has gone (for my wife and I). I'm sure, most Islanders would agree with me; please don't change your editorial and/or management policies which continue to turn out a "magazine" of this calibre and nature. It's a ray of sunshine!
Cheers and regards
Col & Margaret Walker
(Sandstone Pt).

Dear Editor,

During to lock down we took some time out and went walking on Woorim Beach. However, when we returned home we realised we had lost a set of house/car keys. We went back to the beach and retraced our steps, but, alas no keys were to be found. The keys had a tag on them printed with our phone number and reward if found. Several hours later we had a call from a young man saying that his wife had found our keys on the beach. He kindly delivered them to our house and wouldn't hear of accepting a reward for his good deed. We didn't even find out his name. So to the Good Samaritan and his wife we extend our heartfelt thanks and good wishes to you both, for your kindness.

Kevin and Kay Benson
Bongaree

Classifieds



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THE BRIBIE GLEEMEN ARE IN CONCERT AT THE RECREATION HALL FIRST AVE ON SATURDAY SEPTEMBER 4TH AT 1.30PM. THE CONCERT

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Due to COVID entry is by ticket only, which can be purchased by phoning **0438 618 073** for those on the Island and **0408 404 180** for those off the Island.

Our May concert was fully subscribed ten days prior to the concert.

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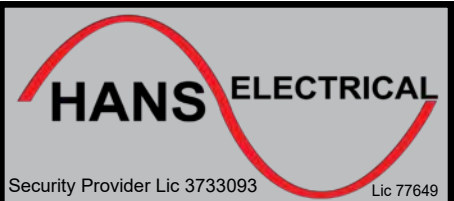
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