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AND DISTRICTS
ISSUE 150 OCT 8, 2021

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in this issue

our regular contributors:

150

OCT 8, 2021

Welcome

Dear Readers,
 Firstly I wish to thank you all for the support you have shown us, the emails, calls and letters to the editor certainly make us feel as we are doing the right thing for our community. I personally wish to reach out and thank those who contacted me personally via phone, email and messages to pass on their condolences. I would like you to know that meant the absolute world to me and EACH and EVERYONE of them gave me some comfort. Thank you, from the bottom of my heart.

We do understand that we will not be able to make everyone happy and sometimes we may upset people, but we do the very best we can with a team of 3 putting 80 pages out every fortnight. What I would like to hear from you, our readers is what do you want to read? Are ghost stories, Australian crime, humorous, love, what's happening in the technology world, etc. things you may want to read? We do try to throw a bit in of everything for everyone, but I would love to hear your thoughts as this is YOUR community magazine.

I would like to make special mention of the Emergency Services Expo on the 17th of October. I would love to see as many of you pop in down there and show some support for our unsung heroes! You can also get the jab there on the day as well! Look forward to seeing you there!

I am going to leave you with a poem that I came across made me laugh as I can relate to on a daily basis and I am pretty sure a few of you will as well!!

I've hunted near, I've hunted far
 I even looked inside my car.
 I've lost my glasses, I'm in need
 To have them now so I can read.
 I loudly swear and I curse
 Did I leave them in my purse?
 Are they behind the sofa, under the bed?
 Oh there they are - on my head!

By Anne Scott

Until Next Time,
Stay Safe, Take Care,

Cherrie

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Dr Jackie Perkins

Elaine Lutton

Joie Scheinpflug

John Stevenson

John Traill

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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.

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7 ESSENTIAL beauty shortcuts for Your Next Holiday

Get more done this year with some of these holiday makeup shortcuts. Make your makeup looks effortless with these easy tips from some of our favourite makeup artists. Regardless if you're going on a limited budget or have plenty of money to spend on makeup, these tips will help achieve your look more flattering!

When it comes to choosing makeup, simplicity is key. Makeup should be easy—relaxing and comforting, rather than taxing and time-consuming. This guide will teach you seven essential makeup shortcuts that will help you stay calm and look your best, no matter how much time you have to dedicate to your beauty regimen.

SIMPLICITY IS KEY

When it comes to holiday makeup, simplicity is key. Resist the temptation to layer colours, the temptation to contour beyond your natural features or to use both powder and gel products for look-at-me effects. Let's face it: we're busy enjoying our lives and there's not enough time to do everything. Don't make it harder



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than it has to be. Apply a base makeup shade (like matte) followed by a concealer. Use a heavier concealer for concentrating on areas where you need more coverage (like cheekbones).

EYEBROWS ARE THE FOCUS

When your eyebrows are trimmed, you will have the impression that you do not need a lot of additional make-up. When you are on vacation, you should relax and enjoy, and not constantly think about makeup repairs. Eyebrow luminosity treatments or a professional holiday drawing can help you make your eyebrows look perfect for months. If you are not a fan of such treatments and you know how to draw eyebrows yourself, it is important to bring your favourite pencil. Use eyebrow pencil to contour and highlight your brows. This step is best if used after moisturizing your face so that your skin is soft and smooth.

IS A POWDER FOUNDATION MANDATORY?

Social media has been abuzz with tutorials and articles about the best types of powder to use for contouring. While it's true you should always buy your makeup via a chemist, chemist brands have pushed the boundaries when it comes to

ingredients. Some of the newer, smaller brands are using natural ingredients in their products which can drastically improve the quality of your skin. We advise you to choose light powder foundations that will not clog pores. If your powder also has sun protection, that's a complete hit!

ARRANGE YOUR HAIRSTYLE BEFORE GOING ON VACATION

While many will advise you to straighten your hair when you return from vacation, it really isn't the point to see frayed hair ends or growths in your pictures. Arrange your hair before you go on vacation. At your hair salon, choose a hairstyle that will refresh your look, whether it is a new colour or a different shape of hairstyle.

MASCARA

Mascara is a must in a women's kit, because it provides the opportunity to look great in just a few moments. If you are going on a vacation where you will swim, we recommend waterproof mascara. It is not the best for long-term use, because it is difficult to remove and can damage the lashes. If you only use it during the holidays, that's fine. At night, choose plain mascara for eyelash volume.

EASY TIPS

If you're new to beauty, put together a list of your top 3 favourite products and items. Then try on each item to see how they fit together. Is there something you don't like that could be improved upon? Arrange them in a kit with another item that will help improve its appearance (E.g.: a lip gloss kit). That way, you will know where everything is at all times, and the care during the vacation will not take too much time.

DO NOT CARRY TOO MANY PRODUCTS

One of the most common mistakes women make is that they carry too many products when they go on vacation. You will not use most of these products, and they will take up space in your suitcase unnecessarily. It is true that you will find basic beauty products in every destination if you really need them, so there is no need to bring a large number of products from home.

And lastly, spend more time in adventures than in preparation and enjoy every moment!

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Celebrations. Who doesn't love a celebration?

Hi to all the beautiful people out there! I am Josie from Gypsy Love Celebrations! My vibe is Joy, positive and great energy. My mantra is creative, fun, and easy-going. Alternative meaning that I will help you make your day special & unique, by helping to design a wedding of your dreams no matter what it may be!

Unique and fun with a touch of anything that goes, so you can celebrate your day, your way. Music that rattles your mind, readings that say it your way, stories exciting the heart, rituals for your soul. Who says traditional is the way? Why not let me help create that day of love for you? A day you call your own.

The lovely thing about Celebrants is that we are open to all your ideas and many of us specialise in and thrive on offering you something unique and even quirky. Our aim is to provide an event that recognises you as individuals. And for me personally, as a believer in each of you and your extraordinariness, I want to facilitate a celebration including self-expression and personalisation to truly reflect you as a couple in all your unique and wondrous glory.

Tell me your story. I am easy-going, open-minded, nothing will raise my eyebrows, you may get a laugh or even a cry from me as my emotions will show, but hey, that makes it real, it makes me real.

- Weddings
- Life memories
- Renewals
- Commitments
- Naming days
- Elopements
- Any celebration

I love the Moreton Bay Shire and I work all around the area. There are some awesome, beautiful, unique places and venues, beautiful parks, beaches, lakes, mountains, forests, golf courses, your own backyard, or in your kitchen with your PJ's! Why not? Anything goes, you just need to pick your place. My way is for you to tell me your ideas and I will make it a reality.

If you like the sounds of that, I am the gal for you! Call Gypsy Love Celebrations and I will be happy to meet up for coffee or drink. So let's have a chat!



Josephine Lay
CELEBRANT

0412 744 339

Welcome to Ang & M!

We are a mother and daughter who can't wait to show you our new store in Bongaree. You may recognise us from Woorim Surfside Pharmacy, where we were for several years and both loved. Since taking my long service leave and Morgan going on maternity leave, we decided that time has come to open our very own boutique.

We both have a passion for all things beautiful, especially fashion and homewares, including jewellery and handbags. We decided to begin our adventure to provide some amazing fashion for every woman of every size. We have made our boutique affordable and inclusive of what we think our customers will love. We strive to use lots of natural fibres to suit our climate and can be worn all year round.

We invite you all to come, browse and enjoy trying on different styles and colours.

Fashion should be accessible for everyone and we believe there is a gap missing in this market on the island which we know we can provide.



Bribie is full of fantastic small businesses which we can't wait to be a part of and support our growing community. We want you all to grow with us and provide us with lots of feedback as to what you, as a community, would like us to offer so that you can evolve this space with us.


We have affordable gifts and homewares as well as beautiful artwork that we think you will love. We want to be a part of the growing community and create a warm inviting friendly atmosphere with great service. We will be open from Tuesday-Friday from 9 am-4 pm and at weekends from 9 am. Drop-in any time for a visit, even if just for a chat. We are located on First Avenue in Bongaree, next to the tattoo shop. We look forward to seeing you all and thank you for supporting our new adventure.



Ang & Morgan

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If you think essential oils are just a pretty smell – something you can use in a diffuser or in a relaxing massage –think again!

Essential oils are the way of the future, able to impact in a profoundly “intelligent” way on body, mind, emotions and spirit.

Dr Daniel Penoel, M.D. (in his book “Natural Home Health Care using Essential Oils”) describe essential oils as acting with a “God-like intelligence”

THE REASON IS...

From the first moment you inhale an essential oil, it is sending signals to the limbic region of your brain (your subconscious). This is where you store emotions and memory, and it's also the part of your brain responsible for spiritual experiences.

So essential oils help to reconnect you to your Inner Self. They are emotionally “regulating”, helping to calm and soothe, or uplift and invigorate, depending on what you need at that moment. This is why they appear so intelligent in their action.

Yet essential oils do so much more than this! They also invigorate our brain, helping us focus and retain information the way our brains were intended to operate!

They also absorb through our skin, helping to rejuvenate us from the inside out, at the same time uplifting our frequency so that we can

optimize our physical health. Certain essential oils can even be used to flavour your food and beverages.

At first the oil's captivating aromas were pleasure enough, but I also witnessed an overall improvement in my health, I knew I had stumbled across something significant. I was uplifted and energised. Others around me noticed and felt drawn to try it for themselves.

Did you know that essential oils can be used to assist with such things as pain relief, depression, insomnia, strengthening the immune system, chemical free cleaning as well as hormonal concerns and even with issues in the bedroom?

Essential oils truly are nature's magic in a bottle, and the most precious gift you can ever give to yourself, your human and animal family. And if this all sounds too good to be true, it may be. You see, essential oils are not all created equal, and our labelling laws do nothing to inform or protect us against harmful chemicals creeping into our precious bottles. An oil can be labelled “100% pure” and be mostly synthetic or adulterated oil.

It's important to know what oils to use and why. If, you would like to know more how these powerful oils can change your life, I am here to assist you on your wellness journey.

I can be reached on 0405 361 882 or at creativeandhealingtherapies@outlook.com.

Blessings in abundance,

Maria Christina x



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Welcome to Bribie Island Physiotherapy and lifestyle gym. We have been servicing the Bribie Island community as one of the Islands longest established businesses and have a reputation for giving the upmost care and dedication to our large client base. Our clinic includes a fully equipped gym and rehabilitation space which allows our team of Exercise Physiologist's and Physiotherapist's to progress the standard of care and results that we give our clients.

We have options for one-on-one supervised exercise sessions with our Exercise Physiologists as well as group classes and membership options.

Classes:

- **Pilates** - Group Matwork and 1:1 Reformer sessions
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Our team is experienced and equipped to assist clients with a range of conditions including:

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- Strength and Conditioning
- Pre- and post-natal health
- Weight loss
- Hands on Physiotherapy

Services we offer:

- **NDIS** - services are available under self-managed and plan managed NDIS funding. EP services are currently provided under the Improved Health and Well-being and Improved Daily Living.
- **EPC** - please note from January 2022 we are no longer a bulk billing practice.
- **Home visits**
- **HICAPS** - Same day claiming available
- **Workcover**
- **DVA**



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What EP is -

AEPs are university qualified allied health professionals equipped with the knowledge, skills, and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries, or disabilities. Pathology domains covered by the services of AEPs include cardiovascular, metabolic, neurological, musculoskeletal, cancers, kidney, respiratory / pulmonary and mental health, and any other conditions for which there is evidence that exercise can improve the client's clinical status.



5 Mistakes After workouts

By Himanshu Singh

<https://www.mindxmaster.com>



No one will deny the fact that working out is much better than watching a movie or opening a cricket betting site.

But it turns out that what you do after a workout is just as important as what you do while exercising. Here are 5 common post-workout mistakes almost all health advocates make. Check yourself – are you doing the same thing?

You Don't Drink Enough Water

You should drink more than usual after a workout at the gym or an intense fitness session – this is important for maintaining water-electrolyte balance and blood glycogen levels. For four hours after the workout, you should drink non-carbonated mineral

water slowly but regularly, about 200-300 ml per hour to replenish the fluids lost with sweat. But you should not drink several glasses at once – it is dangerous for your heart.

You Sit Around All Day

If you run on the machines for an hour and then sit in the office without even getting up to stretch, your body will feel bad. All the efforts to tighten, maintain and tidy muscles and ligaments will go in vain. So be sure to do an active workout several times a day, do not be lazy to climb a couple of floors on the stairs or at least a good stretch. All this will increase the heart rate for a short time and will do wonders for your well-being and mood.

You Don't Sleep Enough

In order to keep your muscles and skin toned, you need enough sleep. How much? At least 7 hours, and some people need 9 hours of sleep. While we are resting, the body is busy recharging and urgent repairs, and it needs time for that. Don't force it to

work under time pressure.

You Eat Fatty Foods

Chances are, if you're watching yourself, you're not likely to pounce on fast food after working out at the gym. But even healthy fats can cause problems. They slow down the digestive process. And meanwhile, muscles need nutrients to recover that get into the bloodstream quickly, get to your cells quickly, and give your muscles energy quickly. These are high-quality protein and carbohydrates, with which fats should be replaced.

You Don't Stretch

There are no excuses, no matter how busy you are! The muscles stretched by exercise return to their former volume in about an hour. To maintain the effect of exercise, you need to stretch regularly. Not stretching after a workout, on the other hand, can lead to restricted movement and make the body more susceptible to injury.



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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).

ACUPUNCTURE FOR HAY FEVER

We're in the full swing of spring which means more time in the garden, flowers blooming, and for some: allergies! Allergic rhinitis, also commonly known as hay fever, affects nearly 20% of Australians and can affect people seasonally or year round. Typical seasonal triggers for allergic rhinitis are pollens, grass, and weeds, while persistent triggers include animal dander and dust-mites. Episodes of allergic rhinitis typically result in sneezing, runny nose, itchy nose and eyes, and blocked nose, leading to interrupted sleep, snoring, fatigue and poor concentration. Allergic rhinitis can have significant negative impacts on quality of life for many people. Allergic rhinitis sufferers also frequently suffer from other allergic conditions such as asthma and skin rashes, due to the close relationship between the nose, the lungs, and the skin.

The conventional treatment of allergic rhinitis involves avoidance of triggers, oral medications, nasal sprays and allergen immunotherapy. Acupuncture, however, is a popular choice for allergic rhinitis symptoms - in fact,



approximately one in five people with allergic rhinitis have used acupuncture for symptom relief. For some sufferers, medication is not effective and some experience side effects from medication that are not well tolerated.

HOW ACUPUNCTURE WORKS FOR HAY FEVER

The short answer is that acupuncture affects the immune system and reduces the allergic inflammatory response to allergens, and therefore symptoms, and also improves people's tolerance to would-be allergens. Acupuncture for allergic rhinitis is one of the many conditions that have been extensively studied by western medical science - the 'Acupuncture Evidence Project' (a comparative literature review for the effectiveness of acupuncture for various conditions) in fact found acupuncture to be more effective than medication in some studies, and that symptoms continued to improve for up to 3 months after treatment. Acupuncture has also been recommended in the allergic rhinitis clinical practice guideline of the Otolaryngology Head Neck Surgery Foundation in the US as a treatment option for those who prefer a nonpharmacological treatment.

THE ACUPUNCTURE EVIDENCE PROJECT

For the science-y types, the 'Acupuncture Evidence Project' (as mentioned above) was an extensive review of published scientific literature, particularly systematic reviews and meta-analyses, on the effectiveness of acupuncture. The intent of the project was to set a benchmark to inform acupuncturists, the public, researchers, health departments, governments, and other health providers that acupuncture has a valuable contribution to make to global healthcare and to assist in reducing the global burden of disease.

Completed by two of Australia's own Chinese Medicine doctors (who also have western medical backgrounds) based in Brisbane in 2017, the Acupuncture Evidence Project is now a resource used around the world. It concluded that acupuncture has been demonstrated with strong evidence to be effective in the treatment of:

- Migraines
- Headache
- Chronic low back pain
- Allergic rhinitis
- Knee osteoarthritis
- Chemotherapy-induced nausea and vomiting
- Post-operative nausea and vomiting
- Post-operative pain

Thirty-eight other conditions had evidence of positive effect, including irritable bowel syndrome, menopausal hot flushes, neck pain, sciatica, and post-stroke rehabilitation.

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

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How Colonic Irrigation Can Help With Constipation

If you've been suffering from constipation of any kind and can't seem to find a cure that will work, it's time to look beyond the medications and special diets to one of the most effective natural treatments - colonic irrigation.

With roots tracing back thousands of years, colon hydrotherapy is a time tested natural treatment that can offer constipation relief on a number of different levels.

1. IMPROVED DIGESTION.

Because the colon is responsible for processing and expelling all solid waste from the body, over time, it can become a little sluggish if things aren't properly maintained.

As the colon becomes layered with excess waste build-up, it loses the ability to function properly and increases the transit time of bowel movements.

Not only does this result in harder stools

that are difficult to pass, but it also means your body isn't absorbing all of the dietary nutrients. Colonic irrigation helps by loosening waste build-up and allowing the colon to function properly. With a clean colon, faecal matter can pass unhindered and your body will be getting all of the nutrients it needs.



2. REMOVE TOXINS & HARMFUL BACTERIA

Another common culprit of constipation is the presence of a toxic environment in the colon. Not only does waste build-up slow the passage of faecal matter, but it also creates the perfect home for bad bacteria to thrive. When left untreated,

bacteria can greatly hinder the bowel's ability to function and deal with toxins.

All of these factors result in an unhealthy, slow-moving digestive system. Colonic irrigation works by cleaning the bowels, ridding your system of harmful bacteria, and allowing for the proper elimination of toxins. By restoring the balance, your digestive system will be able to process waste much more efficiently.

3. RESET YOUR GUT'S BIOME

In the colon, there are literally trillions of beneficial bacteria (known as flora) that all work together in helping the colon digest food and expel the waste. In some cases, even if your colon is relatively clean and free of waste build-up, an unbalanced biome can result in constipation. When bad bacteria begin to outnumber the beneficial bacteria, your colon can no longer digest food effectively.

Can you guess what happens next? That's right, everything slows down and you may even start to feel bloated. Colonic irrigation can work like a reset by helping to flush out the bad bacteria and allowing the body's natural flora to take control again.

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What is Medicinal Cannabis?

Note: The information given on this page is not medical advice and should not be relied on in this way. Individuals wanting medical advice on this issue should consult a health professional.

Sourced from the ADF



Broadly speaking, medicinal cannabis is cannabis prescribed to relieve the symptoms of a medical condition, such as epilepsy. It's important to distinguish between medicinal and recreational cannabis. Recreational cannabis is the form that people use to get 'high'.

For some people with chronic or terminal illnesses, conventional medicines don't work, or don't work as effectively as medicinal cannabis. Also, for some patients, conventional medicines may work but cause debilitating side effects that cannabis can help to relieve.

Other types of cannabinoids

- Butane hash oil
- Cannabis
- Synthetic cannabis

What are cannabinoids?

The main psychoactive ingredient of cannabis is tetrahydrocannabinol (THC), which acts on specific receptors in the brain known as cannabinoid or CB1 receptors.

Research has found that the cannabis plant produces between 80 and 100 cannabinoids and about 300 non-cannabinoid chemicals. The two main cannabinoids that have therapeutic benefits are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). There have been claims that other cannabinoids have therapeutic properties, but these have not yet been proven.

The main difference between the two cannabinoids is that THC has strong psychoactive effects, meaning it makes a person 'high', whereas CBD is thought to have an anti-psychoactive effect that controls or moderates the 'high' caused by the THC. CBD is also thought to reduce some of the other

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negative effects that people can experience from THC, such as anxiety.

The psychoactive effects of THC, such as euphoria and feeling relaxed or sleepy, are well known, but it also has analgesic, anti-inflammatory and antioxidant properties, as well as preventing and reducing vomiting.

Research is being conducted into CBD for its potential to treat epilepsy, schizophrenia and other psychotic disorders, type 2 diabetes, inflammatory bowel disease, some tumours, and drug dependency.

The endocannabinoid system

The endocannabinoid system is a unique communications system in the brain and body that affects many important functions. It's made up of natural molecules known as cannabinoids, and the pathways they interact with. Together, these parts work to regulate activities like mood, memory, sleep and appetite. It is thought that medicinal cannabis can treat various illnesses by acting on the endocannabinoid system.

Types and forms of medicinal cannabis

Three main forms of cannabis can be used medicinally:

- Pharmaceutical cannabis products that are approved by an organisation such as the Therapeutic Goods Administration (TGA), including nabiximols (Sativex®) and synthetic cannabinoids such as Dronabinol®. Sativex, which comes as a nasal or oral spray, has

been approved in over 24 countries for treating spasticity due to multiple sclerosis.

- Controlled and standardised herbal cannabis (plant products), such as the products produced in the Netherlands.

- Unregulated and illegal herbal cannabis (plant products), which contains unknown concentrations of cannabinoids and potentially harmful impurities such as bacteria and mould (the USA only)

Why smoking cannabis for medical purposes is not recommended

Some people claim that smoked cannabis should be considered as a treatment for various medical conditions or even as a cure for cancer. However, there are two major concerns.

Firstly, smoking is a particularly harmful way of taking cannabis, mainly because carcinogenic substances are inhaled directly into the lungs. Smoking cannabis is not recommended by health authorities, as the smoked form contains at least 50 of the same carcinogens as tobacco.

Secondly, the majority of medicines used in Australia are produced under strict conditions. That way, doctors who are prescribing them (as well as people who are using them) know exactly what's in them.

Doctors must know that medicines have been tested and that each dose is the same. This means doctors can monitor the effects of a drug and doses can be adjusted according to a patient's needs.

When recreational cannabis is used as medicine, doctors and patients can't be sure

of how strong it is or what mix of chemicals is in it. Consequently, one dose will never be the same as another.

Side effects

There is a community need for medicines and therapies that can help to alleviate the painful symptoms of various illnesses and diseases.

An increasing number of studies suggest that medicinal cannabis in the form of oral extracts, sprays or pills can reduce pain and help treat some illnesses. However, as with many other drugs, medicinal cannabis can also cause unwanted side effects, such as difficulty concentrating, dizziness, drowsiness, loss of balance, and problems with thinking and memory.

CURRENT SITUATION

Legislation that allows cannabis to be grown for medical or scientific purposes in Australia has been passed by the federal government.

In October 2016, the Commonwealth Government started a national licensing scheme for the cultivation and manufacture of medicinal cannabis and controls all its regulatory aspects.

Manufacture is a joint responsibility between the Commonwealth and the states and territories. Access to any cannabis products manufactured under the scheme is also a joint responsibility, with supply controlled by the provisions in the Therapeutic Goods Act 1989, which works in tandem with state and territory drugs and poisons legislation.

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Runaway Train

by Soul Asylum is more than a Song ...

When Soul Asylum released "Runaway Train," it helped launch the band to a platinum album. But it also brought attention to dozens of missing children all over the World. Here's what many don't realize about the now-iconic music video: it played on televisions all over the world, and in each country the images were different. In Australia, the video showed images of children who went missing.

Sadly, several were later discovered to have become victims of serial killer Ivan Milat who was operating here in Australia at that time. But some children were found, and some came home, as a direct result of the haunting video.

It begins with stark white lettering on a black screen announcing that there are "over one million youth lost on the streets of America." That was in June 1993...and the numbers are still heartbreaking.

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The gripping video featured terrifying images of abduction and children attempting to escape, interspersed with the faces of real children who were missing at the time. In all, 36 missing children were featured in the video. During the choruses, pictures of missing children would appear on the screen. After each picture was shown, their full name would appear in large capital letters on the screen, along with the year they had been "missing since..."

Columbia Records wanted to change the video weeks after it appeared. The video was receiving heavy play, but some MTV execs felt that it looked too much like a Public Service Announcement and wanted to cut out the images of the missing children. The video's director Tony Kaye asked Columbia to wait and allow the video to continue to play as it was.

A short time later, one of the missing children who saw the video went back home voluntarily. Another followed, and another. The video was starting to have a

real effect, and it continued to play with the children's pictures intact.

It's been 28 years, and the video definitely still has a strong impact. Of those featured, 26 of the 36 children in the original video featured in America were found. Their stories did not all have happy endings. Some of the children featured were ultimately found dead.

The unusual "Runaway Train" music video literally changed lives, and it continues to resonate two dozen years later. Someone goes missing in Australia every single day, and that includes children, too.

At the end of the video, lead singer Dave Pirner appeared and said, "If you've seen one of these kids, or you are one of them, please call this number" before a missing children telephone helpline number appeared. The video was edited for use to include photos and names of missing children from wherever the video was to be shown.

The video drew awareness to the problem and was instrumental in reuniting several children with their families.



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Am J Sports Med 2007; 35:972

* Int J Surg 2015; 24:113-222

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Choice & dignity at end of life



It's been a long road, but Queensland has finally passed laws so terminally ill people can choose to get medical help to die with dignity. This is truly an historic change.

We know 80% of Queenslanders want choice if they become terminally ill. Vote Compass research showed that 82% of Pumicestone residents supported these changes, and that support was reflected in the feedback I received from our community.

Most importantly, terminally ill people and their families told us, over and over, that they wanted choice as they face the end of their lives.

I'm proud that our Palaszczuk Government was brave enough to listen.

The Voluntary Assisted Dying Act 2021 will give Queenslanders assisted dying laws that are compassionate, safe and practical - the best in Australia. The laws were carefully designed by the independent Queensland Law Reform Commission following a wide ranging parliamentary inquiry and very broad consultation. Once the Bill was drafted, the Health and Environment Committee, which I serve on, consulted with communities and organisations across Queensland to make sure the laws would be right for Queensland.

For those suffering from a terminal illness, this legislation is truly a historic change. Dying people will finally have the comfort of knowing they can have choice and dignity in their deaths. Many will choose not to go down that path but may still find comfort in knowing the option is there. Behind all the tears, joy and relief we saw from terminally ill people and their families, there are important points to clarify and questions to answer.

Who will be eligible?

To access voluntary assisted dying, a person will have to meet strict criteria.

They must have been diagnosed with a disease, illness or medical condition that is: - advanced, progressive and will cause death, - expected to cause death within 12 months, and - causing suffering that the person considers to be

intolerable. Other requirements include that the person has decision-making capacity, is acting voluntarily and without coercion, is 18 years or older and meets residency requirements.

Safeguards

Our voluntary assisted dying laws have robust safeguards built in. Each person must be assessed by two separate and independent doctors with specialized training. He or she must make three separate requests with a waiting period of at least 9 days between the first and final requests. These laws don't give a choice between life and death, but a choice of how and when, for those who are already suffering and dying.

When will it become available?

People have asked me when voluntary assisted dying will be available. And it's going to take time. This is a big change. The government must develop strict policy and procedures, regulations, clinical guidelines and training packages for doctors and nurses. A state-wide care navigation service and an oversight board will be set up. Every other state has taken at least 18 months to take these steps. We're learning from them and committed to getting there faster. To make sure this is done properly and safely, it is going to take 15 months until the first Queenslanders can access voluntary assisted dying.

Terminally ill Queenslanders told us voluntary assisted dying will bring them great comfort in their last days and weeks.

I'm so glad our government could make this change for them, and I thank every Member of Parliament who supported it. A big thank you to retired specialist palliative care nurse Bev Young from Sandstone Point who gave very powerful evidence to the Parliamentary Health Committee about the need for choice. If you have any questions about the new laws, please reach out to pumicestone@parliament.qld.gov.au or call 3474 2100.

Warmly, Ali

ALI KING MP
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Rear L to R: Jim Binnie (Guitar) Ross Elliott (Art) Colin Christiansen (Computer), Maree Moslar (President)

Front L to R: Chris Clark (Program) Maureen Shea (Family History) Ursula Maffey (Silk Painting) Carolyn Frankcom (French) Joy Berry (Bonsai).

The lunch event, attended by 100 happy people, was an opportunity for President Maree Moslar and Program Manager Chris Clark to thank everyone, but especially several long-serving retiring volunteer Tutors, Receptionists and Committee members, with a small gift and Certificate of Service.

Other special people who were unable to attend were also recognised for their many years of volunteer service. They were

Lesley Games, 18 years as a Receptionist, Card Tutor and Committee Secretary. Albert Lutje, Computer Photoshop, Flo Mackay who served 13 years as Receptionist and Geoff Walker the French for Travellers Tutor.

U3A classes have now restarted for the final term of the year, which will make so many Bribie people very happy.

U3A

THANKS VOLUNTEERS

After a challenging year of shutdowns and limitations, the Committee of Bribie University of the Third Age (U3A) invited volunteer Tutors and Receptionists to a "Thank you" lunch to recognise their many years of effort

This was the first time in almost two years that these

hard-working volunteers had been able to get together. After months of closure and limited operation due to Covid restrictions, the U3A Committee worked hard to do all that was required to reopen for the final term of the year. This was now time to say "Thank You" to the many willing and cooperative volunteers.

With 150 different classes conducted each week, the logistics of class scheduling and management have been a challenge. Bribie U3A is now entering its 30th year of operation with more than 2000 enrolled Senior Students. Bribie U3A is regarded as one of the most well managed and cost-effective U3A operations in Australia.

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POSITIVE OR NEGATIVE? IT'S YOUR CHOICE

By Colin Walker

Recently, I attended a funeral service at which the theme music was the modern British classic, "Always Look on the Bright Side of Life", and an older American variant, "Don't Worry, be Happy".

Strange, in the circumstances, you might think. Different, certainly. But it typified and represented, to a "T", the

outlook and approach to life of the "dear departed".... just what he would have wanted at his farewell to his family and friends.

I came away reaffirmed in my view that my friend had a rare gift in the way he always saw the positive side of things (and people) Even in the midst of a pandemic of negativity sweeping our world – but not

his, to his great credit, even after enduring many years of ill health, great pain, and misfortune.

We hear, see, and read so much of the negative aspects of life thrust at us every day in our mainstream media, and more recently our incessant social media outpourings.

But how much of this represents, accurately, the world we actually live in today Epitomised by yet another musical classic, "What a Wonderful World". I grew up, as a young jazz music addict, with the words of Louis (Satchmo) Armstrong's version of this classic piece ringing in my ears....and I like to think they haven't lost their appeal, or their validity, just yet (not to me, anyway!).

Anyone who has lived through the great (and often chaotic) evolutionary processes of the past 50 to 80 years can't help but be impressed by the history-making changes – for the better – that have been achieved in most fields of endeavour, to improve our lifestyle and living conditions (for most of us).

The "uplifts" in social welfare, working conditions and remuneration, education, health and public safety (to name but a few) have been quite dramatic, and obvious.

Ask anyone who can recall times before computerisation and associated "high tech", mobile phones, aged and invalid pensions, paid maternal (and paternal) leave, subsidised daily child care, universal (and transferable) superannuation,

assured minimum wages (plus penalty rates and allied benefits), higher education only for the wealthy....and much more.

They will tell you the same thing....but perhaps with some variations, due to varying personal circumstances and experiences.

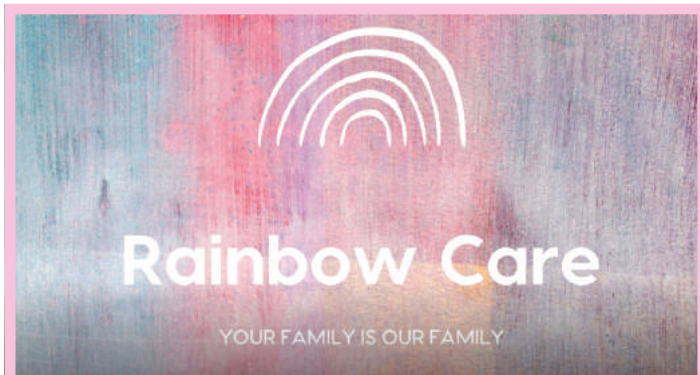
The common "thread", however, is that the world we live in, today, is infinitely a better place – for most of us - than it was just a handful of decades ago. The fact that most of us are living longer, and more comfortably, than we did in the often-exaggerated "good old days" reflects the very substantial achievements and improvements made.





And that must continue to be our aim, and a driving force, in what we set out to achieve in the years ahead of us Covid or no Covid!

Yes, we still have wars and internal conflicts around the globe, health, welfare, pollution, population, climate, drought, famine, rising crime and other serious issues to concern ourselves with – and act on.

And obviously, we can't (and mustn't) overlook the things we do badly (or wrongly); we must ensure they are adequately and properly "aired"....and corrected, where we can.

But we are doing ourselves (and the society we live in) a great disservice if we allow these negatives to.



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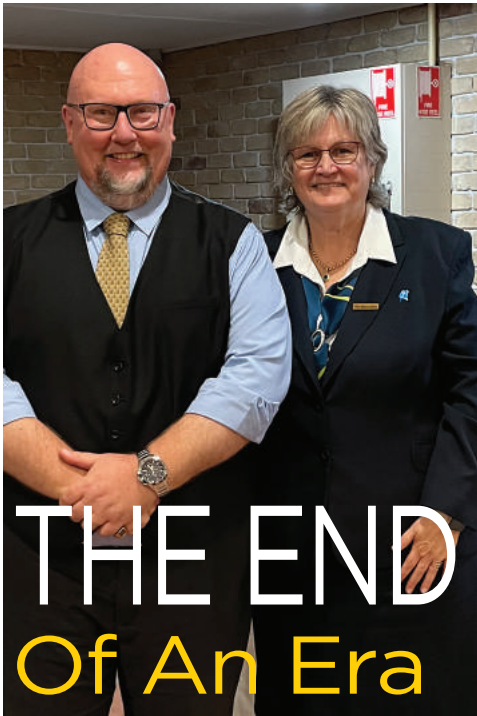
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PEOPLE | CONNECTION | PRIDE



Rita-Marie Lenton, Manager of Great Northern Gardens has decided it is time for her to semi-retire and have a well-deserved break. She was kind enough to answer some questions on the time she spent in her job and what the future hold for her.

Rita-Marie started as a Receptionist/Memorial Sales Consultant on 17th April 2000 when the crematorium was owned and operated by American Company Stewart Enterprises. When the American company pulled out of Australia, several Queensland investors formed Bledisloe Australia. They became the owners of Great Northern Garden of Remembrance and Metropolitan Funerals. Rita-Marie had started arranging funerals at GNGOR when the company decided

to transfer her to their main branch of Metropolitan Funerals Aspley on 1st July 2003, where she went on to learn all aspects of the funeral industry, returning to GNGOR on 4th October 2007, as the manager.

When Rita-Marie was made Manager one of her first directives from the company was to change the name from "Caboolture and Districts Crematorium and Memorial Gardens" to what it was originally supposed to be called, "Great Northern Garden of Remembrance." Then when the Gow family took over the Crematorium they renovated the Chapel and added the refreshment lounge which has made a huge difference to the area.

Rita-Marie's stand out memory is the first day she arrived at work, the roses were in bloom and she stood and looked at them and felt at home. "There have been many stand out memories" she said, "too many to mention."

Every part of the grounds is special to Rita-Marie, especially in the quiet of the late afternoon as she leaves work and sees the family of kangaroos that visit. Rita-Marie has her mother-in-law and brother-in-law's memorials on the grounds and GNGOR will become her forever home as her own memorial has been pre-purchased.

Rita-Marie said her most unusual funeral request was to have a funeral for a young girl who had passed from Cancer at "Walkabout Creek." "The family arranged a fairy to sprinkle fairy dust on us as we bought the coffin into the area. On the day of that funeral unbeknown to me at the time, a young boy who was dying from cancer told his mother that when he died, he wanted me to do his funeral. It was a month later they approached me and three months later I did the funeral, he will always be in my heart. From that experience, I learned to offer different suggestions to families. I suggested that a gentleman that never made it home to the new house he had built as he was too

ill to leave the hospital to hold the funeral at his home.

Another one was at a small house in Deception Bay. The lady had insisted she have her funeral at home in the backyard. "When I saw the space I had some concerns, but on the day the family had made some amazing transformations. What was most humbling was how she was honoured with the attendance of the local council member Chris Whiting, the local State Minister Dean Wells and the local charity groups she was involved in" said Rita-Marie. This is why she believes the skill set required for this job is compassion, empathy and the ability to stay calm and be willing to learn on the job.

Now Rita-Marie has some new adventures on the horizon. She became a celebrant on the 16th April 2020 and will continue to be involved with different networking groups and also a part of the Disruptive Publishing's authors group, who have asked her to contribute to published books by Trish Springsteen "Touched by Breast Cancer" and "Forever Changed by Suicide". There is a third book she is contributing to, in the pipeline due for release in late 2022 working title "Without Consent". Rita-Marie will still be doing some sort of work helping families, be it through weddings or funeral farewells.

So when asked what you will miss when you leave? Rita-Marie's answer was "The people, I have made some lifetime friendships with staff members and clients."

Tony Sargent will be taking up the position that Rita-Marie is leaving so keep an eye out as we will be introducing him to you soon. But for now, it is farewell Rita-Marie, we wish you every success and happiness in your next venture.

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The Skeleton on the Moors.

This is a true story that concerns the finding of a skeleton on the Yorkshire moors by a group of 'likely lads' out on a day's adventure of potholing or caving.

They were all members of a local club whose idea for a great day out was to enter and crawl through almost inaccessible underground caverns that had been gorged in the subterranean areas over millennia by water erosion and other work of nature. This is no game for anyone who suffers from claustrophobia. Many of the tunnels and caves have to be accessed through very narrow entrances, oft times dark and wet. The flow of water is the indicator of the way to go to enter larger caves, sometimes of spectacular appearance; such are the Holy Grail of the sport; so to find a new unknown cave or system is prize indeed.

On this particular day our little group hiked over rising ground to where they thought a known cave system was located. They then followed the route of a stream, and thought that they heard the noise of an underground flow of water inside the hill itself. There had been copious rainfall in the period before this particular day of exploration that could be an indicator of possibilities for new discovery.

There was a steep embankment to the side of the stream from where more underground noise seemed to be emitting. Excitedly they probed the whole area trying to find some way to get closer to the source of the elusive noise, digging as they went. This could be a whole new 'find'; a way maybe to uncover a previously unknown cave system that could present new discoveries and enhance their reputations in the caving community. They were excited by the possibilities and uncaring of any dangers.

One of the group, Spud by nickname, traversed a steep area where there was an indentation in the ground and in surprise fell through the heavy rain

sodden undergrowth. He gave out with a call of alarm as he disappeared below the surface. Hearing the kerfuffle of a voice call and the noise of a body falling and the breaking of ground cover the rest of the party rushed to see what was the cause.

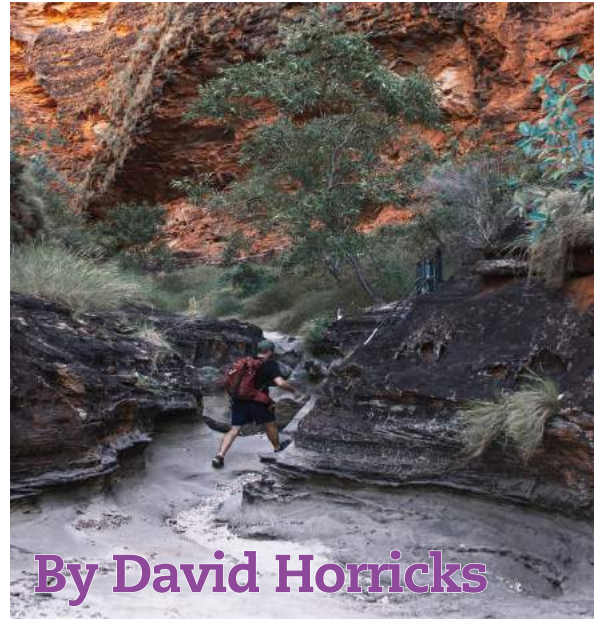
Spud was unhurt except for being winded but was well underground in a cave. To the question of 'what's there' he answered that yes this was the origin of the water flow noise. He could see where the water flow ran down into a subterranean system. The stream did in fact flow through part of the cave he was in, all very exciting for our little gang.

Spud surprised the rest by telling them that there were some bones in the cave. Yes, but where does the water flow go to was their response. This was of more importance than a few old sheep bones. They all got down into the newly found area and started to follow on the flow of water to where it exited, hopefully into a new cave system; all the while forgetting the bone find. They discovered to their disappointment that the water entry point into the mountain was very restricted and of such a shape that it would be impossible to make an entrance.

Once this investigation had been covered one of them returned to the bone find and announced that these weren't sheep bones but looked like human bones.

Time was getting on and aware that they didn't want to get caught on the moors in fading light and bad weather they decided to call it a day and to repair to the local pub in the village for a few cleansing ales. On the way down they noticed that Spud had picked up some of the bones including the skull. What do you want that for he was asked. Well, I could make it into a table lamp he replied. With which they carried on their journey and set up camp in the backroom of the old hostelry.

Once sat at the table with pints served all round and with the skull centred on



By David Horricks

the table, by this time wearing a flat cloth cap and with a cigarette clamped between its teeth; they started to discuss their newfound caving system and how they should go about completing the exploration. The few odd hand bones Spud had souvenired were alongside the skull. Now I should remind the readers that we have here a group of likely lads, not some serious archaeology students.

The entrance to the men's toilet was sited behind the table where they were sitting. A customer returning into the pub after his call of nature asked them where the skull and the bones had come from. We found them he was told. You bloody idiots, the customer called them, they could be from an unsolved murder – have you told the police – you better had.

So Panch, (named for his hairstyle and liking for long side burns) one of the cavers, was delegated to phone the cops from the in-house phone in the pub. Mobile cell phones were still futuristic fantasy in the late 1960s when our tale is dated. Panch made the call; all the while the whole pub was able to listen in, causing a stir in the sleepy little public house. Quite the most bizarre piece of news since the time when the local girl voted Miss Moorland Beauty was discovered to be married with two kids.

The local fuzz was not impressed by the call, asking twice whether the bones were just sheep remains. When convinced that the bones were human the cop asked had the bones been moved, Panch said of course not officer, all the while thinking - Oh Bugger.

To be continued.

Benefits of Estate Clean Out Services

Sometimes surviving loved ones have not only the sadness to deal with, but also what was left behind from your beloved one.

It's this unplanned project that creates another stress in your life that you didn't expect. You now have to deal with the home that they lived in and all the contents that they accumulated through the years.

The result is a home full of contents that is now a question of, what do I do with all these items? Do you just haul it away? Do you comb through everything? How do you evaluate what items have value? Imagine the time it takes especially when you don't live in town and you have to spend days going through things wondering if it's worth keeping (sentimental reasons) or are things worth selling to help defray the cost of the expense.

In most cases, there is usually the need for an evaluation of items that may have



a value and can be resold. You may need to have these items sold to pay for legal expenses and funeral costs. At its heart, an estate clean out service is a remover of items that have accumulated in the home. In today's busy world, many people have work and familial responsibilities of their own. They simply don't have the time to painstakingly remove all the items that remain in their loved ones' home.

An estate clean out service is able to

do so in a discreet and careful manner. Getting rid of unwanted items is not a pleasant process, but it can be aggravated further by unprofessional, rude people who come into your home and disrespect your grieving process. That is why it is best to get a professional to help you as for busy people who must deal with the belongings that their loved ones have left behind, an estate clean out service can be invaluable. Be sure to inquire about their specific services and any professional certifications that might be required.



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Cosmos Park, Sunderland Drive, Banksia Beach





Arrival

An Application for Employment

By: Elaine Lutton

These are hard times and perhaps a lady approaching the age when she will receive that most coveted of “gongs” the OBE, (Over Bloody Eighty) should bow out gracefully from the employment market. However, one can learn from the young. My cousin’s son sent off an application for his first job with London Rail very different from the usual C.V. amongst his many talents, he had a lively sense of humour, and since he had been interested in rail travel since young, he could inform the traveller exactly how to reach their desired destination given their starting point. He could inform them where it would be necessary to exchange trains and even which platform to make this possible, plus times.

He even pointed out in his application what they could be missing by not at least interviewing him. His application was truthful and confident but interspersed with lots of humour.

He obtained his interview, demonstrated his skills which they checked by computer, made them laugh, and was offered a job on the spot. They said they did not know where to place him but they definitely wanted to employ him. This was the beginning of an extremely fruitful career in time-tabling.

Perhaps I have left my run a little late but as I have no intention of pushing up daisies just yet, life is too much fun, and having recently filled out my census which had no little box to tick that I

could see indicating “retired” but rather, assumed one was still grafting away or at least making attempts in that direction.

I considered both my skills and failings and came up with the perfect solution. My career will be translating instructions for mobile phones, computers, etc. from Techlish to English-for-the-Over-sixties. Neither will Vacuum-cleaner Companies and makers of washing machines escape my notice.

I shall fire off my Curriculum Vitae to Microsoft, Apple, Sony, Samsung and all manufacturers of white goods and smart TVs that have blinking lights and buttons to push. I might even go so far as to include IKEA in my search for lucrative employment. I will become a Techlish Translator! And it better be lucrative, none of this voluntary stuff, I am after monetary recompense! How else am I going to afford to grow old as disgracefully as is my ambition?

I realised how much the world needed me when I finally got around to replacing my antiquated mobile phone which had finally given up the ghost due to the stress of checking into every shop I visited. I was persuaded by the charming young man at our local Telstra Shop, thank you, Jason, that a new one was the only way to go. I thought this would merely be a matter of swiping my MasterCard and I would be able to walk out with my new phone but No! Although Jason assured me I would be able to keep my number and Contacts, he needed photographic proof of my identity. Fortunately, I had brought my passport with me having heard rumours that this might be required. Yes, passports still have some use even though personally I cannot see myself gallivanting around the globe just yet. Jason then kindly offered to

show me how to use my new acquisition but I declined as I had a friend waiting and thought that with the vast experience of my previous phone I would manage. Foolish me!

I opened the box and everything seemed to be there except a manual to get one started. No worries, Google it! The manual was found, all ninety-nine pages of it! I printed them out but they were obviously written for someone who knew what to do anyway. I began to consult YouTube which might have been helpful if the videos were not delivered at express speed in broad American accents. Finally, I resorted to asking questions of Yps, (young people) whom I felt I could bully! “Slow down”, “Say that again”, “What did you do?” and so on. Having played with my phone for a week or so, I am now ready to write a short book of instructions in English-for-Mature-Persons. It will cover such topics as How to turn the phone on and off, How to make and receive calls, Where one’s Contacts are and how to use them, How to take photos, look at them and send them to other people, When to charge the battery, How to send Messages, and when you have made a mess of everything, How to return to the Home page where you began. Maybe a simple glossary will be included.

There will be instructions on exactly how to use your QR app which you have had the foresight to insist on being installed before leaving the shop. I am prepared to offer this service to all of the Companies previously mentioned but be aware I do not come cheap. However, think of your increased sales! A whole new cashed-up market awaits you!

Expressions of Interest should be directed to Elaine Lutton C/O The Bribie Islander.



By: Michelle Hanton

Have you noticed that kids ask questions pretty much non-stop? All the time. Constantly. If you're a parent, you'll be very familiar with the Why? Why? Why?

You know how it goes, you provide an answer, and back they come with yet another question.

Kids are super persistent. They are relentless in the pursuit of an answer. They will keep asking questions until they are satisfied with the response they have received. If it does not make sense, they'll come back with another question until it does.

Asking Questions Is Good for Business

With an inbuilt thirst for knowledge and curiosity (hence the phrase childlike curiosity), children soak up information like a sponge soaks up water. They happily ask away without any sense of self-consciousness. It would never occur to them not to ask!

It's only as we grow older – often in teenage years – that a sense of “feeling silly”, “people will think I'm stupid” mentality starts to creep in. With the internet at our fingertips, some go off and Google answers (not guaranteed to be correct!), while others may never bother finding out.

Why do the questions stop?

One of the answers is self-consciousness and a fear of being judged. Fear of looking silly and feeling they should know the answer. Adults are often reluctant to draw attention to themselves by asking questions. Have you ever done a business course where once someone does ask the question, others in the group will say, “I was wondering about that too!”

Words like ‘I'm sorry, but...’

Or ‘I know this may sound like a silly question, but...’ often precede the question. Here's the thing, if you don't know something, then you need to ASK! Asking questions is the only way that you will gain clarity.

Never be afraid to ask questions. Asking for information allows you to make informed decisions. Informed decision making is taking responsibility.

Legal Obligations

You also need to ask questions to satisfy your legal responsibilities. This is especially important for company directors and officeholders, no matter how large or small the business.

During my career in the Not for Profit sector, it has shocked me, on more than one occasion, to find that many board members simply went along with whatever the CEO of the day had said.

It became, and continues to be, my number one priority to make sure members of every board that I work with or consult to, understand that they each have a legal responsibility for any decisions made.

Regardless of what business you're in – make sure you are clear on what is happening and why.

If you're not sure or uncomfortable about something – asking questions will help you make an informed decision based on the available information. You get the information you need by connecting with your curious inner child and asking questions. There's no such thing as a stupid question.

When you are running a business and people ask you questions before buying your product, that's an excellent thing. I think of every question as a doorway. When I provide the answers they need, they confidently walk through to a new destination, a new level, a new chapter with new opportunities. The decision to step through that doorway is informed. Both of us are confident that the alignment is right for both our businesses.

Got questions?

Ask away!

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Noelene and Angela



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winelander

Following on to the recent article on The Calabria Family and their expansion during the period of Covid I mentioned the acquisition of the Deutz Champagne brand which is

held in very high regard for the quality of the range of products. For those that are interested in Champagne on Tuesday October 19th at The Breakfast Creek Lifestyle Precinct 194 Breakfast Creek Road Newstead in the Petrie Room there is to be

a rearranged Champagne afternoon, the first being cancelled due to a lock down, featuring many of the Champagne Houses of which Deutz will be one. The day will run from 11.00am to 8.30pm with the first part being devoted to

trade only followed later in the afternoon open to the general public.

I am pretty certain there will be a modest entrance fee but for devotees of Champagne this is an opportunity not to be missed despite the longish drive to the city, I am fortunate to have been invited to man the Deutz stand during the day and am looking forward to participating in the event, for more information keep your eyes peeled especially in the week-end newspapers or maybe contact me on arldige@bigpond.com.au The other week one of my golf buddies enquired if we could do some articles on the various grape growing areas around the country especially Victoria which although this has been covered before it has been some time.

Our first area is Victoria which has certainly had its ups and downs over the years when it comes to wine production, at the moment it is certainly on a high with James Halliday announcing the Australian 2022 Wine Companion Awards Winery of the year going to The Yarra Yering Winery from The Yarra Valley. The winery also took out the award for the top red with their 2019 Dry Red No 1, from over 9,000 entrants and the 2022 Varietal winner for the Carradus 2019 Cabernet Sauvignon made by Winemaker and General manager Sarah Crowe, in fact all the wines made at this winery are top notch, a credit to its founder Dr Bailey Carrodus who had the belief that after many years in the doldrums the region could produce outstanding wines. The history of wine making in Victoria started around 1854 near Yering with the earliest commercial plantings established by Hubert de Castella who had a grand plan to produce enough wine to satisfy all of England's needs especially after the devastation of France's vineyards by the

phylloxera aphid and the opportunity to capture the British market that had relied on French wine.

The problem was that Australia had no native grape vines and all the wine we produced came from cuttings from Europe which eventually brought the phylloxera mite here as well and also devastated the newly created Victorian wine industry which then had to suffer from the development of a domestic temperance movement followed by economic uncertainty and the labour shortage of the first world war and wine making pretty well came to a halt until Dr Carrodus had the vision to re-establish the industry in 1969.

Dr Carrodus was inspired by the elegance and sophistication of wines made in Spain, Portugal, France and Italy and it was these styles he copied at Yarra Yering which soon found a substantial following for his simple white labels Dry White No 1, Dry White No 2, Dry Red No 1, Dry Red No 2, Merlot, Pinot Noir, Semillon and Chardonnay, in fact when he released the new vintages there would be queues at the cellar door to snap up the new wines, Dr Carrodus was the new pioneer of winemaking in this area.

Early in Victoria's wine history most of the vineyards were established in the cool southern coastal region around Melbourne and Geelong but at the turn of the 20th century focus began to move to the warmer north-eastern zone around Rutherglen. The region began to establish a reputation for its sweet fortified wines made from late harvest grapes that are shrivelled to near raisins and then spend months or years aging in oak barrels stored inside a hot tin shed that acts like an oven. The unique nature of these Liqueur Muscat and Liqueur Tokay styles helped sustain that part of the Victorian wine industry until the country wide renaissance of the 1960's.

There are now over 600 wineries in Victoria covering all the regions such as Heathcote, Rutherglen, Pyrenees and The Yarra Valley, there is also a thriving production of Italian wine styles especially from the King Valley and it could be said that Victoria is the home of Prosecco in Australia.

Here are a few recommendations.

Yarra Valley wines that stand out and can be found in most liquor stores include Domain Chandon,

Yarra Yering, De Bortoli, Coldstream Hills, Oakridge, Long Gully, Balgownie Estate, St.Huberts and Yering Station.

Grampian Wineries

include Best's, Seppelt, and Mt Langhi High Country around Rutherglen famous for fortified wine production and include All Saints, Stanton and Killeen, Bullers, Campbells and Morris, from the King Valley Dal Zotto and Pizzini both of who specialise in traditional Italian grape varieties.

Mornington Peninsula a region noted for Pinot Noir wines include Ten Minutes by Tractor, Paringa Estate and Stonier Wines.

For lovers of white wine and those prepared to try something different Chateau Tahbilk Marsanne is worth having a look at. Marsanne is one of the world's rarest grape varieties, originating in the Northern Rhone and Hermitage regions of France and is only grown in three other countries, Australia, America and Switzerland. Tahblik holds the largest and oldest single vineyard of the variety in the world. Initially planted in the 1860's with the sourcing of cuttings from the St. Hubert's vineyard in Victoria's Yarra Valley

the company have been making this wine ever since, although the original vines are long gone more planting were done in 1927 two years after the vineyard was purchased by the Purbrick family who are still the custodians to this day. The wine can be found at Dan Murphy's at \$14 a bottle, young vintages are fresh and crisp with varietal lemon citrus aromas and it can age well, certainly a wine to go with seafood.

Here are plenty of wines to choose from so happy drinking.

Cheers

Philip Arlidge

arlidge@bigpond.com.au

As Doctors were amongst the first creators of vineyards in Australia for medicinal purposes here are a couple of gems relating to this.

Food writer Brillat-Savarin
A strong man can live a long time and still drink two bottles of wine every day. The same man could not long support a like quantity of coffee he would become imbecilic, or would die of consumption.

From the Holy Book the Talmud -Wine is at the head of all medicines; where wine is lacking, drugs are necessary.



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Loaded DEVILLED Eggs

INGREDIENTS:

- 8 hard-boiled eggs
- 2 tablespoons of mayonnaise
- 2 tbsp. Prepared Ranch **DRESSING**
- 1/4 cup finely grated cheddar cheese
- 2 teaspoons of vinegar
- 1/4 teaspoon of salt
- 1 teaspoon of dry mustard
- Chilli pepper
- Onion powder
- Ranch dressing mix or dried parsley for sprinkling
- 3 slices of bacon, cooked and chopped

INSTRUCTIONS:

Cut the hard-boiled eggs in half. Removing yolks & reserve whites. In a bowl, crush the egg yolks. Add mayonnaise, ranch dressing, cheese, vinegar, salt, dry mustard, pepper and onion powder. Mix well. Pour the egg yolk mixture into the egg white halves. Sprinkle with cooked bacon and dry Ranch dressing or parsley. Keep refrigerated. Enjoy!



dine in / takeaway

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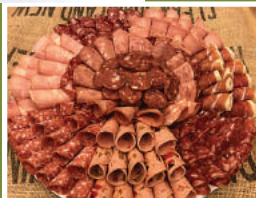
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For the love of water

Even if you haven't really given it much thought, you must have felt the indescribable joy of lying on the beach, merely looking at the sea in front of you, or observing the river flowing by, listening to it humming softly.

We seem to gravitate towards water whenever we can, as it relaxes us and boosts our mood. Nevertheless, this isn't all that water does for us. Being in proximity of water is much more rewarding to our body and mind than that.

HERE'S HOW ...

Promotes physical activity

Being near any body of water is likely to inspire movement. The water has a stimulating effect, meaning that you won't mind walking for a long time, as long as it's along a river, lake, creek or the beach, especially in Summer, since the air is cooler near the water and it may help you cool down a bit. Any sort of physical activity, especially the outdoor kind, promotes good mental and physical health. It keeps you fit, enhances your energy levels and helps prevent or control hypertension, diabetes, heart disease and a list of other illnesses.



“What are you, doing this weekend?”



TRADING HOURS

Monday - Thursday 10am-7.30pm

Friday - Saturday 10am-8pm

Sunday: 10am-7.30pm



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

Finally, water-based exercises are an ideal solution for people with arthritis, since it allows them to exercise without putting additional pressure to the joints affected by their condition.

Makes you feel better

You can do something as simple as stare at it and notice how your mind clears and you begin to feel calmer. The tranquillity water gives us may have something to do with the fact that your senses are immersed in the alluring natural surroundings.

You see the restful water, hear it's humming or the rhythmical swaying of the waves, you can actually smell it and even touch it if you're close enough. This is probably why so many people take so much pleasure from fishing.

The possibility of seeing whales, seals and dolphins in the immediate proximity of the boat is exciting enough to lift a person's spirits even

before they set off, which is why this type of activity is ideal for those seeking to unwind and compose themselves.

Helps battle stress

The daily grind of day to day life can take a serious toll on our mental and physical health. However, water can serve as a form of escape from all of this. Whether you have a river nearby, a swimming pool in your back yard or a fountain in the local park, take some time to sit next to them or walk along them, to soak in some of the serenity they emit. If not, something as elementary as taking a long shower may help as well.

Having to deal with deadlines and the constant staring at one screen or another, checking our devices for social-media updates all day long can exhaust us and burden our mind with unnecessary information, which we can't truly control, but solely react to it. Water has the opposite



effect, as spending some time near or in the water can reverse the negative impact of technology on our psyche. It can alleviate the stress and anxiety of the urban rush to some extent and help us deal with our everyday issues with more ease.

If you thought being close to water was just a pastime, now you know that it's not a misuse of your precious time. So, next time you get the urge to get closer to a body of water, indulge yourself without regret and savour all of the advantage water provides you with.

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market times

Bribie Island BICA Markets

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

Bribie Rotary Markets

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

Queensland Cancer Council Markets

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

The Sylvan Beach Munch Markets

(Farmers Market)

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

The Bribie Lions Club Markets

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

The Bribie Island Comm Plant Nursery

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

Bribie & District Woodcrafters Assoc.

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

Bribie Island U3A

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

Melsa Park Train Rides

Sept 19, Oct 17, Nov 21, Dec 19 Xmas Special10am to 2pm



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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:

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.

PROUDLY SPONSORED BY:



JUST ONE OF THE ACTIVITIES AT THE WOODIES PART 2

Every weekday at the Bribie and District Woodcrafters, or 'The Woodies' something is happening. Different days, different activities. On Friday afternoons a group of our members meet to practice their particular craft of Box making.

There is nothing easier to admire, and more useful than a well-crafted box. Boxes have a real purpose. Their main uses are of course are to store something special such as jewellery, trinkets, or any other treasured items. The use for boxes is endless.



Over the years the Woodies have produced over 70 suitably sized boxes for women with terminal Breast cancer. This programme is co-ordinated by a cancer support organisation and provides boxes for women to hold memorabilia collected over their lifespan. We are told that these boxes provide great comfort for women in this difficult time in their life.



Box making requires the use of a number of the clubs' woodworking machines. It requires particular attention to accurate measurement, careful assembly and joinery and finally finishing. The use of suitably contrasting coloured timbers can add to the appeal of a box as well as inlays of other coloured materials.

Throughout the year the Woodies run structured courses for members in box making and woodturning. The next edition of the Bribie Islander will feature in this series, the story of woodturning.



To see a good range of our members' boxes, please visit the Woodies Annual Exhibition and Competition to be held in the Matthew Flinders Gallery, Community Arts Centre, in the last week of October 2021.



Young artists shine in Next Generation Online Art Prize

Bribie Island Community Arts Society dazzled by depth of children's talent.

When COVID changed the plans of the organising committee for the 2021 Next Generation Art Prize from an in-gallery event to Online, there was trepidation about the outcome.

Would youngsters embrace the art event as they had in 2017, 2018 and 2019? The Next Gen event was cancelled due to Covid in 2020 and in July it looked like lockdown would put paid to it again this year.

But with determination to discover and honour the creative talent in local and surrounding youngsters, the committee of Sarah Cave, Kristy Power and Ange Venardos pivoted to save it. They gathered artwork images on line, secure the judges, sponsors and prizes and reassure the more than 130 entrants aged 7 to 17 it would be business as usual.

And it is more than usual. It is sensational.

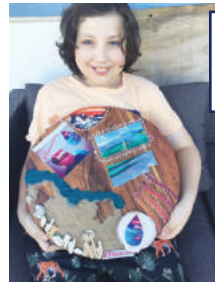
The works were judged online on September 24. Check out the Bribie Island Community Arts Centre's website for a gallery of all the entries.

Scroll through to also see a page of the winners and judges' comments.

You'll rest assured the creative stream is alive and well running through the Moreton Bay community and beyond.

The hope is that next year, the Next Gen event will return to being in the Centre's Matthew Flinders Gallery with opening night, award ceremony and the youngsters seeing their work hung/ displayed on the walls and plinths.

In the meanwhile, the plus side is that families and friends all over the country – the world – can click on and admire them.



Ocean Wilkins, 10, from Humpybong State School, and *"Peninsula Life"* digital photo and collage



Magnus Dreyer
13, Grade 8
Ipswich Grammar
Highly Commended



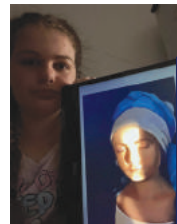
Eva Dioth, 9, and *"Coral Reef"*
Grade 4 at
Banksia Beach
State School
Winner

Zack Newman
12, from
Wamuran
Winner



Charlotte Horne, 14,
from Wamuran
"Just Joey" *Winner*

Rhea Campos, 18,
3D winner from
Bribie State High
School and her
work "Dog"



Nicole Gulwell
and *"Digital
Madonna"*
*Highly
Commended
16 -18 Division*



Nature's quilt (detail) by Gail Ferry.

Diverse Convergence

Art Exhibition and Sale

5 October – 17 October 2021

**MATTHEW FLINDERS
ART GALLERY**
Bribie Island Community
Arts Centre



Five Sunshine Coast Artists invite you to their unique, exciting and diverse visions and styles juxtaposed into one exhibition

Robert Mortimer **Christine Hopkins**
Gail Ferry
Tricia Wheatstone **Jonathon Jones**

The winners are:

7 – 11 Division: 2D "Coral Reef" by Eva Dioth, 9, from Banksia Beach; 3D "Don't Bail on the Whale" by GAL-ART group Banksia Beach SS; MIXED MEDIA "#Peninsula Life" Ocean Wilkins, 10, from Humpybong State School; HIGHLY COMMENDED "A Messed Up World" by Aaliyah Triffitt, 11, from Beachmere; 12 – 13 Division: 2D "This is Me" by Jasmine Hodgetts, 12, from Ningi; 3D "Turtle Neck Tim" by Savannah Ashcroft; MIXED MEDIA "Galaxy" by Zack Newman, 12, from Wamuran; HIGHLY COMMENDED "Dragon's Den" by Magnus Dreyer, 13, from Ipswich Grammar; 14 – 15 Division: 2D "Just Joey" by Charlotte Horne, 14, from Wamuran; 3D "Stitched Up" by Mia Diezmann; MIXED MEDIA No entry in this category; HIGHLY COMMENDED "The Other Side" by Sora Yanagi, 14, from Grace Lutheran College; 16 – 18 Division: 2D "Shine" by Madison Skafta from Bribie Island SHS; 3D "Dog" by Rhea May Campos, 18, from Bribie Island SHS; MIXED MEDIA No entry in this category; HIGHLY COMMENDED "Digital Madonna" by Nicole Gulwell, from Bribie SHS

Will Keiler, manager of Pacific Harbour Golf and Country Club selected these artists for junior membership prizes: Scarlet Henderson, age 8, from Caboolture South for "Possum Magic"; Isabelle McDonnell, 13, from Bongaree, for "Man's Best Friend"; Haley Berridge, 14, from North Lakes, for "Joker" and Madison Skafta, 16, from Bribie State High School, for "Shine".

The prizemoney, which totalled \$2550, is as follows:
7-11 age group: 2D - \$100, 3D - \$100, MM - \$100, HC - \$50; 12 – 13: 2D - \$250, 3D - \$250, MM - \$250, HC - \$75; 14 – 15: 2D - \$250, 3D - \$250, MM - No entries, HC - \$75; 16 – 18: 2D - \$350, 3D - \$350, MM - No entries, HC - \$100.

An Anniversary of Great Works



The Australian Society of Marine Artists Inc. (ASMA) is pleased to announce its online 2021 Silver Anniversary National Exhibition from Friday 1 October 2021 to Tuesday 30 November 2021. Ian Hansen, internationally renowned marine artist will open the event.

The Exhibition showcases the best examples of the ASMA Members' artworks that masterfully illustrate the rich maritime heritage, beautiful coastlines and waterways of our nation. Whilst emphasising the continuation of and dedication to the Marine Art tradition, the Exhibition also highlights the relevance of this specialised artistic genre in the contemporary context. Just like all other ASMA exhibitions, this one beautifully displays the variation of artistic styles offered by its member artists.

"This year is ASMA's 25th year anniversary and we are celebrating with an exhibition featuring some of our fabulous member artists. With COVID restrictions limiting physical exhibitions we decided to have an online exhibition. Every visitor can walk around the exhibition and see each work and perhaps, even buy one!" President of the ASMA, Karen Bloomfield said. "The ASMA artistic expression celebrates the finest examples of marine art in Australia and New Zealand, and rivals the best that is found overseas."

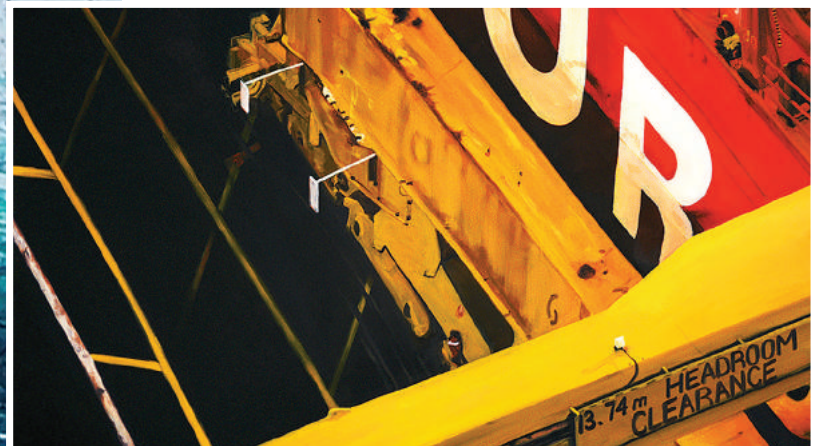
The ASMA seeks to encourage the practice and the appreciation of Marine Art in Australia in recognition of the importance of this art genre that reflects Australia's standing as a great Maritime Nation and to preserve our nation's rich marine and maritime heritage.

The online ASMA Exhibition will be accessible at <https://marineartistsaustralia.com.au/silver-anniversary-national-exhibition/>

Free event. For more information please contact the Australian Society of Marine Artists Inc. (ASMA) website: www.marineartistsaustralia.com.au

For more information, please contact: Karen Bloomfield FASMA President, Australian Society of Marine Artists (ASMA) Private phone: 0425361183

To support the interests of members by promoting maritime and marine art in Australia.



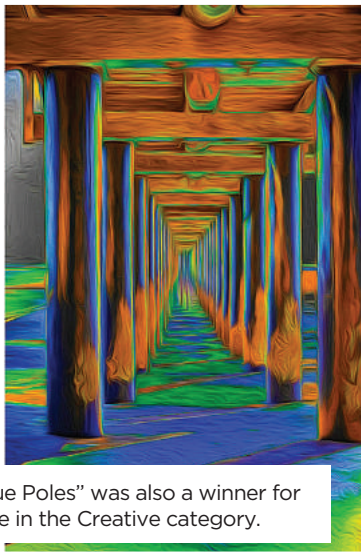
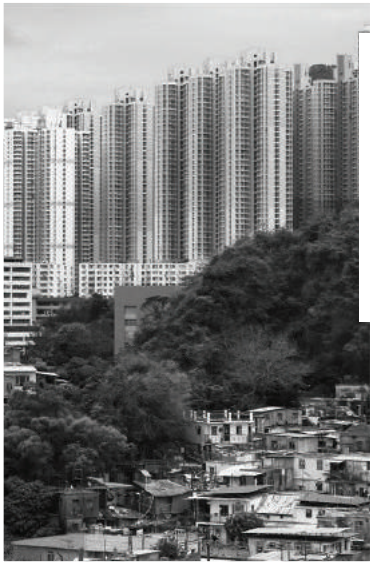


Bribie Island Photography Club

September's theme was "rain" and "a wet wedding" by Lynette Romano was the winning shot. Lynette also won the digital mono section with "steel maze".



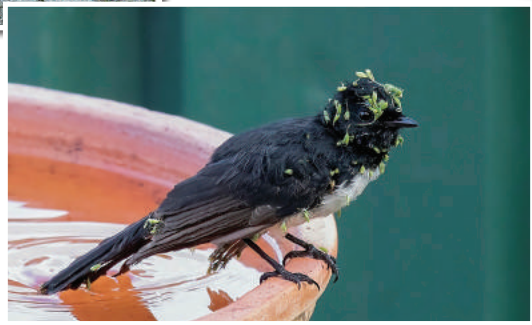
The winning Mono Print titled "The Divide" by Mike Ktori was an interesting shot of Hong Kong depicting buildings old and the new.



Roger Bawden won the Colour Print section with a lovely shot titled "Beautiful and Wild".



"Blue Poles" was also a winner for Mike in the Creative category.



Johna Cupper won digital Open Colour with a fabulous capture of a Willy Wagtail titled "It won't wash off". This image was awarded Photo of the Month.



Our judge for the night was Bob Britcher who travelled from Ipswich to critique and judge our work. We are lucky to have PSQ judges who are willing to travel such long distances.

September 10th, 11th and 12th saw many of us in Hervey Bay on a photographic excursion. On Friday night we met up with members from the Hervey Bay Photography Club and 30 of us enjoyed dinner and socialising at the Boat Club in Urangan. A Hunt and Shoot was organized by the Hervey Bay Club for Saturday morning followed by lunch at the Bakery in Pialba. During the weekend some of our group toured on whale-watching boats capturing some fabulous photos. Other places of interest were the Botanical Gardens, Pier and scenery along the very long esplanade.

A photographic trip to Parrots in Paradise in the Glasshouse Mountains is planned for our October location shoot. The Bribie Island Photography Club meets on the fourth Monday of each month in the boardroom at the back of the Art's Centre on Sunderland Drive at 7 pm. Guests are welcome. The first two meetings are free.

For enquiries, please contact Gordon on 3408 2649 or Gail on 0419 638 865. Website: <https://www.sites.google.com/site/bribiephotographyclub/> Email: bribiephotographyclub@gmail.com

*Short Stories Of
History and Heritage In*

**AUSTRALIA
QUEENSLAND &
BRIBIE ISLAND**



WHAT DO YOU KNOW ABOUT BRIBIE ?

By Barry Clark
Bribie Island - Historical Society



I have been writing articles about local history for this magazine since it started. If the title of this article caught your eye, it is possible you are a regular reader, interested in Bribie history, so please read on and test your knowledge.

I get some nice feedback, often from people I don't know, that they enjoy reading new and interesting thing about the place we all live. I have written a couple of hundred articles over the years, and there is never a shortage of things to write about. Bribie Island and Pumicestone Passage have such a rich history, spanning almost the entire history of Australia, with evidence to be seen in buildings, structures and natural sites still visible today. My articles are mostly about people and happenings on Bribie Island, but also other significant events that have also shaped Australia and Queensland.

I am pleased to say that a selection of these articles will be in a book to be published soon titled "Short Stories of History and Heritage of Australia, Queensland and Bribie Island." The book will soon be on sale for \$20, and this is an opportunity to win a free copy by submitting correct answers to questions in the following Quiz.

ANSWERS

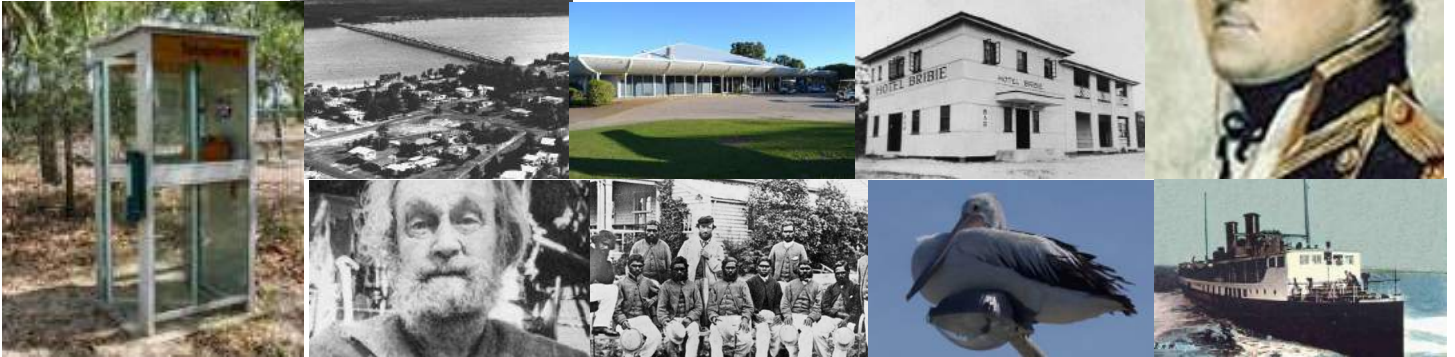
Write your name and contact details and your answer to each of the 28 questions on the form below, tear it out, and place it in the ANSWER BOX at the Bribie Islander office in Toorbul Street by **15th October, 2021**. Three people with the most correct answers, and neatest entry, will receive a copy of the new book, and correct answers will be published in the next edition.

BRIBIE ISLAND QUIZ

NAME..... PHONE NO.

1.....	11.....	21.....
2.....	12.....	22.....
3.....	13.....	23.....
4.....	14.....	24.....
5.....	15.....	25.....
6.....	16.....	26.....
7.....	17.....	27.....
8.....	18.....	28.....
9.....	19.....	
10.....	20.....	

BRIBIE ISLANDER- READERS COMPETITION -BRIBIE HISTORY QUIZ QUESTIONS



1. What does the name "Caboolture" mean?
2. How many people have been buried on Bribie?
3. What make was the first motor car on Bribie?
4. Who had a Fish Cannery at Bongaree in 1910?
5. What was the first Club on Bribie Island?
6. When did mains Electricity come to Bribie?
7. How many spans on the Bribie Island Bridge?
8. Which is the most Easterly church on Bribie?
9. When did the Bribie Golf Club open at Woorim?
10. What previously happened in the Baptist Church?
11. What year did the first motor car come to Bribie?
12. Who wrote the book "Bribie the Basket Maker"?
13. What year was the first Hotel built on Bribie
14. How many years did artist Ian Fairweather live on Bribie?
15. How old was Matthew Flinders when he came here?
16. How many people died building the Bribie Bridge?
17. What year was the first Church service on Bribie?
18. When did the first full time Doctor start on Bribie?
19. When did the first Aboriginal Cricket team go to England?
20. What year did the Bribie Island Bridge open?
21. TV came to Bribie Island in what year?
22. When did the main Woolworths Shopping centre open?
23. When did the Bribie Island Hotel open at Sylvan Beach?
24. What year did Bribie Island High School open?
25. When did Bribie get its first public Telephone box?
26. What year did the Woorim Caravan Park open?
27. How many species of birds can be seen on Bribie?
28. Steamship Koopa was licensed for how many passengers?

Carpet Snake.	Long Water	Flying Fish.
None.	2	6
Chevrolet.	Talbot.	Ford.
Thomas Welsby	Fred Foster	Sarah Balls.
Surf Club	B.I. Bowls Club	RSL Club.
1947	1953	1958
24	28	38
Baptist	Greek	Uniting.
1969	1971	1975
Cinema	Busy Fingers	Skating Rink
1912	1916	1920
Jim Campbell	Fred Foster	Thomas Welsby
1927	1939	1945
17 years	21 years	25 years
25 years	27 years	31 years
None	4	7
1928	1932	1938
1965	1969	1975
1867	1899	1903
1960	1963	1966
1952	1956	1959
1993	1995	1997
1979	1981	1983
1980	1989	1993
1956	1960	1961
1963	1965	1971
270	337	482
1153	2457	2782



This article is repeated due to paragraph misprint in issue 149.

KING OF AUSTRALIAN BUSHRANGERS

Episode 2

Capture and Escape

By: Al Finegan

As dawn was breaking on a quiet, isolated Tavern on a cold June morning in 1850, just 20Km from Portland, Victoria, three young men lay half awake, still snuggling in their beds and looking forward to their last day's ride to Portland with their booty. Without warning, the door burst open, and four men rushed into the room waving pistols at the slumbering men.

Francis Christie, John Newton and William Stewart were handcuffed before they were thoroughly awake.

Shackled and copping the odd whack from a baton, it was a new experience for Francis, as he was roughly shoved outside and into a prison carriage. Each time he yelled a complaint at a trooper, he was struck again. He decided it was best to go along with the guards' brutality, all the while looking for a weakness he could exploit. The prisoners

and the horses were taken into Portland, and the three accused were immediately brought before the police magistrate and remanded in custody overnight. On the following day, they were brought before the court and committed to be held in custody pending a trial. From Portland, they were sent to Geelong, thence to Pentridge in Melbourne, and three months later, back to Geelong for the trial that was set for a Monday in October 1850.

Francis, a natural born leader, found himself in the Geelong Remand Centre with ten other prisoners including his two comrades, all awaiting trial. He studied the guards' routines and determined a plan. He felt strongly about leading his two friends into gaol and resolved to get them out, and himself, if possible, as a second priority.

On a quiet Sunday morning a few weeks before the trial date, Francis knew that most of the warders went to church, leaving only two men on guard. He gave strict orders to the other prisoners. As was the routine, a warder opened the cell door to hand in a fresh toilet bucket. Immediately Francis caught him by the throat and dragged him in, while William Stewart, and John Newton rushed out to overpower the other warder, then dragged him back into the cell, and locked it behind them. The other prisoners, following the plan, rushed out, armed themselves with sticks, then bolted in all directions. Two of the town police saw the escape and rushed to secure the gaol just as Francis, William and John were exiting. The escapees fought with all their strength while the police made free use of their batons. Francis, fighting madly, yelled at his comrades to run. William Stewart took off in full flight while Francis and John fought a losing battle with the two policemen, finally ending up in handcuffs and bandages. Eight escapees, amongst whom was William Stewart, made good their escape, and only one of them was afterwards secured. William was never heard from again.

As soon as Henry Munro heard of his stepson's arrest, he tried everything in his power to

have him released, or at least treated with leniency. Through his excellent standing as a wealthy grazier, he attempted to exert some influence on Morton, a fellow Scot, due to their acquaintance as respected graziers. Unfortunately, this influence fell on deaf ears, as Morton would have none of it and stated that he expected the full force of the law to be administered on Christie and his mates. Morton replied that he had not the power to interfere and said that the request was a highly improper one to make. Munro sought out others in authority to help free his troublesome stepson, but to no avail.

Francis and John were tried and convicted. They were both sentenced to five years on the roads of the colony and sent to Pentridge. They had not been there for more than a few months when, on the afternoon of the 26th March 1851, they were part of a work party engaged in gathering rubble for road metal purposes in a paddock adjoining the Pentridge Stockade. Francis, nonchalantly moved nearer to one of the troopers, then rushed at him, seized his carbine, and knocked him violently to the ground. He then pointed the carbine at the other guard and fired a shot at his feet. The guard fled in a panic at the menacing sight of an armed snarling Francis. All the prisoners from the work party took off, shouting in glee, and disappeared into Coburg. Had it not been for the most significant event in the history of Victoria, Francis Christie's story would have probably ended at this time, as hiding from authorities in a small community would have been impossible. Escaped convicts stood out from the rest of the population and recapture would have been inevitable by a determined police force. This significant event not only saved him but would also lead to incredible adventures for young Francis Christie. What was the event? In a word....GOLD!

First discovered in 1850 and with more discoveries being made almost daily all around the colony, by early 1851, the whole of Victoria had gone certifiably insane. Citizens everywhere dropped

their jobs and headed to the diggings. In a few years the population jumped from 70,000 to 400,000 as shipload after shipload arrived in Port Phillip, when entire ships passengers and crews headed for the goldfields. Ships by the dozen lay abandoned in the bay. Policemen and soldiers in large numbers discarded their uniforms and headed off to try their luck, as stories of quick riches spread like wildfire throughout the population. Endless streams of people rushed off to towns in the goldfields region such as Maldon, Beechworth, Clunes, Heathcote, Maryborough, Daylesford, Stawell, Beaufort, Creswick, St Arnaud, Dunolly, Inglewood, Wedderburn and Buninyong and in particular, Ballarat and Bendigo, to name just a few. Francis simply melted into these masses and headed north, telling anyone who asked that his name was Frank Clarke.

A few months after fleeing Pentridge, he was sighted "digging close" to the Government camp at a new prospective goldfield on Bandicoot Creek, Bendigo, by some settlers who thought they recognised him. He denied being Francis Christie, but fearing detection, he rode north, so by the end of 1851, he crossed the Murray River into NSW with Charles Herring, a convict on the loose. Herring would often appear in company with Christie and, in due course, joined the NSW police under the alias of Zahn. The pair blended in with the many aspiring miners enroute to the new goldfields near Ophir, just north of Orange in NSW, recently discovered by Hargraves, Lister, and Toms.

Frank Clarke tried his hand at gold mining at Ophir. It did not suit his personality. He needed adventure. He moved back to the Boro property and took up work with his father once more under his real name. He kept his ear to the ground through his network of old mates from Victoria and was pleased to hear that his friend John Newton had made it home. In late 1852 he heard that a gang was being organised for a huge escort robbery in Victoria. Although

reluctant to go back into Victoria he decided he would give it a try. By now he had changed his image, sporting a large moustache and long hair, as well as a new name to conceal his identity. He had started a habit of telling people incorrect advice of his intended destination. This paid off many times for him in the coming years. He headed off across the Murray and located the Francis family, the architects of the coming robbery, with John Francis being the leader. Frank Clarke was accepted into the gang, along with a dozen other members.

On 20th July 1853, a cart left the MacGyver diggings containing 2223 ounces of gold then valued over £8000, and about £700 in cash in two strong boxes. They were heading towards Kyneton to catch the official Bendigo escort to Melbourne. A strong private escort under the charge of a police superintendent oversaw its protection. They were armed with carbines and pistols. The cart driver was the only one unarmed. One man rode ahead of the cart and others followed alongside or behind. When the escort approached Mia Mia, a fallen tree was lying across the road. On seeing it Doyens, who was riding ahead, shouted "halt" for the rest of the cavalcade. Suddenly, several armed raiders appeared from behind the bushes and poured a volley of fire into the escort wagon and the escorts' horses. The two men on the wagon jumped clear and ran off while the others leapt from their saddles to take cover in the bush. Under intense fire, and outnumbered, one escort bolted, quickly followed by the rest. The sergeant, screaming in disgust at his cowardly team, galloped his horse towards the robbers at the cart but was met by another volley from a second group of robbers. Although he was not hit, his horse was. He returned fire, as did the superintendent but they were unable to ward off the robbers who proceeded to unload the cart of its treasure, then take off into the adjoining dense scrub.

The news of the robbery spread like wildfire, and as many as 400 diggers and

others turned out in search of the bushrangers, scouring in every direction. Some riders were arrested on suspicion, including a man who came to help the injured troopers. A huge reward for arrest and conviction of the offenders was offered. The punts across the Goulburn and Murray rivers were immediately placed under constant surveillance but the police were in the dark without any clue as to the whereabouts of the robbers. The bushrangers had disappeared into the bush and any evidence they had left behind them was leading nowhere.

The robbers had planned their escape well, and on arrival at the planned RV (rendezvous), meticulously divided their spoils then took off, each on his own planned route. Frank, for the first time, adopted his disguise as a priest. Meekly walking a mule loaded with his meagre belongings he passed blessings onto grateful travellers as he went. With his booty and weapons hidden amongst his religious paraphernalia, he smiled at the guards at the Murray River crossing point as he approached the punt to cross over. They graciously accepted his blessings and waved him through.

Even though he played only a minor role in the robbery, Francis learned a

lot, particularly the need for meticulous planning including, reconnaissance, discipline, escape routes and rehearsals to ensure a successful heist. This knowledge was used to set the standard of all his future robberies. On 10th August 1853, Melbourne police arrested John Francis on board the ship Madagascar, then took his brother into custody on the following day. Francis turned Queen's Evidence, naming all members of his gang, including Frank Clarke. Wanted posters were sent to all police stations, including a request to NSW to be on the lookout for gang members who had come from the NSW colony. As a result, the police were able to capture three Victorian bushrangers and secured convictions for armed robbery and attempted murder. The three were hanged at Old Melbourne Gaol on 3rd October 1853. John Francis and his wife were given a free passage out of the colony and sailed off to the Cape of Good Hope and were never heard from again.

As soon as Frank crossed into NSW, he resumed his real name, sold his mule and bought a fine horse, then headed for his old dig at Ophir.

Next Episode: Cockatoo Island



TRASH AND TREASURE AT THE CROQUET CLUB.

Kathy Vincent
Bribie Island Croquet Club is not just somewhere to have a game of croquet. It is not just somewhere to meet up with fellow players. It is not only concerned with the club itself or its members. Bribie Island Croquet Club likes to give back to the community. It doesn't have sponsored croquet events for members or organize a neighbourhood collection. No, it involves all the payers putting in a lot of effort to raise funds for a local deserving cause.

Before Covid, members organized a great fun day when local clubs and groups could enter a team and come along and have a fun day with croquet games, morning tea, a bar b q and raffle prizes. Now we can't organize this event because we don't know if there will be a lockdown. Did this put the members off? No of course not they are a busy bunch of people. So, what



Joy can show you how it's done !

are they doing? Well they are organizing a:

TRASH AND TREASURE DAY.

People can have a game if they want to, browse the interesting things for sale, win a fabulous raffle prize, and enjoy a delicious morning tea and the very Australian Sausage Sizzle (No need to go to Bunnings!!!) So, when is this happening you ask? Well, mark it in your diary for Saturday the 23d of October.

The club are raising funds for BIKES which stands for

BRIBIE ISLAND KID'S EDUCATION SUPPORT

Some families really struggle to provide everything children need. Perhaps that is paying for music lessons or supporting the children to travel with the orchestra and many other reasons. So, we would like to raise some funds to help them.

Come along for a fun morning starting at 8 am to 2 pm.

Want to know more? Then please ring Jan Rees on:- 0437 008 042 See you there.



See the resident birds laughing at you

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Veteran's Bowls Section of the Bribie Island Bowls Club will be held on Monday 25th October 2021 at 8.30am in the Club's Bowlers Lounge.

Agenda:

1. Confirmation of the Minutes of the Annual General Meeting held on October 20th, 2020.
 2. Receiving of Reports
 3. Election of Office Bearers
 4. Appointment of Selectors
 5. Deal with any Notices of Motion
 6. Discuss and Vote on any General Business
- Nomination forms for Office Bearers are on the Club Noticeboard. Completed Nomination Forms and any Notices of Motion must be in the hands of The Secretary Lynne Murphy or placed in an envelope marked Veterans Section and be handed to Reception by 5pm Monday 17th Oct 2021.
- By order of the Committee
Lynne Murphy
Honorary Secretary



SOLANDER LAKES BOWLS RESULTS

Congratulations to our winners of our 2021 Ladies Triples Championship

L to R Winners: Pam Payne, Bev Stafford, Valda Fredericks.

Runners up: Ann Larsen, Anne Ager, Judy Pursehouse.



Proud Sponsors of Bribie Island Sports

Bribie Island Bowls Club
11-23 Welsby Parade, Bongaree. www.bribiebowls.com Phone 3408 1018

BRIBIE BOWLS CLUB**Self Select Pairs Friday 17 SEPTEMBER 2021**

Winners: W Ritchie, S Lobo
 Runners up: W McDougall, C Perkins
 Out of hat winner: V Lindsay, D Lindsay
 Out of hat winner: R Elmore, K Ford
 Out of hat winner: B Silver, A Legosz
 Bunny: J Hazelwood, S Timmings

Random Select Fours Results Sat 18 Sept

1st: B Castle, T Bennett, R Hunter, W Kelly
 2nd: R Fowler, C Halley, G Reilly, J Dunn
 3rd: R Ghest, E Hookey, I Smith, S Fowler
 4th: M Teawa, J Jones, L Hackwood, R Davenport

Self Select Triples Results Tue 21 Sept

Winners: K Perkins, Y Ackeroyd, J Hosie
 Runners up: B Doe, A Kinnear, P Ryan

Out of hat winner: T Dean, C Dean, H Groves
 Out of hat winner: M McIntyre, M Garfield, L Williams
 Bunny: F Grimsey, G Jackson, G Woollett

Scroungers Results Wed 22 Sept

1st: M Roberts
 2nd: M Falvey

Self Select pairs Results Wednesday 22 September 2021

Winners: G Denkel, R Avern
 Runners up: K Laverty, L Deakin
 Out of hat winner: B Hosie, G Hartley
 Out of hat winner: A Boyd, S Root

Out of hat winner: C Perkins, K Perkins

Bunny: S Mitchell, K Ford

Club Select triples Thursday 23 September 2021

1st out of hat: C Brayley, B Wood, R Davenport
 2nd out of hat: J Neill, P Neumann, B Adams
 3rd out of hat: P Mann, D Kosky, C Hamilton

Bunny: A Christie, J Hillier, D Groves

Self Select Pairs Fr 24 SEPT

1ST Highest Margin: J Falvey, K Smith

2nd Highest Margin: D Beadman, G Fowler

3rd Highest Margin: K Taylor, P Hughes

Out of hat winner: R Brinton, L Deakin

Out of hat winner: S Root, K Thornton

Out of hat winner: A Feichter, D Gibson

Out of hat winner: W Ogrodniczek, P Adams

Bunny: M Andrews, A Wilmot

Random Select Fours Results Sat 25 Sept

1st Highest Margin: B Doe, L Wood, D Groves

2nd Lowest Margin: J Ferguson, S Mitchell, D Hudson, BJ Adams

3rd Out of Hat: P McCarthy, M Mills, M Andrews, W Ebert

4th Out of Hat: R Ghest, L savage, G Reily, E Hookey

Self Select Triples Results Tuesday 28 September 2021

Winners: I McLelland, B Lamb, V Adams

Runners up: J Phillips, B Hamer, K Lang

Out of hat winner: T Dean, C Dean, D Merrett

Bunny: A Kinnear, B Doe, P Ryan

Scroungers Results Wed 29 Sept

1st: L Deakins

2nd: W Gilbeert

3rd: A Russell

Self Select pairs Results Wed 29 Sept

Winners: K Opray, G Ackeroyd

Runners up: A Feichter, D Gibson

Out of hat winner: M Garfield, E Bateman

Out of hat winner: A Boyd, S Root

Out of hat winner: C Thornton, K Thornton

Bunny: C Brayley, E Stacey

Club Select Triples Results Thu 30 Sept

1st out of hat: N Myles, J Smith, L Stanford

2nd out of hat: G Frew, J Clear, D Groves

Bunny: I Gillard, C Sambher, M Roberts

MORETON BRIBIE BRIDGE CLUB

Wed 22 Sep N/S 1 A Jones & J Kennedy, 2 L Carr & K Cohen 3 J Breene & S Pascoe E/W 1 R King & M O'Reilly 2 D Dowling & C Browne 3 D Brady & P Tipping

Wed 29 Sep N/S 1 L Carr & K Cohen 2 A Johnson & P Roberts 3 A Jones & J Kennedy E/W 1 F Barkwith & D Quinan 2 C & R Cowley 3 C Frankcom & N Denvir Championship Teams – Winners R Webb, L McLaren, J Breene & S Pascoe

**LONGMAN SENIORS EXPO****WEDNESDAY, OCTOBER 13**

Bribie Respite Community Hall – 9.30am-12.30pm
 (96-108 Arcadia Avenue, Woorim)

- ✓ HEALTH AND WELLBEING
- ✓ LIFESTYLE AND RETIREMENT
- ✓ COMMUNITY GROUPS
- ✓ GOVERNMENT SERVICES

- Free Entry
- 50+ Exhibitors
- Demonstrations
- Lucky Door Prize
- Sample Bags
- Wide Variety of Stalls

TERRY YOUNG MP

Federal Member for Longman

Office: Unit 7, Level 1, 69 King Street, Caboolture QLD 4510 Phone: 07 5432 3177

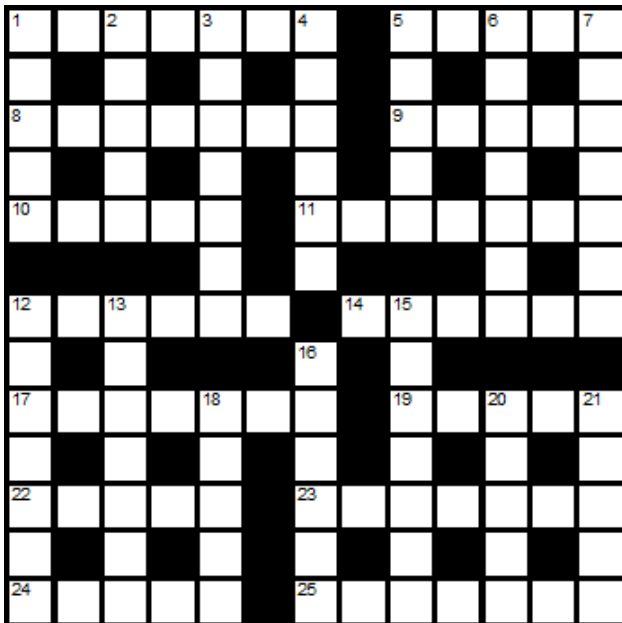
Email: terry.young.mp@aph.gov.au Website: terryyoung.com.au Facebook: TerryYoungMP

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

RSVP here:
 Or phone
 5432 3177
 or visit
 trybooking.com/BTNN



Crosswords - QUICK & CRYPTIC



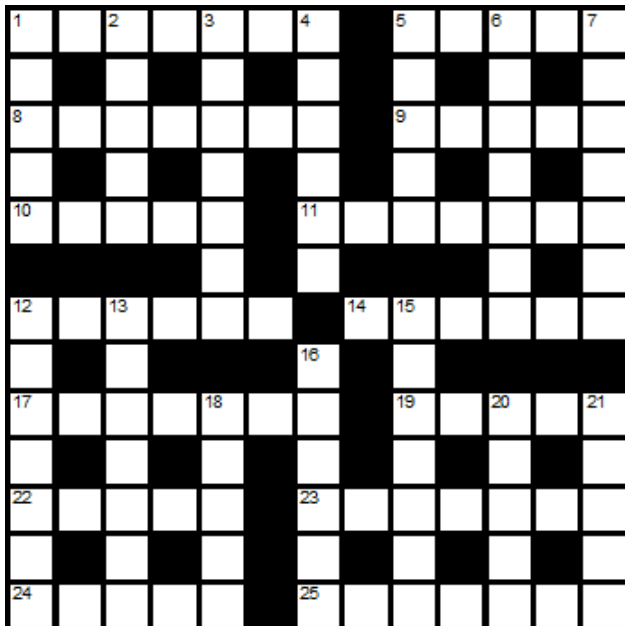
ACROSS

- 1 Lush let fire go out (7)
- 5 Slow down for a rest, say (5)
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- 19 Once more, a prophet heard (5)
- 22 A positive expression of the negative (5)
- 23 Comrade with plenty is all at sea (7)
- 24 Known to build backbone (5)
- 25 Fixed, fleeced but manned after summer's end (7)

Down

- 1 Entrap innocent party holding a picture (5)
- 2 Direction given to the conservatives (5)
- 3 Take off a tie Tim threw out (7)
- 4 Repeated code he devised (6)
- 5 Gestapo follows supporter - Cheek! (5)
- 6 Clumsy as a mature model (7)
- 7 Took a seat after standing (7)
- 12 Abandoned surgery after doctor met quiet journalist (7)
- 13 Distressingly, no saints in the territories (7)
- 15 The cart gets wonky - hear it? (7)
- 16 Saul had nothing to do with secularism leaving a mix of offences (6)
- 18 Strikes are calamities (5)
- 20 Let one be part of an oddball owner's faction (5)
- 21 Observed as esteemed (5)

SUPPLIED BY CYRUS



ACROSS

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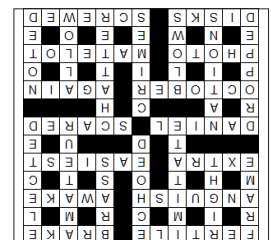
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SOLUTION

EASY crossword Issue 150



CYRUS crossword Issue 150



baby BLT's



INGREDIENTS

12 dinner rolls
6 slices bacon halved

¼ head iceberg lettuce, shredded
2 small tomatoes thinly sliced

METHOD

1. Pre heat the oven to 180 C.
2. Place the rolls on a baking paper lined tray and cut horizontally without cutting all the way through. Bake for 5 mins or until just crunchy.
3. Meanwhile in a large frying pan, cook the bacon until crisp. Drain on paper towels.
4. Just before serving, fill the rolls with bacon, lettuce and tomato.

Notes

Brush inside the rolls with mayonnaise or BBQ Sauce before filling. And to create a BLAT add a slice of avocado.

JOKES

- Q:** Why did the bacon laugh?
A: Because the egg cracked a yolk.
- Q:** Why did the banana go to the doctor?
A: Because it wasn't peeling well.
- Q:** What kind of nut always seems to have a cold?
A: Cashew!
- Q:** What did the frog order at the restaurant?
A: French flies and a diet croak.
- Q:** What does a cloud wear under his raincoat?
A: Thunderwear.
- Q:** Why did the dinosaur cross the road?
A: Because the chicken wasn't born yet.
- Q:** Why did the kid bring a ladder to school?
A: Because she wanted to go to high school.

Find A Word

F	L	R	J	E	P	H	R	S	A	A	G	R	F
Q	R	C	K	E	O	A	A	T	Y	V	O	G	F
U	S	U	R	N	T	G	L	R	R	S	F	E	U
I	Y	G	O	O	T	R	B	A	D	E	S	H	P
D	Y	R	W	I	E	I	U	W	R	R	L	I	E
D	R	A	L	M	R	D	S	G	A	O	Y	P	L
I	R	N	I	R	D	B	F	O	Z	D	T	P	F
T	A	G	N	E	M	R	H	H	I	E	H	O	F
C	H	E	G	H	E	U	I	D	W	L	E	G	U
H	T	R	O	M	E	D	L	O	V	B	R	R	H
W	I	T	C	H	C	R	A	F	T	M	I	I	H
W	A	L	C	N	E	V	A	R	C	U	N	F	R
P	S	C	A	R	U	A	D	L	F	D	E	F	A
Y	T	R	G	R	Y	F	F	I	N	D	O	R	Q

- | | | | |
|-----------|------------|------------|--------------|
| POTTER | DUMBLEDORE | QUIDDITCH | HAGRID |
| VOLDEMORT | HIPPOGRIFF | HUFFLEPUFF | WITCHCRAFT |
| RAVENCLAW | GRYFFINDOR | GRANGER | HOGWARTS |
| HERMIONE | SLYTHERIN | ALBUS | J.K. ROWLING |
| WIZARDRY | HARRY | SCAR | |

MELSA PARK STEAM TRAIN RIDES



Sep 19th
Oct 17th
Nov 21st
Dec 19th +
Xmas party!!

everyone must
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shoes

\$2 a train
ride

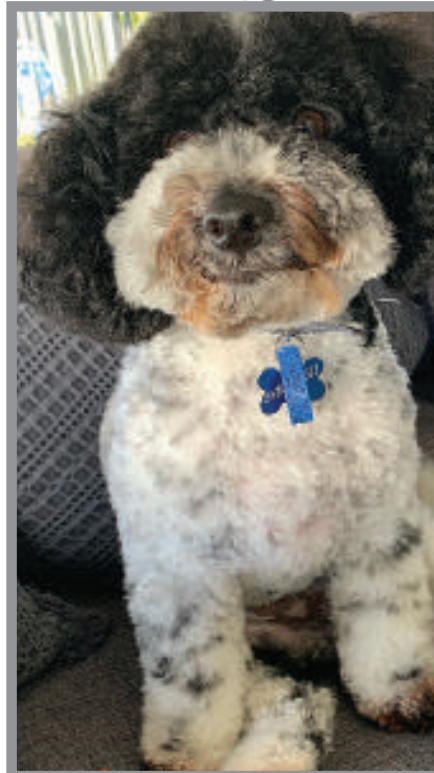
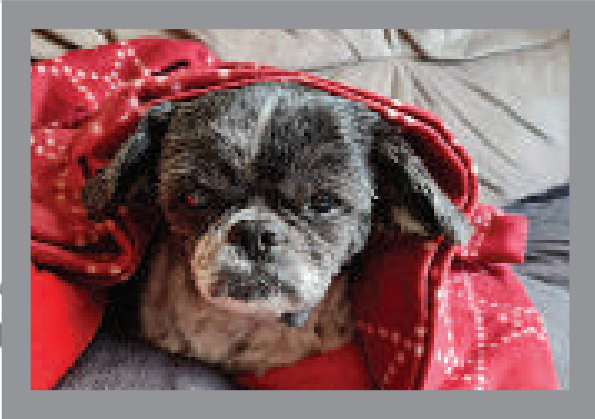


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A fresh approach for Division 1

PET PAGES - share your pets pics



Molly and Pacho

Henry and Pepper



Pet  Care

ALLERGY

Millie is a Staffy with sores between her toes and recurrent ear infections... which is not a comfortable way for anyone to be! Millie was diagnosed with atopic dermatitis, which means she's allergic to multiple airborne and contact allergens, like pollens and grass seeds (aka hay fever). Since Millie cannot be insulated from these, she started taking a new

allergy treatment daily for life that is not yet even available to people. It has worked so well that her skin and ears are normal; happy, comfortable, non-itchy Millie!

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.

TRAINING TIPS

First and very important training should be fun for both you and the dog. If you're frustrated or not enjoying it then stop, come back later.

Three main components to training are be 100% consistent - dogs are not naughty or stupid, they only know how to think and act like a dog, so consistency is very important. Persist as they are learning new behaviours and be Patient. Everyone in the household must use the same technique for the dog to learn quickly. Keep training simple. Focus on basic behaviours before moving on to more complex behaviours in other words

take baby steps.

Dogs aren't born knowing how to live in a human household and so we need to teach them manners. It is best done by teaching what we want not what we don't want as they cannot logically understand what we don't desire.

Set your dog up for success and always end on a good note that way he won't feel frustrated and will seek to learn more from you.

Training starts from the morning you wake up until bedtime and keep it short. It is not a once a week exercise. It is for life.

Again have fun.
Happy training
Yvonne

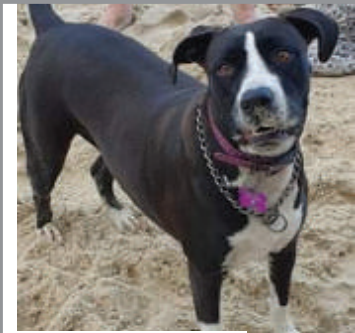
Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

Puppy Classes: 7 wks to 16 wks of age

Canine Good Citizen: Six week course. Private Consultations available

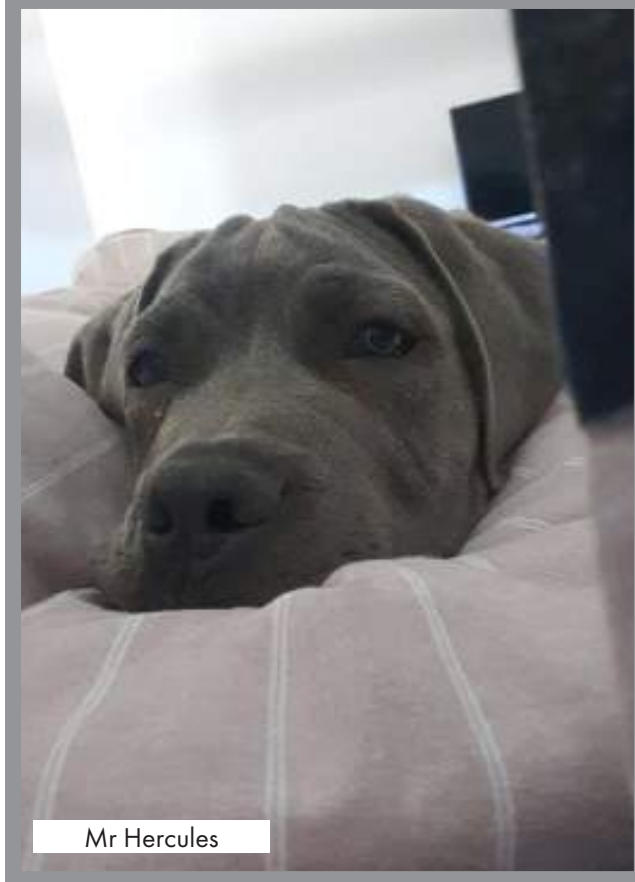
(07) 3408 8011 or 0416 102 071



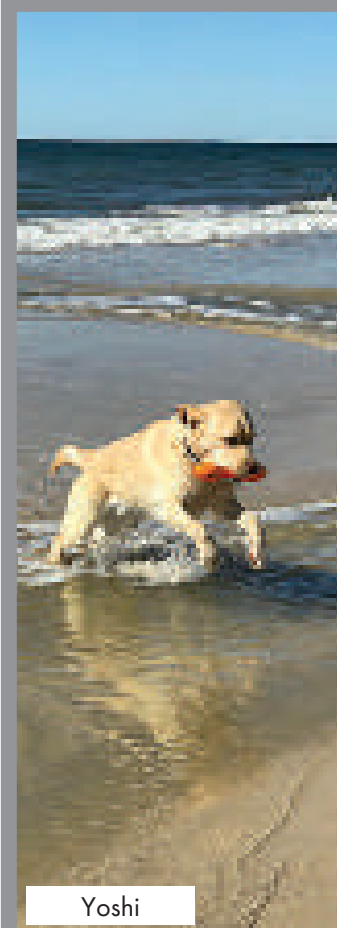
Molly & Pacho



Scout



Mr Hercules



Yoshi

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ca - Prime 100 - Big Dog Raw - Canine Country BARF - Evolution
Holistic - Wag Treats - Huds & Toke - Next Generation - Bell &
Bone - Allora Grain & Milling

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



PET PRESSIES FOR CHRISTMAS

By Bongaree Pet Food

We've long loved dogs for being man's best friend, but not so well known is that our pets can actually make us physically and mentally healthier. Just the presence of our pets can lift our spirits and help us relax. So let's give a little back!

With the festive season not too far away it's time to start thinking about what presents to put under the tree for your fur babies. At Bongaree Pet Food we are now taking orders for all your pet's treats so they can enjoy Christmas just as much as the rest of the family. We will have Advent calendars for dogs and cats as well as a variety of single and gift boxed peanut butter-based cookies in the shapes of bones, Xmas trees, snowmen and donuts all with carob or yoghurt frosting.

So come on in to Bongaree Pet Food and have a look at what's available so your fur baby can have a wonderful Christmas.

Busy Fingers



CHRISTMAS CLOSURE

CHRISTMAS CLOSURE – With Christmas fast approaching, I thought I would let you know when we will be closed over the festive season. The shop will close at Noon on Friday 24th December, deliveries will continue up to 11 am on that day. We will be taking 2 weeks off, to give our wonderful volunteers and staff a well-earned break. We will be re-opening on Monday 10th January at 8.30, by that time you may have been able to purchase a few Hot Cross Buns at Woolworths already. The gates will remain closed during this break, so please do not leave donations outside on the footpath as this is council land and fines can be issued.

MASKS & SIGN IN DONATIONS

Please ensure you sign in when you visit the shop, if you do not have a mobile suitable, we have an iPad at the door set up to enter your details, if you have any problems please ask our cashier, she will arrange for someone to help you. Please remember to bring a mask with you as the shop has a constant flow of customers going through, we also have many volunteers assisting us, so we need to keep everyone safe and well.

I am pleased to advise we have been able to help several clubs and associations over the last month, as usual, we continue to assist the Islands VMR, Hospice, and Global Care monthly. Once again, we have arranged to supply the hats and shirts for the new kiddies attending the BI Kindy next year. Mahalo Outriggers have requested help in supplying portaloos for their regatta on 9th October. The BI Aged Care required items of equipment and a much-welcomed musical entertainment for the residents, which has been difficult to arrange with the COVID restrictions of the past year. Also, the new 6 M production group required props for their upcoming productions and prop room.

COMPLAINTS & HARRASSMENT

Recently, we have had a number of issues of disagreement and confrontations occurring with our volunteers in the donations drop off area. Our volunteers have instructions on what they can accept, which includes CLEAN and RESALEABLE ITEMS ONLY, not broken or soiled items that are only suitable for the bin. We are not a dumping ground, our rubbish collection bill is over \$1700 a month, which is an unacceptable yearly amount of over \$20,000 that should be used for the benefit of the island, not removing rubbish.

Our volunteers come to help their community and it is not acceptable for them to be abused by customers. The correct procedure is to speak to our manager Sonia if you have an issue, not stand over our volunteers, in future, these people may be asked to leave the premises and not return. So please ask for the manager Sonia any time you have a problem.

SPECIALS

We have been continuing with our sales, and recently we have introduced a few new ones, such as buy one item of clothing and get one free (this does not include the price tagged items) as well as the regular fill a basket for \$8, these depend on the amount of clothing we have at the time. We often have the 50% off furniture and pictures too. We are continuing the "free tables" for a while, these include glassware and bits and pieces that have been on the shelves for a while, and we need to replace them with new stock. So please check out the specials and freebies when you come to the shop.

REQUEST FOR PRESENTATIONS AND DONATIONS

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

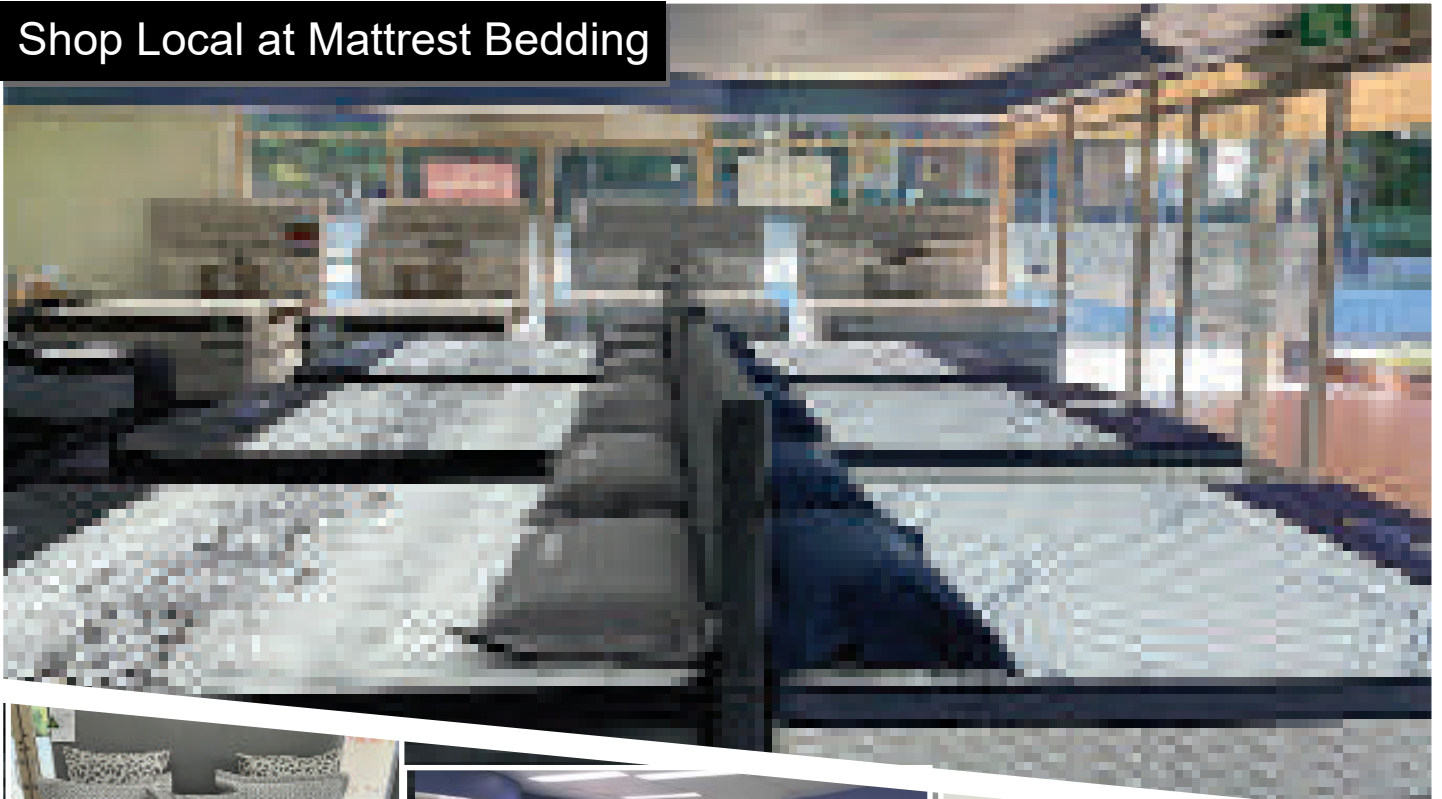
When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please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

Once again, I would like to sincerely thank all our supporters and customers, and a special thank you to the Bribie Islander for their support throughout the year. I hope to see you in the shop soon.

Sandra



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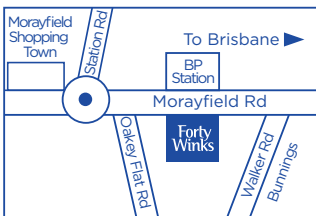
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WHY WE NEED PUBLIC POOLS

Based on the WHO activity scale, nearly 40% of the Australian population is classified as “inactive”. The consequences of physical inactivity costs the health care system \$3.7 billion/year. Death and disability arising from inactivity cost over \$48 billion/year and makes up 5% of all deaths in Australia. Morton Bay North, which includes Bribie Island, has high rates of long-term chronic diseases. The health burden associated with inactivity, obesity and chronic disease, and the means of addressing these through health promoting activities, are likely to intensify with the growth of the population.

Key documents, readily available in the public domain, highlight how public swimming pools can contribute significantly to people’s health and well-being. In the 2017, Swim England and The Swimming and Health Commission produced the first ever, comprehensive report demonstrating the benefits of swimming on health and well-being across the life-span. Key findings from the report were:

- Swimming is a cost-effective activity that will help to reduce government health expenditure.
- Swimmers live longer, regular swimming helps older people stay mentally and physically fit, and participation in swimming lessons can accelerate the development of physical, cognitive and social skills in children.
- Swimming and aquatic activity have enormous potential to support the health

of the population due to its popularity and accessibility across the lifetime.

- Swimming supports the healthy development of children, contributing to physical, mental and social skills.
- Swimming has a positive impact on a range of physical and mental health conditions including obesity, cancer, cerebral palsy and pulmonary disease.
- Aquatic activity helps develop aerobic fitness, strength and balance, which are particularly beneficial for the very young and the elderly.
- The unique properties of water make swimming an ideal exercise for people of all ages, particularly those with injuries, impairments, long term health conditions, or those who struggle to exercise on land.

In addition, The Royal Life Saving Society estimated that the average public aquatic facility delivers \$2.72m per annum to the community. On average, Australians visit a public aquatic facility 4.4 times per year and a single, weekly visit to the pool will put most people outside the “physically inactive” category. Public pools have the potential to deliver improvements in health costs by reducing rates of premature morbidity and mortality, enhancing individual well-being and productivity along with other distal benefits such as community-building, improved water safety, vocational development and employment, adding value to the built environment and property values.

Trends in public pools

Globally, public swimming pools are being reinvented or else have undergone major refurbishments in response to the WHO Healthy Cities, Health in All Policy (HiAP) initiatives in the Global Wellness Movement. In Queensland, some jurisdictions enjoy access to multipurpose centres, developed to generate the revenue needed to offset operating expenses while meeting public demand for specialised programs and

services. The Brisbane City Council’s Hibiscus Sports Complex has a water play area, three pools (50-metre Olympic-sized outdoor pool, 25-metre pool, 12-metre learn-to-swim pool), a gym, a physical therapy centre, indoor multi-purpose courts for netball, basketball, volleyball and other activities, a squash centre and a skate park. Closer to home, the Beerwah Aquatic Centre recently underwent a \$1.8m up-grade co-funded by SwimFit, Sunshine Coast Regional Council and federal grant. The centre, which is managed by SwimFit, has since seen a huge growth in pool attendances. The Bribie Island Aquatic Leisure Centre was built in 1997 and is currently managed by Belgravia Leisure under the auspice of Moreton Bay Regional Council. The centre services a population of at least 25,700 including Bribie Island, Sandstone Point, Beachmere, Godwin Beach, Meldale, Toorbul, Ningi and Donnybrook. Despite the centre attracting consistently high ratings (4.5-5/5) on Facebook, Google reviews and TripAdvisor, as many frequent users will attest, it too is due for an up-grade.

New opportunities

New opportunities await that could assist with redevelopment such as the new ‘Health Hub’ development on the site adjacent to the centre, the focus of which is likely to be sub-acute care and rehabilitation. Other opportunities exist under the banner of ‘wellness tourism’ which, in the US, is an emerging trillion dollar industry. Already a popular holiday destination, Bribie Island’s warm climate and unique location mean that the centre is well-placed for providing environmentally-friendly ways for people to pursue their health and wellness activities. Regardless of these opportunities, should Bribie Islanders and surrounding communities not expect that which their urban counterparts take for granted, that is, access to a gold standard aquatic leisure centre that meets their health and wellness needs?

BETWEEN THE LEAVES

By Mick O'Brien Dip.Hort RH-101

Happy October folks! It's been a busy month in the garden and the weather lately has been like living through all four seasons simultaneously. A glimpse of spring and summer one week with some warm sunny days, and the very next week, cold and windy conditions literally blowing any fragile new season's buds clean off some plants, not to mention my hat too, flying high like a kite. Some plants in our gardens may need a little more irrigation than normal due to the strong drying winds of late, so until we get some descent rain, we will have to be prepared to go the extra mile to keep our gardens hydrated if you want to keep the plants at their optimum - especially large, soft leafed plants like Cordylines, Calathea and the gingers which are also first to get shattered in the summer storms too unfortunately. So build your soil, build your soil - add compost and mulch! Great to see the new growth tips of some of our deciduous plants, frangipanni, tropical birch (*Betula nigra*) and crepe myrtles around the place starting to burst with new life once again, and the Bougainvillea bracts are already putting on a spring show in some gardens around Bribie Island also. It's a good time to turn your mulch over in your gardens gently around the plant roots of course to aerate and stop it from becoming a water repellent matt. Add some compost or slow-release fertiliser to the soil surface, irrigate and then cover the plant roots with the mulch to give your plants a fighting chance until the rains arrive. Bagged sugar cane mulch or lucerne is better than no mulch at all and very easy to apply. The added benefits of these is they break down relatively

Well it looks like the grass really is greener this side of the fence - I wonder if it's the neighbour's harvest!



The picturesque Bougainvillea bracts blooming on the coast!

The Winds of Change,

quickly in comparison to wood chip and provide a food source for the soil biota soon after being applied. Most ornamental flowering shrubs such as Rosa, Hibiscus and Bougainvillea respond to a sprinkling of blood and bone and a tweak of sulphate of potash - 10 parts of blood and bone to - 1 part sulphate of potash mixed together and sprinkled around the root zone under your mulch will be beneficial and finally a drench of diluted seaweed to boost plant health. As we approach the warmer and humid weather ahead, a lot of temperate climate plants such as Azalea, Rhododendrons and rose (*Rosa*) are prone to fungal disease such as powdery mildew, black spot or leaf and flower blight (*Botrytis* spp.) up here in the subtropics, so when the rains hit disease is imminent, so we can only try and avoid this at home by not using overhead irrigation on any foliage and direct the water to the root zone only when we can. Some plants such as roses, citrus, and veggies need at least six hours sunlight daily to produce enough chlorophyll cells to produce healthy leaves to function at their optimum and also stimulate their flowering cycle. When these plants are grown in shady areas, they become susceptible to disease unfortunately. Classic example, when planting

passionfruit on a trellis and the vine climbs to get the most sunlight meaning your neighbour may well be enjoying your fruits as they grow and produce well on their side of the fence!

Well that's all on the juice - Between the Leaves - this month, take care all and see you soon in the garden!

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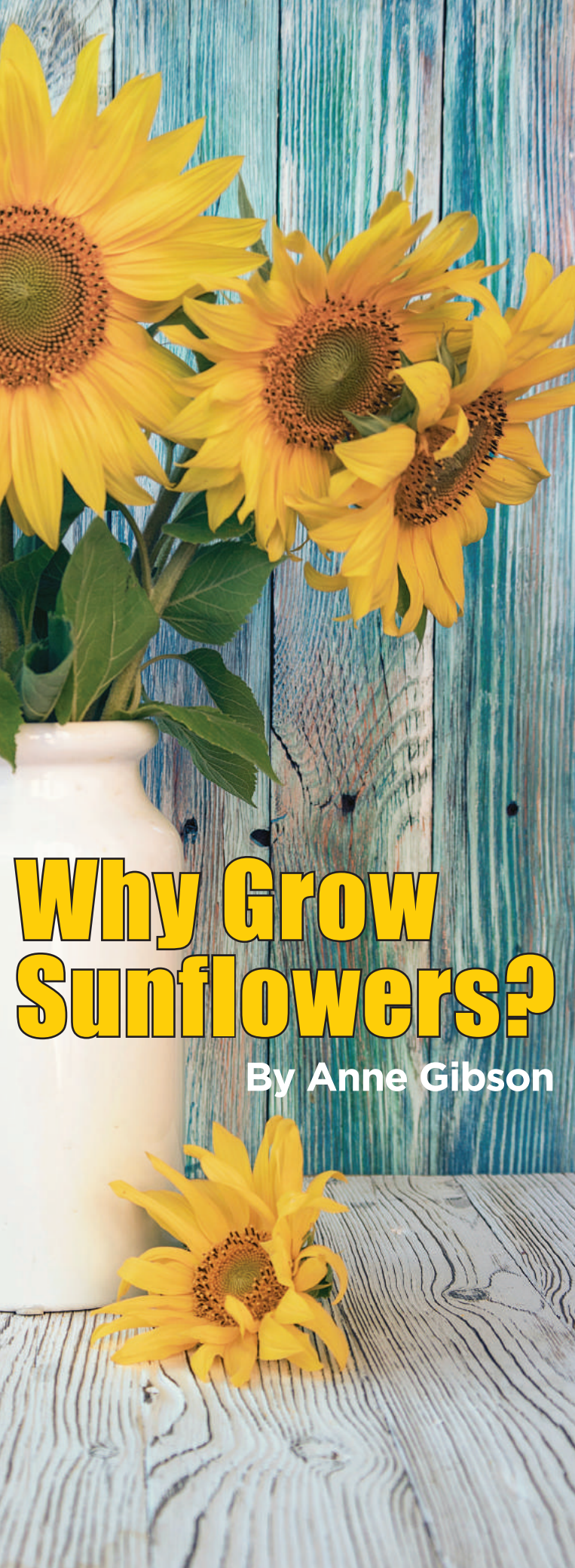
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Why Grow Sunflowers?

By Anne Gibson

There are many benefits to growing these beautiful blooms including their cut flowers and free edible seeds. They also attract pest-patrolling birds and bees to improve your harvest, and even help detox contaminated soil. These flowers are not just pretty faces!

FEED YOUR POLLINATORS

The showy large outer petals help attract many species of bees to your sunflowers including honey bees and bumble bees. The centre of the sunflower houses hundreds and thousands of tiny individual florets that contain nectar and pollen, a food source for bees.

Thinking of buying sunflowers as seedlings or young plants in pots? 'Bee aware' that unless they have been raised from organic seed and grown without chemicals, they may contain toxic chemicals like neonicotinoids that can kill these important pollinators. Organic, non-GMO seeds are a safer and cheaper choice.

Choose your seeds and sunflower plants carefully to create a healthy food source, rather than accidentally contribute to bee decline or affect your own health with chemically treated seeds or plants.

Beautiful Cut Flowers

The stunning sunflower blooms are not only pretty and brighten the garden, but also make gorgeous cut flowers.

TIP 1: Having been a flower farmer myself, I learned the best time to cut stems is early morning. Why?

- Firstly, bees will be out in force early in search of food and you don't want to compete.

- Secondly, the flower won't hold the heat from the sun, so will last longer.

TIP 2: Get sunflower stems indoors into a cool spot quickly and plunge into clean water within 10 minutes of cutting. Why? So they don't seal over. If they do, re-cut the stem.

They don't have to have long stems to look beautiful!

Free Edible Seeds

- Sunflower seeds are either black or grey striped in colour. Black seeds are higher in oil, so are often used to make sunflower oil. There are also striped sunflower seed varieties. Both are used for eating

(without the hull) but remember to source organic and non-GMO if you can!

- These seeds are one of my favourites and a regular part of our diet. A handful of sunflower seeds are a quick way to stave off hunger. Sunflower seeds are also a good source of vitamin E, magnesium and selenium and a number of other nutrients.

- Enjoy as a snack in a seed and nut mix, in pesto instead of nuts, sprinkle on salads or on your breakfast.

- You can also sow seeds as microgreens and enjoy sunflower sprouts. These

nutritious greens are delicious and have a mild nutty flavour.

“Sunflower seeds are an excellent source of vitamin E, the body’s primary fat-soluble antioxidant. Vitamin E travels throughout the body neutralizing free radicals that would otherwise damage ... cell membranes, brain cells, and cholesterol. ... Vitamin E has significant anti-inflammatory effects that result in the reduction of symptoms in asthma, osteoarthritis, and rheumatoid arthritis, conditions where free radicals and inflammation play a big role. Vitamin E has also been shown to reduce the risk of colon cancer, help decrease the severity and frequency of hot flashes in women going through menopause, and help reduce the development of diabetic complications.”

Attract Birds to your Garden

Birds are nature’s free pest managers and help create a balance of pest insects to beneficial insects in your garden. OK a few might try to steal your produce if it’s free for the taking. I have to net my berries too! But there are a wide variety of insect eaters that also love seeds and sunflowers will attract them to your garden. Bribery works wonders!

Remember to add a bird bath so they can bathe and drink at the same time, and keep insects under control too!

If you have chickens they LOVE sunflower seeds too. They make an excellent poultry forage you can grow yourself. Just throw the flower heads into their chicken coop for them to self-serve.

Help Detox Contaminated Soil

• If you live in an urban area or have a problem with contaminated soil, sunflowers may be one solution to help detox heavy metals.

• These amazing flowers are known as ‘phytoremediators’ (meaning ‘plant remedy’) and ‘hyper-accumulators’.

• This is just a fancy way of saying sunflowers can absorb toxic heavy metal contaminants and poisonous chemicals in the soil. These include lead, arsenic, zinc, chromium, cadmium, copper and manganese. Pretty cool hey?

There are lots of research studies* on how these flowers take up chemical contaminants and help leave the soil healthier. They generally need to be planted en masse when used in this way. Even on a smaller scale in an urban backyard, this could be an easy way for you to have healthier soil.

For more great tips and hints, please check out this website!!! <https://themicrogardener.com>



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The team at WJC Master Painters have a passion for quality and are driven to do only quality work from start to finish so that the final result is something that you are proud of. They are all about working closely with their clients to create the desired end result. WJC Master Painters are committed to outstanding customer service and support.

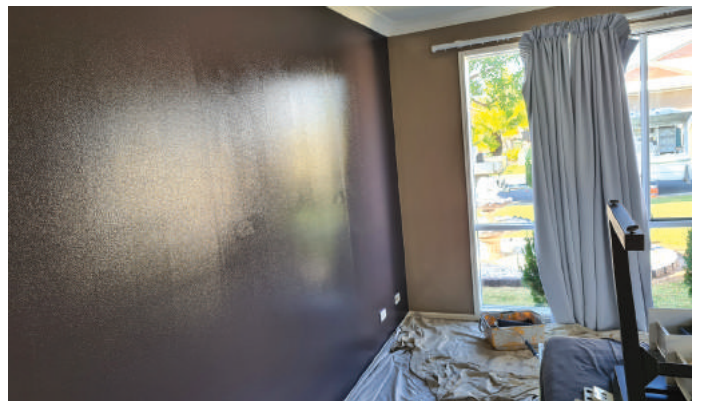
They understand that your property is a source of immense value and pride, and painting your home is a significant investment, so they treat it as if it were their own. Kyle and his team pride themselves on completing high-quality work promptly.

WJC Master Painters believe that everything is in the details. They go the extra mile but still believe quality can be achieved at an affordable price. Call them now for an obligation free quote.



TESTIMONIAL

“House painted inside and out by WJC Master Painters thanks to Kyle and Kyle, I can highly recommend them. The 2 Kyles are 20 and 19 and are a great example of positive examples for our future generations. The quality of their work and care will serve them well in the future.”



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VMR BRIBIE ISLAND

John Traill

Public Relations Officer
Volunteer Marine Rescue Bribie Island
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HAPPY HOUR

Friday 17th September 2021
20 members attended the September Happy Hour, with bar snacks and nibbles provided and drinks at our usual great prices.



Wendy Luscombe and Lee Anne West enjoying a friendly chat with some of the rest of the group in the background.



Coxswain Graham Parker with his wife Kerrie.



The two Michaels from our great maintenance team enjoy a drink together.



Graham and Leona Patrick.



Coxswain Jon Brice with Crew Member Peter Paschke.



Betty Snell with Nia Brice



Kate Brown and Nia Brice enjoying the sunset.



Vice Commodore Ces Luscombe and Coxswain Jim Brown no doubt boating was their topic of conversation.

SUNSET DRINKS

Friday 24th September 2021
– 65 members attended the September Sunset Drinks, the Social Committee put on hamburgers with the lot for \$5, the usual raffles were held and of course drinks at our usual great prices.



David Jennings and Loris Roubin enjoy the sunset on the balcony.



Annie Carew with Sheryl Traill and Rose Delany.



Wayne Sclater and Ces Luscombe with Ian Grimes.



New members Rill and Richard Kidd.



Some of the 65 strong crowd.



Jon & Nia Brice with Mal and Adrienne Mace



Sue Francis with Tom Buckley.



Our Life member stalwarts Brenda Allardyce and Betty Snell, checking signing in, selling meal vouchers and raffle tickets.

COVID-19 VACCINE 2021
COVID-19 (CORONAVIRUS)

Emergency Services Expo: October 17, 2021
VACCINATION CLINIC

The clinic is open for both
Booked and **Walk in** patients

This clinic has been set up to demonstrate our ability to provide mobile vaccination clinics to meet emerging needs and we invite you to be a part of this event. Second appointments will be made before you leave for the closest vaccine clinic to you. Please discuss with staff on the day.

Please scan the QR below to register your details and book an appointment

Thank you for helping keep everyone safe and healthy

Stay informed. Visit us for more information
metronorth.health.qld.gov.au/coronavirus



Brenda and Kaye Hammond.



BBQ chefs Garry Bunker and Graham Patrick.



Social Club ladies Sharyn Giles, Robyn Young (partially obscured), Janine Jaavuo and Leona Patrick (front).



Commodore Liz Radajewski welcomed everyone and thanked the Social Committee, the BBQ chefs, Bar Staff, and our ticket and meal voucher sellers.



Member Services Committee Member Wayne Sclater and Commodore Liz Radajewski made a presentation to Public Relations Officer and Radio Operator John Traill who had a hip replacement in between fortnightly articles for The Bribie Islander Magazine and publishing Passage Ponderings.



New members Rose and Mick Delaney



Loris Roubin is presented his raffle prize by Commodore Liz Radajewski and Vice Commodore Ces Luscombe.



Adrienne Mace (Jon Brice's sister) is presented with her raffle prize by Commodore Liz Radajewski and Vice Commodore Ces Luscombe.



Ony Roubin receives her raffle prize from Commodore Liz Radajewski and Vice Commodore Ces Luscombe.

SEPTEMBER 2021 VESSEL ASSISTS:

SAT 18/09 0602am – 5.1m Side Console member with engine problems required a tow from Spitfire Channel to Bongaree Boat Ramp.
 MON 20/09 1132am – MOP reported a floating object opposite The Gums, investigated.
 TUE 21/09 1415pm – MOP reported a non-member Houseboat adrift near Toorbul – Investigated.
 FRI 24/09 1517pm – 5m Tinny member, broken down and leaking fuel required a tow from South of the Bribie Bridge to Spinnaker Sound Marina.
 SAT 25/09 1626pm – 3.8m Jet Ski member stuck on sand bank in Ningi Creek required a tow to Bellara Boat Ramp.
 MON 27/09 1107am – 12m Houseboat member with motor problems required a tow to reposition at White Patch.

YEAR to DATE RADIO ROOM STATISTICS

To Wednesday 29th September 2021:
 10,771 Calls, 3,093 vessels logged on,
 226 Vessel Assists, 1,318 Sitreps, 588 Requests,
 73 overdue vessels, 24 Vessel Tracking,
 1.062 Radio Checks, 5 Weather Broadcasts,
 10 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 73.7%, 27MHz 7.2%.

Own a Boat? You can join VMR Bribie Island online at www.vmrbricie.com, phone (07) 3408 7596 or call in person at Marine Parade Bellara, benefits include:breakdown assistance. vessel & contact details recorded in our database in case of emergency. access to first aid, radio, and navigation courses plus safety and general boating information sessions. regular social events. reimbursement up to \$100/per year for tows by other VMR or Coastguard units; Always reMember to LOG ON and LOG OFF with MARINE RESCUE BRIBIE for your safety.

SAFETY DAVE - The Frenchie's Message:



Safety Dave the Frenchie says you must also keep safety equipment in date, in good repair and everyone on board must know where it is stored.

Safety Dave says “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, 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!!”



Nominate a local hero!

Do you know a local hero who is adding to the community life and vibrancy of the Moreton Bay Region? Nominate them for an Australia Day Award!

The Australia Day Awards are an exciting opportunity to recognise the achievements of people making extraordinary contributions to the Moreton Bay community.

With more people moving to Moreton Bay to live and work, we're freshening up this community favourite to ensure everyone's contributions can be celebrated. There are new categories and eligibility criteria for the 2022 awards so you can nominate someone you know and shine a spotlight on their achievements in any area of community life.

AWARD CATEGORIES

Citizen of the Year Award

This award recognises an individual for their outstanding achievement and/or contribution to the Moreton Bay community during the preceding year, or over many years.

The winner of this award will be an Australian Citizen and live in the Moreton Bay Region.

Community contributions and achievement may be in any area of community life, including sport, arts and culture, and the environment.

Mayor's Community Spirit Award

This award recognises an individual for their significant contribution to the Moreton Bay community in the preceding year, or over many years.

Anyone may be nominated for a



Mayor's Community Spirit Award. The winner is not required to be a resident of the region or an Australian Citizen. Community contributions and achievement may be in any area of community life, including sport, arts and culture, and the environment.

Nomination timeframe

Nominations are now open and close at 3:00 PM 29 October 2022.

To nominate someone, complete the online form that can be found at:

<https://www.moretonbay.qld.gov.au/Services/Community-Support/Awards-and-Bursaries/Australia-Day-Awards-Program/Australia-Day-Awards-Nomination-Form>

Before beginning you will need to gather some information:

- The contact details of the person you are nominating
- A short case of why you are nominating, including:
- Examples of how they have demonstrated outstanding qualities
- What they have done to make the Moreton Bay Region a better place
- The role(s) or area(s) in which they have excelled
- The period of time or dates of service (if known)
- Evidence of other awards or recognition received by the nominee
- The contact details of at least one referee.

Nominees will be considered against the following selection criteria:

- Contribution to the Moreton Bay community
- Commitment, contribution and/or achievement in their field
- Inspirational role model for the Moreton Bay community.

The assessment of nominations and selection of category winners is undertaken by Council assessors.



EMERGENCY SERVICES EXPO

The Bribie Island Combined Emergency Services Expo is part of a state-wide campaign to get you ready for the bushfire and storm season. This is a great way to learn more about how to get your home and family prepared. If everyone does a little to prepare, we can all accomplish a lot as a community.

Bribie Island's Volunteer Marine Rescue is proud to host:
A FREE, action packed day of demonstrations, kid's activities and lots of family fun!

See the latest emergency equipment in action and meet local Firefighters, Police, Ambulance Officers, Marine Rescue, SES, and more!

- Get up close to a fire truck, water cannon, an Army Bushmaster vehicle, marine rescue boats and other high-tech rescue equipment.
- Live Westpac helicopter rescue and simulated bushfire display.
- Watch a kitchen fire demonstration and learn how to react.
- See a Surf Life Saving water rescue or watch a drone life raft deployment.
- FREE face painting.
- Visit various stalls, enjoy a sausage sizzle and more!

9am to 2:15 pm Sunday 17 October 2021
Volunteer Marine Rescue (off Sylvan Beach Esplanade), BELLARA

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Fishing REPORT

By: Robyn - Bribie Island Boat Charters

Spring is always a tricky time for fishing, but this year things have been harder to pick. August's EKKA winds didn't turn up until September. In August, only a handful of days saw wind levels above 15 knots, but in September, a good half of the days have been windy. Usually starting the day with gentle breezes from the west, by mid-afternoon the wind has turned, coming from the east and lifting by 5-10 knots. The mild nights have led to warm days, but those gusts have been keeping our jackets on and keeping the water a little cool. The Pumicestone Passage is starting to warm up and move into summer conditions, but it's not there – by a long shot.

Seasonal changes, affecting temperature, salinity, water clarity, nutrient quality, among other things, all dictate which fish to target, how to do it and where to go. Between-seasons fishing is often less about skill and more about luck – and there's been a bit of that over the school holidays.

Ethan, Eve and Rupert took their mum and dad up to White Patch for a fish, where they caught several Bream, some around 33cm, as well as garfish, using prawns for bait. AJ got himself a big Flounder south of Pacific Harbour.

Young Heath and his family caught a Mulloway, 40cm Bar-Tailed Flathead, a few Garfish and a Grunter Bream – all using lures! Caleb's crew also caught a massive grunter, up near Shag

Island, as well as 5 Bream and a giant Flathead, which broke away as they pulled it towards the boat (90cm in their estimate – but this is a fishing tale...). They did try mullet and squid for bait, but worms were most successful, and Dave said the soft plastics were useless. There has been plenty of big Flatheads caught over the past couple of weeks. This is the breeding season for flatties and they're out around the sandbanks near the creek mouths, some big females among them. Shane and his mates brought in three a couple of weeks ago – 57, 62 and 63 cm! With the windy weather, it's been a popular option to head up into Ningi Creek, looking for a bit of shelter and the odd flathead. Ebi's brother-in-law from Cairns was visiting, and they spent the afternoon in Ningi Creek. Ebi said it was the head of a squid that caught his big Flathead, as well as another fish that was just too heavy to bring to the surface. Sarah and Jeremy were well-tucked into the mangroves on the north side of Ningi Creek, on a rising tide on another breezy day, when they caught a 55cm Flathead. They had live yabbies with them but Sarah is a big believer in chicken strips, marinated in garlic and soy – and that's what got the flathead. Whenever the wind has dropped a little, there have been reports of good Flatheads along the sandbanks north and south of the bridge. Drifting from the lock entrance past IGA and the

jetty has yielded a few nice sand Flatheads.

There are some Snapper catches in the same zone – usually about 100m off the shore, where there is a good drop-off. Closer in, it's mainly been undersized snapper and Moses Perch. Sean used pillies on a gang hook to catch a big-enough Snapper at the bridge. Gary fished from the shore, south of the bridge, using bonito, to catch another one.

Big Bream are showing up just about everywhere in the Passage. Some of the best-sized bream have been hanging out under the bridge – try fishing just after the top of the tide, using pilchards. Other good spots for Bream are Elimbah Creek and Sandstone Point.

Richard was fishing around the corner of Sandstone Point, over the top of the morning tide, with pipis and mussels for bait, when he caught three Bream, 35-37cm in size.

Lyn was targeting bream in Ningi Creek, on a very windy day, with prawns and pillies, hoping to score well enough for a trophy in the inaugural Alvey Women's Fishing Classic. Four

successful enough that it is already planned again next year – expect big things!



Ebi's 55cm flathead – caught using squid. Of course, September should be the month when the sand crabs start to appear – but they didn't really go quiet over winter until the wind picked up. Today was so gusty that the only fish biting were Shovelnose shark and a giant Yellowfin Pike. We're crossing our fingers for it to calm down for the first long weekend in October...

The good news is that the seabed around Bongaree Jetty has just been cleared of a lot of "jetsam", including shopping trolleys, a scooter and a bike – so that should make it easier to fish there without getting caught on a snag!



Some great entries for Lyn, in the Alvey Women's Fishing Classic!

large Breams, about 34cm were her reward. On other days, she also caught some nice Bream at Red Beach, a Flathead in Ningi Creek and Whiting on the sandbanks near Turner's Camp and a 34cm Yellowfin Pike. With about 30 keeper Bream all together, in her efforts for the tournament, it wasn't a bad tally! This new competition attracted a lot of interest and was certainly



Sarah's – caught with marinated chicken, and Jeremy, with his whiting as well.

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Stingrays



Toxic & dangerous marine animals continued...

Stingrays are cartilaginous fishes that are closely related to sharks. They have a more flattened appearance than sharks, with greatly enlarged pectoral fins attached to the head in front of the gill openings, broadly forming a disc. A slender tail protrudes from the rear of the disc and may be short and lobed, or more often long and whip-like. In many species the base of the tail is

armed with one or more barbed stinging spines. The stinging spines and barbs are covered by a thin layer of skin and mucus. When this is disturbed potent venom is released.

In Australian seas there are about 50 species of rays that have tails armed with spines. Of these, 21 occur in coastal waters of Queensland. Most species are found on the seabed, on sandy or muddy substrate, but a few

are found higher in the water column in open waters. Rays regularly move close inshore with the rising tide to feed on yabbies, worms, small fishes and crabs. Numerous circular depressions throughout tidal flats at low tide are a tell-tale sign of the feeding activities of rays.

Most stingray stings occur as a result of swimmers or waders treading on a ray in shallow murky conditions during a rising tide. The ray is often motionless and partially buried in the bottom sediment. If trodden on, it generally thrusts the tail upward and forward in defence, sometimes forcing the spine into the foot or ankle of the victim. The spine may break free of the ray's tail and remain embedded in the victim, particularly if penetration is deep. Numerous small backward-directed barbs along the edges of the stinging spine make its removal difficult and painful. It is recommended that sturdy footwear with ankle protection should be worn in areas likely to be frequented by stingrays.

The Common Stingaree, *Trygonoptera testacea*, and the Bluespotted Maskray, *Neotrygon kuhlii*, are two common rays occurring on shallow tidal flats of eastern Queensland.

Fishers aboard commercial trawling boats often encounter rays while sorting their catches. However most stings that occur here are less serious, as the skin and mucus covering the spines has usually already been disturbed in the trawl, reducing the amount of venom entering the wound.

Divers often encounter various species of rays, some of which may reach up to 2 m in diameter. Most rays will flee if a diver approaches too closely, however large individuals in particular should be given a wide berth and no attempt should be made to grab or touch any ray.

The Blotched Fantail Ray, *Taeniurops meyeri*, and the Cowtail Stingray, *Pastinachus atrus* are large and potentially dangerous species if threatened or cornered.

TIDE TIMES

BRIBIE ISLAND
& MORETON BAY

FRI 8 Oct	SAT 9 Oct	SUN 10 Oct	MON 11 Oct	TUE 12 Oct	WED 13 Oct	THU 14 Oct
5:11 am	5:43 am	12:18 am	1:02 am	1:52 am	2:54 am	4:20 am
0.15m	0.2m	1.54m	1.37m	1.22m	1.13m	1.11m
11:29 am	12:11 pm	6:15 am	6:49 am	7:31 am	8:29 am	9:53 am
1.88m	1.9m	0.27m	0.34m	0.43m	0.51m	0.58m
5:37 pm	6:28 pm	12:56 pm	1:44 pm	2:39 pm	3:47 pm	5:08 pm
0.23m	0.33m	1.88m	1.84m	1.78m	1.72m	1.68m
11:38 pm		7:22 pm	8:24 pm	9:39 pm	10:59 pm	
1.72m		0.44m	0.53m	0.59m	0.59m	

FRI 15 Oct	SAT 16 Oct	SUN 17 Oct	MON 18 Oct	TUE 19 Oct	WED 20 Oct	THU 21 Oct
12:14 am	1:17 am	2:10 am	2:54 am	3:32 am	4:06 am	4:35 am
0.54m	0.46m	0.37m	0.29m	0.24m	0.22m	0.23m
5:57 am	7:11 am	8:08 am	8:56 am	9:39 am	10:18 am	10:53 am
1.19m	1.34m	1.51m	1.65m	1.75m	1.81m	1.83m
11:29 am	12:55 pm	2:04 pm	2:58 pm	3:43 pm	4:22 pm	4:58 pm
0.58m	0.51m	0.41m	0.34m	0.3m	0.31m	0.35m
6:27 pm	7:33 pm	8:27 pm	9:13 pm	9:53 pm	10:27 pm	10:57 pm
1.69m	1.74m	1.79m	1.8m	1.77m	1.71m	1.62m

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There are always little things about our car that can be frustrating and annoying, but it doesn't have to be this way! All of these have been used in personal experiences. These tricks will make your experience much easier with your car. Here are 8 Car Hacks Every Driver Should Know:

Petrol Arrow

Forget what side your petrol tank is on? Check the Petrol symbol next to your speedometer. There will be an arrow pointing to the side of your gas tank so you'll never forget which way to park.

Toothpaste for Lights

Using a toothbrush with toothpaste on headlights gets rid of the fogginess on the glass. Works every time for me, and way more effective than soap and water.

Seat Warmer

Aside from keeping your butt from freezing off, your seat warmer can keep other things warm as well. Turn it on when you pick up food that needs to be kept hot. I use this one for pizza and it helps a lot.

Get a Squeegee

If you park outdoors, you'll have to get one of these for the mornings. Running late to class or work because you have to wipe down your windows with tissues is no fun. Keep a squeegee in the side of your car door to use every time your windows are wet and foggy. It's much faster and more efficient than anything else.

Petrol Efficiency

When filling up petrol, hold the handle halfway. You get more petrol and less air in the tank. Not only does that give you a little more petrol, but driving is smoother when the tank has less air in it.

Phone Holder

If you don't have a place to hold your phone in your car, use a rubber band.

It's the cheapest option for a phone holder and it's safer than having to look down at your phone. Don't look at your phone unless you have too though. It's not worth risking it. What's an extra 15 minutes to text someone back?


Get the Heat Out

Live in a hot area? Well, the car always gets really hot inside as you know. Open only the driver side window all the way down. Go around to the other side and wave the passenger door back and forth. This is the fastest way to get heat out of your car. If you turn on the air, leave your window cracked open so the heat can get pushed out. Close it after about 2 minutes.

Tissues

Always make sure you have a box of tissues in your car. Use it for everything like wiping your forehead if you're sweating from heat. Other uses like cleaning things up, wiping your windows, and even protecting your hands from a hot steering wheel are really effective.


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 Sylvan Beach, Bellara
 Next Bellara NHW meeting - November 15th
 Thank you Stacey Olson - Area Coordinator



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BRIBIE ISLAND WRAP June/July 2021

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PHONE 1800 333 000

This is the Crime Stoppers number whom you can call for any of the above reasons if you do not wish to call the Police.

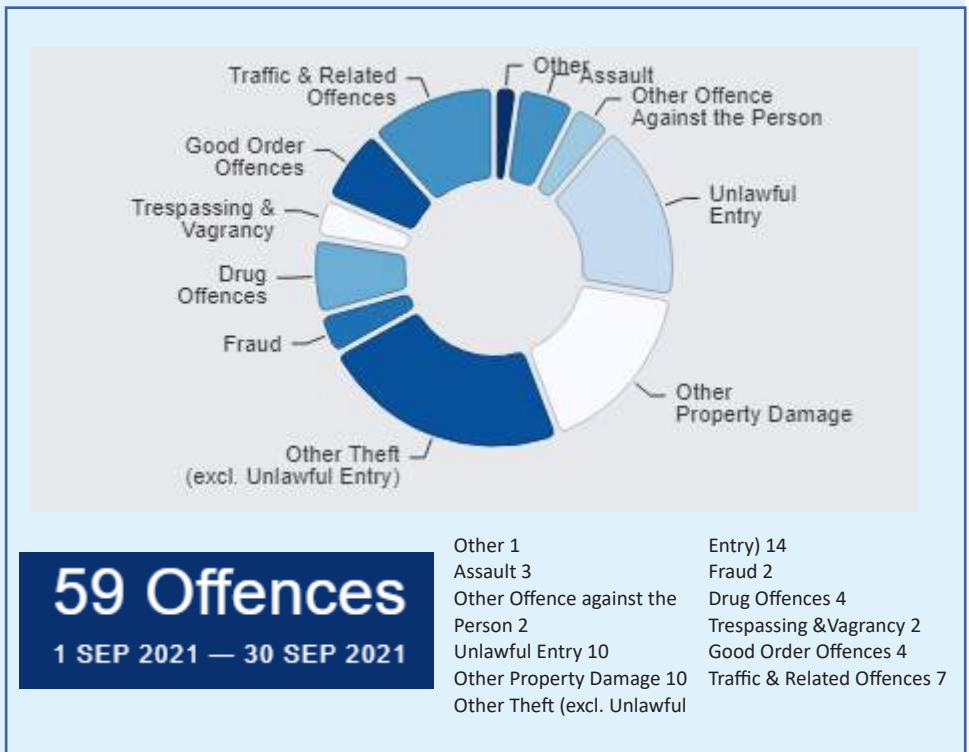
Whilst the Police will ask for your name and number to validate your call, Crime Stoppers will ask for your name but you may choose not to give your name if you so wish.

The reason that there has been many recent TV time slots taken on this subject is

that there have been a lot, a very lot of phone calls on the 000 number which are time wasting for the emergency services staff and this in turn takes longer for them to respond to real emergencies. After all, which is more important, your emergency call for a family member or someone who cannot find their cat!!!!

It has been stated that the majority of calls can be dealt with on the 131444 number which gives the emergency calls a faster response time.

Please take a moment to double check that you know which number you will call when you need to talk to the Police or Crime Stoppers.



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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. Thank You.

Dear Editor,
Tell Him He's Dreamin'
I enjoyed reading Rod Dominish's letter in the last Bribie Islander. He raised many interesting ideas concerning the Olympic Games. Notwithstanding his Accountancy Skills (not mentioned in the plethora of tags added to his signature block) I would be interested in which Games in particular ended in a profit for the country/city involved. Perhaps Los Angeles may have done so – but most accept it is not a money making project – and should not be seen that way. The games are currently so far removed from the original concept I feel even good old Pheidippides (to whom Rod alluded) would not recognise it. I appreciate Rod's many, many, (as listed) triumphs over the years – and his 3 year standing on the Island – but I would suggest he take a course in Humour 101 – or even read up on "tongue in cheek" irony. I was warned someone on the Island would take my letter literally but I would/could not believe it. They would not appreciate the scarcely hidden, underlying humour/satire/cynicism in my words. As it was so clearly worded I did not believe this. Keep on dreaming Rod – you've made my day. Cheers M.
Matthewa, Banksia Beach

Dear Editor,
Bribie Island is about to enter into the 2021/2022 nesting season for endangered loggerhead turtles. The Senior Sergeant of Bribie Island Police Station reported that last weekend 18/19 September, there were two thousand vehicles driving on the beach at Woorim where these turtles will want to make nests and lay their eggs. What are the chances for a safe and successful nesting environment for these turtles, especially for the mothers to get up the beach and the hatchlings to get back into the water through the deep ruts made by heavy vehicles? If the Queensland State Government do not take action to curb the four wheel driving on the beach the turtles which most surely not have a successful nesting season. Driving of heavy vehicles on the sand compacts it to the point where the mothers cannot successfully dig a deep enough nest. In this case they will return to the water and abort their average load of 120 eggs for the season. I can understand people want to camp along the beach and in the dedicated camping areas to the north but there is no reason they cannot reach these campsites by driving on the inland tracks behind the dunes instead of on the beach. On a long weekend or Australia day, Easter and Christmas, there

can be up to 4-5000 vehicles as there is no cap on numbers. Recently there has regrettably been a death on the beach, there are always many near misses for children playing on the beach and many mishaps with vehicles hooning, becoming bogged and needing towing. There is also horrendous pollution as there are only a couple of bush toilets on 30 kms of beach to service thousands of people and no fresh water. The beach is open 24 hours a day and obviously the National Park rangers and the police do not have the staff to cover these hours. Local residents are kept awake at night with 4x4s roaring up the beach as the sound travels. Many people do go at night as they know the rangers only work daylight hours. There are gates at the opening of the track but the rangers say these cannot be closed as there may be an emergency. Security cameras have been installed but some unscrupulous drivers remove their number plates before getting to the cameras. The Australian Federal Government signed up as a party to the Ramsar Convention for the protection of nationally significant wetlands. The Federal Government then enacted the Environment Protection and Biodiversity Conservation Act. The Federal Government then handed on the management of the site

mainly to the Queensland State Government. The QSG chooses to ignore most of its responsibilities under the legislation and the mayhem continues. The Moreton Bay Regional Council at the request of the QSG declared the beach a highway in order to give the Police and Rangers the powers necessary to enforce driving rules on the beach. The whole situation is ludicrous and worthy of an episode of Yes Minister as each level of Government passes responsibility backwards and forwards and ducks for cover when asked the hard questions. Ms Ali King, labor State member for Pumicestone, has refused to present to Parliament a petition signed by 28,000 people calling for stricter laws or regulations to protect the beach and wildlife. The reason given by Ms King for the refusal is apparently because it is against State labor policy. I would now ask since when has any labor policy been able to take precedence over the properly constituted laws of the land. It is about time all three levels of Government in Queensland came together to do the job they were elected to do which, we obviously have to remind them, is to ensure that the duly constituted laws, whether they be Federal, State or local Government, are being adhered to. Bribie Island has become a victim of its own unique beauty and peaceful lifestyle and is now being loved to death.
Carol Wood,
Bongaree

Dear Editor,
What a wonderful forward thinking proposal by Rod Dominish in your last edition. The Marathon Track would

indeed be a valuable asset to the Island community on so many levels. Mr Dominish articulates them very clearly and the

proposal deserves support at local and state government level.
B. Phillips
Bongaree



Dear Editor,

Thank you AG Rae for giving us much ado about nothing. We recently enjoyed a wonderful overnight stay with my sister-in-law and her family who have just moved to Bribie Island. Having not been here for 20 years it was a delight to find the place still so beautiful and largely untouched. The real surprise though was your very own 'Bribie Islander' Letters to the editor. My 19-year-old niece (who is studying English literature) was so excited to read aloud the poem from Mr. Chris Schnack in response to AG Rae's letter. It prompted squeals of delight and debate from the whole family - and we all agreed, that poetry is of the highest art form. Terrific rag, terrific letters, and what a terrific community of such literary gems you have here. Cannot wait for our next visit.

Kind regards, Annette Quayle

Dear Editor,
Have just received the latest edition and wanted to pass on my condolences to Cherrie on the loss of her friend. I have personally been affected by suicide and we all feel so helpless to comprehend it. Plus the cover is MAGNIFICENT. Very much a view we should all cherish.
Regards,
W. Sparrow

Dear Editor,

Please find below my response to a Letters to the Editor" last week from an E Hardy concerning Pioneers of Pumicestone article.

RESPONSE

In response to E Hardy's letter concerning the article Pioneers of Pumicestone last fortnight. The articles that have been published about Bribie's history over the last couple of years are light-hearted, informative and have raised much awareness about our fascinating past - would they get the same readership if they were long-winded and overly detailed historical essays? I think not. Maybe, at times, the articles brush over facts and figures but being judged as a lazy journalist is harsh and the article certainly didn't deserve the nit-picking it received from E Hardy. One item I must highlight is E Hardy's recounting of the old chestnut of Bribie Island being called after Bribie the Basketmaker. Even Thomas Welsby conceded that there is no record of a convict called Bribie, Briby or Briby, in the Moreton Bay Penal Colony records, and this tale is now labelled a "Myth". Research continues on the naming of Bribie Island.

L Hooper,

Dear Ed,

For many years we Bribie islanders have enjoyed the interesting and informative articles by Barry Clark about our island history.

The letter by E Hardy commenting on the article about Pumicestone Passage was unnecessarily critical. Indeed some of E Hardy's "corrections" were incorrect, especially the comment re the naming of Bribie Island. E Hardy should visit the Bribie Island Seaside Museum and read the display which discusses the naming of Bribie Island and which discounts our island being called after a convict. We look forward to Barry Clark continuing his articles on Bribie Island history.

G and G Mills

Dear Editor,

Firstly I want to thank you for your Editorial issue 149 "Welcome". Every day for the past twelve months so many of us as Advocates are called to support another life for someone in despair. Statistics mean nothing in the scheme of personal pain and grief. Your editorial demonstrated the great need for all of us to be aware of all those around us and to gently ask, are you OK, or just to listen and learn to hear the cry for help. The heartache of those left behind is beyond description and the grief

felt is going to last forever.

The best advice we can give is: Be aware of your own grief and all those around you grieving in these circumstances. They too need our support and our time. Always remember that time is the most precious gift we have to give to each other. We often forget that Mental Health is a priority and inner peace is essential and self-care is critical. The magazine again brought some very interesting articles and the writers took us on some engaging journeys from Al Finigans "Bushrangers to gardening and Elaine Luttons preference of art "The pictures on my Wall" to letters to the Editor stimulating the mind making noises of misunderstanding in Micheal Matthews very clever satirical afflatus about Bribie Island in 2032 giving so many sounds of humour and not at all disrespectful of the Olympics.

The bringing to task a writer for lazy journalism, accolades for the magazine and the delightful literacy muse "Much Ado about Nothing". I doubt if there is a more enlightening news print for the community to express views and to be heard as the articles and letters arouse curiosity and encourages absorbing debate. As an interstate friend, a Journalist with a media outlet said, I can't wait for the next issue, this magazine just keeps on getting better.
Bill Peacock OAM

Dear Editor

I was saddened and appalled after reading E Hardy's attack on Barry Clark in the last edition of your Magazine. Barry Clark established The Bribie Island Historical Society in 2008 after moving to the Island and seeing the need to raise awareness of the history of our beautiful Island.

I am sure many of us who have lived on the Island a lot longer than Barry like myself saw the need to bring the heritage of Bribie to people's attention however did anyone take up the challenge? The short answer is NO. How long have you lived here E Hardy? And since you know so much, why didn't you do something about taking up the challenge?

The Bribie Island Historical Society and its founding President Barry Clark are responsible for collecting a huge database of local characters stories and photos, installing the Heritage plaques along the Bongaree waterfront (which I take delight in when seeing visitors to the Island reading with much interest, not only adults but children also) the free Heritage Walks just to name a few.

Easy for you E Hardy to sit in your armchair and Google to correct Barry's article, perhaps you could take your Google expertise to The Historical Society and ask them if they would like a hand. I for one look forward to my delivery of the Bribie Islander magazine so that I can read the next of Barry's amazing stories.

If anything Barry Clarke should get an award for his work not to be attacked by an armchair warrior.
Estelle Rashleigh

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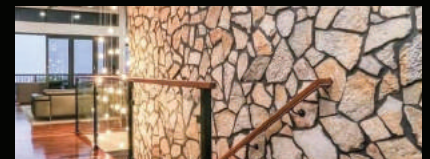
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