

A hand holding a lit sparkler against a background of bokeh lights.

The Bribie Islander

AND DISTRICTS

ISSUE 156 DEC 31, 2021

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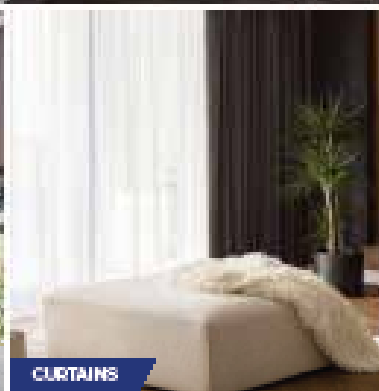
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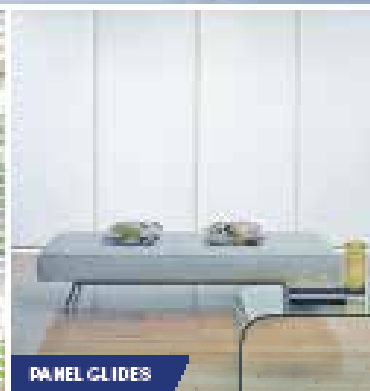
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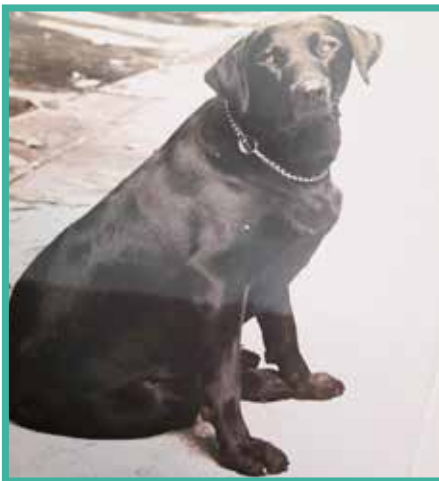
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in this issue



UNSPOKEN JOURNEY



BAZZA & CAPTAIN MIDNIGHT



THE BEAUTY OF GIVING

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Welcome



Dear Readers,
Here we are at the end of one year and about to start another, through trials and tribulations we have made it through another year! We have lost loved ones, battled with covid and all the changes that come with it and pulled together when it counted the most.

Over the year we have seen so many community groups, way too many to mention that have answered the call to help. One event that is close to my heart is the "Melsa Train Park Re-opening." This event had the whole community showing its support and we had businesses, not-for-profit organisations and the general public all coming together to save our iconic train park.

I must say, this place reminds me so much of my home town Warwick. The people there knew each other, cared for all and jumped in as a community when the chips were down. This wonderful place I now call home works on the same values. I have seen this community pull together and help each other out. I have witnessed acts of kindness that are above and beyond what is expected. The friends I have made, the community groups I have been lucky enough to work with make me so proud of the effort,

work and sacrifices they make just so others are benefiting. On a personal note, I want to thank all of our wonderful advertisers who without you, we wouldn't have this magazine. Your loyalty and support have meant the world to us and the friendships we have made throughout the years have been nothing short of amazing. We hope your businesses thrive and everyone gets behind you and shops locally!

Now I would like to say a heartfelt thank you to all our hardworking contributors. You have all made this magazine the wonderful publication it is. We are community-focused and our contributors have been a fine example of showing what our community is all about. I cannot thank you all enough for the wonderful effort you have all put in, you have become friends and we are proud to have you contribute your work to us.

Lastly, I want to thank you. Our readers. The emails and phone calls we have received showing us support and especially at times of great personal sadness, compassion, makes everything we do worthwhile. You make us strive to do better each time, so I thank you from the bottom of my heart.

We wish you a very Happy New Year, please all stay safe and we look forward to working with you all in the oncoming year.

Take care, stay

Cherrie



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MAIN CAUSES OF BODY HAIR LOSS IN WOMEN

Losing body hair is a common condition that most women experience. Body hair loss occurs in various parts of the body, such as the face, head, legs, and other private functions. The usual average hair loss ranges from fifty to a hundred hairs. The thinning of hair more than this number is considered unusual and should be treated before it worsens.

Women experience body hair loss when they are brushing or styling their hair for beauty purposes. There are various causes of losing body hair in women, which you can find a way to avoid or prevent you from being a victim. The leading causes of body hair loss in women include;

When a woman is pregnant, hormones such as estrogen change their usual way of functioning. At this stage, everything in a woman's body is always at a growth stage. The hormones stimulate the rapid growth

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of hair follicles with no hair thinning. The growth of thick hairs occurs in the entire pregnancy stage until the delivery time where the hormones come back to their normal functioning. Body hair loss will start to appear, and the normal hair growth cycle resumes some days after childbirth, which may be intensive with variation from person to person. Medications are also a primary cause of body hair loss in women. Drugs used to treat diseases like arthritis, blood pressure, and cancer may have a side effect of losing body hair. The hair loss is always temporary when you are using the drugs and may end after the medication.

Suppose you are under medication for the diseases mentioned above and experiencing hair loss. In that case, you may consult your doctor to change the drugs or the medication type for you if possible.

Hair loss in women due to genetics usually affects the crown and the backside of a woman's head. This type of genetic problem hair loss comes from a family or a close relative effect where the hair loss genes are transferred from one person to another.

This type of hair loss is usually known as the female pattern baldness. The condition cannot be treated, but you may use some drugs such as Regaine to stop the shedding and increase the density of your hair. Consider not using Regaine if you are pregnant since it may affect your pregnancy journey.

Body hair loss in women may occur due to a lack of proper diet, nutrients, vitamins, proteins, and ions. It may lead to diseases such as Anaemia which in turn causes hair shedding in the body. Also, the drugs you use to treat the deficiency disease may affect the growth of hair follicles

or weaken the existing hair, leading to hair falling. You should consult your doctor to help you with the proper medication for treating the deficiency you are suffering from. It would be best to have a good diet rich in nutrients and ions to keep you away from the fault.

Stress is also a leading cause of body hair loss in women. Physical or emotional stress occurrence may cause your hair follicles to be at the resting phase. The stress may involve an extensive traumatizing activity such as death, accident, divorce, etc., that hinders the usual way you carry out your duties.

There are contraceptive drugs that most women use to control the way they give birth. Changing from one type of drug to another or stopping the usage of these drugs may destroy the usual way function of the hormone.

The hair loss may go into a massive shedding with time. The condition is usually known as telogen effluvium since it is a temporary condition that goes away after some time.

Dandruff in the scalp resulting from the presence of ringworms in the blood may make your scalp start itching more than usual. An itchy scalp will make you scratch it, leading to shedding off of hair. If you have this type of hair shedding, you should use the best hair conditioners or shampoos with the help of an experienced doctor to clear out the dandruff effect.

CONCLUSION

Body hair loss in women usually occurs in different stages. One should take certain precautions for them not to be victims of this condition. Other causes may include; over processing of hair, frequent tight hairstyles, heat in styling your hair, and some autoimmune effects.





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PINA COLADA

One of Queensland's biggest boutiques

IN CASE YOU HAVEN'T MADE IT DOWN TO BENABROW AVENUE LATELY, YOU SHOULD CHECK OUT PINA COLADA.

Those in the know are now regulars who are spreading the word amongst their friends... The secret is well and truly out!!

Just over a year ago now Hypnotic Boutique was purchased by Bernie and rebranded Pina Colada. Since then, there have been all sorts of exciting developments in store with the addition of loads of new shoes. The store now has its very own shoe store within the store where you can pick up some great sandals that aren't going to ruin your budget!!

Pina Colada is jam-packed with easy-care, everyday clothing that is surprisingly affordable and has great fabrics

and styles. In fact, it is one of Queensland's biggest privately-owned fashion boutiques.

"We stock a big range of cotton, linens and rayon, all-natural fibres that are comfortable to wear and easy to care for." says Bernie Ey the creator of the concept.

Bernie is not a newcomer to the clothing business, having owned fashion retail stores on the Sunshine Coast and also for many years ran her own company overseas designing and manufacturing a popular range of clothing for the Australian market.

"Pina Colada is all about providing our customers what they want which is good quality, affordable clothing that they love to wear and makes them feel great"

I don't like to use the word fashion because I for one don't follow fashion religiously, instead we focus on finding styles and shapes that fit real

women rather than catwalk models, and not try and make the woman fit the latest trend which she may or may not like or suit. Our sizes range from 8 to 22.

I wanted to create a store that was welcoming to its customers. Many women feel uncomfortable walking into a clothing store and I thought it was really important to create a friendly non-intimidating environment that welcomes women of all shapes and sizes. We love helping our customers out and finding a great outfit to make them feel fabulous at any age!

One regular customer said to me yesterday that she loves shopping here because we make it enjoyable and give her so much help that she usually walks out with a new outfit that she absolutely loves.

A couple of times per week we receive new stock so it is always worth popping in to see what's new!!

"We are open 6 days per week. Weekdays from 9-4. We look forward to seeing you soon!"



PIÑA COLADA



37 Benabrow Ave, Bellara
[facebook.com/Pina-Colada-Clothing](https://www.facebook.com/Pina-Colada-Clothing)

(Formerly Hypnotic Boutique now under new ownership)



We are now in the festive season, which means it's time for gingerbread cookies, holiday cocktails and Christmas parties.

We need to support our bodies as best as we can, so it can filter the toxins entering our bodies. Colon hydrotherapy is an excellent way to support detoxification and cleansing

of the body, in preparation for the retox!

Let me explain, DETOX is a process or period of time in which a person abstains and rids the body of toxic or unhealthy substances, such as alcohol, processed foods or sugar. How do you detox? For each person this will be different, but a simple detox is colonics, clean eating and lots of water!

What is RETOX? It's the exact opposite! It's when a person stops from abstaining and ridding the body of toxins and unhealthy substances. How to retox? Easy! Eat and drink all the festive food and drink that you like!

Now is a great time to detox, just in time for you to retox over the holiday period.

We all know January is the perfect time to restart the detoxification

and cleansing of your body, just like now is too! Cleansing and removing toxins from your colon may assist in reducing bloating, supporting weight loss, improving your metabolism and your mental health!

Calming Colonics wants to wish all of you a very merry Christmas and a happy new year, and a big thank you to all of our amazing clients who have supported us this year..



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AS THE WEATHER HEATS UP, MAKE SURE YOUR REFRESHING DIP DOESN'T COMPROMISE YOUR EYE'S HEALTH.

Goggles are a contact lens wearer's best friend during the warmer months. Even a small splash of water to the eye with contacts in can have detrimental effects causing; cornea infections, lens tightening and a reduction of essential oxygen supply to your eyes lens.

If you wear contact lenses, you may feel like you need them to see well while swimming. Although being able to see properly may keep you from bumping into walls, wearing contacts while swimming can be dangerous in a number of ways.

In fact, getting your contacts wet with any sort of water — whether it's in the pool, a lake, or the shower, can raise your risk of several types of eye issues.

Here's a look at the risks of swimming while wearing contact lenses, and the steps you can take to protect your eyes while you're in the water.

WHAT ARE THE RISKS OF SWIMMING WHILE WEARING CONTACTS?

Although exposure to any type of water isn't advised for contact lenses, swimming while wearing your contacts can be particularly dangerous due to the prolonged exposure. The lenses can absorb the water, trapping potential bacteria, viruses, or other pathogens against your eye.

Additionally, swimming in lakes, rivers, and oceans may be more dangerous than swimming in a pool. That's because natural bodies of water are more likely to contain different types of bacteria, viruses, and other harmful pathogens that may be killed by pool chemicals.

But that doesn't mean that swimming in a pool while wearing your contact lenses is safe. Chlorine and other pool chemicals can't kill all pathogens. Soft lenses in particular are porous, so pathogens and pool chemicals can still get into your eyes.

Wearing your contact lenses while swimming may raise your risk of the following eye issues: eye irritation due to lenses sticking to your eyes dry eye syndrome, especially when swimming in a chlorinated pool or salt water eye infections corneal abrasion or scratch eye inflammation (uveitis) corneal ulcers

WHAT ARE THE SYMPTOMS OF AN EYE INFECTION?

If you swim or shower while wearing your contact lenses, be on the lookout for symptoms of an eye infection, which include:

- red eyes
- pain
- itchy eyes
- excessively watery, teary eyes
- blurry vision
- eye discharge
- swelling
- sensitivity to light
- feeling like you have something in your eye

If you have any of these symptoms after your contact lenses get wet, see your doctor. Early diagnosis is important for any eye infection.



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SWIMMING SAFETY

Wear Goggles if swimming with contact lenses

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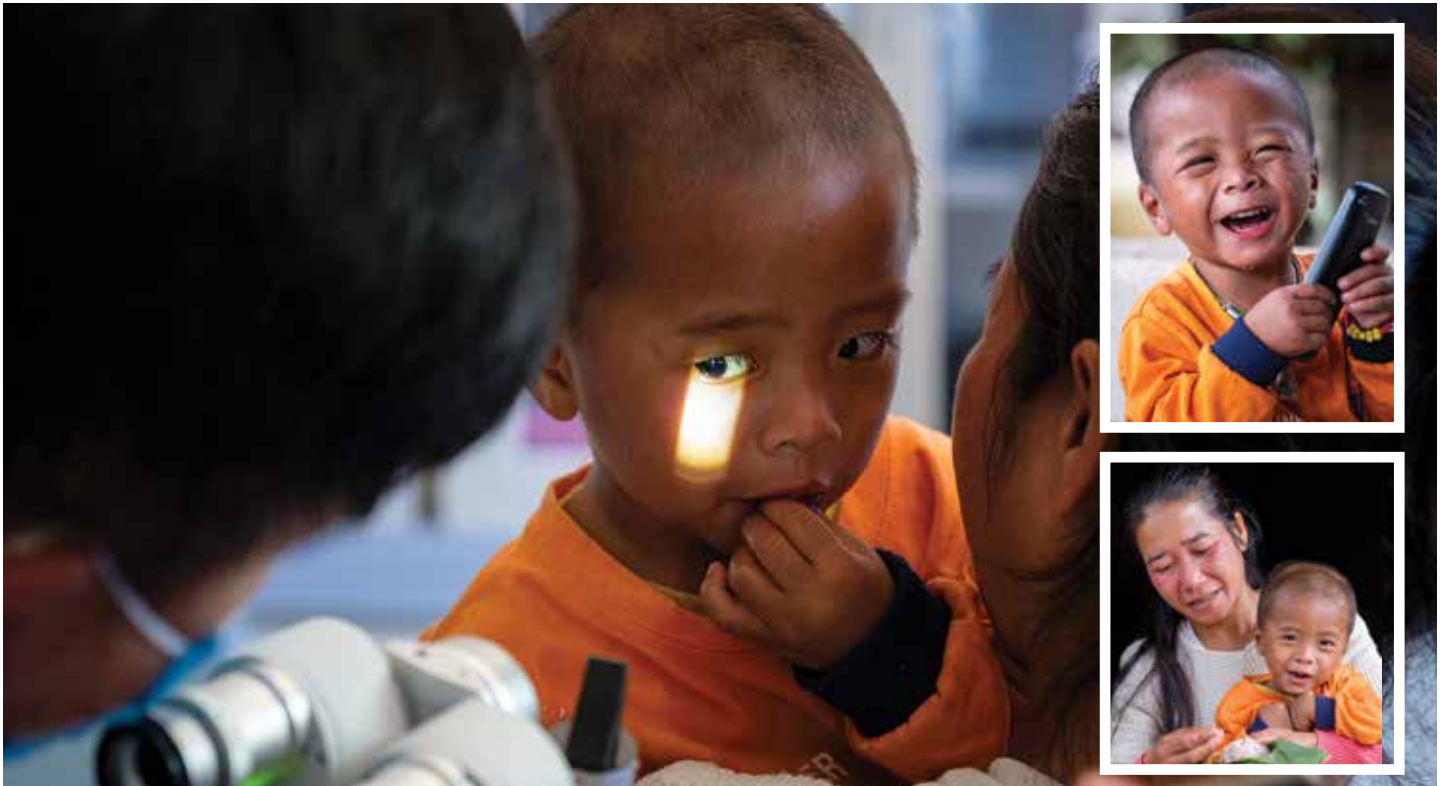
Bribie's Generosity Restores sight to Two-Year-Old Boy

Over the past 12 months, 63 people from Bribie Island have signed up to become regular supporters of The Fred Hollows Foundation – allowing us to continue Fred's legacy of ending avoidable blindness.

Founding Director of The Fred Hollows Foundation Gabi Hollows extended her heartfelt thanks to the people of

Bribie, for continuing Fred's work to help people who are avoidably blind or vision impaired, particularly during another tough year.

Thanks to The Foundation's generous supporters, thousands of people like two-year-old Tiek, from Bokeo Province Lao PDR, have had their sight restored this year.



At three-months old, Tiek's parents noticed something wasn't right – his eyes were clouded, and he wasn't behaving like other children.

"When he started to crawl, he was behind the other kids because he couldn't figure out the directions – he tended to crawl backwards," his mother Kene said. The clouds in Tiek's eyes worsened and his situation continued to deteriorate until his parents heard about a Fred Hollows Foundation eye camp near their village. They rushed to have Tiek's eyes examined by Foundation-trained Dr Sonchai Heuangvilai – Bokeo's only eye doctor. Tiek was diagnosed with congenital cataract, a genetic disease that can cause blindness when left untreated. He would need two surgeries – first to

remove the cataract from his eyes, and second, to replace his clouded lenses with intraocular lenses. The surgeries took months of careful planning given Tiek's young age.

Shortly after his second birthday, Tiek had his second surgery, which enabled him to see clearly for the first time. It was a weight lifted off the shoulders of the whole family, who expressed their thanks to everyone involved in restoring Tiek's vision.

"I am speechless, I can't thank enough the doctors, nurses, and their team for helping my grandson," Tiek's grandmother said. "Tiek is finally able to see his family. When he grows up, I hope he wants to become a doctor. Thank you again for helping my son to have a bright future," Kene said. Gabi Hollows said: "Our generous donors

are at the heart of the Fred Hollows family and helping people like Tiek wouldn't be possible without the support of Bribie locals.

"Your donations have helped us transform the lives of those living with avoidable blindness.

"I am so very grateful to everyone who has supported The Foundation this year and contributed to carrying on Fred's legacy. I wish you all a happy holiday season."

For more information about The Fred Hollows Foundation or to help restore sight, visit www.hollows.org or call 1800 352 352.

Watch Tiek's story here: <https://www.youtube.com/watch?v=YYwRH7eObVY>

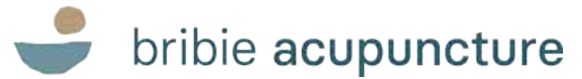


Jessica Yung - BHSc. Acup., BSc. CS Registered Acupuncturist and Doctor of Chinese Medicine under the Australian Health Practitioner Regulation Agency (AHPRA) and Chinese Medicine Board of Australia (CMBA).

SPORTS ACUPUNCTURE

Though acupuncture is well known for its effectiveness in treating pain conditions, what prompts people to come to us at Bribie Acupuncture for treatment is often not the pain itself but the impact the pain has on their quality of life. Pain can stop you from enjoying your morning walks, keep you off the golf course, or prevent you from running your best time in the next race. We see many clients seeking treatment to heal from injuries, speed up recovery between competitions, and to improve their sport performance.

Though the source of pain can sometimes be obvious, it is often due to more subtle dysfunctions in the nervous system resulting in neuropathic pain which cannot be seen on x-rays or ultrasound scans. Oftentimes this neuropathic pain involves the nerve to muscle connection where affected muscles that have become shortened/ tightened or overstretched/ loosened, physically compounding pain due to reduced blood flow. A classic example is someone who suffers back pain after long periods of sitting: though their back muscles may of course be affected, often the muscles in their buttocks become overstretched and the muscles at the top of their thigh become overly tight (simply due to the body position while seated), and the muscles become inhibited or "switch off", referring pain to the back. If these muscles aren't addressed, the back pain may not resolve completely or may become recurring.



When muscles are inhibited in this way, matters can become more complicated as we often compensate by altering our posture, creating more dysfunction in other areas of the body, resulting in a domino effect. We likely all know someone who has injured their knee, then started walking with a tilted posture, and wound up also having back pain! Or more subtly, a weightlifter who is unaware that their glute muscles aren't firing efficiently due to muscle inhibition or reduced blood flow, and inadvertently strains their hamstrings while performing squats.

Sports acupuncture was developed with the understanding of neurology and the functions of muscles. The first step to treatment with acupuncture is an assessment of which muscles may be contributing to the condition. Once this is defined, we are able to find the points in which nerves meet those muscles, known as motor points. When an acupuncture needle is used on a motor point with an electric impulse, it creates a contraction and relaxation phase releasing tight contracted bands of muscle or tightens overstretched bands of muscle. This is like hitting a reset button. The results are immediate pain relief and improved muscle contractibility and mobility.

ACUPUNCTURE FOR KNEE PAIN

Osteoarthritis is one of the most common causes of chronic knee pain, inflammation and stiffness, and reduced range of motion, which can have a negative impact on quality of life, reducing mobility and getting in the way of a good night's sleep.

Many doctors strive to avoid prescribing medication, particularly opioids, for chronic pain - instead many are recommending acupuncture as an alternative to drugs.

Acupuncture is in fact one of the treatments recommended for knee pain from osteoarthritis in the American College of Rheumatology and the Arthritis Foundation. When the acupuncture needles are placed on the body, a signal is sent along the spinal cord to the brain which triggers a release of endogenous opioid endorphins, the body's natural pain-relieving chemicals, and increases blood flow to the affected area to promote healing. Acupuncture also decreases the production of cortisol in the body, a hormone that helps control inflammation. With reduced pain sensations and less inflammation after

acupuncture treatments, knee function and mobility can be improved.

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 us - Jessica, Wendy, and Katherine - via our website www.bribieacupuncture.com.au or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available

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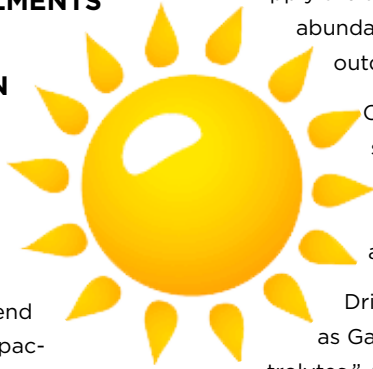


HANDLING The Heat

WHEN THE TEMPERATURE CLIMBS IN SUMMER, OLDER ADULTS NEED TO BE PROACTIVE AND TAKE PRECAUTIONS TO AVOID AILMENTS DUE TO EXCESSIVE HEAT. KEEP IN MIND THE FOLLOWING TIPS WHEN TRYING TO STAY COOL.

Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in shopping centres, watch that new movie at the theatre, or meet your friends at the senior centre. Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that



don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

Dress appropriately. Whenever you can, try wearing loose, light-coloured clothes. Avoid dark-coloured clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Drink plenty of water and, if possible, sports drinks such as Gatorade which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated

Most importantly, if you have an elderly friend, neighbour or relative, please pop in and check on them to make sure they are ok!



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THE UNSPOKEN JOURNEY



from High School to the Real World

By Paige Montgomery

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HIGH SCHOOL. A distant memory to be forgotten for some; and a vivid reminiscence that will forever be cherished for others. I enjoy talking to my family about their high-school life and how they describe themselves as a teenager. For instance, my grandma loves to talk about how she was the class clown in high school (usually followed by how much of a math whizz my grandpa was!)

Despite this, there is one topic that remains unmentioned: What happens after high school?

As a recently graduated student myself, I struggled to find something I consistently enjoyed straight after high school. My 'purpose', if you will. Is University really the right choice for me, or would I be better off with some sort of traineeship? And if I decided to further educate myself, what will I be doing in the months of - what seems like - nothingness?

It appears as though most people forget the daunting feeling of graduating from school and entering the adult world (or what some might call it - the 'real' world). However, I felt as though I've tackled this transition hand-in-hand with my peers, family, and the community. Ranging from comments on social media to supporting me personally at the end of my high school journey - the endless reassurance from our heartened community is a daily reminder of the support I have.

My family has continued to support me and this journey every step of the way, and for that I am grateful. After months of feeling nervous for what's to come, I've decided to become optimistic about moving out of home for the first time as I study at the Sunshine Coast. As I leave the Island to tackle the big changes ahead, I know this community will forever support me and the youth.

Perhaps the journey out of high school is not so intimidating after all.

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Am J Sports Med 2007; 35:972
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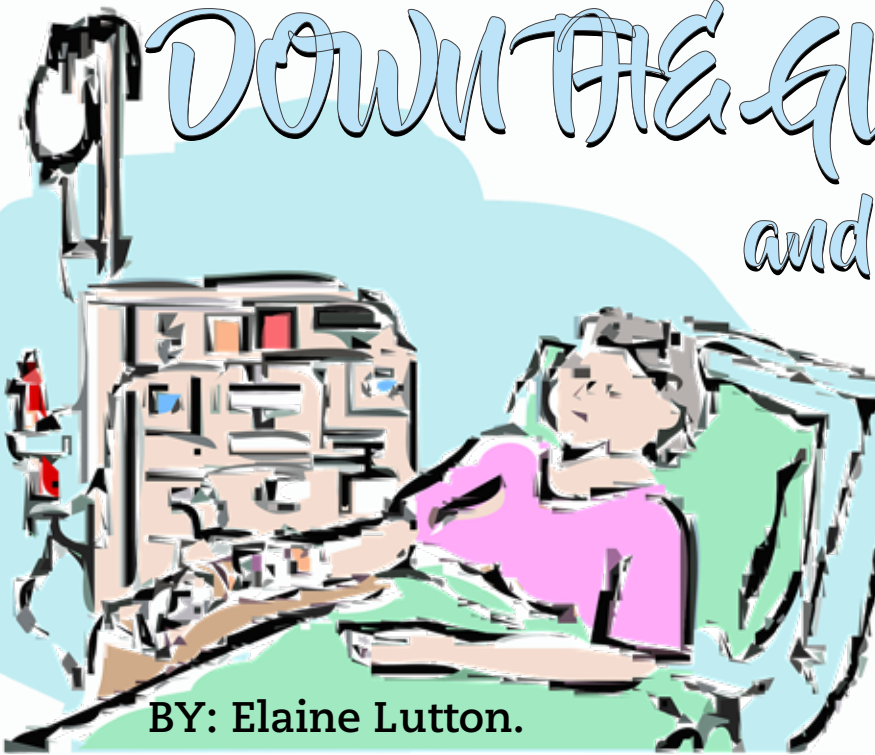
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DOWN THE GUT

and Up the But.



BY: Elaine Lutton.

Perhaps those of a delicate disposition might wish to skip reading this fortnight's article because, as the ABC prefaces their programs with a warning, it contains descriptions of medical procedures, in this case, carried out at our local health farm, i.e. Caboolture Hospital.

To begin with, I must insist that this account implies no criticism of the nursing staff or doctors, who were all wonderful, being both caring and cheerful especially the student nurse who took my history. The sound of laughter rang through the corridors of Ward 2A, helping to keep both staff and patients sane.

Any criticism I might have, I would put down to under-staffing, and sometimes, lack of communication. Personally speaking, I would triple the staff and double all their salaries! Or vice-versa.

If you are feeling strong enough to continue reading, I shall explain the reason I was entering these hallowed medical halls. If I were a car, you could say I was in for a thorough service, involving an Endoscopy and the banding of varices in my oesophagus, as an extra they were throwing in the removal of a large polyp situated at the far end of my intestinal tract, hence the Colonoscopy.

Due to other problems I have, they decided to keep me in both pre-and post-procedure, for which I was grateful, knowing the scarcity of beds. I was shown my room around Thursday lunchtime, a single room with a private bathroom and shower and although the bed was, perhaps, not

the most comfortable, what more could I reasonably desire.

A couple of hours later, they began prepping me. For those innocent souls or fortunate ones, I will explain just what "prepping" involves. One is confronted with a very large jug of a yellowish liquid, yes, it does look like something else which I will leave to your imagination and another equally large jug of water. In my case, due to my tremor, I have to ask for assistance to pour the liquid contents of the large jugs into the small mugs provided. This is rather like Guy Fawkes, whilst lying on the rack, requesting help to turn the screw as, for some reason, he is unable to turn it himself. I had the foresight to bring my silicone straws with me, two of different hues, so I would not confuse the water with the "other". Two more jugs were brought in and encouragement is given.

I will skip over the horrid results.

When they ceased the torture, I was told not to flush as they wished to examine the efficacy of their ministrations, a kind of Show and Tell! I was congratulated on the results and reassured I could now sleep. I was also informed that the colonoscopy was all I was having the next day, and perhaps I was confused about the endo.

After a sort of good night's sleep, I was woken around 5:00 am with breakfast which was, yes, another jug of that strange yellow liquid and one more jug of water, in order to flush out any remains of anything I might have clinging to my lower bowel. I suspect the Inquisition knew all about the psychological effects of the ceasing of

"questioning", only to recommence it a little while later. I declined the strange sustenance named Resource and the green jelly.

Now to wait until 11:30 am when the men in white coats were due to come and take me away. Only they didn't. The last time I had anything other than clear broth and yellow jelly, a colour I was beginning to view with deep suspicion, was Wednesday at midday and today was Friday! Then we got moving, not what you think, thank God, but about 4:00 pm nurses arrived to take me to Theatre.

A minor hitch was encountered as the bed got stuck in a corridor, just like a wonky trolley as someone said, and I had to exchange transport to another bed. Finally, we reached our destination, and I was greeted by a handsome young doctor, no, I am not too old to window-shop. We recognised each other and after some light conversation about his colourful bandanna, we proceeded to business.

Dr. "Can you tell me what you are having done today?" (This is a right leg or left leg question.) He answers it himself, "Ah, varices and colonoscopy".

I say I am uncertain, but prepared for both, as I have not eaten or drunk for the required time. The doctor, looking slightly worried, goes off in search of my notes and is told they are upstairs.....somewhere. Time passes, he reappears and says that it will be convenient to do both procedures. Do you have any idea how difficult it is to open one's mouth, stick out one's tongue, breathe in and swallow whilst having one's throat numbed? I am assured that choking and coughing are perfectly normal. Then the anaesthetic is administered through the cannula in my arm, and I am away in La-la Land. I awake and am reasonably, "compos mentis" but with a sore throat and difficulty in swallowing, which I know, from experience, will go away. Meanwhile, I have the opportunity to regain the sylph-like figure I never had!

To finish, a big thank you to all who looked after me from a very grateful patient.

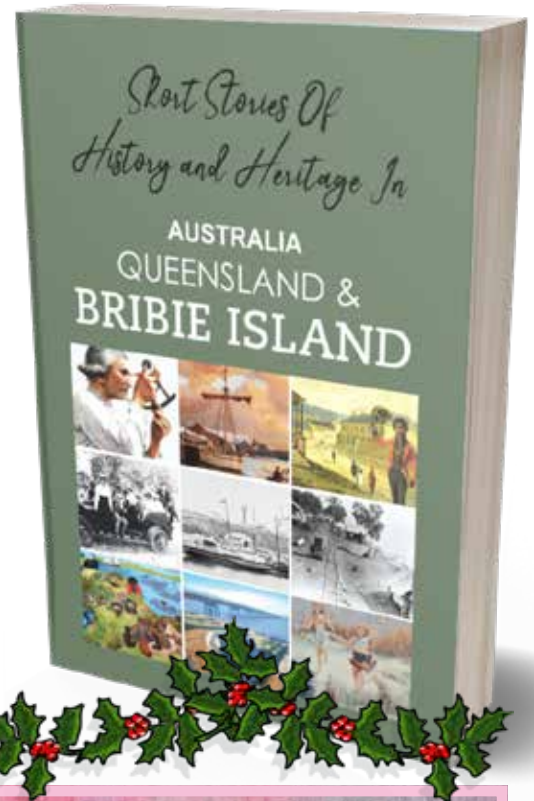


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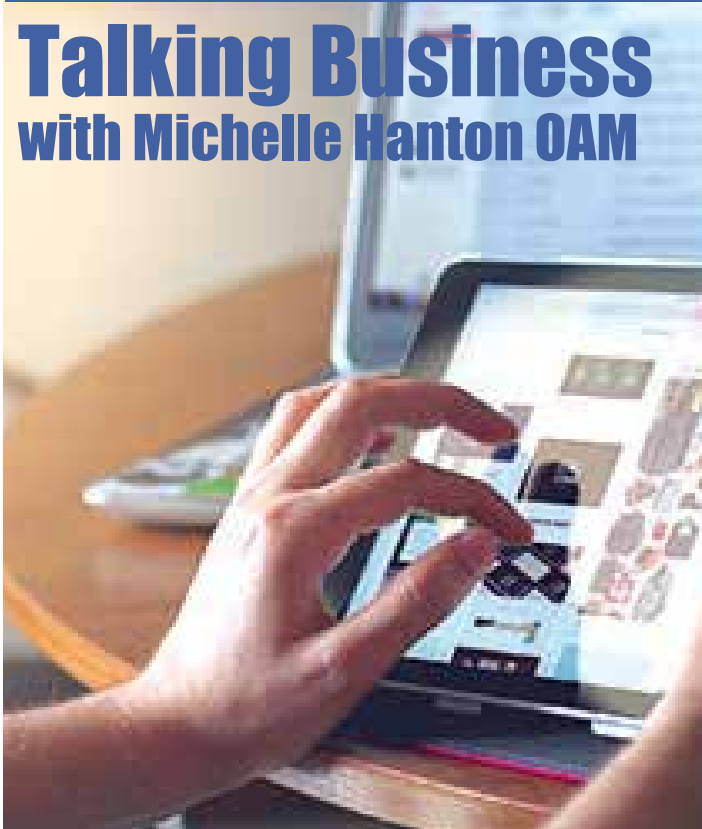
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A Strategic Online Presence

Talking Business with Michelle Hanton OAM



December is a pivotal time in the marketing sphere. Having a strategy for your presence in the online space is essential; it is more important than ever to maintain contact with your audience during this hectic season.

This applies whether you are a teensy-tiny home-based business, a brick-and-mortar storefront, a not-for-profit or a corporate giant.

In a nutshell, you need to ensure your digital presence is working to position your business in the best light. Think of the digital space as a smorgasbord. There is so much choice that it can be hard to decide where to start. A bit like Christmas when the table is laden with selections!

Digital users have differing appetites. At times they may want a morsel or a snack – a quick scroll around Facebook or Instagram. Other times, they are hungry and want to devour a complete meal – checking out a website or LinkedIn profile.

As a business, you need to fulfil

digital appetites no matter your audience's cycle, habit, or mood.

Step one is understanding that you cannot be all things to all people.

Get strategic. Choose the platforms where your ideal clients hang out. There is no point being on Pinterest if your clients are on Facebook.

The next step is to understand that strategically created content means different kinds of content for:

Different audiences; and Whether your business is B2B (business to business) or B2C (business to consumer), But also, crucially, where this fits in your marketing strategy According to the Content Marketing Institute, "Content marketing is a marketing technique of creating and distributing valuable, relevant and consistent content to attract and acquire a clearly defined audience with the objective of driving profitable customer action."

Note the words valuable and

relevant – to the audience!

Why? Because during time spent in the online space, your potential customers are forming their opinions. They are often making their buying decisions based on what they come across online.

Creating great content can be time-consuming, but you cannot afford to ignore this. Successful businesses spend a great deal of time (and money) on strategic content creation.

They do this for one reason only. Because it works! Marketers the world over know this.

So what can you do for your business to create and maximise the digital opportunities that surround you?

Actually, there's quite a lot! And, the good news is.... it does not have to cost a fortune.

Content Creation Clangers
Solely Sales-centric Content

The biggest sin, routinely committed, is bludgeoning browsers/prospects/customers over the head with relentless messages pushing sales! Perpetually plugging and creating solely brand-centric, sales-centric content is boringly unimaginative. It's a recipe for disengagement. It does not work!

Instead, look to inspire, educate, inform, make them laugh out loud. A quick win 'how to tip' always goes down well.

For instance, as a business strategist, I often share the difference between setting SMART vs common goals. By varying the examples and the medium of how the message is shared; blog, video, Facebook live, Instagram post, I reach my target audience in different stages of their smorgasbord consumption.

Over the Festive season, you may want to consider mixing up your promotional content by including a post on the best gift you ever received, your most memorable holiday, family traditions or a great recipe. The list is only limited by your

imagination.

By doing this, you are drawing back the curtain and giving a little peep behind the scenes. You share a little bit of yourself. This goes to building a relationship.

Vanity Metrics

Creating quality rather than quantity is better – you can't get sales without genuine interest and engagement. When you look at your analytics and metrics, don't get hung up on the number of likes and followers.

What you're after is being talked about and recognised. The pure gold is the personal message, inbox or phone call resulting from your digital presence.

The success of strategic content creation relies on strategy!

Content across all platforms needs to:

Be synergistic

Paint a picture; and

Tell a story about your brand's ethos and personality

If you are your brand, allow your audience to get to know a little about you. The person, face or name behind the brand. A great example of this is Virgin and Richard Branson.

Ignore content creation at your peril!

Blogs, social media, forums are all means of checking out who you are and whether or not you're worthy of their custom.

The good news is that by creating informative (as well as sales) content, you can easily set yourself and your business apart.

If you would like a copy of my 10 Top Tips for Engagement using Strategic Content Creation, email michelle@dragonsisters.com.au 0418 898082

Michelle Hanton OAM is a multi-award winning international business strategist, the founder of Dragons Abreast Australia and former CEO of Lifeline Top End. Her business, Dragon Sisters, specialises in actionable, momentum-building support to help move your business to the next level.



Beauty AMONG THE BEASTS

By: Colin Walker

AS THE OLD SAYING GOES, KIDS REALLY DO SAY THE DARNDDEST THINGS AT TIMES, DON'T THEY? OFTEN, THEY LEAVE US STUCK FOR WORDS TO RESPOND ADEQUATELY – ONLY TO MARVEL AT HOW THEY MANAGE TO CUT THROUGH ALL THE “CHAFF” OF SOCIETY (AND OFFICIALDOM) TO GET TO THE WHEAT.

Most families have gone through those testing birds-and bees' moments with our youngsters when asked: “where do babies come from” or “where did I come from, Mum” (or Dad)? I recall fumbling a bit at the

time – but we ultimately got the message across (I think)thanks to my wife, mainly. She copped this probing more than I did because I was always out and about and on the “go”, working all sorts of crazy hours in several crazy jobs and places (by today's reckoning).

But the question I remember most came from a grandson who asked me (when I became eligible for the pension) “how much do they pay you for being old, grand-dad?”. That really pulled me up with a jolt.

Firstly, I didn't consider myself “old” and/or headed for the scrap heap and secondly, how does one adequately explain the intricacies of our pension, superannuation or welfare systems to a youngster who asks a genuine question deserving a genuine response?

I settled for explaining that in receiving pension payments I was just drawing back on the

massive amount of taxation income I had contributed to our country's coffers over a 40-year period, working and earning a living. That seemed to satisfy, for a while anyway.

We (my grandson and I) often have a chuckle over this, when we get together just the two of us, or with other family offspring. Memories such as these that our offspring present us with (and leave with us, for a long time) are among the real gems of life we gather however wealthy (or “poor”) we may be. I think they help us to “keep our feet on the ground”, often.

So too do some of the things we encounter and are fortunate enough to witness in the beauties of nature around us....in our bird and animal life, especially. (This is a purely personal perspective of course; others may see “beauty among the beasts” in other places).

I was only about Grade 3 or 4

levels at school (aged about 8/9) when I witnessed a rare sight on a weekend boating trip with my dad and one of his brothers, in a section of the Great Sandy Straits between Fraser Island and the mainland.

We were heading home, navigating a shortcut between a couple of sandbanks, when we came across a dugong (or “sea cow”) suckling its young, about 10 metres out of the water on a high part of the sandbank. Fortunately, the tide was rising so they wouldn't be “stranded” for long.....if at all.

My Dad, a very dedicated nature-lover, wisely told me, “Take a good look at this, son, and remember it; you probably will never see it again.” And he was right; it is a most cherished memory that I have carried with me now for 70 years..... and hopefully will for another decade or so.



IT NEVER CEASES TO AMAZE, THAT THE PERSON CREDITED WITH MORE WISDOM THAN ANY OTHER MAN BORN IN HUMAN HISTORY, HAD TO BE GIVEN SPECIFIC INSTRUCTIONS FROM HIS FATHER ON HOW TO CONSTRUCT A BUILDING! I AM REFERRING OF COURSE TO THE 1ST TEMPLE IN JERUSALEM, WHICH WAS CONSTRUCTED- ACCORDING TO HISTORIANS- BY KING SOLOMON OVER 3,000 YEARS AGO.

It is recorded that not only did King Solomon receive from his father King David the blueprints for the building, the surrounding rooms and all the storehouses but also a clear description of the weight and types of precious stones that were to be used within its precincts. In all, historians believe the construction took around seven years and required 30,000 workers overseen

by master builders. Such is the magnificence of this structure a modern-day estimate of the silver and gold stored in its precincts has been calculated at over \$2.1billion.

This might suggest that if the importance of having access to clear and concise records, was critically important for even the most-wisest person of all, how much more may this be the case for us lesser beings today? In the fast-paced world in which we live, where things can change in a heartbeat and we sometimes have difficulty remembering on Friday what we did on Monday, having access to all your "important stuff" 24/7- could turn out to be a godsend indeed.

Now, if you would like to explore any whether this narrative has any relationship to your own important stuff - we welcome your enquiry, as we believe we can assist.

We would also welcome your completion of the survey we have just posted on our website as we attempt to gain your feedback, and so better align our service offerings with our clients and prospective clients' expectations. We would like to reward the 1st three responders with a \$20 coffee club voucher- so look forward to hearing from you.

John Cannon - MBA
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COMPLETELY UNACCEPTABLE!!

Moreton Bay Regional Council is warning would-be offenders that it won't tolerate the illegal use of disability parking bays, after it elected to pursue an unpaid fine through the courts.

Moreton Bay Mayor Peter Flannery reiterated the region's zero tolerance approach and said people living with a disability deserved the right to an accessible community.

It comes after council earlier this year doubled the penalty for people



who use designated disability parking spaces illegally from \$266 to 533.

"When you flagrantly disobey the law and take away a disability parking bay from someone who genuinely needs it - it's completely unacceptable behaviour," Mayor Flannery said.

"Twenty per cent of people in Moreton Bay live with some form of disability, and these parking bays are vital to make sure they can safely get to medical appointments, services and go about their everyday lives.

"Even if it's just for five minutes, using a spot when you're not supposed to forces others who rely on it to park in places that might be difficult to navigate for them, and sometimes even give up on their trip.

Mayor Flannery said inclusivity in the region mattered, and that council's decision to proceed with pursuing the unpaid fine through the courts reiterated the region's support for accessibility.

"I want Moreton Bay to be the most accessible community in Australia - with inclusive playgrounds, and accessible designs at our libraries and facilities, just to name a few.

"And that extends to making the journey to our shops, spaces and facilities as accessible as possible too."

Guide Dogs Queensland Chief Executive Officer Michael Kightley has supported Moreton Bay Regional Council's hard-line stance.

"Disability parking permits provide improved safety and accessibility to people who need these spaces, including those who are living with blindness or low vision," Mr Kightley said.

"By using the disability parking spaces without the appropriate permit, it means you are potentially putting someone else's life at risk."

"We want to thank the majority of people who do the right thing, and appreciate Moreton Bay Regional Council's support in protecting the rights of people who do rely on these disability parking spaces."

NOELENE LAKE Bribie Accounting Services

TAX TIPS.... SURVIVING IN TOUGH TIMES

Some businesses are experiencing difficult times at present, so here are a few tips to help you survive and hang in there.

- Analyse your business, identify and reduce weaknesses.
- Check your profitability.
- Invoice customers as soon as their job is done.
- Get customers to pay invoices in a timely manner.
- Cut unnecessary spending and reduce costs.
- Work efficiently and lift your game.
- Be competitive while maintaining quality.
- Look for opportunities and take them.
- Re-invent yourself.

If you're in business and finding it tough, please contact me.

Noelene Lake. Bribie Accounting Services Pty Ltd.

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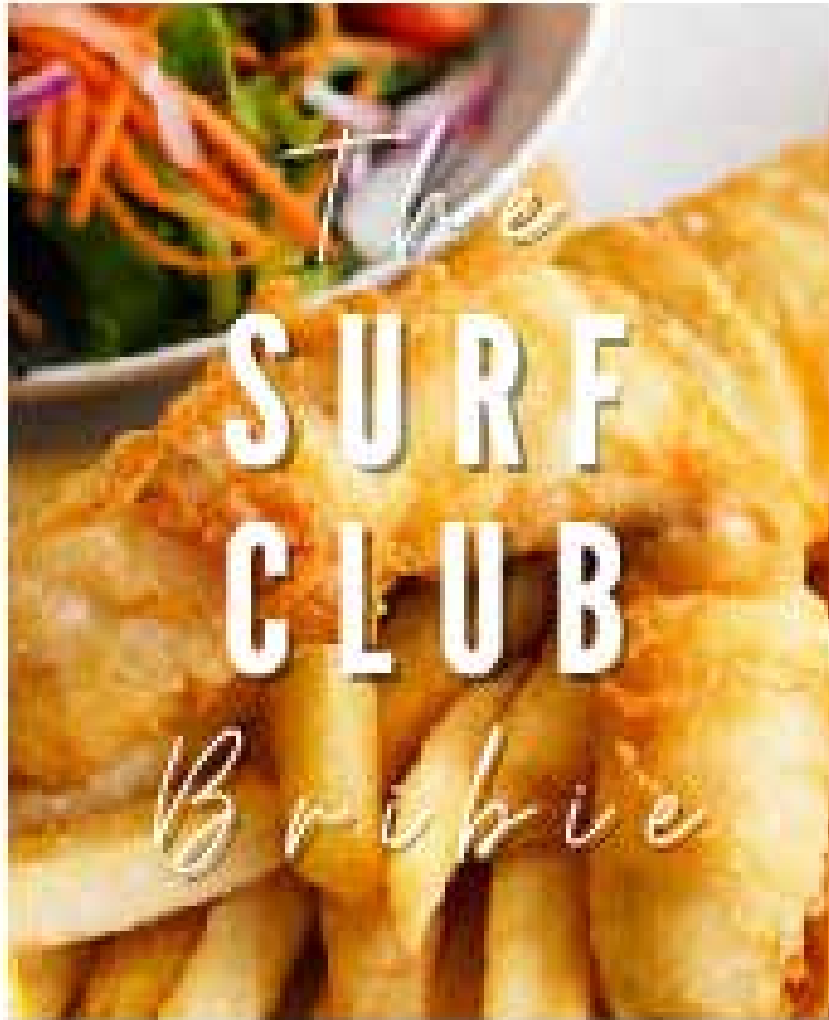


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BOOK YOUR GRAYS FOR NEW YEAR NOW!!!



Anthony Tennant was born & raised in Southern Tasmania and as a young boy he did a lot of camping fishing & shooting, but he says “The love of the water was my calling.”

Meeting his lovely wife Wendy in Hobart, lead Anthony to move closer to her in sunny QLD. They then purchased a Tasmanian Commercial Fishing Licence some 9 to 10 yrs ago with the start of our Southern Rock Lobster Licence & Quota then which lead us to purchase

Scale Fish Licences some years later in Tasmanian waters.

Anthony and Wendy have actively commercial fished their Southern Rock Lobster licence for numerous years and endeavour to do so for many more years to come. If you watch the Aussie Lobster Man show this will give you a taste of what they do with a lot of Anthony’s mates on the show.

Known around the area with their marine mechanical business, known as Southern Fish Marine, they have supported 4 Major Dealerships being Mercury, Volvo Penta, Yanmar and Makocraft for 5 years now.

Anthony says “It is a change of pace from Tasmania where my marine business traded for over 10 years.

Unfortunately, there has been a mixture of 2 things, 1 being Covid and the other with the political issues with China’s government, had seen our exports fall overnight. For us, it was a decision to diversify within our company, this lead to a few cold beers and ideas and then a plan to build a live holding tank facility right here in Sandstone Point! We then fly our Cray Fish from Southern Tasmania into the Brisbane Airport, where we collect them in our refrigerated vehicle, then transfer them to the tank.”

It’s taken 12 months to bring this all together with the use of local trades in the area, and they are now QLD Food Safe Accredited and ready to sell to the public.

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NEW YEARS EVE HANGOVER TIPS



The festive party season is in full swing. But with parties come hangovers — especially for the less careful among us.

While there's no such thing as a complete "cure" for a hangover, there are measures you can take to ease the pain while you wait out the unpleasant symptoms of a heavy night.

If you've overdone it on New Year's Eve and need to perk yourself up when you wake up on 1 January, here are some tips.

- Eat before and while drinking. As alcohol is absorbed more quickly if your stomach is empty, it may help to eat something before drinking alcohol and during the time you're drinking.
- Sip water between drinks. Drinking a full glass of water after each alcoholic drink will help you stay hydrated. It'll also help you drink less alcohol.
- Know your limits and only drink in moderation. Decide ahead of time how many drinks you'll have — and stick to it. Don't feel pressured to drink.

- Take it slow. Avoid having more than one alcoholic drink in an hour. Stop drinking completely when you've reached your limit (or before then).

THE MORNING AFTER THE BIG NIGHT TIPS **GINGER**

Ginger has long been used in Chinese medicine as an anti-nausea measure. A cup of ginger tea the morning after a heavy night could be a cheap way of hitting two birds with one stone. You'll be replenishing some of that much-needed water, and also getting an important shot of stomach-calming ginger.

A balanced breakfast

Tea is well and good, but many of us can empathise with a lack of appetite for actual food the morning after drinking. Eating is also vital, though, with alcohol consumption hitting your blood glucose levels hard.

Prickly pear

The prickly pear is a photogenic cactus with a vivid red fruit. Studies have shown that extract from this fruit can be used on

hangovers to impressive effect. It's been found to reduce nausea, dizziness, and headaches.

Artichoke extract

Another extract to try is Artichoke. This supplement stimulates bile production and can help to relieve bloating and other symptoms of indigestion associated with alcohol consumption.

Water

Now you already know about this one, but we can bet you haven't adhered to it. Even relatively light drinking leads to dehydration. This, in turn, can cause the headaches, fatigue and lack of energy that so many of us associate with hangovers.

Sleep

Whether the night has gone on until the small hours, or drinking has impaired your ability to sleep, the downsides to even light sleep deprivation are significant. So, if the worst comes to the worst, you might just have to resort to a subtle nap at lunchtime. b

"What are you, doing this weekend?"



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STRAWBERRY VODKA CUP



INGREDIENTS

- 1kg strawberries, hulled, plus sliced berries to serve
- 1/2 cup (125ml) white balsamic condiment
- 1 cup (220g) caster sugar
- 200ml Vodka
- 1L (4 cups) soda water
- Ice cubes and mint leaves, to serve

METHOD

1. Roughly chop berries in a food processor, then transfer to a bowl with vinegar. Cover and chill for at least 4 hours or overnight.
2. Strain through a fine sieve over a bowl, stirring to allow the liquid to drip through until you have about 1 cup (250ml) liquid. Simmer liquid and sugar in a pan over medium heat for 5 minutes until reduced slightly. Cool syrup in fridge. To serve, pour syrup into a tall jug, add vodka, ice and soda and then garnish with mint and berries.



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LET'S CONTINUE WITH OUR LOOK AT THE REGIONS IN THE NEW YEAR AS THIS WILL BE THE LAST WINELANDER OF THE YEAR AND WE SHOULD HAVE A LOOK AT WHAT WINES ARE AVAILABLE AROUND THE TRAPS FOR CHRISTMAS AND HOPEFULLY OFFER SOMETHING SPECIAL FOR CHRISTMAS DAY, BOXING DAY AND NEW YEAR'S EVE/DAY. THESE WINES WOULD FIND THEIR WAY TO OUR TABLE ANY CHRISTMAS SO SEE IF YOU AGREE.

Champagnes

The style of choice is a personal one but have a look at these options and pick the one that suits you. A good Christmas can only get better with a glass of bubbles to get the celebration underway, and don't forget New Year's Eve. My favourites include Mumm, Piper Heidsieck, Tattinger or Moet and Chandon and Veuve Clicquot.

Sparkling Wine.

The Australian equivalent to Champagne is House of Arras in Tasmania and nowadays the costs are equivalent to Champagne but if you want the best and prefer to support the local industry winemaker Ed Carr makes this possible.

With the turkey go and try something from left field and serve a Seppelt Sparkling Shiraz, this could be the talking point of the day, available in non-vintage or vintage, an absolutely excellent wine.

White wines

New Zealand Sauvignon Blanc A perfect wine to enjoy on a hot summers day, especially with shellfish such as oysters natural with a sprinkling of lemon juice over them. A recipe of ours entails covering each oyster with a slice of smoked salmon, a dob of sour

cream, a topping of caviar and finish with a squeeze of lemon juice. Hard to pick a favourite but Mount Riley will be drunk in this house. Only drink young wines as they don't age especially well.

Australian Sauvignon Blanc

Totally different to New Zealand wines and if you find that there is a muchness about these wines and are looking for something different try a Sauvignon Blanc from The Adelaide Hills or Margaret River, again any food that carries a lemon dressing will suit. These wines don't particularly age well and are best drunk young and zesty so anything with a 2020 vintage and 2021 vintage will be drinking well. If you can find Wicks Estate at Dan Murphys you will be surprised it is a very good wine.

Riesling

Australian Riesling has never really recovered from the tainting of the 1980s and 90's when four-litre wine casks labelled Riesling served a sweet cocktail of sultana grapes which in turn led to wine drinkers searching for a dry white finding the New Zealand style a good alternative. This now has had a positive effect on a great wine style as the prices for these great wines are probably not much more than thirty years ago and because of the citrus characters of the wine matching them with oysters with a lemon dressing or almost any white fish dish and chicken is a perfect match. Riesling grows well in every State regardless of climate however The Clare Valley, Eden Valley, Barossa Valley in South Australia plus a very good one from The Coonawarra with the Wynns Coonawarra Riesling, The Great Southern in Western Australia are the best area to look for. The wine also ages beautifully so pop into Dan Murphy's where you will find older more oily examples in their rare vintage selection, these wines are a real treat. A favourite which can be found locally is the Jim Barry 'W' Chardonnay Still, the most planted white wine grape variety planted



in Australia there are many great wines to choose from and it grows well in every State. The wine suffered from enthusiastic winemakers being heavy-handed in the 1990s in giving the wine too much oak in an attempt to offer different styles which finally turned the consumer off the products. However, today's styles offer a good marriage of wood and fruit or even a non-wooded style. There are also older vintages around the traps for those who enjoy a toasty character that develops with age, again perfect wines with fish, salmon and mature cheese. So many to choose from but Jacobs Creek Double Barrel Chardonnay is a good choice.

Semillon

Probably the most underrated of Australian white wine which has had confusion in its DNA from day 1. In the Hunter Valley, it was known as Hunter Valley Riesling until the 1980's when it was finally discovered to be Semillon. In Western Australia it was the blending with Sauvignon Blanc and

given the name Classic Dry White which took the wine to dizzy heights, nowadays the bottles are labelled Sauvignon Blanc/Semillon blends or Semillon/Sauvignon Blanc blends and not too many are labelled Classic Dry White. Straight Semillon from The Hunter Valley is indeed one of Australia's great hidden treasures and often sold at silly prices, it also ages superbly for up to at least 20 years. My favourite has to be McWilliams Elizabeth Hunter Valley Semillon which can be found at a very reasonable price.

Fiano, Pinot Gris, Pinot Grigio, Vermentino

These are fairly new varieties that are worth a place on the table for Christmas lunch or dinner and offer a difference to the more popular wines and are a talking point which wines tend to be.

Red Wines

We have covered this section fairly extensively recently so here are some suggestions that I would like to see on my

table this festive season that lift any meal from the good to the exceptional.

Cabernet Sauvignon

The wine can vary from aromas of blackcurrants to spicy, these wines are worth looking for but if an older vintage is required then Dan Murphys have their vintage selection. Match with most red meat dishes especially roast beef and steak this grape variety also bends well with Merlot. The best regions for this grape are The Coonawarra and Margaret River. A couple will grace the table, Taylors Clare Valley Jaraman Cabernet Sauvignon and Wynns Black Label Coonawarra Cabernet Sauvignon.

Shiraz

Australia's favourite son there is a style to suit everyone and they range from medium-bodied to full-bodied and at a price point to match your wallet. Grown everywhere but the best regions are The Hunter Valley, McLaren Vale and The Clare Valley. Taylors Jaraman Clare Valley Shiraz is as good as it gets.

Pinot Noir,

Can range from a jammy style to earthy farmyard characters depending on the winemaker, however, it is the latter that showcases the true Burgundy style which the French are famous for.

Grenache

This grape is found in many of the Rose styles especially from McLaren Vale, Rose is nowadays a serious alternative to drinking warm red wines in the sun and can be served icy cold and the choice in the liquor store fridges continues to grow.

Tempranillo, Sangiovese

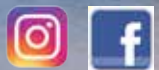
Several red grape varieties are emerging and for the local market, the Granite Belt here in Queensland is an area worth investigating as these varieties are performing well in our climate and more stores are stocking more local wines. Cheers and Merry Christmas (not happy holidays) to everyone.

Philip Arlidge

arlidge@bigpond.com.au

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This Is Why You Sing “Auld Lang Syne” on New Year’s Eve

Whenever midnight rolls around on New Year’s Day, chances are some will burst into song with the classic tune “Auld Lang Syne.” However, many people aren’t aware of the meaning behind the song and its history. The song, of course, derives from a 1788 Scots poem by Robert Burns, now set to the tune of a traditional folk song. Burns never intended his work to act as a farewell to the old year; it’s a piece that partially reproduces, partially originally pens an older folk tune.

He originally sent the piece to the Scots Musical Museum with a note:

“The following song, an old song, of the olden times, and which has never been in print, nor even in manuscript until I took it down from an old man.”

Should Old Acquaintance be forgot,
and never thought upon;
The flames of Love extinguished,
and fully past and gone:
Is thy sweet Heart now grown so cold,
that loving Breast of thine;
That thou canst never once reflect
On Old long syne.

CHORUS

On Old long syne my Jo,
On Old long syne,
That thou canst never once reflect,
On Old long syne.

The phrase “for auld lang syne” essentially boils down to “for (the sake of) old times”. It’s a work which essentially calls for the preservation of our oldest, dearest friendships; perhaps observed in the reflective quality of New Year’s Eve itself. A time when people come together to recall past joys and sorrows, specifically those spent in each other’s company.

Old friends who have parted and meet again. The basic message is that we should not forget our old friends and should celebrate a reunion with them.

Auld Lang Syne by Robert Burns

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot
And auld lang syne?

CHORUS

For auld lang syne, my dear,
For auld lang syne,
We’ll tak a cup o’ kindness yet
For auld lang syne!

We twa hae run about the braes,
And pu’d the gowans fine,
But we’ve wander’d mony a weary fit
Sin auld lang syne.



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We twa hae paidl't in the burn
Frae morning sun till dine,
But seas between us braid hae
roar'd
Sin auld lang syne.

And there's a hand, my trusty
fiere,
And gie's a hand o' thine,
And we'll tak a right guid willie-
waught
For auld lang syne!

And surely ye'll be your pint'
stowp,
And surely I'll be mine,

And we'll tak a cup o' kindness yet
For auld lang syne!

Translation

Should old acquaintances be
forgotten,
And never brought to mind?
Should old acquaintances be
forgotten,
And days of long ago !

CHORUS

For old long ago, my dear
For old long ago,
We will take a cup of kindness yet
For old long ago.
We two have run about the

hillsides
And pulled the daisies fine,
But we have wandered many a
weary foot
For old long ago.

We two have paddled (waded) in
the stream
From noon until dinner time,
But seas between us broad have
roared
Since old long ago.

And there is a hand, my trusty
friend,
And give us a hand of yours,
And we will take a goodwill
draught (of ale)

FOOD, WINE & ISLAND TIMES
For old long ago!



And surely you will pay for your
pint,
And surely I will pay for mine!
And we will take a cup of kindness
yet
For old long ago!

*When the clock strikes midnight
on New Year's Eve, gather
everyone together at your party
or celebration to sing the New
Year's Song and remember the
good memories of family and
friends from long ago.*

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 Tintooke 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.

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By: Sue Wighton



Once I got over the shock of losing her, I spent literally days grieving my devastating loss. She had served me well for around 20 years. How would I cope? Why did she have to die? How could such a constant companion ever be replaced?

The thing about white goods is that this intense feeling of grief and loss is short-lived. In my case grief is replaced by the excitement that comes from the anticipation of owning a shiny new replacement appliance. A new washing machine to be exact.

OK. So I'm shallow.

I reflect: Begone the dented casing. Begone the worn 'on' switch. Begone the less-than-sparkling bowl. Let's face it, I have a mountain of grotty underwear awaiting the gentle agitation that only an up-to-the-minute, modern washing machine can supply.

And dirty laundry simply won't wait too long for the five stages of grief and loss on the death of an appliance. Though short-lived when it comes to white goods, those stages of grief are real.

The denial stage lasted for a few minutes while I processed the fact that the processor was kaput. No! I kept pressing the start button, over and over. This can't be. I have sheets and towels in there. Alas. She was unresponsive.

Then came the anger – there was a lot of kicking, shouting and swearing. 'How can you do this to me?' Next came the bargaining phase: 'Please, please stop that weird beeping and start working. If you do I promise never to overload you again.' True, my fingers were crossed behind my back. In any case, my machine was not in the mood. Her life cycle had come to an end. So I was depressed for a short time

(10 minutes tops) until I took a load of washing to my neighbour's house when acceptance finally kicked in.

Part of that acceptance is to acknowledge that I'm an appliance-ophile. My man-friend tells me that far from being a kelvin-hater, I'm an electro-lover (his terms). The acquisition of white goods (any white good) is guaranteed to lift my spirits, no matter what life is handing me at the time. White goods make me feel good.

Broken marriage? Buy a new fridge. Lose your job? A new drier will assuage feelings of unworthiness. Car got stolen? Trust me. A new double drawer dishwasher will cheer you up no end!

How humbly I bow down to the patron saint of electrical appliances. Saint Agitatus of the Top Loading Washing Machine.

Yes ... I made that up.

But there must be a patron saint of white goods. If there's St Rocco, the patron saint of bird flu, and the whimsically named St Bonaventure, the patron saint of bowel disorders, there must be. And let's not forget St Adrian of Nicomedia, patron saint of epidemics? We need you now Adrian! Then there's my absolute favourite ...St Rita of Cascia, the patron saint of impossible dreams.

So to my impossible dream. St Rita, I beseech you, send me a new washing machine whose cycle will never fail; one that will fill, wash, rinse and empty till death do us part.

Having sold a kidney, I am soon to be the proud new owner of my very own dream machine – a magnificent New white appliance.

And I feel good.



Sustainability is such an important part of our everyday lives now. 'Waste' in whatever form is a thing of the past. Here are 8 top sustainability tips from Australia's Queen of Cooking, Grace Mazur, from Thermomix!

1. Cooking your own pantry staples from scratch instead of buying them brings so many benefits in terms of sustainability. Everyday things like Vegetable stock paste, curry paste, flour, nut butters and icing sugar can all be made easily using a Thermomix. This allows you to cut down on packaging, cut down on food waste, use up ingredients you already have!

2. Reduce Waste where possible! Often times we throw away stems, skins, cores – but these parts usually have the most nutrition. Take those potato peels and use them to make crisps, perfect for a kids and adults! We peel them in Thermomix with the Blade Cover & Peeler accessory and then use that nutritious water to feed



the garden or use the skins in stock paste.

3. Built to last: unlike so many appliances out there, Thermomix is engineered to last.

With 50 years of German design and innovation behind the product, Thermomix is designed to be with you for the long hall. We still have customers happily using their machines from 20 years ago!

4. Over 20 appliances in 1: So, forget landfill and purchasing lots of different

appliances and just have your one machine

5. Save water used when cooking rice or pasta: this water contains starch which is beneficial to plants, encouraging growth of healthy bacteria and thus increasing longevity!

thermomix

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*590,000 refers to the total number of Thermomix® machine sales in Australia across all models. The model shown in the image is current model, Thermomix® TM6.

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Busy Fingers

HAPPY NEW YEAR

to all our customers, supporters, volunteers and friends, we hope you have a safe and healthy 2022. Hopefully, those of you who have not seen loved ones from other states for a long time, have been able to catch up with them over the Festive Season, especially those new granddads and nannies, who have missed their cuddles with new grandkids. Let us hope everyone obeys the rules, hopefully protecting us from serious COVID outbreaks so we can finally get some normality back into our lives.



A BIG THANK YOU

We would like to thank all our customers for their patience during the week of 6th December when we closed the shop for an hour on Monday, Wednesday and Friday. We wanted to supply a luncheon for our wonderful volunteers to thank them for all their hard work and support throughout the year. Busy Fingers could not continue to support the island residents without these people who make time to help us, thank you all.

SHOP CLOSED

The shop is currently closed and will re-open at 8am on Monday 10th January, we started opening the shop at 8am at the beginning of December as we had some early shoppers waiting outside, so as Christmas was getting closer, and we were closing for 2 weeks our manager decided to give it a go. If the numbers of early morning shoppers continue in the new year, we will officially change our opening hours to 8 am to 3.30 pm.

FREE TABLES & SALES

We will continue to have a free table on a permanent basis, this will have items that have been on the shelves for some time, and we require shelf space for latest items, always check the table as you may just see something you have missed, and it is FREE. SALES will be an ongoing occurrence throughout the year, so always check out the blackboard as you enter the shop.

VOLUNTEERS

We are in desperate need of volunteers especially ladies on Saturday mornings, so if you have a few hours spare please give us a call 3408 1014 or pop into the shop and speak to Sonia, we are registered with Centrelink for Job Seeker requirements. Newcomers to the island can easily make new friends as we have an excellent group of volunteers working with us, it is also a wonderful way of supporting our beautiful island and its residents.



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 support Bribie Island associations and groups, not individuals.

DONATIONS

During the break we have continued to support VMR, Hospice and Global Care and we look forward to reporting other donations we have been able to support the island associations in the coming year.

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



Horoscope



CAPRICORN (Dec 22 - Jan 20)

If only we could make our problems disappear just by closing our eyes or by changing the subject. But avoidance tactics only work for a while. You've been leading a frenetic life recently. As you look at 2022, it's no wonder it appears somewhat daunting. Yet you start the year with an auspicious New Moon in your sign. It promises that, as long as you get on with what you need to do, everything will become much less stressful. You've got the vision to know where to focus your energy. This January, you can do very well indeed. There's more... completely free audio and video forecasts. Go to ozfree.cainer.com



PISCES (Feb 20 - Mar 20)

With lucky Jupiter, the traditional ruler of Pisces, settling into your sign, 2022 is off to a promising start. Its presence will enable you to create changes that have a long-term, positive impact on your world. January's the ideal time to start building bridges that reach towards the fulfilment of your goals. When opportunities present, take them! When inevitable challenges arise, you'll find the resourcefulness you need to deal with them. Very soon, 2022 will start to make you feel more inspired than you've felt for a while. Right here, right now... completely free audio and video forecasts. Go to ozfree.cainer.com



GEMINI (May 22 - Jun 22)

The New Year's a perfect moment to think about the difference between compromises and sacrifices. There are times when it's absolutely right to give something up and get nothing back. Acts of generosity bring their own rewards. But that's not what's being demanded of you right now. January finds you in a fascinating but provocative situation. Your task is to negotiate an agreement that suits everyone. Can you do it? Of course! You're a deal-maker this month. You can find skilful ways to broker lasting bonds of trust. Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com



VIRGO (Aug 24 - Sept 23)

As long as your heart's in the right place, does it really matter where the rest of you is? As long as you're kindhearted, compassionate and enthusiastic... and are motivated to seek out the joy in every moment, what else could you possibly want? And, in the unlikely event that you don't have these qualities in your life, why won't 2022 be the time when the cosmos provides them? Focus, in January, on what inspires you - and on encouraging someone else to do what they enjoy. You'll ensure that you get this year off to a perfect start. Unmissable gift... completely free audio and video forecasts. Go to ozfree.cainer.com



SAGITTARIUS (Nov 23 - Dec 21)

Are you ready? You have a heavy wheelbarrow. And in front of you lies a steep hill. Just before you set off, I'd better draw your attention to the river you're going to need to navigate before you start your ascent. This January, you can expect to face some challenges. But you're a Sagittarian. You're perfectly able to find innovative ways to achieve results where everyone else would fail. You start 2022 with dynamic Mars still in your sign. It will boost your energy when necessary. With determination, there's nothing you can't achieve. A brilliant offer... completely free audio and video forecasts. Go to ozfree.cainer.com



ARIES (Mar 21 - Apr 20)

As we start 2022, you need to make a decision. If you don't, you'll blink, and events will have developed a momentum of their own and you might miss a golden opportunity to change the course of your life. You're in a powerful position in January. But your power will evaporate if it's not put to good use. Maybe that doesn't bother you. Maybe, secretly, you want things to carry on in the same direction this year? If that's true, you can just put your feet up and relax. If it's not... then this month, it's time to roll up your sleeves and get cracking. Oscar's gift... completely free audio and video forecasts. Go to ozfree.cainer.com



CANCER (Jun 23 - Jul 23)

Ready? Catch! Now, here comes a beanbag. OK. Are you ready for the flaming torch yet? Brilliant! Your juggling skills are impressive! Can you dance and sing too? You've got so much to do as we start 2022. How are you ever going to be able to manage when more demands keep coming in? Your legendary ability to put other people's needs before your own is in danger of overwhelming the start of the year. Yet January brings an opportunity to create change. Start as you mean to go on. Be kind to yourself. And breathe! Our gift to you... completely free audio and video forecasts. Go to ozfree.cainer.com



LIBRA (Sept 24 - Oct 23)

Success, apparently, isn't about what you know, but who you know. Obviously, this isn't a perfect formula. If you don't know enough to impress the people you know, they won't want to know you. This means that you need to know what you don't know! Which is lucky, because if you know that, you can find it out. If you start January by resolving to be humble enough to recognise the areas in your life that need improving, you'll find that the cosmos is more than happy to guide you along the pathway into a successful year. Especially for you... completely free audio and video forecasts. Go to ozfree.cainer.com



AQUARIUS (Jan 21 - Feb 19)

As we move into the New Year, would you like to get your life back? Or are you happy to keep it out on loan? It seems that someone's been doing an excellent job of living it on your behalf. They're making such dubious decisions that things are starting to feel out of your control. They're not doing much to reinforce your sense of independence either. If you leave things as they are, no great surprises are in store. But if you take a positive, proactive approach in January, the power dynamic will shift. And everything will improve. Try this out... completely free audio and video forecasts. Go to ozfree.cainer.com



TAURUS (Apr 21 - May 21)

The New Year's a perfect moment to think about the difference between compromises and sacrifices. There are times when it's absolutely right to give something up and get nothing back. Acts of generosity bring their own rewards. But that's not what's being demanded of you right now. January finds you in a fascinating but provocative situation. Your task is to negotiate an agreement that suits everyone. Can you do it? Of course! You're a deal-maker this month. You can find skilful ways to broker lasting bonds of trust. Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com



LEO (Jul 24 - Aug 23)

'Look well to this day... for yesterday is but a memory and tomorrow is only a vision'. Despite the fact that we live in an era when even the most forward-thinking tech ideas soon find themselves in the recycling bin, the words of this ancient Sanskrit poem still ring true. Such wisdom is timeless. In 2022, the key to success involves dealing wisely with eternal issues. Relationships and emotional wellbeing take centre stage this month. To profit from the cosmic gifts coming your way, you just need to be in the moment... and ready. Don't miss out... completely free audio and video forecasts. Go to ozfree.cainer.com



SCORPIO (Oct 24 - Nov 22)

The world, as I'm sure you've noticed, is full of people who have little initiative (and follow whoever's got the loudest voice), and self-obsessed folk who speak in such arrogant tones that no one dares argue. Interestingly, as we enter 2022, you seem to be dealing with more than your fair share of both types. Aargh! It's lucky you're such a gently persuasive Scorpio! If you start this month by being as friendly as possible, you'll be surprised by the co-operation you receive. Charm (which you ooze) will get you much further than irritation. An amazing service... completely free audio and video forecasts. Go to ozfree.cainer.com





TOORBUL POINT now



Barry Clark- Bribie Island Historical Society

SANDSTONE POINT

The headland area on the mainland end of the Bribie Bridge, we now call Sandstone Point, was known as Toorbul Point for 150 years, from the earliest days of settlement. The territory of the indigenous Turrbal people extended from here almost as far as Brisbane, and around the Point and Ningi there is evidence of thousands of years of their occupation. A traditional Bora ground and Kippa ring, still visible beside Bestman Road., was the site of a many large gatherings and ceremonies in the 1840's, and pioneers explorers and runaway convicts witnessed several events on this site.

FIRST SETTLEMENT

The first white settler to take interest in land at Toorbul Point was D.D. (Douglas) Hamilton, who leased the entire headland from 1873. Others were growing sugar, coffee and cotton along the Caboolture River, but little was done at Toorbul Point. In 1889 George Markwell, a



Oyster bagging Toorbul 1905

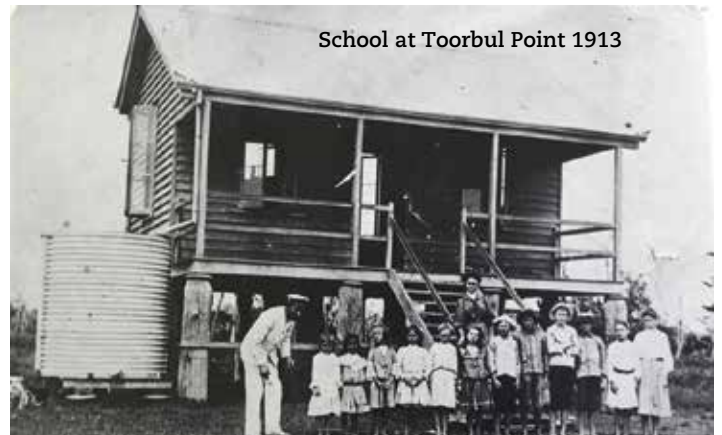
Brisbane solicitor acquired and cleared some of the land and had an unsuccessful horse stud for a few years.

In the late 1890s, Markwell had an oystering partnership with James Clark, known as the "Pearl King", having had a fleet of pearling luggers at Broome and Torres Strait, before being hit by cyclones. James Clark had worked as a boy for James Campbell, a Brisbane timber merchant, who later established Campbellville

Mill up Pumicestone Passage. In 1900, James Clark acquired the Toorbul Point property, and associated Oyster Leases, from George Markwell.

The extensive Oyster leases around Toorbul Point and Pumicestone Passage were very productive for a few years, and by 1905 Clark was shipping 300 bags of oysters a week, with a bag equal to 5 large kerosene tins.

Clark built a house on the top of Toorbul Point, where the Hotel stands today, and some workers lived in waterfront



School at Toorbul Point 1913

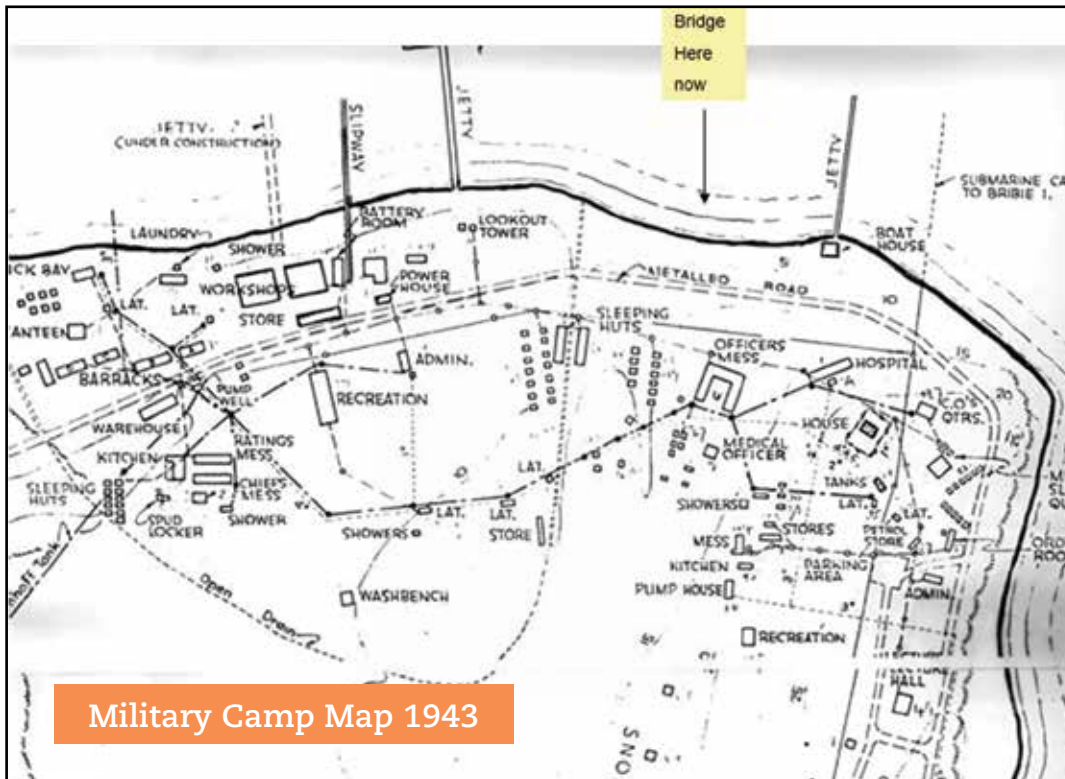


cottages. He built a small school where Spinnaker Marina is now, for the growing number of children in the area.

MILITARY OCCUPATION
During World War 2 (1939/45) Toorbul Point became a large Military training camp for

When offered for sale in 2010 the following statements appeared in newspapers regarding its possible use.

HOTEL DEVELOPMENT
Governments and Councils are regularly voted in and out, and acts, laws and limitations can change. The Hotel development may be an appropriate use of the land, but large concerts create noise issues for some residents and significant traffic disruptions to the area. With many years of improvements to the Bribie Island road still ahead, and eventually another bridge, it is unlikely to improve. When the Hotel opened, Bribie Island Historical Society donated many old photos of the area, which now hang on the walls, showing patrons how it was in World War 2 when American troops stationed there called it "Terrible Point"



Military Camp Map 1943

MORE BRIBIE HISTORY
The Historical Society will not meet again until February 9th 2022 when our guest speaker is Ron Gillinder of Glasshouse History Group. We have launched a NEW WEBSITE at Bribiehistoricalsociety.org.au and you can contact us on bribiehistoricalsociety@gmail.com

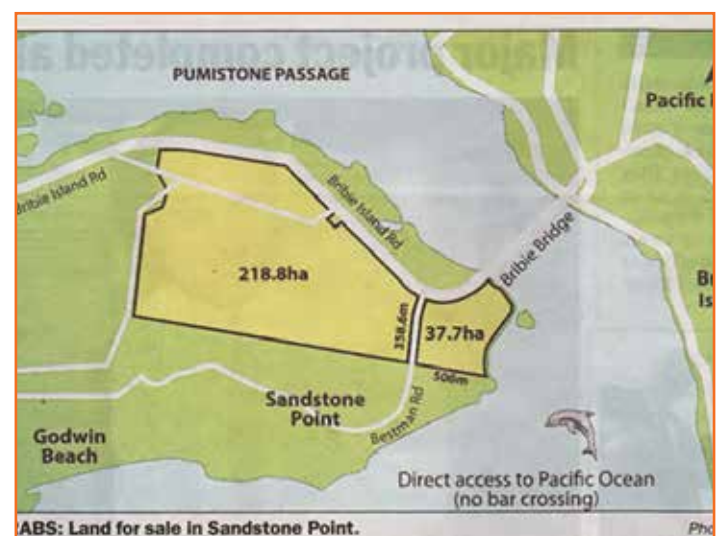
END OF AN ERA
Then came a terrible infestation of "Mud Worm" which devastated growth and destroyed oyster beds. By 1909, oyster harvesting in Pumicestone Passage was virtually destroyed. Clark scuttled the old paddle steamer "Avon" in the passage in an attempt to protect and create new oyster beds but did not succeed. By 1923, James Clark had disposed of his oyster leases, and when he died in 1933, son Colin inherited the Toorbul Point property. In 1915 Colin Clark had married Marion, daughter of politician and businessman Thomas Welsby, after whom Welsby Parade on Bribie was named. In 1941 his grandson, Thomas Welsby Clark, was the only one of 645 crew members lost in the WW2 sinking of HMAS Sydney, who weeks later was washed up, unidentified, and buried on Christmas Island. 80 years later, in November 2021 Thomas was identified by DNA and given military recognition

Australian and American troops. When Colin Clark died in 1951 his three sons, all with the middle name Welsby, inherited the Toorbul Point property. After the Bribie bridge opened in 1963, and a new Bribie Island road was constructed, they subdivided and sold portions of the property, which were developed into a marina and housing. Pebble Beach Estate and Spinnaker Marina were built, followed by further subdivisions and more housing. The 37 hectares of land on the headland and 218 hectares along Bribie Island road remained in the family and was owned by wife Mona and daughter Jan.

SANDSTONE POINT SOLD
The land was offered for sale in 2010, and bought by the Comiskey Group and has been progressively developed over the last ten years into the Sandstone Point Hotel complex.

- This prime piece of land is for sale for the first time in 100 years.
- The area is a developers dream; however, this site will remain as thick, natural bushland.
- The majority of the land could not be touched or cleared by the new owners under a state law.
- The Act was introduced a

few years ago and as long as this government is in power, and the act remains, the land cannot be cleared.
-Restrictions on the land use would mean only enough space could be cleared for the construction of a house, a shed, pool and other standard features, leaving a very big back yard.



ABS: Land for sale in Sandstone Point.

Sandstone Point Land Sale 2010



Bribie Island Photography Club



2021 Competition winners - 1st Roger Bawden - 2nd Mike Ktori - 3rd Marj Webber -

Our end of year celebrations and AGM were held at the lovely home of Gail and Max Goodair on Sunday, 5th December. Certificates were awarded to the winners of the annual photographic competition with Roger Bawden being the overall winner, Mike Ktori was second, Marj Webber third and Vince Bowser fourth.

WINNERS OF EACH OF THE CATEGORIES WERE -

Digital Images – Theme-Rodney Augusten, Open Colour-John Cupper, Mono-Gavin Wright
Prints - Mono-Marj Webber, Open Colour-Roger Bowden

A wonderful array of finger food was presented for our Xmas lunch and a merry time was had by all.

The next meeting will be held on Monday, 24th January, 2022.

There will be no competition at this meeting. A hands-on workshop with several activities to photograph will be set up. Visitors are welcome to join in. Please bring your camera.

The Bribie Island Photography Club meets on the fourth Monday of each month, except for December, at 7 pm in the Board Room at the back of the Arts Centre on Sunderland Drive. Guests are most welcome. The first two meetings are free.

For enquiries please ring Gordon on 3408 2649 or Gail on 0419 638 865

Website: <https://www.sites.google.com/site/bribiephotographyclub>
Email: bribiephotographyclub@gmail.com



Break-up Party, 2021 - photos by Lynette Romano



The Skies Above Bribie

By: John Stevenson

Milky way starting to come into view again. By reader Yasmin

I always look forward to a new astronomical year. Christmas is over, my family picked up on my hints with great presents, and I can plan my year around what's happening in the sky. I remembered a Total Solar Eclipse in the first half of 2023, visible from Western Australia only, so a quick online accommodation check, revealed it's almost totally booked out already, but I did manage to get something, so I'm set for this rare celestial event and road trip.

For us on Bribie, the talk at the moment is Comet Leonard. If you have not seen it yet, I urge

you to take the opportunity to view this quite spectacular Christmas comet. At the start of January, it's easy to find in the western sky, as it's located at the right angle when making a triangle with Venus and Jupiter. This visitor to our skies is travelling away from us quite quickly now and getting more difficult to see each day. The comet has spent the last 40,000 years, travelling inbound towards the sun. The last time it was here, Homo sapiens, living in caves, were leaving Africa to colonise the world. That is quite an amazing journey.

January will be our last chance to see the beautiful gas giant planets of Jupiter and Saturn for quite some time, as they sink lower in the western sky towards the other side of the sun and gradually become morning objects.

The constellations of Aries, Taurus and Orion, on the celestial equator, are dominant in our skies now with the Southern Cross, or Crux, visible



The central star forming region of the Great Orion Nebula M42



now on the southern horizon. The Milky Way or the centre of our galaxy is starting to climb higher also providing great photo opportunities with a DSLR camera.

The constellation of Orion, a hunter in Greek mythology, contains one of the first deep sky objects that I enjoyed looking at as a child and still enjoy today. The Great Orion Nebula, or Messier 42 in Charles Messier's catalogue, is easily visible to the naked eye and is the closest star-forming region to Earth. This enormous cloud of gas and dust is a star nursery, and arguably one of the most spectacular deep sky objects in the night sky. Certainly in the top 5. Orion also contains the bright supergiant stars of Betelgeuse (red) and Rigel (blue). As a guide to the size of these stars, if Betelgeuse was in place of our sun, its surface would extend well past the orbit of Mars. Recently, I've been exploring the Orion constellation in detail and finding just how many beautiful nebula and star clusters are visible with a small telescope, many I had never seen before.

We are spoilt with open clusters within the constellations surrounding Orion. The Pleiades, (Messier 45), and Hyades as well as the little Beehive, (Messier 41), near Sirius. All fabulous objects in binoculars, and perfectly placed in January for viewing.

Congratulations to the many space agencies involved with the launch of the James Webb Space Telescope, replacing Hubble. This enormous space telescope with an aperture of over 6.5 meters, and will orbit beyond the moon, probably never to be touched by humans again. It will unlock answers about the early universe, examine exo-planets, (planets circling other stars), in unprecedented detail, and see objects further back in time, never seen before.

Our universe is certainly an amazing place to explore, and we on Bribie have a box seat to begin the fascinating journey.

Happy New Year everyone.
bribie.astronomer@gmail.com

John Stevenson

Owner/Operator of Banksia Observatory



Did you know?

A FEW THINGS TO REFLECT ON OVER THE HOLIDAYS:

RAMSAR Moreton Bay is a Ramsar site.

Ramsar wetlands are areas that have been identified as being rare or unique and are important for conserving biological diversity. They are recognised as areas of international importance.

PUMICESTONE PASSAGE

has extensive mangrove forests, seagrass meadows, inter-tidal sandbars and mudflats, which provide valuable habitat for fish, dugong, turtles, crabs, oysters, juvenile prawns and a wide variety of local and migratory water and shorebirds.

SHOREBIRDS

From October to April, more than 30 different shorebird species are here busy feeding to build up energy for their return trip to East Asia. **Migratory shorebirds are on the brink of extinction.** Their survival depends on their safety to feed undisturbed on arriving here. Eastern Curlews, Bar-tailed Godwits and the Great Knot are critically endangered. You can help by being observant and not letting dogs or children disturb them.

INJURED ANIMALS If you find an injured bird or animal, it is important to ring Bribie & District Wildlife Rescue (0478 901 801), Australia Zoo Wildlife Hospital (1300 369 652) or RSPCA

(1300 ANI MAL). Try not to move a wild animal or bird as often, particularly in relation to birds, parents will come down and get their young. One of our dedicated wildlife carers is looking after 2 tawny frogmouths. Frogmouths will rescue their young from the ground. She has seen adult figbirds when they hear the young damaged birds calling, come and feed young figbirds through the side of the aviary.

REHABILITATED ANIMALS

are more successfully released back into the wild if they are as close to their natural habitat as possible or rehabilitated by people who know their habitat requirements and what they eat.

LOGGERHEAD TURTLES

lay their eggs in several nests on Bribie Island beaches between November to February.

Turtles nest at night and are disoriented by bright lights. They are also affected by noise or debris. All sea turtles are affected by ocean trash, whether mistaking ocean trash for food, getting a flipper caught in a discarded six-pack ring or being unable to surface for air while accidentally stuck in a fishing net. For every sea turtle that hatches, only one out of 10,000 will survive to make the full arduous journey to adulthood.

Let's make their chance of survival better by keeping our beaches clean and our rubbish out of their ocean home. Driving on beaches at night murders young hatchlings trying to get to the water's edge and they certainly can't scale tyre ruts.

DUGONGS

We have a population of dugongs in Pumicestone Passage. They are very shy creatures and cannot

hold their breath for long so are easily threatened by powerboats and jet skis. They feed mostly on small, delicate seagrasses so the preservation of these beds and good water quality is essential for their survival.

KANGAROOS are hit on our roads.

Kangaroos are most active at dusk and dawn so driving below the speed limit will give you extra time to see an animal as well as extra braking time. Again, the animal hotline numbers are the best numbers to ring as they have a trauma team and often a kangaroo joey can still be alive in the pouch or could have hopped to somewhere nearby.

We Ask That You Help To Protect This Fragile Ecosystem, Its Many Habitats And The Creatures That Rely On Its Health.

Best wishes for A safe, mindful holiday.

Glenda Charles (for BIEPA) The photo of the baby curlews was taken by John Griffin.



GRANTS FOR OUR HARDWORKING COMMUNITY!

We have so many wonderful community groups and organisations across Pumicestone. And behind them are committed volunteers, putting in time and effort to deliver for our community.

To make sure we support them to keep making Pumicestone better, the Queensland Government has upgraded one of our most important grant programs, the Gambling Community Benefit Fund.

Since the GCBF started it has delivered over \$1 billion for Queensland community groups and organisations.

Here in Pumicestone we received a total of \$492,081 in 2021 alone.

This year the GCBF supported our very own Bribie Island and District Neighbourhood Centre to buy a new photocopier, computer, and air conditioner! And Beachmere Men's Shed have flourished because of their successful GCBF grant.

They now have more machinery, tools and safety equipment to produce more wonderful creations and support men in our community. Previously, groups could apply for up to \$35,000 in one of five rounds per year.

But to support even bigger projects, the Queensland Government is increasing one of those rounds. Now there will

be three rounds of \$35,000 up for grabs plus one Super Round, of up to \$100,000 on offer.

COVID has certainly thrown a spanner in the works for groups, making fundraising difficult over the last 2 years.

That's why this Super Round is great for organisations who've had a major project in mind and want to make "something big" happen.

The Super Round is the first up in the 202 GCBF grant rounds, opening in mid-January and closing 28th February 2022.

Even though that may seem like ages away, now is the time to prepare, because as every organisation knows, grant applications can be time-consuming.

This Christmas break, take the time to think about your organisation's big plans and get a head start on your Super Round application.

Put forward your case clearly and simply, telling organisation's story, how it delivers for Pumicestone, and how and why a GCBF grant will help your group and make our community even better.

Importantly, there are special conditions for GCBF grants



this year, so take time to read all the terms and conditions carefully.

This is just one way our Palaszczuk Government is supporting local communities and organisations to unite and recover from COVID-19.

I'm hoping to visit as many groups as possible with cheques for up to \$100,000.

Let's make 2022 a Super Year!

To find out more about the GCBF grants head to <https://www.justice.qld.gov.au/initiatives/community-grants>. But wait, there's more!

Our Queensland Government Grants Finder is another great tool to find more grants your organisation or business may be eligible for.

Head to <https://www.grants.services.qld.gov.au/#/> to find your next grant!

If you have a project you'd like to share, contact my office by email at pumicestone@parliament.qld.gov.au or phone (07) 3474 2100.

Happy New Year!

Warm regards

GET YOUR GROUP GRANT-READY FOR 2022!

ALI KING MP
Member for Pumicestone

Working hard for us



KING OF AUSTRALIAN BUSHRANGERS

Episode 8

AFTERMATH

By: Al Finegan

IT IS INTERESTING TO NOTE THAT GARDINER WAS NEVER FOUND GUILTY OF ANY GOLD ROBBERIES, INCLUDING THE EUGOWRA ESCORT ROBBERY. HE WAS TRIED FOR THE UNLAWFULLY WOUNDING WITH INTENT TO MURDER AND KILL POLICEMEN JOHN MIDDLETON AND WILLIAM HOSIE BACK IN JULY 1861.

During my research, I accumulated over 70,000 words and over a hundred reports (mostly different) on Frank Gardiner from newspapers from 1864 to 1915. I doubt we will ever know what really happened in his later years. Stories of his death, and that of Kitty, are so numerous and varied. Nevertheless, I wrote my story after detailed analysis of those I thought were the most accurate.

Here are a few highlights from the many reports.

**He was quite a man.
The Chronicle Sydney 1874**

"Perhaps of all bushrangers, Gardiner was the most successful and the most popular. A magnificent horseman, a brave man, it seems wonderful how he could have selected such a mode of existence, and voluntarily relinquished it when his chances were the best. No crime of murder could be imputed to him, and it was proved at his trial that his personal influence over his associates-prevented bloodshed. Very influential men, who were witnesses to his exemplary conduct during his long ten years' confinement in Darlinghurst Gaol, Sydney, used their influence to effect his release, which was accomplished by the intervention of the Governor, Sir H. Robinson. The latter has been severely censured for his clemency by the Legislature, and, according to the news by last mail, the discussion still rages". Sydney Herald 1903

"However, by the 1880s, Gardiner had once again dropped off the map, evaporated. Had he died? There is sufficient evidence to support that Francis Christie never died in America. No record of his demise exists, bar speculation based on nothing proven nor concrete. There are claims he died a pauper in an infirmary and placed in an unmarked grave. Nonsense! 'Singleton Argus' Saturday 9th September 1882. Dr Grundy in the Melbourne Herald says, "The death of Gardiner the bushranger is again reported from San Francisco. This time he died as a pauper in a hospital. Last time it was as a barkeeper in a free fight. The time before that it was as a road agent sticking up a mail train. Next time it will be from the effects of a balloon accident, or in an excess of delight at a charity sermon. What a comfort it must be to the good man to be able to die so often, and yet keep healthy all the time. The reference to a pauper's grave is fanciful as while in San Francisco thousands of miles from his home country, communication between Frank and his three sisters must have existed. Archina, Robina and Charlotte had worked feverishly in facilitating Frank's early release from Darlinghurst; therefore, it would be unheard of for those devoted sisters, for whatever reason, to abandon their brother even in a faraway country such as America at a time of crisis or possible destitution".

Anonymity was Gardiner's stock-in-trade, as highlighted upon his arrest in Queensland in 1864. Gardiner in a crowd would draw little attention either in manners or appearance, and he had put on weight no longer the lithe man of Lachlan fame; "altogether he is [sic] an ordinary looking man, and you would take him for a labourer, or a gold-digger, or a small huckster. Passing him in a crowd, you

would not look at him twice. As for the portraits published of him, they are vile caricatures, and no more like him than I am like the Emperor of China or Austria." The Pioche Weekly Record, 21st February 1883.

"On the 19th January 1882, the "RMS City of New York" departed San Francisco embarked with 28 passengers from San Francisco via Honolulu and Auckland NZ, including Captain Thomas Baines and six un-named steerage passengers. Arriving in Sydney on the 15th February 1883".

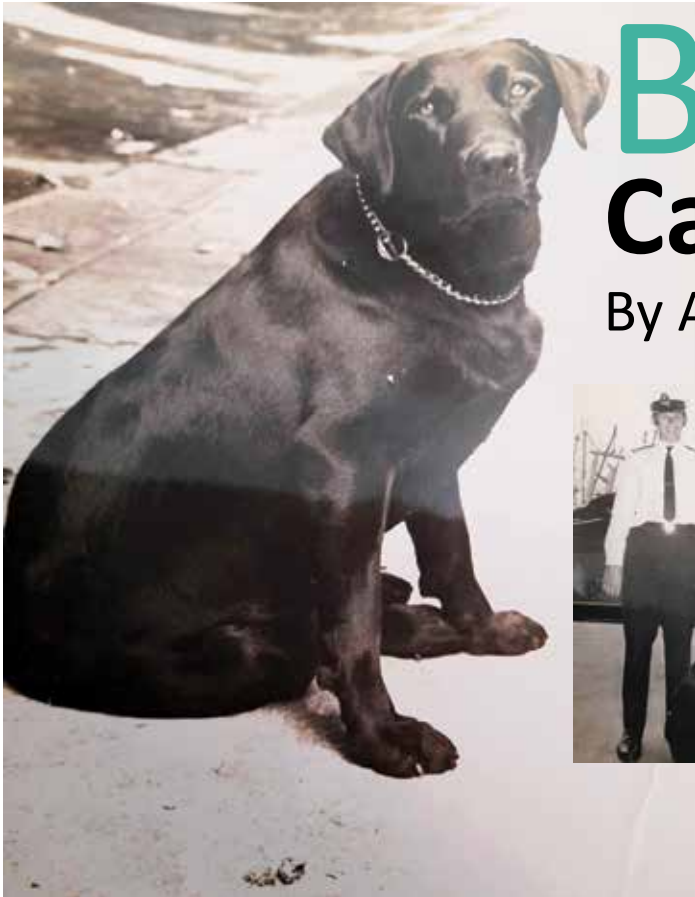
The 'Truth' Newspaper, Sydney, June 1911 Clarence Paget Bayly wrote in; "Recently when in Sydney I was told I could see Gardiner, the outlaw, and at the time I was staying at Richmond, with the late lamented Mr. Andrew Town. I broached the subject to him, and he promised at once to go to Sydney the next day, and there I saw the man of my curiosity. There was Gardiner right bang before me, and if ever I was disappointed in a man it was him — not on account of his daring and bravery, because he must have been one of the bravest 'rangers that ever fired a shot. No, sir, it was not that, it was his appearance as a first-class horseman. He did not strike me as being the cut of an accomplished horseman; but of course I must make this allowance, for he was in his eighties, besides, the great trouble and anxiety which he must have gone through would, of course, alter the man to a very great extent. He was in the company of an aging lady he introduced as "Kitty". However, he spoke very nicely to Mr. Hill, who put a few questions to him. We then strolled away."

Vale Francis/Frank Christie/Clarke/Jones/Gardiner, and Catherine/Kate/Cath/Cate Walsh/Brown/Christie/O'Meally.



Bazza and Captain Midnight

By Al Finegan



Today we are accustomed to hearing that a sniffer dog has discovered drugs or chased down a criminal. We are not surprised to hear that dogs have been used to assist humans in a multitude of other tasks. The most common story we hear about is of dogs identifying illegal drugs. What is not as well-known is that they can also be used to locate firearms, explosives, accelerants, illicit currency, human remains, bodily disease, household pests, and agricultural products. They can be trained to identify cancer, diabetes-related health problems, seizures, heart attacks, and migraines, and to alert their handler of the presence of toxic mould and peanuts. They help solve crimes that have been committed and discover illegal activity while it is occurring. In all of these areas, dogs provide a level of efficient detection that human inspectors cannot duplicate. It hasn't always been this way.

In 1968 dogs were unheard of in crime prevention. The anti-drug war in Australia was run by the uniformed Customs and Excise branch, and by the various state police drug squads. Authorities could see that the drug inflow was growing so dramatically that if something was not done it would soon be completely out of control.

By 1969, the metropolitan newspapers

were publishing story after story of concern and criticism of authorities because of the growing flood of drugs coming into the country. They were pointing their collective fingers at Don Chipp, the Minister for Customs and Excise, as doing nothing to arrest the problem. An angry Don Chipp called a press conference to state that it wasn't the way he saw it. "*I admit we've got a terrific problem*", he said, "*and I admit I don't know how to totally control it.*" Chipp raged on saying that every day, jets disgorged many hundreds of passengers at airports, and ships unloaded thousands of tonnes of cargo. Because of the way narcotics smugglers operate, to ensure a hundred per cent check, we would have to examine the body orifices of every passenger, the heels of every shoe, and slit open every suitcase lining. We would have to make every pregnant woman strip because stuffing body harnesses with drugs is one of their ruses. Every car imported would have to have its petrol tank stripped down, its tyres prised off, its engine cylinder block removed, the inside of every picture frame would need to be examined, every ebony statue dismantled. The journo's didn't like what Chipp was saying and attacked him for his pessimism and defeatism, and for throwing in the towel.

So, while an angry Don Chipp stormed off to a cabinet meeting, reportedly

to recommend stiffer penalties for convicted drug traffickers, his subordinates in the Customs and Excise building in Canberra waited for their boss to calm down and advise them what to do next.

Bribie Island, with its abundance of older Aussies, has amongst its numbers an amazing wealth of quiet Australians whose many achievements have been lost in the mists of time. One such Bribie-Islander is Barry 'Bazza' Walker. It was indeed Bazza who solved poor old Don's dilemma and created the embryo of the now vital role of dogs in so many important crime prevention and detection tasks.

At this time, as a young Customs Officer, Bazza was working at Sydney airport and was well aware of the drug problem, daily watching as thousands of people entered the country. He knew that many, far too many to check, would be awash with illegal drugs. During a break, he came across a magazine with a story about a US Marine troop dog checking out baggage for drugs. He spotted a US Marine Master Sergeant who was on seven days R & R and asked him about sniffer dogs in the Corps.

In the Aussie way, he asked him if he would like a beer. The pair talked about the dogs and the program and its effectiveness. The Marine Sergeant later sent Bazza pamphlets of the dog sniffer program. Bazza then sent out and received letters from other countries with dog sniffer programs, and



soon he became convinced that he had the answer to their problem.

In March 1969, Bazza wrote a detailed letter to the Inspector, Prevention and Detection Section, with his research material, clearly describing the effectiveness of sniffer dogs. The letter wound its way up the bureaucratic ladder until Don Chipp was briefed. He immediately saw a positive action that he could use for political, if not practical purposes, to attack the drug importation problem. An approval and budget were sent to Bazza to set his plan in motion.

In mid-1969, he went to the Labrador dog club and met with the trainer who sold him a 9-month-old Black Labrador named "Captain Midnight". The trainer taught Barry how to train Captain, as he was there-after called.

Thus started a whole new adventure for Bazza and Captain. More next edition.



The beauty of giving

Katharine Hepburn, in her own words:

"Once when I was a teenager, my father and I were standing in line to buy tickets for the circus.

Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armour." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how many tickets he wanted. He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus." The ticket lady stated the price. The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price.

The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the

circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The

\$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learned the value to give.

The giver is bigger than the receiver. If you want to be large, larger than life, learn to give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.

The importance of giving, blessing others can never be over emphasized because there's always joy in giving. Learn to make someone happy by acts of giving."

- Katharine Hepburn

(From Everything Good in the World)



WE ARE THE CHAMPIONS.

Kathy Vincent.

As Freddie Mercury would have said. Well, all the competitions are over and trophies are given out. We all enjoyed the Spit roast lunch and used the opportunity with so many members there, to give out the championship awards. Now I cannot possibly put every winner and runner up in this article as there would be too many. So, I will just list the winners and add a few photographs instead.

Association singles winners Greg Whymark, Denis Green and Jenny Walker.

Association High/Low doubles winners.

Greg Whymark and Joy Rule.

Ricochet winners
Singles handicap 0 to 10
Dennis Green
Singles handicap 11 to 14
Jenny Walker
Novice Singles
Dolly Taylor
Golf Croquet.
Novice Singles
Joan Gleeson.
Singles Handicap 6 and under
Dennis Green
Singles Handicap 7 to 9
Lyn Bey
Singles handicap 10 and over
Sid Goodier
High/Low Doubles
Nev Taylor and Kathy Vincent.

These Championships are held every year so we can practise ready for next year now. But, you can play croquet without entering Championships it's all good fun. Come and give it a try.



DADS ARMY GOLF WINNERS.

A dedicate group of "Golf Hackers" play nine holes of golf at Woorim before most people are even awake.

"Dads Army" are a committed group of Senior players who been doing this for over 30 years, and tee off at 6am on Monday and Friday mornings.

They all agree this is a great way to start the day.

At their Christmas lunch last week, President Dave Hutchinson announced the winners of this year's two "Championship" rounds

Trophies were presented to Jimmy King, Bruce Eastley and Gary Hodgkinson, proudly standing left to right in this Photo.



TERRY YOUNG MP
Federal Member for **Longman**

DELIVERING

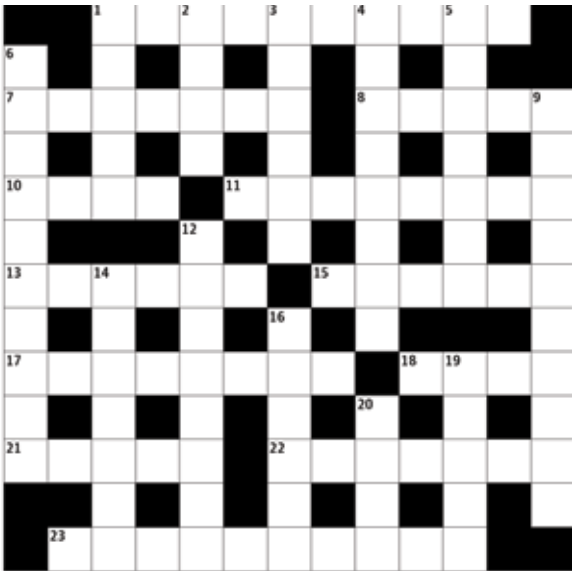
RECORD FUNDING FOR:

- ✓ **MEDICARE** ✓ **HOSPITALS**
- ✓ **ROADS** ✓ **SCHOOLS**

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



Crosswords - QUICK & CRYPTIC



Across

- 1 Punctuation mark missing from ones grammar (10)
- 7 Violent windstorm (7)
- 8 Surface of a cut gemstone (5)
- 10 Incline (4)
- 11 Excessive maleness? (8)
- 13 Passionate (6)
- 15 Gossamer — fairy retainer to Queen Titania (6)
- 17 Old gold coin (8)
- 18 Furnace (4)
- 21 Danger (5)
- 22 Old salts (3,4)
- 23 Genuine (in Australia) — mid-air funk (anag) (4,6)

Down

- 1 Of sound (5)
- 2 By mouth (4)
- 3 Bee's middle (6)
- 4 What grows from a main stem (8)
- 5 Tool for cutting metal (7)
- 6 Framed someone by setting a trap (8,2)
- 9 Musician in the brass section (10)
- 12 Like the construction of a honeycomb? (8)
- 14 Where live fish are on show (7)
- 16 Dwarfed ornamental tree or shrub (6)
- 19 Sound of a revving engine (5)
- 20 Face cover (4)

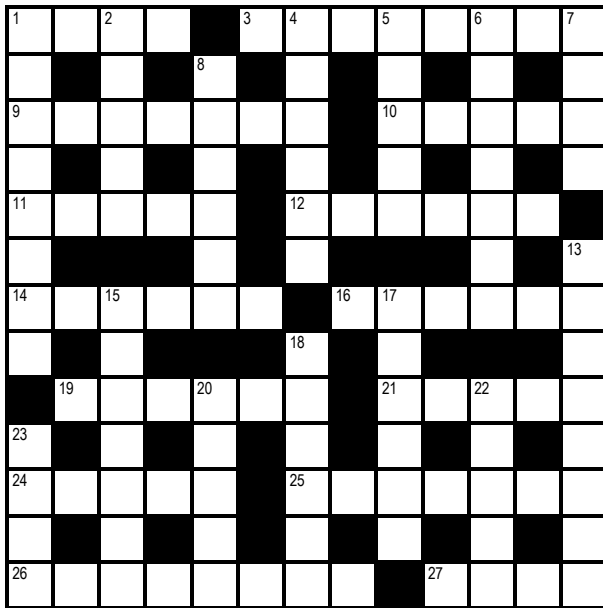
SUPPLIED BY CYRUS

Across

- 1 Athletes want to be the first to go through it (4)
- 3 A lovable eccentric, first and foremost (5,3)
- 9 An "all right" fellow in the services (7)
- 10 Retrenched is standard journalist in effect (5)
- 11 Composer on a roll, we hear (5)
- 12 Non-conformity about the sheer unknown (6)
- 14 Goes to ground in a flash (6)
- 16 Puzzle the dance - a cliché? (6)
- 19 Solo in the outskirts of Perth makes one persona non grata (6)
- 21 Walk it or the measure of a twit (5)
- 24 Construction proceeds with Brads' help (5)
- 25 Animal chewed acorn and odd bits of crow (7)
- 26 They meet obligations for services rendered (8)
- 27 American journo worn out? (4)

Down

- 1 Michael Jackson's mystery novel? (8)
- 2 The Queen's HR dept sourced these from a book? (5)
- 4 Floating accommodation (6)
- 5 Six each for the adder (5)
- 6 Seizures cause artist to reverse and takes it easy (7)
- 7 The Italian is back with a party for the beach (4)
- 8 Hang on to clucky offspring (6)
- 13 Came round to a funeral with a bad end (8)
- 15 Bad liar, yet, there's truth (7)
- 17 Impression made by the little scamp - a pretence (6)
- 18 T-shirt conceals a need (6)
- 20 The son has a problem (5)
- 22 A cat's view of not very much but very significant (5)
- 23 The Poles start another painful break (4)



SOLUTION

CYRUS ANSWERS 156



QUICK ANSWERS 156





Kids Page

Find A Word



Alder
Apple
Ash
Aspen
Birch
Buckthorn
Cedar

Cottonwood
Cypress
Dogwood
Elm
Fir
Hawthorn
Hazel

Pine
Poplar
Redwood
Sequoia
Spruce
Sweetgum
Sycamore



EASY HEDGEHOG CANAPÉ SKEWERS

INGREDIENTS

1 grapefruit or 1/2 large cucumber, for the hedgehog (optional)
12 mozzarella pearls
1 tsp pesto
2-3 tbsp. olive oil
12 small cherry tomatoes
12 basil leaves
2 pineapple rings, each cut into 6
50g medium cheddar, cut into 12 small cubes
50g Your favourite cheese, cut into 12 small cubes
12 cooked and shelled prawns
1/2 lemon, juiced
1/2 cucumber, cut into 2 even chunks and shaved into ribbons
1 tsp sesame oil
1 tsp sesame seeds

You will need
36 bamboo (or reusable) short skewers or long toothpicks

Method

STEP 1

To make a hedgehog push the skewers into, use a grapefruit with the base trimmed flat, or use cucumber to make a longer holder.

STEP 2

For mozzarella & tomato skewers, tip the mozzarella into a bowl, mix the pesto with the olive oil and pour it over the cheese. Wrap a basil leaf around each mozzarella pearl and thread onto the skewers alternating with the tomatoes.

STEP 3

For the cheese & pineapple skewers, sandwich a piece of pineapple between a piece of cheddar and a piece of your favourite cheese on a skewer. If you want to be very neat, trim the pineapple to match the cheese (eat the offcuts).

STEP 4

To make prawn skewers, put the prawns in a bowl and squeeze over the lemon, and season with pepper, but not salt. Tip the cucumber into a bowl, add the sesame oil and seeds and toss them together. Fold a cucumber ribbon and push it onto a skewer, followed by a prawn and another cucumber ribbon.

STEP 5

Push all the skewers into your hedgehog or arrange them on a platter, keeping each type separate.



REGULAR FEATURES

Bribie Islander

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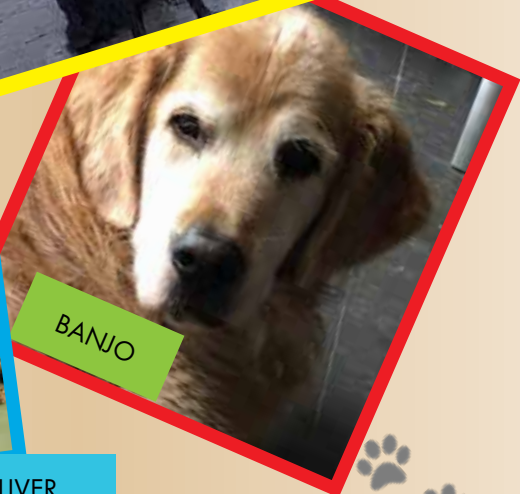
CAPTAIN (Cappy)



ABBY & RILEY



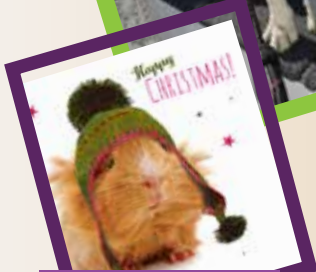
ELLA



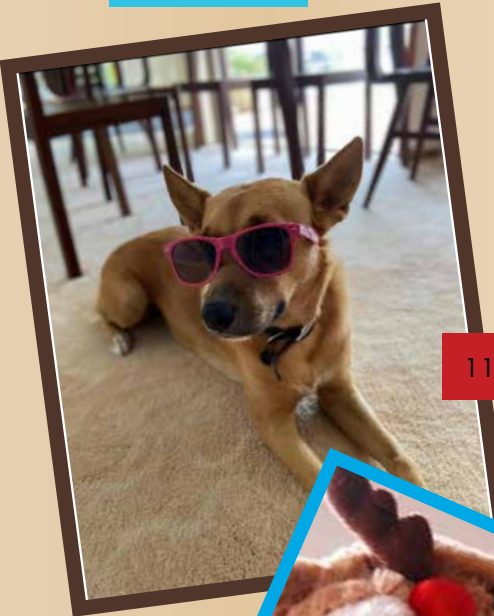
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Merry Xmas to all cat lovers





How Should I Care For My Pets During Fireworks Displays?

Across Australia, there are many celebrations that may involve fireworks. Unfortunately, many animals are terrified by firework displays, and these can indirectly pose risks to animal safety by causing them to take flight and try to escape the loud noises. Dogs and horses in particular often try to run away when frightened by fireworks, and may injure themselves. Many of these animals can end up several kilometres from home. Dogs have been known to jump through plate glass windows to escape loud noises, and easily jump over, or dig their way under fences that would normally contain them.

WHAT CAN I DO FOR MY DOG? PREPARE EARLY.

Talk to your vet about the treatment options available for managing noise phobias – ask them about any new treatment options.

Take your dog out for

exercise before the fireworks start e.g. a reasonably long walk, then after a couple of hours you can feed them a meal. A tired and well-fed dog may be less anxious during the night. If you can, stay home to be with your pet.

Let your dog be with you, remain calm and perform your normal activities. Avoid fussing over your pet excessively as this may encourage anxious behaviour. Try to engage them in normal activities such as playing. Reward your dog for their calm behaviour, rewards include giving dog treats and their favourite dog toy.

Keep your dog indoors if possible, close the blinds/curtains to decrease visual stimuli, and create a comfortable hiding place. An example of a hiding place can be a cardboard box with blankets inside. Cover the box with another blanket and put on some soft music or the TV to help

mask the noise outside.

Distract your dog with games and food. Do not force these on your dog if they want to hide instead.

Do not punish your dog if they show signs of fear and distress.

Dogs who panic can choke themselves on a collar or leash, so never tether your dog during these times and never use a choke chain to restrain your dog.

Make sure your dog is microchipped and that your contact details are up to date on the microchip register. Also ensure they are wearing an ID tag with your up to date contact details, so they can be easily returned if they accidentally escape.

Direct supervision is important to help prevent injury or escape. If you cannot supervise your dog on the night consider making alternative arrangements so your dog will be supervised by a responsible person

directly or you could even consider boarding your dog with a good and reputable boarding kennel so they will be safe.

Dog-appeasing pheromones may help to reduce the intensity of fear in your dog, and can help create a calming environment.

WHAT ABOUT CATS?

Cats should be kept indoors during fireworks displays. Most cats will find somewhere safe to hide and will usually venture out when the noise stops; ensure that they have some comfortable and safe places to hide. Make sure your cat is microchipped and your details are up to date on the microchip register in case they escape and become lost.

Enjoy fireworks responsibly, and make precautions to protect your pets!

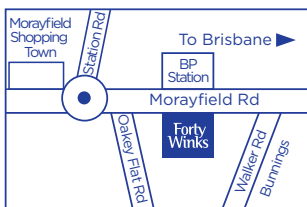


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J568DZ-4



Annette and Alex Long have recently set up a new property management agency in Bongaree after incorporating Victoria Nicholson's rental business.

Alex and Annette have lived the greater part of their lives near the Pumicestone Passage so it seemed fitting that they should call the new agency Pumicestone Property Management.

They are both very passionate about property and about Moreton Bay Bribie Island and the Pumicestone region. Alex has had more than 40 years of experience across all facets of the real estate industry. He was first licenced as a Real Estate agent back in 1978 and has worked in the industry in one capacity or another ever since. He is also an Auctioneer and is currently studying Property Economics at the Queensland University of Technology, part-time, and is specialising in improving the return on investment for property investors. Alex says "if you own a rental property then you are an investor and how your property is managed will determine your long term return. In some cases, your rental property is your super and

with our experience, we can make a difference to how well you retire."

Annette has also had a long career in property. First Licenced as a Property Manager in 1996 and then

MORETON'S MOST EXPERIENCED PROPERTY MANAGERS OPEN RENTAL AGENCY ON THE ISLAND.

as a fully licenced real estate agent in 1998, she worked alongside Alex to organically grow their very substantial rental practice.

The couple previously owned and operated the very well-known Caboolture Property Management Pty Ltd which had more than 600 residential properties under management and many Commercial and industrial Centres right across the Moreton region.

While they don't want Pumicestone property management to get anywhere near the size of their former agency they do want to grow the business focusing on Bribie Island, Beachmere, Sandstone Point, Donnybrook and Toorbul. They are hoping to maintain the boutique-style practice where they forge close relationships between themselves and their clients by personally carrying out the property inspections and dealing directly with tenants and owners. They believe owners in particular want to know that their precious property is being looked after by experienced professionals that they can deal with directly.

Annette says that one of the secrets of success in property management is good tenant selection. By clearly identifying the tenant's needs and placing the right tenants in the right property you can allow yourself peace of mind.

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My Island Home

**Bribie Island.....
How accessible are we?**

Bill Peacock OAM

We live in one of the most beautiful places in Australia, a community of people of all ages and cultures, yet like most of Australia, we lack an essential ingredient **ACCESSIBLE ACCOMMODATION** be it for general living or as a tourist destination for people with a disability. Bribie Island has provided us with exceptional Hotels, Clubs, sporting activities for the disabled and amenities and facilities across the island for the community and day visitors. In the past few weeks trying to find accessible accommodation on the Island for several tourists has proved impossible, and what was available was substandard and as one letting agent said, “what else does a handicapped (sic) person need”. There is a misconception that places aged care and disability in the same category, yet the differences are miles apart then there is the myth that people with disabilities cannot afford to stay in any form of luxury in accommodation, a myth that creates an even greater division in the community as many people with a disability are financially secure and their needs are like all people without discrimination.

Even in the disability sector some divisions brought about a campaign by Spinal Life Australia “Disability does not Discriminate but the Government does. This campaign highlights the division between NDIS with a cut-off point at 65 years of age and the aged care for those over 65. You may not be aware that the Australian Government actively discriminates against

older Australians by excluding them from the National Disability Insurance Scheme (NDIS). To be eligible for the NDIS a person needs to have applied before their 65th birthday. This means that anyone diagnosed with MND after that time misses out and is forced to rely on the My Aged Care system which is utterly inadequate to meet their needs. The maximum annual funding a person receiving a Home Care Package (through My Aged Care) can receive is just \$52,000 a year but there is an 18-month wait for these packages so the reality is that many people have to cope with lower-level packages or no funding at all!

There should be no division between disabilities, Indigenous Australians, refugees, immigrants or cultural differences we are the one community Diversity, Equality and Inclusion must be driven by all businesses and the community so that recognition of Human Rights prevails. It’s time to remove the segregation in particular for people with a disability, let’s forget the division “All you disabled sit over there in your designated area”

This is degrading, and we are not special or have any more than accessible needs as the Disability Discrimination Act clearly states To eliminate, as far as possible, discrimination against persons with a disability in the areas of work, accommodation, education, access to premises, clubs and sport, and the provision of goods, facilities, services and land, and existing laws and the administration of Commonwealth

laws and programs to ensure, as far as practicable, that persons with disabilities have the same rights to equality before the law as the rest of the community; and to promote recognition and acceptance within the community of the principle that persons with disabilities have the same fundamental rights as the rest of the community and includes *αλληλομοδατιον* residential, permanent, holiday or business accommodation all members of the community must recognize the Human Rights Charter.

It’s time to remove the segregation of people with a disability, let’s forget the division such as “All you disabled sit over there in your designated area” this is degrading, and we are not special or have any more than access. The Federal government introduced the Companion Card to allow the person with a disability to have care while enjoying the experience of entertainment and travel yet this is often ignored by venues and businesses.

A quote from a person with a severe mobile disability with three Academic Degrees and a Doctorate in two of the degrees fully said “I may dribble, need a computer to communicate, need to be fed as muscles control is not possible, I need a companion with me at all times to provide the necessary, yet I am not stupid, or special I am a human being and I should not be isolated from the community or denied access.



HOME AND GARDEN

Bribie Island GARDEN CLUB

The Bribie Island Garden Club celebrated its last meeting for 2021 with a delicious morning tea provided by the Bribie Island RSL.

Ninety members and guests joined in marking another year of fellowship, workshops, excursions and come and share days.

The Club has grown in numbers even through the dark days of COVID 19 which shows you can't keep our gardeners from sharing and caring.

The Bribie Island Garden Club's membership is over 100 with up to 80 members coming to the monthly meetings.

The members exhibit their flowers, fruit, vegetables, and foliage in 25 different sections. The judge's award points, which at the end of the year are collated, and prizes presented. During morning tea, the

members view the judging tables, and much conversation is had between the members.



Judging Table

Our male membership is steadily growing, and the men are just as enthusiastic as the ladies. Guest Speakers ensure they keep up to date with all new gardening advice.



Winners for 2021

As it was the last meeting for the year, Lorraine James (President,



Overall Winner Dawn Farrell



New president Lorraine James with past president Lee James.

presented the winners of the 23 judging sections with Mitre-10 Gift Cards.

There can't be a better gift for a gardener than being able to spend more money on their pride and joy.

Dawn Farrell the in our judging competition.

The Shirley Scott Perpetual Trophy was awarded to the Garden Club's past president and quiet achiever Lee James. The next meeting will be held

on Wednesday, 19th January due to Australia Day 2022.

The Bribie Island Garden Club meets at the RSL auditorium every fourth Wednesday starting at 9.30 finishing by 11.00 am.

Annual membership is \$12.00 which includes a Club diary. The diary gives all the information on the judging requirements and other gardening tips.

The Club also has monthly "Come and Share Days", Workshops and Excursions.

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HOW DO YOU KNOW WHEN IT'S TIME TO REPLACE YOUR MATTRESS?

If you notice any of the following, then it may be time to replace your mattress:

- Signs of wear and tear. Signs of wear include sagging, lumps, and coils that can be felt through the fabric.
- Noisy springs. Springs that squeak when you move is a sign that the coils are worn and no longer providing the support they should.
- Muscle stiffness. When your mattress isn't comfortable and no longer supporting your body the way it did, you could wake up feeling sore and stiff. New mattresses reduced back pain and improved sleep
- Your allergies or asthma has worsened. Mattresses are where the majority of the dust mites and allergens in your home live. This can wreak havoc on allergies and asthma. Vacuuming and cleaning your mattress regularly can help, but if you find your symptoms aren't improving, then it's time for a change.
- You can feel your partner moving. An older mattress will lose its ability to reduce motion transfer, causing partners to feel more movement in the mattress when one person turns over or gets in and out of the bed.
- You're putting more weight on your mattress. Gaining weight or adding a sleeping partner can affect an older mattress and change how well you sleep. When your mattress needs to support

HOME AND GARDEN



more weight than it did before, you may notice changes that make it less comfortable.

How can you make your mattress last longer?

You may be able to prolong the life of your mattress with some extra care. The following are things that you can do:

- Use a mattress protector to protect against spills, dust, and debris.
 - Make sure your mattress is properly supported with the right box spring or foundation.
 - Rotate the mattress every 3 to 6 months to promote even wear.
 - Clean your mattress as directed by the manufacturer.
 - Open your windows regularly for better ventilation, which can reduce dust and moisture build-up.
 - Keep your mattress upright when moving it to prevent creasing or damage to the springs.
 - Keep pets off the bed to reduce the risk of damage from claws and chewing.
 - Don't let your children jump on the bed as this can damage coils and other mattress components.
 - Remove sheets and mattress covers occasionally to air out your mattress.
- Regular vacuuming can help keep allergens and dust mites to a minimum. You can also sprinkle your mattress with baking soda and vacuum it 24 hours later to help remove trapped moisture and odours.
- Mattresses should be cleaned once a year and spot cleaned in between as needed.



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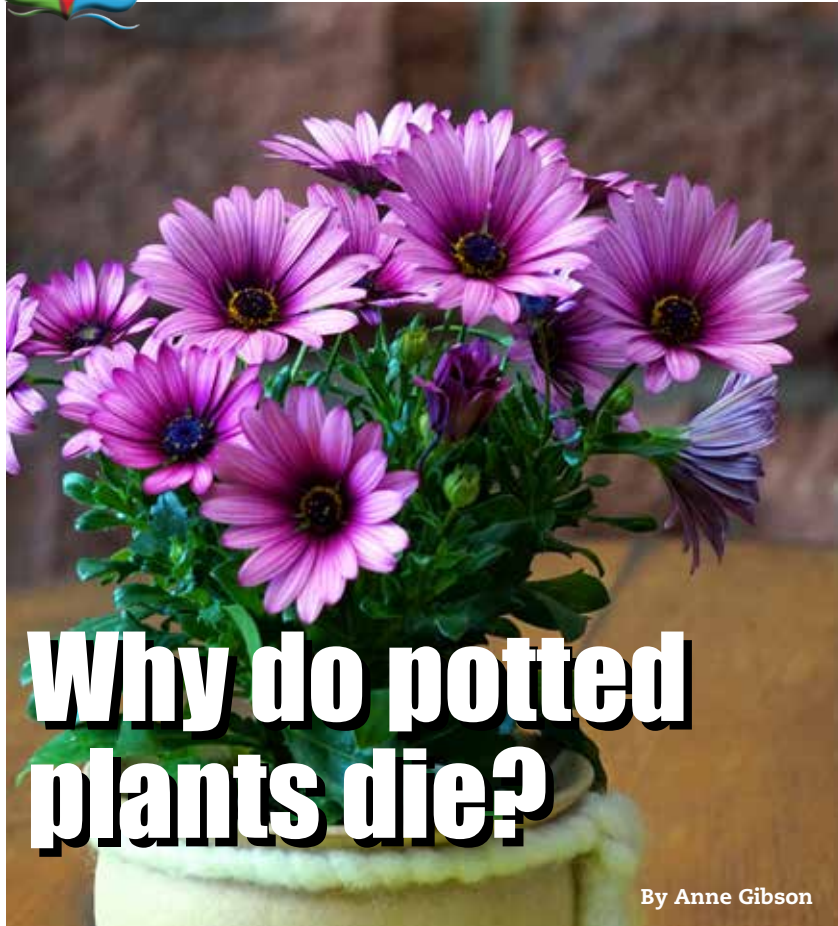
Lisa Weyer



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By Anne Gibson

Some plants need more moisture than others. Large-leafed plants, fruiting and flowering crops, and thirsty herbs like mint typically have greater water needs than small-leafed herbs, succulents and perennials. Large pots in the shade won't need watering as often as small containers in a sunny or windy position. Avoid waterlogging by leaving the plant sitting in water.

4. Treat houseplants differently. Indoor plants have lower light levels so they use water comparatively slowly. They need to dry out a little between watering's (but not bone dry). Learn to 'read' your plant's clues before the whole plant turns brown and crispy! I only water my houseplants every 10 days or so when a particular Spathiphyllum, Mr Droopy lets me know its seaweed spa day! They all go into a deep bucket for

a refreshing deep drink, drain and hose down. 5. Keep a garden journal if you're busy or forgetful. I've found this really helpful for keeping a record of which plants need more or less moisture and general observations. A watering routine before/after work or a set time may help.

6. Repot when needed. If you notice roots extending out the base of the pot, it's time to transplant into a bigger one. 7. Maintain plant nutrition. If you're initially potting up a plant, add the nutrients to your potting mix. Liquid feeds are really useful to apply trace elements. A seasonal application of compost, worm castings, slow-release minerals and mulch will keep your plants healthy and happy.

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

As container gardeners, our plants are dependent on us for survival. Their roots can't just reach out and find the moisture and nutrients they need outside their pot 'home'! The most common reasons for killing potted plants are:

- Overwatering them. They drown due to waterlogged roots and lack of air spaces in poorly drained mix.
- Underwatering them. They don't have sufficient moisture to rehydrate and take up soluble nutrients.
- Not feeding them by meeting their nutritional needs, so they 'starve' due to an empty 'soil pantry'.
- Using a poor quality potting mix or garden soil. Potting mixes tend to dry out, become hydrophobic and repel moisture quickly. Garden soil often compacts, doesn't drain well and may contain plant pathogens.
- Not repotting them when they outgrow their home. Roots become 'pot bound' if not upgraded to a bigger pot.
- Putting them in the wrong spot – too hot, cold, frosty,

windy, shady or sunny for their particular needs.

• Neglecting them altogether. Bad plant 'parenting'! So how do you avoid these problems and save your plants?

7 Tips to Avoid Killing your Container Plants

If you've accidentally murdered one of your plants or turned it into a 'dried arrangement', don't feel too guilty! Compost it and reuse your potting mix to start again. These are some simple tips to avoid future potted plant casualties.

1. Start with a good quality potting mix that has excellent structure, holds moisture and nutrients and drains well. Even better, make your own potting mix for more control than a commercial mix or amend a bagged mix.
2. Choose your pot wisely. If you live in a hot climate, terracotta pots may not be the best choice as they dry out quickly. Do your homework and compare different materials and options.
3. Water consistently and appropriately. It can be tricky to know how often to water.




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BETWEEN THE LEAVES

By Mick O'Brien Dip.Hort RH-101

With the New Year upon us, I feel empowered to write this article today to offer my heartfelt gratitude to all our lovely readers who have been dutifully reading our articles throughout the last year. I feel fortunate to be working in a variety of different gardens assisting my client's needs with garden renovations and maintenance activities on and around Bribie Island and surrounding districts. The respect and trust my customers instil in me as they relax knowing that the health and vitality of their plants are in excellent hands indeed. It's this trust coupled with the fact that my passion and spirit is right out there in the forefront of my ongoing business concern, which resonates with my soul. While I am fortunate to be performing my day-to-day business activities in the great outdoors in the landscaped garden settings and while working around plants and our local wildlife, it also offers me the opportunity to ground myself, especially in those peaceful situations where traffic and noise are at a minimum. It's in those rare moments - which I relish, if for only a few seconds to tune in to the environment - when possible. Sometimes it's the simplest of nature's encounters that may occur when you are doing what you love, whether it be a butterfly landing on your head or dragonflies seemingly leading you around as you meander through the garden path or perhaps the humble green tree frog looking you straight in the eye as you inspect a plant. These ever so humble but simple encounters give me a healthy respect for the environment! It is these

encounters that penetrate through my routine day-to-day existence and afford me the chance to resonate while working away and sometimes gives me a moment of clarity and perspective whilst thinking about strategies for nurturing and attracting these local insects and pollinators to our little patch with nectar-producing plants in future garden design possibilities!

With the onslaught and repercussions from dealing with the COVID - 19 virus and subsequent lockdowns initiated by the chief health officer and the local government, it seems to certainly have added momentum for most of us to seek to escape from the urban environment and as a consequence relish the simple things in life once again. Thankfully, living on Bribie island and around our surrounding districts is an absolute blessing, there is so much to see and do, whether it's to appreciate our diverse flora and fauna or to enjoy coastal fishing, swimming or boating activities or just stroll or cycle around the many parks and wetlands in the area, our air is fresh and to be surrounded by water just contributes to that - special - island- vibe feeling. So, having a garden full of birds, insects and frogs among flourishing plants in a residential area is a priceless treasure in my opinion. On that note, here's hoping you have a butterfly land on your head this year!

Take care!

Well, that's your lot in the plot and the Juice between the leaves this issue!

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AIR-ELEC REFRIGERATION, Air Conditioning & Sanitising was established this year and grew out of Squeaky Clean Aircon Sanitising which some of you may know.

Jamie McShane established his little business here on Bribie Island as he identified a need to professionally clean

air conditioners, what they do is service and deep clean air conditioners using a wet wash process.

“I found myself without a job early on at the start of the COVID-19 pandemic. I tried a few different things including cleaning at the Caboolture Hospital and decided to start my own business instead of sitting at home feeling sorry for myself,” said Jamie.

His father Craig had previously owned a Franchise covering the whole of Tasmania sanitising air conditioners and Jamie worked hard in that business. Craig currently sits on the “Board of the



Air Conditioner Wet Wash Association (ACWWA).” ACWWA is committed to educating those who consume conditioned air on the health risks associated with split system air conditioners that are not regularly cleaned and cleaned properly. ACWWA has

developed world best practice and has provider members throughout Australia and in the US with some in Europe and the Middle East.

“The big thing is that the equipment used by a lot of people that claim to clean air conditioners is simply not fit for purpose. ACWWA has done extensive testing to show that it takes a minimum of 5 LPM at 100 PSI to thoroughly clean a coil. What others use, struggle to pump 2 LPM, they are small backpack sprayers and simply cannot penetrate the coil. Looks great on the surface but in the guts, it will still be full of mould and other bio-toxins. There is so much science out there now concerning airborne pathogens and the impacts they have on indoor air quality is disastrous,” said Craig.

Children in schools, our elderly family members in nursing homes and people in public spaces are all being exposed to this, purely because those that claim they are sanitising these systems simply are not. This is very concerning for those with health issues such as Asthma and other respiratory issues and puts a number of our vulnerable community at risk.

Jamie has a purpose-built, dual pump machine that produces approximately 12 LPM at over 100 PSI. He has spent a lot of time researching and developing his equipment to get the best possible outcome for the consumer.

For more information, contact Jamie or Craig on 0460 667 510.



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- ARCTick License AU53965
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- Bribie Local employing locals



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VMR BRIBIE ISLAND

John Traill

Public Relations Officer
Volunteer Marine Rescue
Bribie Island

Phone: (07) 5327 2747

Mob: 0407 537 323

publicrelations@vmrbribie.com

On a dark and stormy Wednesday morning December 1st, 2021, at 0500 VMR Bribie switched off its old Radio System and is now operating on a new Frequentis touch screen radio system where the Radio Operators are able to monitor all our designated radio Channels on one screen. The Morning Radio Operator Ross Jones was the first to officially use the new system, taking his first Log On at 0545 from a vessel leaving Spinnaker Sound Marina going to Cape Moreton. Radio checks were also made with VMR Raby Bay, Coast Guard Caloundra, and Coast Guard Mooloolaba, all were receiving VMR Bribie Loud and Clear.

This is stage one of a Radio Room upgrade and the next stage is when the Radio Tower is upgraded with new antennas and cabling which we are aiming to have done before the Christmas Holiday period.



Radio Operator Ross Jones uses the new radios and touch screen on the 5-9 am radio shift 1Dec 2021.



The new touch screen monitor requires pressing the icon on the screen to select that channel.

NEW COXSWAIN

Big Day for VMR's Wayne Sclater when he received his Coxswains Stripe today his wife Sue was on hand and big thumbs up from the Commodore Liz Radajewski and Vice Commodore Ces Luscombe.

From all the VMR Family Well Done Wayne.



Wayne proudly shows his Coxswain stripes.



Wayne was joined by wife Sue to help celebrate.



Well, that's a wrap for Green Sunday for 2021 thanks everyone! From left: Ces Luscombe, Wayne Sclater, Jamie Darlington, and Michael Henson.



New Skipper Wayne Sclater imparting knowledge (and humour) to new trainee crew member Steve Parry during training on Bribie 1.

PHRCA XMAS LIGHTS BOAT PARADE SAFETY BRIEFING - Tuesday 7th December 2021

41 people attended this year's Safety Briefing for the PHRCA Xmas Lights Boat Parade. Angela Kratzmann (Community Development Manager) and Ritchie Bloomfield (Committee Member) met entrants at the door with their boat numbers to be displayed, and a generous bag of goodies from the sponsors.

Commodore Liz Radajewski welcomed all and gave the mandatory housekeeping and emergency procedure briefing. Ritchie Bloomfield outlined this year's sponsors and prizes, also

the inclusion this year of 2 choirs on their own boats (who claimed they didn't need a PA system)! Prizes for this year are 1st \$1,000; 2nd \$500; 3rd \$250, an email will be sent out to Banksia Beach residents with details on how to vote, voting will close on Sunday 12th December and winners announced Monday 13th December.



Above and below: Commodore Liz, Angela and Ritchie greet entrants at the door, sign them in and present a gift bag and boat numbers to be displayed on their boats during the parade.



Commodore Liz presented the boat safety briefing

Bribie 2 will lead the parade and Jonkers Bribie 3 will follow up at the end of the parade. The boats will assemble in the Marshalling Area at 6:30pm,



Most of the entrants to this year's Xmas Boat Lights Parade.



Leading Seaman Joe Fitzgerald received the award for Best Recruiter for T S Koopa 2021. Seen above with VMR Commodore Liz Radajewski, and TS Koopa Commanding Officer Lieutenant Garth Schmith. This is the second time he has won this title, he also won it in 2019. His prize will be spending a couple of crew days with VMR Bribie Island. We look forward to meeting you Joe!

MARINE RESCUE IMPLEMENTATION TEAM -

Thursday 9th December 2021 The "Blue Water Review" conducted by the Queensland Government has now become the "Marine Rescue Implementation" program with the aim to establish a single Volunteer Marine Rescue (VMR) service that will ensure the sustainability of marine rescue in Queensland.

QFES will be working to establish a new single marine rescue service in Queensland that will provide Marine Search and Rescue capability in support of the Queensland Police Service (QPS). The Australian Volunteer Coast Guard Association (AVCGA) and Volunteer Marine Rescue Association Queensland (VMRAQ), with 3000 volunteers between them, will be invited to join a new service by October 2024.

The QFES team running the implementation program attended VMR Bribie on Thursday 9th December. Firstly, meeting with the VMR Bribie Island Committee, followed by a Q&A session with our Active Members, who were given the opportunity to ask questions about the future plans for the integrated Marine Rescue service, or to raise issues of concern with the team.



VMR Bribie Secretary Gary Voss welcomes all to the Q&A session, and introduces Libby, Sam, and Cloe from the Implementation Team (QFES).



Some of the Active Members present for the Q&A session.



More of the Active Members present.



Marine Rescue Implementation Team Members: Libby (Senior Business Analyst), Sam (Senior Procurement Officer), and Chloe (Business Support Officer) gave an outline of where we are at with the program and answered questions from the Active Members.

Own a Boat? You can join VMR Bribie Island online at www.vmrbribie.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.

“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!"

SAFETY DAVE - The Frenchie's Message:

“Having the right safety equipment on your boat and knowing how to use it is essential. This could save your life in an emergency. The safety equipment you're required to carry depends on the size of your boat, whether the boat needs to be registered and where you're operating”!

Minimum Safety Equipment in Pumicestone Passage:
 Firefighting equipment, signalling device, life jacket Anchor and cable, Drinking water, Oars or paddles for boats under 6m, Bailing/pumping equipment.

Minimum Safety Equipment in Moreton Bay:
 All the above plus Flares & V Sheet, Chart & Compass

Beyond Moreton Bay an EPIRB is also required.

For full details visit the MSQ Website:

<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>





FISHING REPORT

By: Robyn at Bribie Island Boat Charters

As the waters of Pumicestone Passage warm-up over summer, there'll be opportunities for fishing estuary cod and mangrove jacks, as well as some good flathead, in the creeks and around the mangroves and oyster leases. Ningi Creek is the first creek on the left (mainland) side as you travel north of the bridge. As you explore the mouth of this creek on a low tide you will soon realise why locals love this area so much, but be careful not to get stuck on any of the sandbanks! Tides over the summer are bigger in the daytime and we have some pretty high tides from January 3 – 5th. The entrance to Ningi Creek is marked by a yellow marker, about 2km north of the bridge. The mouth of Ningi Creek is a popular area for flatheads, and also sand crabs through the summer months (any month that has an “r” in it, is the usual saying). Along the oyster leases in that area is also good for bream but be careful not to interfere with or damage the working oyster leases. The summer whiting also spends the warmer months in the Passage and sometimes head up the creeks in windy weather.

The deep water in the middle

of the Passage between the mouth of Ningi Creek and the bridge is a bit cooler – it holds lots of grassy sweet lip and Moses perch over the summer.



The tidal run through there is strong, especially during December-early January, so you might have to fish on the drift. If you want to anchor, try to choose a period of time over the change of tide.

Just north-west of Pacific Harbour is the Avon Wreck, which is most visible on the lower part of the tides before it becomes submerged. It is home

to some decent whiting and bream. Shag Island lies behind the wreck looking northward and the relatively deep water channel between them is known



to hold good fish; again it can leave you in shallow water with no obvious exit if you don't watch the tide.

Heading a further 2km north of the Pacific Harbour entrance, on the Bribie side of the Pumicestone Passage is White Patch. White Patch is nicely protected from northerlies and northeast/easterlies. Anchoring in towards Wright's

Creek will also offer shelter from the regular south-easterlies, but boating might be a little bumpy! This spot holds juvenile snapper, bream, flathead, occasional trevally and mulloway and sand crabs. The northern end of the White Patch gutter narrows and drops out quickly, but there are good catches possible from this area.

The Pumicestone Passage's mudflats and protected wetlands also support many species of wading birds. During summer, huge numbers of migratory birds use Bribie Island and the Pumicestone Passage as their nesting place; others use the area as a resting place on their migratory path. Be aware of the no-go zone known as Kakadu bird roost, on the north side of Pacific Harbour and marked on the Bribie Island Boat Charters' chart – we all need to help protect these birds after their long-haul flights from Siberia and other northern climes.

Any time, any tide, any season, there is something to find out in the Pumicestone Passage. The diversity of its fish species, as well as the dolphins, dugongs and turtles, birdlife and natural beauty, make a day out in the Passage a very special experience.

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5 USEFUL FISHING TIPS FOR BEGINNERS

THERE ARE FEW ACTIVITIES MORE SUITED TO HOLIDAYS THAN FISHING. IT'S THE IDEAL EXPERIENCE WHEN TAKING A BREAK: FISHING IS RELAXING (WELL, IT SHOULD BE!), IT CAN BE ENJOYED BY THE WHOLE FAMILY AND FROM ENDLESS LOCATIONS!

1. Make sure you are well-equipped

From rod to reel and bait to bobber, there's plenty to take in. Choosing the right equipment is important, and it can be an overwhelming process. There is no short answer to determining which gear is right for you, although there are key considerations to bear in mind:

- From which platform will you likely fish (beach, rocks, jetty, boat, etc.)?
- Where will you be fishing (ocean, river, lake/)?
- What type of fish are you trying to catch?

2. Be aware of the rules

Once you are kitted out to look like an A-grade angler, it's important to be aware of various regulations when fishing in Australia.

These regulations differ between each Australian state and territory. The main restrictions focus on the minimum allowable size and the quantity of your catch. Some states even require you to have a recreational fishing licence (obtainable online).

To ensure you are aware of your requirements, head to the fisheries department website of the state or territory that is applicable to you.

3. Always put safety first

This tip is the most important of all - always put safety first when fishing.

THE KEY POINTS ARE:

- Be aware of weather, tidal, and swell conditions.
- Wear light-coloured clothing and sturdy footwear. In addition, remember to dress appropriately for the elements.
- Don't go fishing alone.
- If you are rock fishing, never turn your back to the sea.
- Let family and friends know of your whereabouts and your intended return time.

4. Do your research

To really make a success of fishing, it pays to do your research.

Read, watch, and listen to as much fishing-related material as possible. If you have limited time, at least consider elements such as the best time of day to fish in your designated area and the ideal location to land a catch. When at your destination, make note of areas where other anglers are trying their luck. Or ask around for a few tips, as it's hard to beat local advice.

5. HAVE A BACKUP PLAN...

If the only thing you have a chance of catching is a cold, it pays to have a backup plan. We suggest you take note of the nearest fish and chip shop so you never return empty-handed. Or join a fishing charter and let the experts show you the way.

TIDE TIMES

**BRIBIE ISLAND
& MORETON BAY**

	FRI 17 Dec	SAT 1 Jan	SUN 2 Jan	MON 3 Jan	TUE 4 Jan	WED 5 Jan	THU 6 Jan
FRI 31 Dec	12:45 am	1:37 am	2:29 am	3:18 am	4:07 am	4:55 am	12:07 am
	0.23m	0.18m	0.15m	0.14m	0.16m	0.22m	1.44m
	7:42 am	8:36 am	9:28 am	10:17 am	11:06 am	11:52 am	5:44 am
	2.01m	2.16m	2.25m	2.29m	2.27m	2.2m	0.29m
	1:59 pm	3:00 pm	3:57 pm	4:49 pm	5:39 pm	6:28 pm	12:38 pm
	0.47m	0.39m	0.35m	0.34m	0.35m	0.38m	2.1m
	7:40 pm	8:39 pm	9:34 pm	10:27 pm	11:17 pm		7:14 pm
	1.53m	1.51m	1.49m	1.47m	1.45m		0.4m
	FRI 7 Jan	SAT 8 Jan	SUN 9 Jan	MON 10 Jan	TUE 11 Jan	WED 12 Jan	THU 13 Jan
	12:58 am	1:50 am	2:47 am	3:50 am	4:57 am	6:02 am	7:03 am
	1.45m	1.46m	1.49m	1.53m	1.59m	1.68m	1.77m
	6:33 am	7:25 am	8:23 am	9:30 am	10:48 am	12:12 pm	1:31 pm
	0.38m	0.49m	0.61m	0.71m	0.77m	0.78m	0.73m
	1:21 pm	2:04 pm	2:50 pm	3:40 pm	4:40 pm	5:48 pm	6:55 pm
	1.97m	1.83m	1.68m	1.54m	1.42m	1.34m	1.3m
	7:58 pm	8:41 pm	9:25 pm	10:12 pm	11:02 pm	11:56 pm	
	0.42m	0.44m	0.44m	0.45m	0.45m	0.45m	

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Travel safely this Christmas Road safety advice to help keep you and your family safe More lives have been lost on Queensland roads this year compared with 2019 despite COVID-19 travel restrictions and changed commuting patterns reducing traffic.

As of midnight on 9 November the number of lives lost on Queensland roads was 232 whereas the number of lives lost in 2019 was 190.

Queensland Police Service Acting Chief Superintendent Dale Pointon said the top three driving offences detected by police this year were speeding, drink and drug driving.



“Police will maintain a high visibility presence across Queensland’s roads during the holiday period, including operations on roads where an increase in road users are expected,” Mr Pointon said. “Our aim is to ensure everyone arrives safely at such an important time of the year. “We strongly encourage drivers, motorcyclists, cyclists and pedestrians

to pause and think about their behaviour before they set off on their journey, and drive to the conditions.”

Department of Transport and Main Roads Land Transport and Safety Regulation General Manager Andrew Mahon said with many Queenslanders excited to be planning a road trip during the school holidays, they were reminded to make safety their top

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priority.

"While we are unable to predict how much extra traffic there will be on Queensland roads, we do know Christmas holidays are a time when we traditionally see increased traffic," Mr Mahon said.

"This is expected to increase further this year with overseas and interstate travel restrictions in place.

"This is especially evident in regional areas where sadly, excessive speed, drugs and alcohol appear to be the significant contributing factors in many of these crashes."

From 2015 to 2019, half of all deaths on Queensland roads involved at least one of the fatal five risky driving behaviours: speeding, distraction, alcohol and drugs, fatigue and not wearing a seatbelt.

"When heading out these school holidays, remember to be courteous when you are behind the wheel, follow at a safe distance and enjoy your time away with your family and friends," Mr Mahon said. "The aim is for everyone to get to their holiday destinations and arrive home safely."

RACQ Manager Road Safety and Technical Joel Tucker said drivers needed to be mindful of the fatal five all year round, but especially over the holidays.

"These holidays, or on any trip, drivers need to slow down, stay safe and drive to the conditions" he said.

"We are also reminding drivers to buckle up and check their passengers are properly restrained too, keep their eyes and minds on the road and hands on the steering wheel

– not on their phones, and to avoid drinking and driving. "You should also plan your trip in advance and locate places where you can take a break along the way – aim for a break at least every two hours."

Cyclists

All road users have responsibilities but there are also additional road-sharing obligations depending on whether you drive or cycle. For motorists, this includes knowing the road rules that apply to cyclists and respecting their rights. For cyclists, it means riding predictably and clearly indicating any intention to change direction.

Common accidents involving cars and cyclists are caused by motorists:

Failing to give way to cyclists when exiting side streets and driveways

Turning right or left and cutting off a cyclist on the kerb side
Overtaking too closely to cyclists

When you're sharing the road with cyclists, you should: allow cyclists at least one-metre leeway when overtaking be aware that bicycles are not as stable as other vehicles and that they may need to suddenly veer away from rough road edges.

Animals & stock

Animals are unpredictable and can be a problem for drivers, especially when driving at night, dawn and dusk, around water crossings and in rural areas where there are unfenced cattle.

Night time creates an additional problem because the headlights of an oncoming

vehicle can cause an animal to panic and freeze in the middle of the road. So make sure you slow down, particularly along roads with yellow warning signs with a silhouette of an animal.

Roadwork sites

Roadwork signs are official traffic signs, so if you disobey them you could:

face a fine and get licence demerit points

be liable for any damage to roadwork equipment and materials

be sued for damage or injury incurred
Roadwork signs are also warnings to take extra care, even if there are no road workers on site.

By observing signs and obeying any speed restrictions, you will ensure: the safety of the road workers you do not lose control of the vehicle due to the rough road surface you avoid any unnecessary damage to your vehicle by loose bitumen, stones or gravel.

Aggressive driving

Unfortunately, as roads become

congested and vehicles become a personal survival capsule, drivers often become frustrated and impatient, increasing errors of judgement and the chance of having a crash.

As a driver, you will either be guilty of, or a victim of, driver error and aggression. But how you deal with the situation depends on your frame of mind.

You can reduce stress in your driving environment by:

allowing plenty of time for travelling

improving the comfort in your vehicle

Drive defensively and avoid conflicts with other road users by: remaining calm and relaxed

making allowances for errors by other drivers and road users using your horn sparingly and only as a warning device

putting isolated cases of minor delays imposed by others in the overall context of the whole trip.

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LETTERS TO THE Editor



Please keep your letters to no more than **300 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,

Well here we are two years down the track and we haven't worked out that we are an island. But is it that bad? We will go back into lockdowns and quarantines and masks and QR codes but hey how bad is it? We will still be choosing between Bill and Ben the flowerpot men at elections none of that will change but how bad is it? I feel for the businesses affected by this but how bad is it? Remember folks this is not the rum rebellion or the First World War the depression or the second or Vietnam or Korea. When you are confused about requirements for quarantine or lockdown or asked to put a mask on remembering you are not in a trench getting your head blown off, so how bad is it? Or you're not on the road with a swag over your back walking away from family to try and make a pound so how bad is it? We have it great in this country and while covid has changed that I still see the trappings of life in Australia being consumed en masse so how

bad is it? I still see politicians fighting to save their spot on the ladder but how bad is it? We still have people talking about missing Gran or the kids but they aren't in a trench or a jungle somewhere in the world sending us bloodstained letters so how bad is it? We do not have restrictions we have speed humps so stop and smell the roses because they are far better than the stinging nettle of past experiences in our great country Slow down and have a look around we can call the kids on video and show Gran the grandkids, it might be hard but it's not as hard as knowing we will never see them again because they died in the jungle. So how bad is it? Of course, the hardest part of this is losing loved ones because of this and not being able to honour them in the right way, but if it's only the restrictions we are griping about then we need to get over ourselves and think how bad it is?

Name supplied.

Dear Editor,

A report recently released by Pandata shows that the population fatality rate, the number of inhabitants divided by deaths, due to COVID 19 indicates that the Queensland Government panicked by declaring a health emergency before any data was available on how serious the local problem really was. On 29 January 2020, a public health emergency was declared in Queensland in response to the COVID-19 virus outbreak. Let's have a look at what sort of emergency it turned out to be. Data shows that, starting in February 2021, there was no universal susceptibility to the virus. The data shows cumulative COVID-19 deaths per million people. In Africa, Southeast Asia and Oceania, the population fatality rate was 112 per million compared to 710 per million in Europe and the Americas.

The current population fatality rate for Queensland is 1.2 persons per million. Compare our 1.2 to 710 for Europe and

112 for SE Asia. At the rate of 1.2 per million, which is 700 times less than Europe, there is, never was, and cannot be a pandemic in Queensland. All the mask wearing, lockdowns, social distancing mandated by the Queensland Government and the resulting hardship was completely unnecessary. In Queensland, COVID only exists in your television sets. What happens in cold, cloudy, dreary Europe has no relevance to what happens in sunny Queensland. This then begs the question "why has the Queensland government applied such strict measures and why are they continuing with this charade?" This fake Queensland Health Emergency should be abandoned right now! We have cures for COVID in hydroxychloroquine and Ivermectin, and the magic vaccine is turning out to be more dangerous than the disease. It certainly is for Queenslanders! All this malarkey is a big TV drama



to sell us on taking a dodgy vaccine. More dollars for the Americans less dollars for Australians.

Merry Xmas

The Bribe Battler

BITCOIN – FASHION? FARCE? OR FAIR DINKUM OPPORTUNITIES?

I'm just a bloke with opinions, not advice.

Why would anyone seek financial advice to bet on the horses? That's gambling, right? So is crypto. When it comes to real money investing you would seek financial advice, wouldn't you? If it is for cryptocurrencies, then wrong! You shouldn't.

No one on this planet could claim to be a financial adviser with crypto. No-one! So don't ask for it, don't go looking for it!

You will however find a lot of your current advice on crypto comes from 'mates' or 'acquaintances', but that is not advice it is an opinion, I was going to add much like the way I am giving you an opinion, except my opinion comes from research, your mates' opinion may very well come from here-say.

The Bitcoin baby began public life on 3rd January 2009.

"Quoting from Wikipedia", Bitcoin is a cryptocurrency, a digital asset designed to work as a medium of exchange that uses cryptography to control its creation and management, rather than relying on central authorities.

So Bitcoin has been around for about 12 years. Again, from "Wikipedia", "The first recorded retail transaction involved exchanging 10,000 mined Bitcoin for two pizzas. That's around \$720,000,000 in December 8, 2021, values. There are heaps of stories about Bitcoin and other

cryptocurrencies, personally, I wouldn't read any of them. How could they assist me? I'm just having a little gamble with the money I can afford to lose. That's the smart way to 'gamble' isn't it?

There are at the moment more than 1500 crypto coins or tokens listed. You really need to do deep research to find accurate information about any of them.

There are popular ones such as Bitcoin, Ethereum, Solarna, Cardana, Dogecoin, Shiba Inu that are among the top movers. Current approximate prices range from \$70,000 for a Bitcoin coin to 0.00005c for a Shiba Inu coin. You could buy 1 million Shiba Inu coins for \$50.00 just for the hell of it. So what have you gained from what you have read so far?

1. Make up your own mind as to whether you would like to 'have a fling' with crypto.
2. Don't seek financial advice on crypto.
3. Do your own research.
4. Only 'spend' money you can afford to lose.

What haven't you found in what you have read so far? Crypto is the most exciting fun arena for spending and growing spare cash that I have ever found in my 80 or so years of life.

You could not possibly compare it to horse racing, Lotto, ASX shares or any other form of virtually guaranteed losses.

You certainly could not compare it to the percentage you might get on your hard-earned money if you keep it in the bank.

You have probably heard the doomsday Sayers say that crypto encourages money laundering. Even the Commonwealth Bank of Australia received heavy fines for money laundering. The most reputable of us

can find ourselves at one time or another being misled by 'associates'. Everything I have written in this article is based on my opinion, not my advice because, as I said, with crypto there are no financial advisers. With a little luck, this article may find interest within this publication and more could be written and explored. If that were so, maybe, in the future we could look at why the 'establishment' is fighting so furiously to either ban, reject or constrain crypto, what coin developers are actually working on and producing real results in real life already. Life's short make your own fun gambling decisions.

By Rob Henry. Retired Pensioner.

Dear Editor,

There's so much to unpick from Philip Arlidge's letter attacking Greta Thunberg (3 Dec issue). Pretentious brat? Sorry Philip, but that's just typical Grumpy-Old-Man-Speak. Greta Thunberg is a highly intelligent young woman who's seen the problems that face the world and wants change. Yes, everything should happen now – because in reality it should have happened 30 years ago. We've passed the point of being able to limit global warming to 1.5° because of the complacency and/or ignorance of people in countries like ours who wanted all the benefits of the modern world, but were happy to leave it for later generations to deal with the consequences. That's Greta Thunberg's generation, so she's got a right to be angry. Sure, global climate change has always happened, but you know what? ... People currently alive are the only ones to have ever actually SEEN it happening. Yes, it's always

happened, but over thousands of years – so gradual as to be beyond human comprehension or records. But we can see it, so what does that tell you?

It took over 2 million years of human development for the world's population to reach 1 billion, but only 200 years more to grow to today's 7.9 billion. Add in the effects of the Industrial Revolution and the massive growth in the use of fossil fuels, land clearing and habitat destruction, it's no wonder our planet's in a mess. While it's not true to say nothing is being done about it all, there is certainly not enough being done by those who can, and that's why Greta Thunberg, Extinction Rebellion, Shut The Gate and environmental activists deserve support, not bad-tempered dismissal by those unwilling to admit that maybe they've been part of the problem for most of their lives.

Regards,
T Longland



BIRDMAN OF BEACH SHACK

This older fellow comes down to the beach at beach shack every morning, early, and gives the seagulls breakfast. I have heard that he has been doing this for many many years.

Photo supplied by Dingo Ernie



BRIBIE ISLAND WRAP December 2021

www.mypolice.qld.gov.au/moreton

PERSONAL SAFETY TIPS FOR NEW YEAR'S EVE

POLICE ARE URGING REVELLERS TO USE COMMON SENSE AND PERSONAL SAFETY STRATEGIES TO ENSURE NEW YEAR'S EVE CELEBRATIONS REMAIN SAFE AND ENJOYABLE.

Brisbane Event Commander, Acting Superintendent Mick O'Dowd said revellers heading to the entertainment precincts throughout Queensland could use a number of strategies to protect themselves.

"Common sense and being alert to your surroundings are two key components of remaining safe. If you get into a potentially aggressive situation, walk away," Acting Superintendent O'Dowd said.

"There will be additional officers on duty in entertainment precincts around the state, including specialist officers from the dog squad, the mounted police, and the water police.

"We will also be reminding people to leave their car at home and use public transport or taxis wherever possible. Parking will be difficult and drink driving could cost more than your license.

"Police will be out in force to enhance safety and prevent anti-social behaviour. We want everyone to have a happy – and a safe – New Year's Eve."

QPS New Year's Eve safety tips:

- Use public transport or taxis where possible and be patient with other commuters waiting for these services
- Stay alert and be aware of your surroundings. If you feel threatened or find yourself in an uncomfortable situation, leave immediately and go to a place where you feel safe
- Trust your instincts and recognise warning signs
- Develop a network of people who will assist you in an emergency and let them know where you are going and when you are likely to return
- Look after your friends

- Consider the necessity of the items you are carrying in your handbag or wallet, and try to keep valuables to a minimum

Police offer the following safety tips to those who plan to drink on New Year's Eve:

- Plan ahead as to how many drinks you will have and stick to the plan by monitoring your drinking
- Book a taxi or designate a driver to ensure you and your friends get home safely
- Eat before and during drinking
- Alternate alcoholic and non-alcoholic drinks at a sensible pace
- Avoid mixing drinks and finish each drink before you have another
- Do not leave drinks unattended
- If someone offers to buy you a drink, go up to the bar with that person and accept the drink there.

Further information and personal safety tips can be located on the Queensland Police Service

[website at www.police.qld.gov.au](http://www.police.qld.gov.au)

Banksia Beach Neighbourhood Watch

Next meeting will be held on the 10th of Jan at 10am at the Solander Bowls Club
 All Banksia Beach residents are encouraged to attend.
 Keeping Banksia Beach safe is up to all our residents, come and join us to find out how you can do your part!



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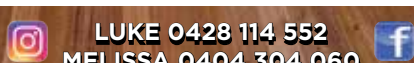
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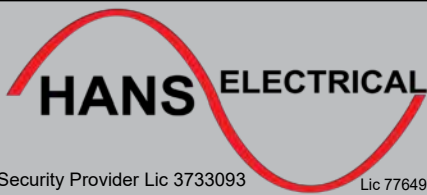
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