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7 LOVE STORIES for Valentines Day





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Feb 11, 2022



Dear Readers.

Welcome to issue 159. This issue is all about love! As you would be aware. Valentine's Day is on the 14th of February, so not far off now! We have a great recipe. homemade gift ideas and some lovely stories to read. But Valentine's Day is not just for couples. To me, it is about showing those who you love, no matter what relationship you have with them, just how much they mean to you. Not that it should take a special day to remind you, but at least you may feel less inhibited with the yearly day of love declarations!

Please remember there is a lot of our community who have no one, no family, no support and in cases of our elderly, no visitors. If you have a neighbour or someone you know who is in this position, please reach out and make them aware that someone cares. Maybe bake some goodies and drop them into your local nursing home, or simply just stop in and share something more valuable, your time.

Being kind costs nothing, not only has a direct effect on others, but it has a positive impact on yourself as well as we all struggle from time to time. A smile, nice gesture or simple understanding that no one is perfect, that they will have bad days, will make the world of difference and may help someone feel better about themselves and not

I hope you all enjoy your Valentines day, I will leave you with one of my favourite quotes...

"We can't help everyone, but everyone can help someone." – Ronald Reagan

Until next time,



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By Himanshu Singh





Self-Love Acts to Attract the Soulmate of Your Life

Do You Know Any Self-Love Acts?

What are your thoughts on self-love? Somehow, we all end up knowing how to love our partners. Thus, when we start counting our dreams, seldom do we

think of finding a partner. It is always about career, money, car, house, business, etc. We usually think that just like oxygen, a soulmate would come to us naturally. However, did you know that you will not attract the right person if you are not ready

for them, even if you join the best dating sites? The law of attraction requires you to do daily acts of self-love to be appreciated by someone else. In a spiritualistic way, aligning yourself with the universe allows you to find what you're looking for,

including your love, but it is impossible without doing self-love acts.

What do Acts for Self-love mean?

People in love or relationships talk about efforts. These are actions







and words that reveal the love for each other. Self-love acts mean the same thing. A combination of beautiful appreciative words about yourself and steps to help overcome all the negativity. The two together can change you from inside out. Have you met a person with positive vibes? Or heard of people like them existing? Contrary to popular belief, it has got nothing to do with self-boasting or being confident. It is more about relieving oneself of all insecurities and taking good care of health. In other words, self-care is an act of self-love.

How to Accomplish Self-Love?

Self-love acts may seem difficult to practice initially, especially when you are not used to doing them. But with time, you can master the art of self-love acts so that people around you will start noticing the changes. However, the real question is, "How? "What are examples of self-love?

Here is a beginner's guide to attracting your soulmate with daily acts of self-love:

Self-Love Acts Example 1: FORGIVE

Start with making a list of everything that stops you from doing self-love acts. Think of all the things you don't like about yourself. Write as many as you can, then make a new column right next to the list to mention the cause behind the thought. With those listed, ponder over the importance of the sources of all the negative thoughts in you. Your daily self-love acts begin with calling out each source in your room (not publicly) and saying that you forgive them.

- · Write all insecurities
- · Find causes
- · Forgive the source of all the causes

Self-Love Acts Example 2: MAKE A SELF-ANALYSIS

Take a piece of paper and write all the good things about yourself. Daily selflove acts require you to read the list every night before sleeping to remind yourself how amazing you are.

Self-Love Acts Example 3: **LET THE PAST GO**

In a peaceful place, think of all the people or things that stop you from trusting new people or exploring new relationships. Realization is the first step to success. Breathe out slowly and let your past leave your mind and body. Clean the space for new adventures in life with each slow breath. Self-love acts that cleanse your mind begin your journey towards positivity. Make a dream board, write about your soulmate and all the qualities you want in that person. Keep the board in front of your bed to see it as the first and last thing of the day. Your focus on your partner, accompanied by your self-love acts, helps you attract the right person to your life, with each step you take towards making yourself worthy of all the love in the world.

How often do you analyse yourself to brush up on your self-love acts?







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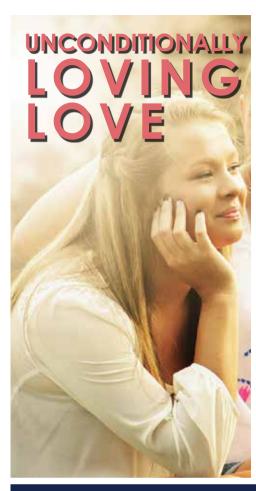
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HEALTH, WEALTH & COMMUNITY





It's Hard To Believe We Are Already In February, As Some Would Call The Month Of Love. With That In Mind, It Made Me Consider Love And Even More Importantly The Act Of "Unconditional Love," What Does It Really Mean?

Unconditional love, simply put, is love without strings attached. Its love you give freely and remains unchanged, despite one's actions, you don't base it on what someone does for you in return. You simply love them and want nothing more than their happiness Feeling unconditional love is something that we experience in our hearts and can be seen as the highest form of human expression. Feeling unconditional love from another can teach us how to love and accept ourselves. Once we do, then we can more easily accept and offer unconditional love to others, including, friends, family, colleagues, and even "enemies."

People aren't perfect, and nearly everyone makes a few choices they regret.

Unconditional love, however, requires unconditional acceptance. It involves acceptance and forgiveness. So, you forgive mistakes and continue to offer love and acceptance, even — and this is important — if their choices distress you or can be painful.

Wanting someone to love you for yourself — no matter what — is an understandable desire. Yet this type of love might still seem like the stuff of fairy tales and movies, not something most people encounter in real life.

So, therefore it is truly important to love yourself unconditionally. Often, we find it easier to give to others and can find we put our own needs at the bottom of the list if, in fact, they are on there at all. Remember to be able to receive what we desire from someone else; we have to be able to gift it to ourselves first. One way to feel more unconditional love is to work on having an open heart and allowing yourself to more easily move through disappointment. Breaking open your heart to others also allows you to forgive, and permits you to see and understand the goodness in others as well as yourself.

Some ways to cultivate unconditional love:

- · Practice self-love.
- · Nurture yourself.
- · Maintain a regular meditation practice, it keeps you calmer and has many health benefits too!
- · Work on "just being in the now."
- · Keep our thoughts and words positive.
- \cdot Surround yourself with those who are upbeat and loving.
- \cdot Receiving unconditional love can also make a difference in emotional well-being.
- · Send love to the difficult people in your life. I support those wanting to create more love within themselves and their life, if this is of interest to you, call me on 0405 361 882 or send me an email at creative and healing the rapies outlook.com

Blessings in abundance, Maria Christina x









o you want to be supported by university-qualified Exercise Physiologists who understand the complex nature of a multitude of health conditions ranging from cardiovascular to musculoskeletal and metabolic conditions such as diabetes?

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CLASSES:

Pilates Mat-work classes: 1 hour \$20 (limited to 8 people)

Pilates focuses on using your body weight as the main source of resistance. It includes a focus on core strengthening, postural exercise, mobility, and relaxation to provide a class for beginners to advanced participants.

Reformer Pilates: 30 minutes \$75 (1:1 individual supervised sessions)

This class utilises the reformer which is a piece of Pilates equipment and is great for people recovering from an injury or those looking to focus on precise core movements and isolate more muscles than in Pilates done on a mat. It is also a great option for low-impact recovery and injury rehabilitation.

Group strength classes: 45 minutes \$12.50 (limited to 8)

Our strength classes are individually programmed to focus on your goals and take into consideration any conditions you have such as osteoporosis, diabetes, or cardiovascular conditions.

Healthy for life - seniors group class: 30 minutes \$12.50 (limited to 8)

Group seniors chair-based class for those who want to stay active but aren't as confident on their feet. These classes focus on mobility, balance, and resistance exercises to improve strength and maintain quality of life.

Hydrotherapy: 45 mins \$27 (Group and individual sessions)

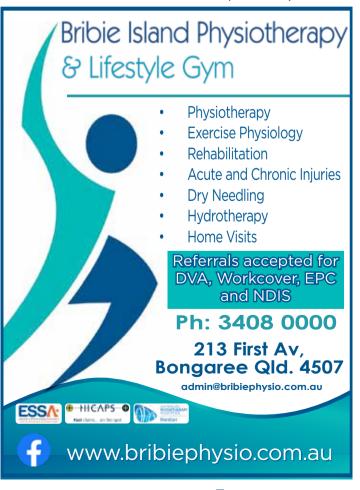
After school youth development: 30 minutes (split the price of a session between a friend)

You can purchase class packs for each of our classes to save money!

If you're looking for individual sessions, we also offer 1:1 supervised exercise sessions.

Initial assessment: \$110 standard, \$95 pension rate – 1-hour assessment conducting a thorough medical history, goal setting, functional movement screen, education, and exercise prescription.

Medicare referrals, DVA referrals, NDIS and private health rebates accepted.





HEALTH, WEALTH & COMMUNITY





Stretching Your Muscles 10 Minutes After Your Workout Should Become An Integral Part Of Your Routine As Well As Warming Up Before Your Start Exercising. When Muscle Soreness Does Happen, You Shouldn't Stop Working Out Entirely. Do Some Lighter Exercises Such As Walking, Cycling Or Swimming, Muscle Pain Simply Means Your Muscles Were Stretched And Are Now Getting Stronger. So Engaging Them In A Lighter Activity Will Help The Elimination Of The Build-Up Of The Lactic Acid.

Moreover, your sore muscles will benefit greatly from getting enough sleep and from proper nutrition. It's advisable you eat lots of protein and antioxidants

in the next 24 hours. They will refuel your muscles and aid your recovery.

As a part of prevention, you can use a foam roller after the workout. It can help reduce the intensity of muscle soreness as it offers a self-myofascial release. In the following days, your perception of muscle soreness will be reduced and this is mostly due to improved blood flow and oxygenation in your muscles facilitated by the massage.

Relieving the onset of muscle soreness

If you do experience the onset of muscle soreness, there are lots of different ways you can relieve the pain. For an acute injury and the swelling of the area, you can use an ice pack for about 15 minutes. If the area is just sore but there's no swelling, treat it with a heat pack for 15 minutes to enhance the blood flow. Also, getting a sports massage at this point can help you

relax the tightness in the muscles and soothe the pain, as well as a warm bath.

Another way to go about this is to use a handheld muscle massager and treat sore areas directly. With six different speeds, it will provide quick and precise relief by improving blood flow in the sore area and decreasing builtup lactic acid. This will result in lesser muscle stiffness, soreness and fatigue. Incorporating muscle massage into your post-workout will allow you to relieve pain and stress, prevent injuries and recover faster

Hopefully, you'll find a way to relieve your muscle pain but if you do experience sharp pain during your workout, or the soreness persists after a couple of days, which might be a sign of injury so it's best you see a health care professional.



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WHAT IS SHOCKWAVE THERAPY?

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SHOCKWAVE THERAPY - ALSO KNOWN
AS EXTRACORPOREAL SHOCKWAVE
THERAPY (ESWT) - IS A NON-INVASIVE
THERAPY THAT USES LOW-FREQUENCY,
ACOUSTIC SHOCKWAVES GENERATED
VIA A HANDHELD DEVICE THAT KICK
STARTS THE BODY'S NATURAL HEALING
RESPONSE IN TISSUE THAT MAY NOT HAVE
RESPONDED TO MEDICATION, REST OR
OTHER THERAPIES.

If you have tried rest, medications, other therapies or even steroid injections to overcome the injury, and are now considering surgery, then Shockwave Therapy could be a good option for you.

Up to 90% of patients report significant improvement in their tendon pain after a course of shockwave therapy.

HOW DOES SHOCKWAVE THERAPY WORK?

Extracorporeal radial shockwave therapy uses a pneumatically powered handpiece that generate low frequency radial shockwaves at the tip of the device, which are transmitted to the site of the injury through a conducting gel. Most patients report notable pain relief immediately after therapy, others can take up to 4-5 sessions to achieve significant pain relief. The body's natural healing process continues after the prescribed course of shockwave therapy.

Part of the treatment plan will also include advice on how to manage your condition and rehabilitation to strengthen the area, which will minimise the risk of re-injury. Clinical trials have shown that shockwave therapy has an up to a 90% per cent success rate in some conditions, in as little as three to five sessions.

WHO IS SHOCKWAVE THERAPY FOR?

Anyone with a chronic injury that involves tendon or muscle should be assessed by a physiotherapist specialising in shockwave therapy.

This can be done as a free assessment at a Back In Motion clinic. Shockwave therapy can be used to treat conditions including Achilles pain, plantar fasciitis, tennis elbow, golfers' elbow, jumper's knee, shin splints, gluteal tendinopathy and shoulder tendinopathy (with calcification), frozen shoulder, musculoskeletal disorders, and heel spur pain.

It is important that your injury is assessed by an appropriately trained physiotherapist to ensure that shockwave therapy is right for you. Your physiotherapist will also prescribe exercises in conjunction with your therapy; as this will improve the outcome and increase the resilience of the tissue.



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set to open the third stage in their popular Mango Hill community

In response to demand, Seasons Living is about to open a third and final stage, in their retirement community in

Brisbane's Northern Suburb of Mango Hill.

The retirement village's third stage building features 60-, one-, two- and three-bedroom apartments, adding to their existing 183 apartments in their first two stages. The site is set to be completed in early February, by Philip Usher Construction Group, and is already taking expression of interest for the apartments.

Seasons Sales Manager, Claire McCallum, said that interest in the apartments had been high despite the increase in covid cases, in Brisbane, in January. "We knew from our previous

two stages at Mango Hill that there would be demand for these luxury apartments, but we weren't expecting such a positive interest despite the uncertainty in our current climate," she said.

"For many seniors having faced isolation and the last two years on their own, many are excited at the opportunity to move into a community where they can have ongoing support if they need it. These apartments are not only luxurious and stateof-the-art but there is also ample storage and are really very affordable with where the housing market is at the

moment."

The pet-friendly community provides onsite facilities, including the brand-new 15-metre pool, movie cinema, café, gym, library, art centre and dog park. Residents also have access to 24/7 onsite care, if and when they need it.

Seasons has three communities across Southeast Oueensland. Mango Hill, Waterford West, and Sinnamon Park, as well as additional projects in various stages of development. Expressions of interest for the new apartments at Mango Hill can be made to Claire McCallum on 0438 852 421.

seasons

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A move to Seasons Mango Hill provides you with the opportunity to live life your own way in your own self-contained apartment, with the choice to be involved as little or as much as you would like in all of the benefits of community living.

As part of our relocation offer we can help you with whatever you need to move and get settled. We can pack, move and unpack your home in the same day!

*Terms and conditions apply.





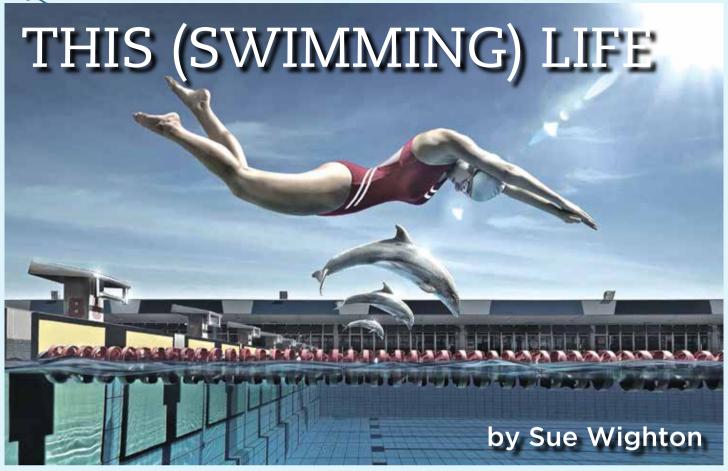


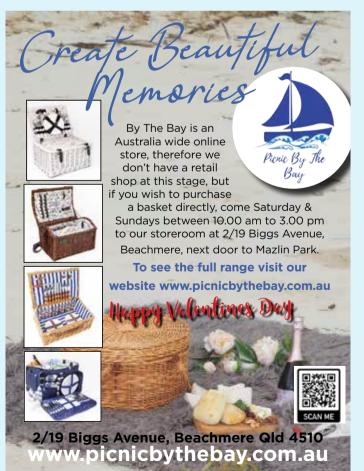
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When I was at Geebung Primary School we used to go to Virginia State School on the train once a week to learn to swim. In those days, not all schools had their own pool.

My memory is as follows:

- The weather was always dreary and often rainy.
- It was cold.
- The colour of the water was a murky green.
- Mr Tench (how come I remember that name?) used to push us under the water with a broom.

omehow this rather innovative teaching method didn't work for me. After bucket loads of tears, gnashing of teeth and notes to the school ('Susan is a little off colour today and won't be swimming ...') my dad taught me to swim. Since then I've swum in countless pools, oceans, lakes and rivers. Maybe it's my water sign (Cancer) but I can't be near a body of water without wanting to dive in. Even as an adult, when it rains I still walk in the gutter; I love riding my bike through puddles.

Some of my happiest times have been when I'm immersed in water. I'm in my element

In my thirties, a bunch of us rode bikes across Stradbroke Island. We stopped at Myora Springs, removed our clothes and frolicked in the crystal clear waters. I've swung out across Blue Lake too on a rope (semi-clad in bikini bottom, no top). It seems many of my watery adventures when I was younger involved the removal of clothing. Is there any better feeling than to swim naked in the sea?

I remember once at Bribie phoning my then-teenage daughter to tell her I'd just swum with dolphins. I was riding on the beach with friends when we spotted dolphins close to the shore. So I downed my trusty bike, divested myself of all garments except panties (I have some shame!) and dashed into the ocean. Glorious! Somehow my daughter was more alarmed at me taking off my clothes than she was interested in the dolphins.

These days I swim twice a week at my local indoor pool (summer and winter).

Occasionally I sit, poised on the edge of the pool, considering the myriad reasons not to swim. It's a bit chilly this morning. In fact, it looks like rain. I'm tired. But I hear that mantra of the little blue fish, Dory, from the movie Nemo. "Keep on swimming," she says.

So I take the plunge. My mind ticks over as I swim. I wonder about the personal hygiene standards of the person in the lane next to mine. Just keep swimming. I move through the water. Just keep swimming. Twenty laps, thirty laps. My back hurts. Forty laps. Just keep swimming.

When I'm done, I feel good. All tingly and happy.

I think about Mr Tench again and the school swimming lessons. I now realise he wasn't trying to push me under. He was extending a lifeline. He was trying to help me. *Thanks, Mr Tench. I'll keep on swimming.*



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HEALTH, WEALTH & COMMUNITY Creative says BICAS artist in her February showcase Ann Jones is a member of Tasmania and the Northern Queensland Society Of Women Territory. It's rumoured Writers. She won a Best this bee is attracted to blue Creative Non-Fiction Prize in and purple flowers, perhaps

The environment is always at the heart of Chris Miles' art. She has made and won several awards, including past Matthew Flinders Art Prize honours for her provocative, thoughtful, clever pieces, pricking our conscience on the harm and destruction man wreaks on the natural world.



"some don't consider what i do as "art', chris savs.

However, there's no denying her skill at combining the detritus of modern life, such as ringpulls from drink cans, plastic water bottles and video tape into startling art works that speak to the eyes and heart of onlookers.

For her Artist of the Month wall in February at Bribie Island Community Arts Centre, titled "Bee Creative". Chris is focussing on bees - in particular the Australian native blue-banded bee.

It's widely acknowledged that bees are in peril across the world from the ravages of agricultural pesticides and mass vegetation clearing. With their demise, pollination is reduced and the world's food supply is threatened.

The blue-banded bee is one of the prettiest bees in the world. Named for the beautiful turquoise bands that run across its abdomen, it is found all over Australia, except in

because it can blend into its surroundings when collecting pollen from them, but this has yet to be proven.

Blue-banded bees don't move around in intimidating swarms like other species. They live solitary lives in little burrows in the soil or the crevices of rocks. They are one of a few native Australian bee species that perform a particular type of pollination known as 'buzz pollination'. Also known as sonication, this type of pollination is really useful on crops such as tomatoes, blueberries, cranberries, kiwi fruit, eggplants and chilies, but the well-known (Apis mellifera) western honey bee is incapable of performing this process. For this reason, the blue-banded bee is extremely valuable to Australian farmers.

Chris Miles has produced a series of compelling enhanced digital images of the blue banded bee, using computer programmes. She has painted into some of the works and others she transferred on to fabric. She also features a series of sketches and a range cartoon "Bee" characters, who are lushly drawn, all given alliterative names - and sporting saucy red shoes... And her fellow BICAS artists, Ann Jones and Leslee Swallow, have written and illustrated a children's book on bees, titled "Betty the Blue-Banded Bee". This is a fun story about the habits of the blue banded bees written to create an awareness of this bee.

The book will be available at the Arts Centre for \$20.



2008 for her book. "Put the Billy On", about her early childhood on a remote cattle station in the Gulf Country during World War II. She also co-authored "Gulf Women", stories of survival, published as "Beyond the Outback" by Hachette. Her short stories have been been published in "Behind the Faces".

Leslee Swallow, the illustrator, has taught and practised art in a number of mediums since studying at Launceston School of Arts and has encouraged beginning artists to build confidence through her tutoring at U3A.

Completing the Bee theme is a batch of limited-edition Bribie honey, made by Banksia beach beekeeper Johann (Jon) Jaksch. Jon started his love of bees and bee keeping in Germany when he was 15. He still uses his old smoker pipe from Germany. Held in his teeth, it allows Jon two free hands to handles the bees.

A limited number of jars of Jon's honey will be available exclusively at the Arts Centre during the month of February. Join Chris, Leslee and Ann at one of two free events at the Arts Centre on Friday Feb 11. Morning tea, which will feature scones served with honeycomb flavoured cream, will be at 10.30am. Afternoon tea will be at 2pm.

Bookings for these are essential as spaces are strictly limited. RSVP on 3408 9288.

Bribie Island Community Art Society Inc.



ARTIST OF THE MONTH

Chris Miles "Bee Creative"

A stunning art exhibition to honour the Australian native blue-banded bee,featuring digital art, drawings,

paintings, children's book and iars of limited edition Bribie honev.









191 Sunderland Drive, Banksia Beach | Ph 3408 9288 www.bribieartscentre.com.au info@bribieartscentre.com.au

hile reading, we have to remember different characters and settings that belong to a given story. Even if you enjoy reading a book in one sitting, you have to remember the details throughout the time you take to read the book. Therefore, reading is a workout for your brain that improves memory

Reading is a Form of (free) Entertainment Did you know that most of the popular TV shows and movies are based on books? So why not indulge in the original form of entertainment by immersing yourself in reading.

Reading Improves Concentration and the Ability

We can all agree that reading cannot happen without focus and in order to fully understand the story, we have to concentrate on each page that we read. In a world where gadgets are only getting faster and shortening our attention span, we need to constantly practice concentration and focus. Reading is one of the few activities that requires your undivided attention, therefore, improving your ability to concentrate.

Reading Improves Literacy

Have you ever read a book where you came across an unfamiliar word? Books have the power to improve your vocabulary by introducing you to new words. The more you read, the more your vocab-

ulary grows, along with your ability to effectively communicate. Additionally, reading improves writing skills by helping the reader understand and learn different writing styles.

Reading Improves Sleep

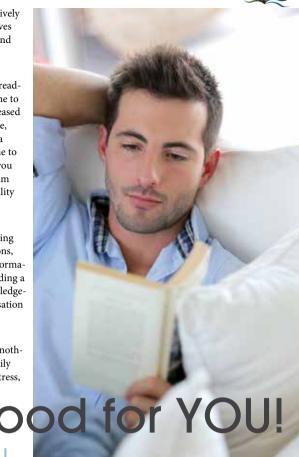
By creating a bedtime routine that includes reading, you can signal to your body that it is time to sleep. Now, more than ever, we rely on increased screen time to get through the day. Therefore, by setting your phone aside and picking up a book, you are telling your brain that it is time to quiet down. Moreover, since reading helps you de-stress, doing so right before bed helps calm your mind and anxiety and improve the quality of sleep.

Reading Increases General Knowledge

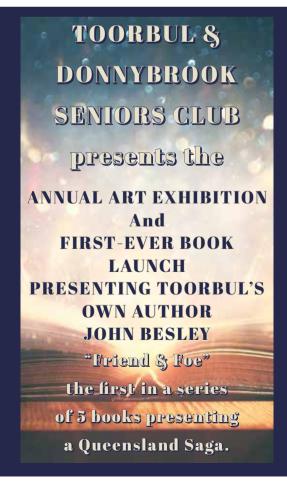
Books are always filled with fun and interesting facts. Whether you read fiction or non-fictions, books have the ability to provide us with information we would've otherwise not known. Reading a variety of topics can make you a more knowledgeable person, in turn improving your conversation skills.

Reading Reduces Stress

Reading has the power to transport you to another world and away from the monotonous daily routine. By doing so, reading can decrease stress, lower heart rate and reduce blood pressure.



READING EXERCISES THE BRAIN





Paintings & Art Work can be viewed from 9 am. Saturday 19 February 2022 from 9 am to early afternoon. RSVP 12/2/22.

Please contact our FB page, email: tdpens@gmail.com or a Club Member for tickets.



VMR grants improve water safety!

Here on Bribie we are quite literally surrounded by water, and the lifestyle of beaches, boating and fishing is why so many of us choose to life here.

But staying safe on the water is key.

20% of boats inspected this summer either didn't have functional lifejackets, didn't have enough for everyone on board, or didn't have the right lifejackets for kids.

With the big changes to Northern Bribie, already we've seen people get into serious trouble on the

water. Our Bribie Volunteer Marine Rescue know how important it is to be safe and prepared when out on the water.

For those that follow them on Facebook, nearly every day they get called out to an emergency.

Day in and day out, they monitor our waterways and work hard to keep us safe, even during the pandemic when volunteers have been off sick.

To thank them for their hard work, I was delighted to announce they have received two separate funding injections from the Queensland Government. Late last year VMR were successful in their Gambling Community Benefit Fund application and were awarded \$35,000 to replace the engines for rescue vessels.

And last week I had the pleasure of ringing Commodore Liz to advise an additional \$10,000 is coming their way to remove and replace radio mast sections under our QFES Marine Rescue Volunteer Grants.

VMR do so much for our community, and I am so excited to see these improvements that will support to keep our community safe on the water.

But each of us locals has a part to play in making sure they don't need to answer a callout to you. Here's what you can do to support our VMR crews: Carry and regularly check your safety equipment. Have appropriate life jackets on board and wear them when required.

Check the weather including marine warnings before you head out.

And complete a trip preparation checklist to make sure you've covered everything before you leave. For a copy of the checklist head to https://www. msq.qld.gov.au/-/media/MSQInternet/MSQFiles/ Home/Safety/generalsafetyobligation/boatingchecklist.pdf?la=en

Or get in touch with my office for a printed copy on 07 3474 2100 or pumicestone@parliament.qld.gov. au





Progether ... Making a Memory

Modern Service with Traditional honourability with Ian and Carol Brownlie

IAN

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

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

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

CAROL

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

Carol moved in with her not

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

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

Ian and Carol focus is to provide a beautiful, meaningful service, knowing that your

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

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





MORE ABOUT ESTATE PLANNING TRUST

Advance Health Directive PROPERTY

CHARITY

PLANNING

LIVING WILL

INSURANCE

SUCCESSION

AS FOR A WILL AND A POWER OF ATTORNEY, PREPARING AN ADVANCE HEALTH DIRECTIVE (AHD) IS AN IMPORTANT PART OF AN ESTATE PLAN. AN AHD IS A DOCUMENT THAT SETS DOWN YOUR WISHES FOR YOUR FUTURE HEALTH CARE IF YOU LOSE THE CAPACITY TO MAKE YOUR OWN DECISIONS. ITS PRIMARY PURPOSE IS TO SAVE FAMILY MEMBERS AND MEDICAL PROFESSIONALS HAVING TO MAKE DIFFICULT DECISIONS SUCH AS WHEN TO SWITCH OFF LIFE SUPPORT. THE AHD ALSO ALLOWS YOU TO APPOINT AN ATTORNEY FOR PERSONAL/HEALTH MATTERS SO THAT IF YOU LOSE THE CAPACITY TO MAKE DECISIONS ABOUT YOUR HEALTH CARE IN THE FUTURE. YOUR ATTORNEY CAN MAKE THEM FOR YOU.



Are you looking for a Financial Adviser?

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- Keep your retirement plans on track.
- Understand how much you need in retirement
- See how long your money will last in retirement
- Maximise your centrelink benefits



Ken Wicks & Terry Cave

For a complimentary meeting at our Bribie Island practice call us on 1800 065 151 or visit www.riseqld.com.au

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The AHD form has undergone significant changes since I last wrote about it in 2017. The latest, Version 5, was approved for use in November 2020. It has been reduced from 29 to 10 pages. Rather than just ticking the boxes, as was the case with earlier versions. the updated format causes you to think more broadly about your health in general and your long-term healthcare issues. Sections 2 & 3 of the form provides an opportunity for you to detail your current state of health and what, if any, health issues cause you to be concerned about your future. You can set down the things that are important to you such as quality of life, being independent, not being a burden on

your family and dying with dignity. Issues arising from cultural, religious, or spiritual beliefs can also be documented

By the time you get to Section 4 - Your Directions - you will have provided those charged with making end of life decisions, a real insight into what your wishes are and how they relate to the type of life-prolonging medical intervention/s you want, should you become terminally ill. There is a checklist of life-sustaining treatments such as CPR, assisted ventilation, artificial nutrition and hydration, blood transfusions and the like. For these, you can consent or refuse these treatments in all circumstances, or you can describe the

circumstances where the treatment should be used.

To give your AHD legal standing, it is required to be reviewed and signed off by your doctor. Section 5 of the form is for this purpose. Section 6 is where you appoint an attorney/s for health matters if you decide to do so.

So, prepare an Advance Health Directive to let your loved ones and medical professionals know what to do when tough medical decisions must be made. The AHD may serve to reduce the stress on all involved in end-of-life decisions. A time when the debate over what or what not to do will only serve to cause more distress to all involved. Discuss the completed AHD with your close family

members and give them a copy for safekeeping and to refer to when needed.

For further information, including the AHD Form, see www. publications.qld.gov.au and enter Advance Care Directive in the search field

Peter Dallimore is a qualified and registered financial counsellor at the Bribie **Island Neighbourhood** Centre. He can assist with debt management, advocacy, and provide general advice on superannuation and financial matters. His services are free. Call 3408 8440 for a faceto-face appointment or contact him by email bincfc@gmail.com



TAX TIPS....

WHAT TRIGGERS AN ATO AUDIT?

If you have significant assets, a lavish lifestyle and you declare a low income, you could be targeted by the ATO for an audit. There are sometimes extenuating circumstances, but you may be asked to explain them in detail with evidence of your income and allowable tax deductions and your cost of living.

So, keep invoice and receipts and file them in each financial year. Scan, copy or digitally save thermal paper receipts as they fade.

Your Accountant can advise you what your allowable tax deductions are.

Declare your correct income. The ATO has the power to look at your bank statements, review your living expenses and fully investigate your claims. Please contact Noelene or Angela for good advice and legal taxation minimisation strategies.

34089539



CAROLYN'S



TAX Update

Your resident Accountant with over 25yrs experience

HOBBY OR A BUSINESS

Deciding if you are a hobby or a business can have major ramifications if you get it wrong.

A hobby is something you love doing, spend hours on it and even if you sell the items the sale price does not reflect the time and effort. The income from the sales is generally used to buy more materials and you generally can't live on the money generated. Registration for an ABN is not required and income and expenses are not declared on your tax return.

A business is commenced with the view to making sufficient money for living. Even if those profits can be sometime in the making, the idea is to grow the business as an income making project. Registration for an ABN (+ GST if required or elected) is mandatory and an Income & Expense statement is prepared and becomes part of your tax return.

The most difficult decision is deciding when a hobby becomes a business or when a business reduces in turnover or assets to become only a hobby.

This decision can take into account a number of factors including:

- Treating the project as a business i.e. advertising and promotion
 - Record keeping is essential in a business
- Expectation of profits, preparation of business plans and budgets
- Time spent on generation of income is relative to the income generated
- Value of assets owned by the business used toward profit making.

One favourite explanation of mine in determining the difference is the anticipation of income. Owning half a dozen mixed breed cattle on small acreage would not be a business. If those cattle were stud cattle and the progeny sold for say \$4000 each, six progeny at \$4000 totalling \$24000 would be far in excess of rates, fodder, vet and water etc. This would be classified as a business. In the end it is your intent that determines the final decision.

Regards Carolyn Wheeler of C M Wheeler & Assoc. FCPA Accountant, Woodford and Bongaree.

C M Wheeler and Associates

CERTIFIED PRACTISING ACCOUNTANT & TAX AGENTS

C M Wheeler & Assoc. FCPA Accountant, Woodford and Bongaree.

Ph 07 5496 1156 M 0428 733 132 email cwheeler@caliph.net.au; web: www.cmwheeler.com.au and Facebook.





At the heart of our community since 1977

NOTICE OF ANNUAL GENERAL MEETING OF THE BRIBIE ISLAND RSL & CITIZENS MEMORIAL CLUB INC.

Notice is given that the Bribie Island RSL & Citizens Memorial Club Inc. will hold its

Annual General Meeting for all members at the Bribie Island RSL & Citizens Memorial Club house,

99 Toorbul Street, Bongaree, Bribie Island, 9.00am on Sunday 6 March 2022.

Business:

- Election of Office Bearers
- 2. Notices of Motion
- 3. Audited Financial Statements for 2021
- 4. Appointment of Auditor

All nominations for the Executive and Committee should be placed in the ballot box located at the Club Reception desk. The positions of Vice Chairman, Treasurer and two (2) Directors are available for nomination at the 2022 AGM.

Nominations will close at 5pm on Sunday 20 February 2022. Such nominations should be in writing on the nomination form which will be available at the Club Reception desk.

Notices of Motion, in writing, should be in the hands of the General Manager by 5pm on Sunday 20 February 2022 and will be available for perusal at the Club after that date.

All members attending must be financial members of the Bribie Island RSL & Citizens Memorial Club Inc. for the year ending 31st December 2022 and no renewal subscriptions will be accepted at the door prior to the meeting. No children are permitted at the AGM.

As per Club Constitution Clause 6.3, 6.4 and 6.5, Applicants for membership must have paid their application (membership) fee on or before 5 February 2022 to be eligible to attend the general meeting and vote in any election of the Board.

Janelle Barraud

GENERAL MANAGER

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Janelle Barraud GENERAL MANAGER





Bribie Island, we're here to help.

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

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

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

Talk to us today.



Colin Warwood **Branch Manager**



colin.warwood@cba.com.au

(07) 3478 9023



Stacey O'Hara Home Lending Specialist

stacey.ohara@cba.com.au

0468 573 726



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





STUFFED STRAWBERRYS



INGREDIENTS

1 punnet fresh strawberries large150 g cream cheese3/4 tsp vanilla extract2 tsp icing sugar

METHOD

Beat cream cheese, vanilla and icing sugar until well combined.

Wash strawberries and cut off the stalk end.

Stand the strawberries on the cut end.

Cut the pointed end to form a cross.

Pipe or spoon cream cheese mixture into the cavity. Chill until ready to serve.





KTICHEN Mon - Ihu 11.30am - 2.00pm/5pm- 8.30pm| Fri-Sun 11.30am to 8.30pm <u>SPORTS BAR & GAMING M</u>on - Sun 10am - 3.30am

BEER GARDEN Mon - Sun 10am - 11pm

(07) 3051 7601 | 29 Sylvan Beach Esplanade Bellara Old 4507 | Info bribieisland@ausvenueco.com.au







WHAT ARE THE LYRICS?

It's late in the evening; she's wondering what clothes to wear

She puts on her make-up and brushes her long blonde hair

And then she asks me, Do I look all right?
And I say, "Yes, you look wonderful tonight

We go to a party and everyone turns to see This beautiful lady that's walking around with me

And then she asks me, Do you feel all right? And I say, "Yes, I feel wonderful tonight" I feel wonderful because I see

The love light in your eyes

And the wonder of it all

Is that you just don't realize how much I love

It's time to go home now and I've got an aching head

So I give her the car keys and she helps me to bed

And then I tell her, as I turn out the light I say, "My darling, you were wonderful tonight Oh my darling, you were wonderful tonight

Monderful Jonight by Eric Clapton

t's one of the most romantic songs of all time, known for its distinctive guitar riff and emotional lyrics.

But who did Eric Clapton write 'Wonderful Tonight' about and what came next? Here are all the fascinating facts behind the love song:

Eric Clapton wrote 'Wonderful Tonight' in 1976 while waiting

in his then-girlfriend (and future wife) Pattie Boyd to get ready for a night out.

They were heading out to a

Buddy Holly tribute that Paul McCartney had arranged, and Clapton was waiting around while she tried on clothes.
Boyd told The Guardian in 2008 that Clapton "was sitting

around playing his guitar while I was trying on dresses upstairs.

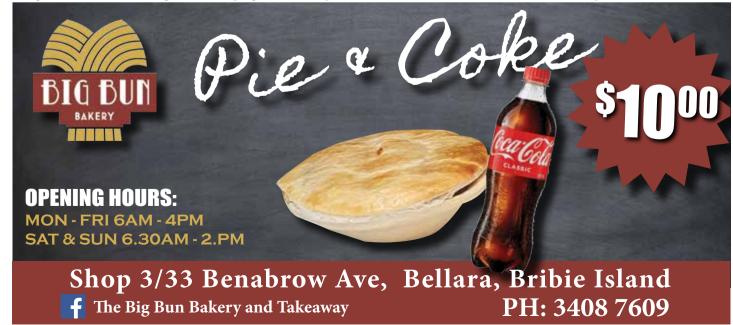
"I was taking so long and I was panicking about my hair, my clothes, everything, and I came downstairs expecting him to really berate me but he said, 'Listen to this!'"

On March 28, 1979, the day after they got married, Clapton brought Pattie on stage and sang this to her at his concert in Tucson, Arizona.

It was never a hit

Would you believe it, but the song was never a hit in the UK. In fact, it didn't even reach the top 75.

Its current peak is number 81! However, it was re-released in 1991 as a live version, but even then it only reached number 30. It fared better in the US, reaching a peak of number 16. Despite that, it has become one of Clapton's most famous hits.





7 Great Love Stories for

Then you think of the greatest love stories of all time, there are probably a few classics that pop into your head immediately.

Whether they're from more modern books and movies like "The Notebook" or "Titanic," or classic tales featuring some of the most famous couples in history from plays or novels like "Romeo and Juliet" and "Pride and Prejudice". Stories of romantic love are full of so much passion and are so epic that it makes you dream of your Prince or Princess Charming sweeping you off of your feet.

"Wuthering Heights"

by Emily Brontë
This timeless love story takes
us back to 1802, at a remote
farmhouse in the Yorkshire
moorlands dubbed Wuthering
Heights. Our leading man
Heathcliff grows to become
best friends with his adopted
sister, Catherine, also his
life-long crush. But an offhand
comment, overheard at the
Heights, changes the course of
both of their lives.



"Gone with the Wind"

by Margaret Mitchell Spoiled, headstrong Scarlett O'Hara finds herself in dire straits during the Civil War. Her family's fortune and plantation are in tatters, and Scarlett uses every wile in her toolkit to keep her family and land out of poverty. The infamous Rhett Butler offers her a way out, but will she lose her heart in the process?



"Romeo and Juliet"

by William Shakespeare In one of William Shakespeare's most celebrated works, this tale is a story all lovers can relate to, Romeo and Juliet focus on the tragedies that accompany the loss of true love. Lovers Romeo Montague and Juliet Capulet, two of the most famed clans in literature, come from opposite sides of the Verona tracks and their family's disapproval of their love eventually leads to their demise.



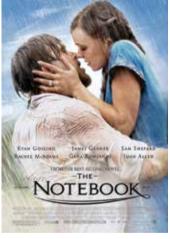
"Pride and Prejudice"

by Jane Austin
By far the most beloved love
story of all time, Pride and
Prejudice is a great place to
start. Elizabeth Bennett. Mr
Darcy. The situation is set up
in the first line: "It is a truth
universally acknowledged, that
a single man in possession of a
good fortune, must be in want
of a wife." The thrust? Shall you
marry for love or money



"The Notebook"

by Nicolas Sparks Nicolas Sparks is undoubtedly a great romance author—this man can write a love story. The Notebook toes the line between contemporary and historical romance. An older gentleman visits a woman with a fading memory every morning to read to her from a well-worn notebook. The notebook he reads contains the love story of Noah Calhoun and Allie Nelson and details Allie's quandary: to marry her fiancé or give it all up for Noah.



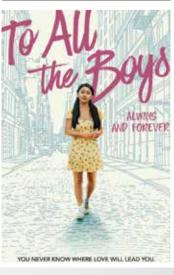
"To All the Boys I've Loved Before"

by Jenny Han This is the essential romance reading list, so this one had to be on here. If you haven't heard of this bestselling hit series, you're in for a treat. Lara Jean dealt with her crushes by writing love letters to them. And then putting those love letters in a box and never sending them. But one day, the letters get out and Lara Jean finds herself confronted with the crushes of her past. But might one of them re-emerge in the present?

"Casablanca"

by Murray Burnett Made famous in 1942 by Humphrey Bogart and Ingrid Bergman, this love story was based on a never-produced play called "Everybody Comes to Rick's," written by Murray Burnett and Joan Alison. In the story, American Rick Blaine is the owner of a gambling club "Rick's Café Américain" in the Moroccan city of Casablanca. Set during World War II, Rick is a bitter man, having been scorned by ex-lover Ilsa Lund. When she walks back into his life suddenly, now married and with her husband in tow, Rick is forced to come face-to-face with well-aged heartache.







GALLERYSINGERS NC



fter a very busy & successful festive season,
GALLERY SINGERS have resumed weekly
rehearsals on Thursday, February 3rd, from 1 3pm in the ANZAC ROOM at BRIBIE ISLAND RSL

for what will be our 22nd year. As we are a ladies group we invite ladies who enjoy choral singing, fun & company of like minded "choralers" to join us. Although reading music & previous choral experience are an advantage these are not mandatory requirements. If you enjoy singing & can hold a tune you will be most welcome, Alto's particularly.



Our repertoire for the first season will consist of popular Irish pieces to be performed in celebration of ST PATRICKS DAY at Brennan Park, Bribie Island RSL, Bribie Island Community Arts Centre as well as some retirement villages in the community, dates to be confirmed soon.

WATCH THIS SPACE.

You may contact us for further information to join us or engage us to perform for your event by calling Janet Thompson, 0439 549 820 or email janetgt@bigpond.com. We look forward to hearing from you.







bribieisland golfclub

RESTAURANT DINING SPECIALS



Entrees

Pork Belly and Seared Scallops Twice cooked Pork Belly | Seared Scallops | Apple Pearls

Petite Caprese Tart

Baked Heirloom Tomato | Baby Mozzarella | Fresh Basil | Balsamic Glaze

Petite Beef Fillet

Roasted Root vegetables medley and horseradish cream



Asian crispy noodle salad tossed with in-house sesame dressing

Vegetable Stack

Chargrilled Vegetable with grilled halloumi, finished with drizzled basil

Share Dessert

Molten Lava Cake

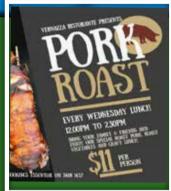
Dark Chocolate Cake filled with a rich, creamy chocolate ganache that flows from the centre of the cake, served with ice-cream and chocolates



Lunch 7 Days 11.00am - 2.30pm, Dinner Wed, Thu, Fri 5.00pm - 8.00pm

phone: 3408 1457

www.bribiegolf.com.au











Valentine's B **DRINKS YOU SHOULD AVOID EATING ON THE**

DAY

Valentine's Day has finally arrived and as you prepare to be showered with love and do the same for someone special. taking care of your body is also important. We're sure you wouldn't want tummy troubles or bloating or bad breath, to come in the way of your moments of romance. The only way to avoid each of these is to be careful of what you include in your diet today and tomorrow. There are certain foods, snacks and dishes that you must categorically avoid, in order to enjoy your Valentine's Day with your beloved to the fullest.

Here are some foods to avoid on Valentine's Day

Garlic is the worst food you can have on a day when your mouth needs to smell fresh. 'Garlic breath' is probably the last thing you want to be gifting your Valentine, so avoid eating the otherwise beneficial vegetable on the day. Similarly, other odorous vegetables like onions must also be avoided. If you must eat them, then make sure you have brushed your teeth thoroughly and keep a mouth freshener handy.

2. COFFEE

Skip your mandatory cup of coffee on Valentine's Day and go for a cup of green tea instead. Coffee has a strong smell that tends to sit in the mouth for a long time. Overloading on coffee before your big date can potentially make your partner uncomfortable, to say the least.

Foods with excessive salt in them, like potato chips and crisps, as well as all fried snacks, may cause bloating. Avoid all kinds of fried and salty foods, and opt for healthier snacking options like nuts and dark chocolate.

4. CHEESY FOODS

That pizza is not going to help you get along with your partner on Valentine's Day. The two main culprits here are the salt and the fatty cheese. While salt causes water retention making you feel heavy, cheese is hard to digest and hence, can cause bloating.

5. SOFT DRINKS

Fizzy drinks and sodas should be avoided generally too because they contain excessive amounts of sugar. Opt for a non-fizzy packaged drink or better still, natural fruit juices instead. Don't just look sharp, feel great too on your special date.









OPENING HOURS

MON - TUES 11 am - 2pm WED, THURS & FRI 11am - 2pm & 4.30pm - 7pm SAT - SUN 11am - 7pm

3408 1858

Shop 2/9 Toorbul Street Bongaree - Bribie Island, QLD **OPPOSITE BRENNAN PARK ON THE WATERFRONT**



market times

Bribie Island BICA Markets

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

Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second

Sunday of each month from 6.30am – 12 noon

Queensland Cancer Council Markets

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

The Sylvan Beach Munch Markets

(Farmers Market)

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

The Bribie Lions Club Markets

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

The Bribie Island Comm Plant Nursery

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

Bribie & District Woodcrafters Assoc.

OUR MARKETS ARE HELD ON THE Last Sun Every Month 8am - 1pm Contact Ian Trail 0401 134 384

GARAGE SALE

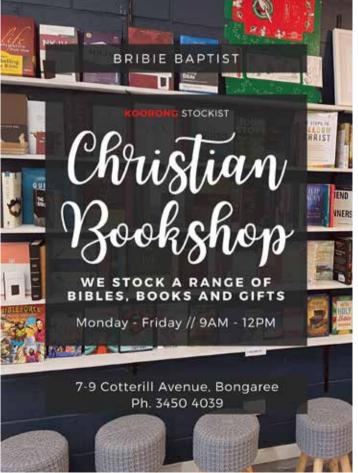
236 Bestmann Rd, Sandstone Point

Sandstone Point
Sat 12th And Sun 13th

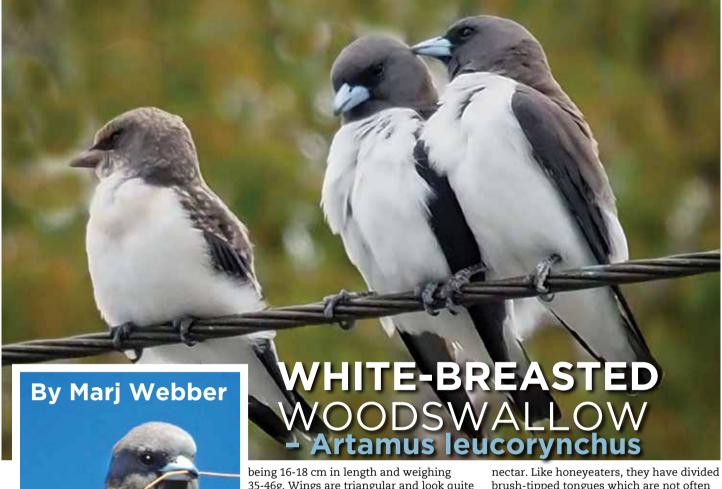
Leather Lounge, Two Rocker Recliners, Wooden Extension Table, Chairs, Tools Etc











distinctive we charcoal grey rumps and a without whith the series of the

hite-breasted Woodswallows are common breeding inhabitants on Bribie Island. In fact, I see up to 6 birds almost every day, at any time, on the wires outside my front windows at Bongaree.

There are 6 species of Woodswallows in Australia, three of which have visited us on rare occasions. The Masked, White-browed and Little Woodswallows have been known to call on us, but only briefly.

White-breasted Woodswallows are larger and plumper than others of their species

35-46g. Wings are triangular and look quite distinctive when in flight. They are mostly charcoal grey with white breasts and rumps and are the only Woodswallows without white at the tip of their tails. Bills are a bluish colour and feathers are powder-down. Powder-down feathers are feathers that produce substances that are used to clean and waterproof the other feathers. Woodswallows are the only passerines with this feature. They are social birds and huddle together in close rows when perched on wires or branches. Flight is skilled and fast while feeding on the wing for hours, or soaring in thermals, keeping in contact with each other by nasal sounds. Generally, they are seen in groups of 6-50 birds. They can be quite aggressive when disturbed, mobbing enemies to drive them away. Males and females are of similar appearance.

They are found in most of Australia except in southern South Australia, Tasmania and large areas of southern and inland Western Australia. Mangroves in coastal areas and locations where there are trees and water are places where they are most likely to be seen, especially in Queensland. In the south, they are mainly nomadic and may go north in winter but in northern areas, they are mostly sedentary. They are also found in PNG, Fiji and the Philippines.

Insects caught on the wing are their main food source but occasionally they will eat

nectar. Like honeyeaters, they have divided brush-tipped tongues which are not often used but enable them to collect nectar from flowers. If large insects are caught, they are often shifted to the feet while in flight. Sometimes they may feed on the ground or in tree canopies. Large catches are often shared with other members of the group.

Females invite males with a courting display by extending their wings over their backs in a V shape and trembling towards the males wagging their tails and making "eep" sounds. Cup-shaped nests are built of grass by both parents in vertical hollows in trees and stumps usually 10-30m from the ground. 3-4 spotted pinkish eggs are laid and are incubated by males and females for about 15 days. Both parents are sometimes helped by other members of the group tend to the young. August to January are their favoured breeding months.

Woodswallows are not related to other swallows but are more closely related to Butcherbirds, Magpies and Currawongs. They were first described by Carl Linnaeus, a Swedish Naturalist, in 1771.

Their scientific name was derived from ancient Greek words leukos "white" and rhynchos "bill".

Conservation status is secure in all states except Tasmania where White-breasted Woodswallows are not present. Their population seems to be stable with no evidence of decline.

IN ISSUE 157 OF THE BRIBIE ISLAND MAGAZINE, THERE WAS AN ARTICLE ON SIX WAYS IN WHICH PETS CAN IMPROVE YOUR EMOTIONAL WELLBEING. IT CERTAINLY BROUGHT BACK MANY MEMORIES OF MY ANIMAL THERAPISTS.

Although no longer possessing a pet of any description, it made me think back to all those I have known over the years.

Way back in my childhood, I seem to remember two "budgies", sweet little birds of green and blue that would walk out of their cage before taking flight around our dining-room, proving the very devil for my father to recapture. Sadly, I fear they were related to their cousin, the hero of Monty Python's Dead Parrot sketch, and met a similar unfortunate end, being discovered to have literally fallen off their perch. Later, my brother and I were the proud owners of several white mice, less inclined to attempt to fly to the skies due to lack of wings and feathers, but condemned to run for eternity within a small plastic wheel that was supposed to give them exercise.

The handling of these small rodents prepared me for their larger cousins, laboratory rats, which I encountered later in my Zoological Studies, and even to view with equanimity the landing on my face of a wild brother, awakening me from my slumbers. You will have to go back to when I first began writing for this renowned publication for an account of this adventure.

Only recently, I made reference to my criminal past, (Early Childhood), the breaking into private property to steal dandelion leaves to supplement the diet of Bunny, our pet rabbit, resulting in a visit from the law! My poor father, as if he did not have enough worries! I was told that Bunny had made a daring escape for freedom and had taken up residence in the countryside, but with age comes a degree of doubt and cynicism, especially when I remember the beautiful pair of fur-lined mittens I was given a little later.

Safer was the goldfish, the next acquisition. At least, they were meant to bring peace and harmony to the home; we would watch for hours whilst they swam in circles, "I'm forever blowing bubbles" we would sing to them. Then, apart from the frogspawn which we kept for educational purposes in order to observe the wonders of metamorphosis,

the fertilised egg, to tadpole, to larger tadpole with legs, to small frogs, at which point, my mother insisted on their release lest her kitchen be over-run with small green amphibians, I seemed to have lost enthusiasm for all creatures great and small.

That is until Don and I had toddlers of our own. At this time we were living in Australia, and Don suggested a kitten would be a pleasant addition to the family. I spoke to a neighbour, Dale, about this, but she had an alternative suggestion. She had recently returned from a visit to the vet for her animal. The vet was bewailing the fact that he had been asked to put down a perfectly healthy dog as its owners were migrating to New Zealand, which meant the dog would have to remain in quarantine for several months before being reunited with the family, who worried she might suffer from canine separation anxiety. They would, however, be more than happy if a new family could be found for Mitzie, rather than perpetual slumber. I agreed, sight unseen, to adopt her. Healthy? Yes. Pretty? No. She rather resembled

a superannuated sheep with curly hair. When Don returned from work, he took one look and pronounced, "That, is not a kitten!" A keen observer of animal life, he was! Mitzie lived with us for years, surviving being trampled on by our two toddlers, but eventually falling foul of a cane toad that had invaded her drinking bowl.

After a decent time of grief and bereavement, a cat came wandering into our lives and adopted us, as members of the feline species are wont to do. The cat was a beautiful tortoiseshell. black, orange, with a white nose, to whom I, thinking back to my Sunday school lessons and the musical Joseph and his Amazing Technicoloured Dream Coat, immediately gave the same moniker. Perhaps I should have thought back to the years I had spent in tertiary education and remembered that tortoiseshells are all female. (Wikipedia) Hence a name change was called for; she became Josephine, not best pleasing my

Pets

REGULAR FEATURES

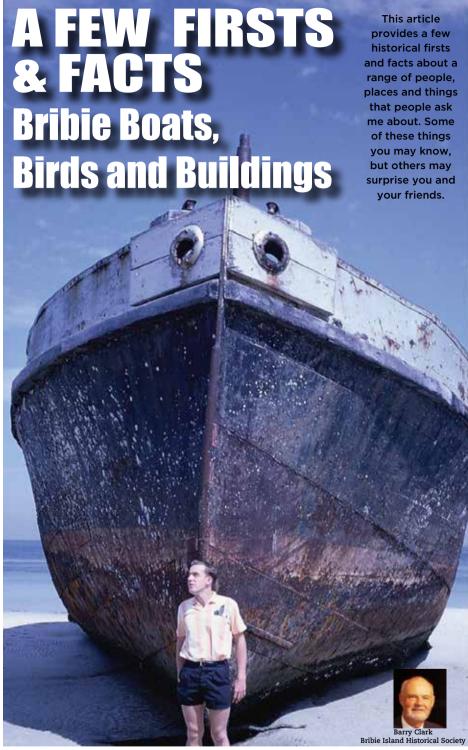
mother-in-law, who had the same middle name. Beautiful she was, but capable of bullying, the main recipient being the handsome golden Labrador, Goldie, who arrived with the three boys we fostered for some time. For a while, we had five kids, a dog, a cat and an ever-increasing number of guinea pigs.

When the three boys were able to return to their mother, Goldie remained with us, much loved by my son, Simon. When Goldie died, we buried him at the bottom of the yard, along with Josephine, whose white-nose had proved her undoing, she developed sun cancer and was put

down after the last meal of whiting fillets and cream. Even my husband's ashes were scattered nearby, just as he had desired.

ys he. In the second of whiting fillets band's ashes were





SHIP WRECKS.

There have been a few notable shipwrecks and deliberate sinking's on Bribie Island over the years.

The Steamship "Eastern" ran aground 111 years ago on a Reef at the southern end of Bribie Island in 1911. After many unsuccessful attempts to re-float the laden ship, the cargo of rice, canned foods, petrol, shark oil and peanuts, was thrown overboard and washed up on Woorim beach. Custom Officers rode along the beach on bicycles trying to destroy the cargo. Charles

Godwin, after whom Godwin Beach is named, was engaged to collect the salvaged goods and take them to Brisbane on his boat. Returning from the second trip, Charles. Godwin was knocked overboard by a sail and drowned.

In 1915, an old paddle wheeler coal hulk "Avon" was deliberately scuttled in Pumicestone Passage, opposite Dux Creek, to protect oyster banks. It has now almost completely rusted away after 107 years but is still visible at low tide, and Avon Avenue at Banksia Beach was named for it.

Over the years there has been

considerable erosion of beaches and sand dunes along Rickman Parade, Woorim, and South Esplanade, Bongaree in the 1930s there were three large sand dunes between the Surf Club and high tide. In 1958, a resident of South Esplanade decided to create his own protective groin and purchased the hulk of a large old metal cargo vessel named "Cormorant". He arranged for it to be towed from Brisbane, and on arrival to be placed on the beach at South Esplanade and a hole to be blown in the hull, to sink it in location. It was actually scuttled in a slightly different location than intended, but it served as effective protection against sand migration for 32 years until it was too rusty and dangerous and was removed by Council in 1990. Over those 32 years many thousands of children, and many readers of this article, will remember playing on it.

BIRDS

There are over 9,000 different species of birds in the world, of which more than 850 can be seen in Australia at various times of the year. About 40% of them are specific to Australia and found nowhere else on earth. Bribie Island and Pumicestone Passage is home to about half of all the bird species in Australia, making it a uniquely important destination and environment. One-third of Australian shorebirds are year-round residents, and the other two-thirds are migratory. Most travel huge distances from their breeding grounds in the northern hemisphere, involving a return journey of a massive 30,000 kilometres. Some birds fly for several days non-stop to land in Pumicestone Passage, making it one of the most important bird and marine habitats on the east coast of Australia.

Until a few years ago, I had the pleasure of seeing "Eric" the Emu regularly wander through my front garden at Banksia Beach. I wonder if there are still any Emu on Bribie Island.

There is a couple of great location to observe Bribie birds at the Kakadu Bird Hide, Banksia Beach, and Buckley's Hole bird hide at Bongaree. About 40 years ago, this important site was threatened by a proposal to build a large Boat Marina at Red Beach near Buckley's Hole. Here is a picture of the Marina proposal, which was fortunately rejected by the Council at the time.



ORIGINAL RESIDENTS

Early explorers in the 1840s described their first encounter with residents of this island as very fine-looking people, tall, wild, hardy and fierce. By the 1860's they had a reputation for resistance and hostility to European settlement and the native police were directed to "disperse" them. By the 1870s there were

very few left and a Government reserve was set up at Whitepatch in 1877 for the few remaining Ngunda people of the area. They were provided with some rations, fishing nets and a boat, but it closed in less than 2 years. In 1891, an aboriginal mission and school were established at Mission Point, but it also closed and the children transferred to North Stradbroke Island. The children included two of the six children of Kal-Ma-Kuta, and her white husband Fred Turner, who had married in 1872. When she died in 1897 she was the last Joondoburri woman of Bribie Island. and her memorial cairn still stands in the central reserve of the Bribie Island road, close to Turners Camp where they lived.

CHURCHES

Methodists purchased a block of land in Banya Street, Bongaree, in April 1924 and brought the old State School from Narangba, and relocated it to Bribie Island. The old wooden building had been relocated several times, originally as a Church in Enogerra in the 1880s and a School at Deception Bay in the 1900s. The first Church service ever held in a church on Bribie Island was in this building in Banya Street on 23rd December 1928. Prior to that, open-air services were held under a big gum tree where Bribie Bowls Club now stands.

The Church of England, also in Banya Street, had its first service just a few days later, in a new large wooden hall that was both a church and community hall facility, including a Cinema on Saturday nights. The original Cooinda hall is still in use today, and a new Anglican Church was built beside it. The Methodists continued in the old wooden building until they merged to become the Uniting Church and moved to a new Church in Webster Street. In 1986 they sold the old wooden church to become the Lodge for the newly formed Bribie Freemasons.

This is by far the oldest building on Bribie, having been constructed over 140 years ago, although only on Bribie for 98 of those years. With the rapidly declining number of Bribie Freemasons, will the old building still be around to celebrate its Centenary on Bribie in 2024.

The Bribie Baptist church in Cotterill Avenue was built back in 1962 as a skating rink and dance Hall, before becoming a Cinema for a decade and then Busy Fingers for over 20 years until they relocated further up the Avenue. The Baptists are soon to build a big new Church in the bush along First Avenue. What will happen then to that interesting



old building?

The first Catholic Church was an old wooden Hut brought down from Fort Bribie military Camp at the north of the island after the war in 1947 and placed on the corner of First Avenue and Nulu Street, Bongaree.

This was a gift from the Coward family in memory of their only son Charles, killed in action in 1943, and was officially opened on New Year's Day 1948.

In 1964, a new Catholic church was constructed across the road, next to the State Primary School, and is the most easterly Catholic Church in Australia.

In 1973, the Caboolture Shire Council invited various religious bodies for an expression of interest in setting up a retirement village on land at Bongaree. There was little interest other than from the Queensland Churches of Christ, who opted to construct the first retirement units in Foley Street. The first religious service was conducted in the Lounge in May 1976, and the Retirement Village complex was officially opened in June of that year. A Church was built on the land in 1986 and since then many more independent Units and a Nursing Home have been constructed.

BANKS

The ANZ. Bank established the first Bank agency at Bongaree in 1946, and the first permanent Bank opened in First Avenue Bongaree, in 1977. In the 1960s, CBA. established an agency on Bribie Island in Joe Di Bettas Café beside the Jetty. After several moves, a CBA Branch was set up in the Co-op Store at Bongaree in 1972. Westpac Bank, being a merger of Bank NSW and CBA. established a branch in 1983in Toorbul Street, Bongaree. The way things are going now, we may not have many Banks at all on Bribie in a few years.

SCHOOLS



In February 1924 the Bribie Island Provisional School opened, and in the next year there were 26 students enrolled, some of whom travelled daily from up the Pumicestone Passage and Toorbul Point During the first year, 72 children were enrolled and 41 left.

The children of pioneer families at the school included McDonald, Shirley, Ormiston.

Creber, Bestman, Campbell and Landers. Some of their descendants still live on Bribie Island.

The School was closed between April 1942 and March 1943 at the height of the WW2

military occupation of the Island. The new State High School opened in 1989, a second Primary School opened at Banksia Beach in 1992 with all modern amenities.

WATER SUPPLY

The Governor of Queensland turned on the Bribie Island Water Supply in November 1961, and as part of the opening spectacle, three jets of water spiralled to a height of almost 10 meters.

The initial system had two water storage towers, one at Bongaree, another at Woorim, and 25 years later in 1986, a third was constructed at Bellara. Each Tower was 30 meters high and stored 30,000 gallons. The water came from underground bores sunk 10 meters below the sand of Bribie Island

Apart from personal bores, all Bribie water now comes by pipeline from the mainland.

BOWLS

Members of Windsor Bowls Club in Brisbane were frequent visitors on the steamship Koopa to Bribie Island in 1928. These included Bell, Winston, Warren and McDonald who discussed forming a Bowls Club on Bribie. Tug Company director G.P Campbell offered to build a four rink green and a Club House for 30 shillings (\$3) per week rent.

The first Club House had been brought over from Stradbroke Island and initially used as a dance hall and school, on the hill where the water tower now stands. When the new State School opened in 1924, the old wooden hall was moved down the hill to become the original Bowls Club House. In 1930, the greens were increased to seven rinks, and there were 85 members including 4 ladies, and the small Bar comprised an 'ice chest' for bottle beer, with ice brought from Redcliffe on the Steamship Koopa.

A HERITAGE WALK

If you enjoyed reading this, you might like to come on a guided Heritage Walk with me around Bongaree. The walks I am conducting in the next couple of months are free, and will be on Thursday March 3rd and May 5th. They are a gentle stroll around the streets of Bongaree for about 90 minutes, to hear the fascinating history of many familiar buildings.

Numbers are limited and Bookings are essential, so look for Bongaree Heritage walk on web site mbrc.qld.gov.au/healthyactive and book your free ticket.

MORE BRIBIE HISTORY

The next Historical Society meeting will be on Wednesday 9th March at 6;30 pm at the RSL Club. We have excellent guest speakers and visitors are welcome, subject to advice.. View much more on our new Web Site Bribiehistoricalsociety.org.au our Blog Site http://bribieislandhistory.blogspot.com or contact us on bribiehistoricalsociety@gmail.com



arly on the morning of late February 1788, Arthur Phillip rose from his slumber, stepped out of his tent to cast his eyes over his new colony, when a wave of reality overcame him. It was now obvious that all his careful planning had been misdirected. The future had begun to look bleak.

The country was like nothing he had expected. Everything was different from that of England. None of his colonists had any knowledge of agriculture or animal husbandry. The hard ground took serious effort to prepare for planting. After days of toil the first crop of vegetables, cereal grains and citrus fruits had been planted. And now at the end of the month it was clear that the seeds had not germinated. He reckoned that they had been overheated on the journey and were planted in the unfavourable weather of summer. It was evident that the soil in the area did not favour an agricultural industry. His domestic animals were disappearing. An attempt to harvest the plentiful fish in Port Jackson had been unsuccessful. Almost none of his population, neither convicts nor soldiers had any experience as fishermen, and his planning had not included lines, nets, hooks, or fishing paraphernalia.

With no fresh food or citrus fruit in their rations, the settlers' health had already begun to deteriorate, with scurvy beginning to spread. No help was expected for at least a year. Phillip wondered just how he could rescue the dire situation. He had no choice but to issue an order cutting the daily ration of salt meat and weevilly flour by a quarter. Hunger was becoming an overwhelming problem for everyone.

Guards soon reported that convicts, and even some soldiers, had been sneaking into the insecure bulk food tents at night and stealing food. An angry Phillip immediately issued a decree that anyone caught stealing food would be executed. On 27th February Thomas Barrett became the first convict to be hanged in the new colony for stealing food from the public store. This was not how he had expected the settlement to begin.

Phillip rallied and took two positive actions. Following his orders from London to occupy Norfolk Island and, based on Cook's report in which he believed that it was a fertile island and suited for agriculture, he ordered Lieutenant Philip Gidley King to lead a party of fifteen convicts and seven troopers to take control of Norfolk Island and to prepare for its commercial development. King and his party arrived at Norfolk Island in Supply on 6th March.

Secondly, he realised the Aborigines were not hungry, and certainly did not suffer from scurvy. He ordered his Chief Surgeon John White to

round up his medical staff from the ships and to experiment with indigenous flowers and plants to be used as medicines. White sent out soldiers to observe the aborigines' eating habits. They reported that the locals plucked and ate small apple like fruit from what they were to call, the sour-current bush. (This bush still grows wild all over the east coast of Australia). White started treating his scurvy patients with the black current fruit and noted an almost immediate improvement. He also learned that myrtle and red gum helped to treat people with diarrhoea. Phillip appointed an officer to organise a team of reliable convicts to search for and collect sour-current fruit on a continuous basis and distribute to all colonists. Slowly the scurvy epidemic receded. Phillip noted that the botanist Joseph Banks, who had visited Australia with Captain Cook, spoke of "wild spinage" that was abundant in Botany Bay, and appeared to be a useful vegetable. Phillip organised more teams to collect the "spinach "and it proved to be a useful supplement to the ration. He also sent teams to negotiate with aborigines for fish, oysters, and kangaroo meat. This proved a wasted effort as communication with the locals proved difficult. Despite many attempts, it was obvious they weren't interested, or even understood, the concept of trade. He did receive one piece of good news. On 10th March, Phillip was

informed that the French had

The Birth of Modern Australia EPISODE 3-A Difficult Year



departed. Before leaving, La Pérouse had located John Hunter to advise him that they were heading for New Caledonia, and Santa Cruz, in the Solomon Islands, and would be away exploring for some time. He asked if his sealed journals, some charts, and personal letters could be transported back to Europe with a returning English ship. The French ships and all on board were never seen again. The documents returned by the English would be their only testament. Two centuries later it was discovered that La Pérouse's expedition had been shipwrecked on Vanikoro, an outer eastern island of the Solomons.

As the weeks passed, Phillip despaired as his problems continued to mount, not only with food supply, but also in a struggle with the locals, and an infuriating lack of cooperation from the military. Phillip was more placid and tolerant in temperament than his protagonists. He was anxious, in the interests of the whole community to avoid all friction between the locals, and the civil and military authorities, and between the Military and the civil administration. It was a forlorn hope.

The aborigines became bolder in their visits to the colonists' compound. Soon tools went missing, and worse, the aborigines realised that the tame cows, pigs, and fowl were easily caught and quietly led away. As well, due to the absence of fenced grazing areas, the livestock often strayed into the bush making them a much easier target for the locals than kangaroos.

Major Robert Ross was the officer in charge of the First Fleet garrison of marines. From the start, Ross was in conflict with Phillip and other officers. Ross stated that he construed his men's duties as being primarily military. He refused to allow the marines to supervise the convicts at work, or to allow marine officers to sit as members of the criminal court, attitudes with which some of his own officers disagreed. He criticised Phillip for not building fortifications and missed no opportunity to embarrass and hinder the governor. He supported and encouraged his fellow officers in their conflicts with Phillip and wrote complaints of the governor's actions to the Home Office urging the abandonment of the settlement. Judge-Advocate David Collins claimed an "inexpressible hatred" for him, and Lieutenant Ralph Clark described him as "without exception, the most disagreeable commanding officer I ever knew".

Marine Captain Campbell was one of his disgruntled officers, relentlessly critical of Phillip's governorship, and of the settlement in general, believing it could not succeed. In his first letter home, he attempted to give an account of "this vile Country". He wrote: "The Scurvy proceeds from our Salt Provisions and all among us are, more or less, afflicted with it. We have neither Vinegar or Oatmeal in our Stores, nor

have our Surgeons, either Portable Soup, Spices, Sugar, and but very, very little of any Vegetable production to administer to the unhappy sufferers many of whom are in a dreadful condition. We lost about 60 of our Convicts since we came here. In all, we have, since they first embarked, lost one hundred of them, sixteen are supposed to have suffer'd by the Natives, four have been Executed, and the rest, if it can be so called, have died natural deaths".

In early May, three of the chartered ships' captains told Phillip that they would be leaving. Phillip prepared his first report on the colony and hinted at the problems that may lie ahead. He admitted that the clearing of land had been slow as most of the trees were hardwood. Very little grain had been sown and more supplies were needed to be sent from England. On the 15th May the ships departed taking Phillip's first despatch, as well as all the letters written by the military and colonists. At the same time, Phillip sent Lieutenant Ball in Supply to Lord Howe Island to harvest the giant turtles previously reported on the island. He hoped the turtles would supplement the diet of the settlers.

In one event of optimism, in
May the foundation stone
was laid for the two-storey
governor's house. It was
designed by convict brick maker
James Bloodworth.

The shortages of clothing and food forced some convicts into desperate acts. On 28th June, Samuel Payton a 20-year-old convict and stonemason was hanged for stealing shirts, stockings and combs, and Edward Corbett was hanged for the theft of four cows.

On 4th July chief surgeon John White appealed to Phillip for more food in the diet as the convicts in particular, were now suffering widespread sickness. In more bad news, on the 9th July Lieutenant Ball returned from Lord Howe Island without success at catching the huge turtles.

On 13th and 14th July another four of the privately chartered ships of the fleet left to return to England, taking more of Phillip's despatches in which he further emphasised the need for more food supplies. He also demanded other supplies, including clothing, fishing, and agricultural equipment.

On 28th September another chartered ship departed carrying yet another report to London. This was the most pessimistic report Phillip had written in which he stated that the colony's first harvest had totally failed, most of the livestock bought from the Cape had died, been lost in the bush, or taken by Aborigines. He emphasised that the colony would remain dependent for

much longer than planned. He also said that the settlers' shoes had been worn out, and that many of the convicts were now in rags, and that there was not enough thread to repair their clothing. He declared that many were appearing almost naked as they went to work. He added in desperation that he wanted to be relieved of his post.

Desperately worried that the stored food supplies were dangerously low, he ordered the daily ration to be reduced to about a quarter of its original amount. The settlers began to starve to death. Captain Tench recorded seeing a man fall dead from hunger right in front of him.

Phillip discussed the desperate situation with John Hunter. Hunter volunteered to take Sirius on a dangerous voyage to Cape Town via Cape Horn, the fastest route, to fetch food. Phillip noted that the amount the ship will be able to hold would not sustain the colony for long, but they must have food. With no help in sight, Phillip agreed, and on 2nd October, Captain John Hunter sailed off to Cape Town and return, thus intending to circumnavigate the globe via the roaring forties.

On 19th November, the last of the privately contracted ships departed for England. Phillip knew that this was his last chance for communication with London and sent a last plea for urgent supplies. He was now left with only two ships, HMS Sirius, and HMS Supply, under command, and Sirius was absent on a rescue mission for food supplies.

In December, London received Phillip's first report written in May from the returning ships. His report included his concern over Major Ross' lack of support and disrespectful behaviour, describing him as, "narrow minded, censorious, self-important and almost totally humourless". Nevertheless, the report gave comfort enough to confirm NSW as the second fleet's destination instead of Nova Scotia, which was the alternative destination.

On the last day of the year, Phillip ordered a local aboriginal man named Arabanoo to be forcibly abducted in an attempt to bridge the language and cultural gap that existed between the newcomers and the locals. He was nicknamed "Manly".

On an uncelebrated New Year's Eve 1788, Phillip was in misery. His dream of a burgeoning colony had disintegrated, and his people now faced death by starvation. His two closest confidantes, Gidley King and John Hunter, were both absent and the military personnel shunned him. He never felt more helpless, alone and abandoned.



BRIBIE BOWLS CLUB

Self Select Pairs Results Friday 21 January 2022

Winners: B Hosie, M Beutel Runners up: R Elmore, K Ford

Out of hat winner: K Thornton, R Ferguson Out of hat winner: U Mills, T Bennett Out of hat winner: M Durham, M Prewett

Bunny: B Lamb, F Crockett

Random Select Fours Results Saturday 22 January 2022 1st Highest Margin: M Mills, S Mitchell, L Hackwood, C Monk 2nd lowest Margin: D Shaw, C Warren, R Hunter, J Wallis

Out of hat: C Brayley, P Gee, L DeRoule

Self Select Triples Results Tuesday 25 January 2022 Winners: W McDougall, D McDougall, J Mewitt Runners up: E Bateman, Z Elmore, D Walker Out of hat winner: J Kent, W Hamer, A Riley Out of hat winner: R Eaton, F Crockett, BJ Adams Out of hat winner: T Dean, C Dean, J Wallis

Bunny: I Smith, S Hose, N Gray

Random Select Triples Thursday 27 January 2022 Out of hat winner: K Legg, L DeRoule, J Muller Out of hat winner: M Wright, S Tevnis, J Smith

Out of hat winner: R Weikhurst, M Roberts, P Ditchburn

Out of hat winner: P Boyland, G Twigg, C Kelly Self Select Pairs Results Friday 28 January 2022

Winners: C Hailes, B Kent

Runners up: K Thornton, B Ferguson Out of hat winner: M Durham, M Prewett Out of hat winner: W Lougally, c Perkins Out of hat winner: R Gilmore, K Ford Bunny: J Hattie, R Ferguson

Random Select Fours Results Saturday 29 January 2022 1st Highest Margin: W Kelly, G Low, D Neumann, B Adams

2nd lowest margin: R Fowler, I Smith, M Ball

Out of hat winner: C Brayley, N Gray, L Brayley, P Mannion

Out of hat winner: B Doe, K Muller, P Ryan

Out of hat winner: T Hudson, R Ghest, L Hackwood, P McCarthy

Self Select Triples Results Tuesday 1 February 2022

Winners: T Dean, D Merrett

Runners up: K Perkins, M McIntyre, E Hookey

Out of hat winner: B Castle, G McKieinery, P Patrikeos Out of hat winner: B Robinson, V McDermott, J Hosie

Bunny: N Ramage, J Sutherland, L Gilmore Scroungers Results Wednesday 2 February 2022

1st out of hat: B Castle 2nd out of hat: W Follett

Self Select Pairs Result Wednesday 2 February 2022

Winners: G Hazelwod, R Fowler Runners up: M Garfield,E McLaren Out of hat winner: C Wilson, G Akeroyd Out of hat winner: R Avern, G Denkel Out of hat winner: D Heath, G Steel, R Eaton

Bunny: F Grimsey, Z Elmore

Random Select Tripless Results Thursday 3 February 2022

Out of hat winner: G Riley, L Broomhead, S Teunis Out of hat winner: P Ditchburn, J Smith, C Kelly Out of hat winner: C Brayley, A Riley, W Kelly Encouragement: G Frew, S Brown, D Groves

BONGAREE BOWLS MEN'S RESULTS

Sat Jan 22nd Scroungers 1st Errol Fender, 2nd Peter Mann, 3rd Ken Wales

Sat social Winners Ellen Corrick, Greg Hemphill, Billy Moor Runners Up Ron Corrick, Di Drew, Trevor Richardson.

Wed 4's Jan 26th Winners Glenn Biggs, John McNeven, Di Thatcher, Gary Kuss. Runners Up John Cockeral, Barb Tanner, Clair McCarthy, Sheena Bath

Thurs Jackpot pairs Jan27th Winners Tim Carlton, Jaarpung Blundell Runners Up Fred Bingham, John Park.

Scroungers Jan 29th 1st G Parker, 2nd Peter Thatcher, 3rd P Neumann, 4th L Savage

Wed 4's Feb 2nd Winners Billy Moor, Col Terry, Joe Mifsud, Steve Horn

Runners Up Pauline Biggs, Glenn Biggs, Peter Higgins Thurs Jackpot pairs Feb 3rd Winners Mike Hansen, Judy Hansen Runners Up Ellen Corrick, Judy Irvine

Bongaree Ladies Bowls Results Friday January 21st, 2-4-2

Winners: Roger Brooks, Clare O'Donohue. R/Up: Leonie and Ferdy Timmerman Tuesday January 25th, Mixed Pairs: Winners Col Erhardt and Neville Graham.

R/Up: Elna and Arne Jensen.

Friday January 28th, Paddle Pop Triples

Winners: Beryl Moor, Joanna Horsley, Peter Vlajic. R/Up: Clare O'Donohue, Mike Giles, Richard Fell.

Tuesday February 1st, Mixed Pairs Winners: Neil Smith, Stan Barringhaus. R/Up Ian Gilles and Diana Stowers. Bonus Prize: Diana Stowers, Ian Gillies

- 1. Doreen O'Halloran and Peter Thatcher, winners of best dressed, celebrating Australia Day at Bongaree Bowl's club.
- 2. Bongaree Bash competition for new bowlers Runner Up Kim Hagen and Winners Bob Edwards







Results for Bribie Island Women's Golf

21 January to 2 February 2022

25/1/22 - Single Stableford

Div. 1 Winner: Ann Rogers 43, R/U: Rita de Bondt 40 c/b, 2nd R/U Magrit Pearce 40 Div. 2 Winner: Lauren McDonald 37, R/U Lesley Heap 36, 2nd R/U Sheena Bath 35 c/b

Div. 3 Winner: Jennifer Stafford 36, R/U Vicki Butcher 35 c/bm 2nd R/U Sue Navie 35

NTP: Hole 4 Rita de Bondt, Hole 7 Diane Fitzpatrick, Hole 14 Judy Graham, Hole 16 Angela Jordan, 2nd Shot Div 3 Hole 14 Hazel McDonnell

27/1//22 Single Stroke

Div. 1 Winner: Desley Neilson 71, R/U: Myra Thomsen 74 c/b, 2nd R/U Magrit

Pearce 74

Div. 2 Winner: Lyn Beaven 72, R/U Anna de Bondt 75 c/b 2nd R/U Marg Parkinson

75 c/b

Div. 3 Winner: Sonia Ferrante 72, R/U: Margaret Peterson 75, 2nd R/U Angela

Jordan 77 c/b

NTP: Hole 4 Vivi Lloyd, Hole 7 Fitzie Jackson (Top Shot), Hole 14 Suzanne Vallely, Hole 16 Jo Malone, 2nd Shot Div 3

Hole 14 Angela Roberts

1/2/22 – Single Stableford (Guest Day invitation only)

Div. 1 Winner: Suzanne Vallely 36 c/b, R/U: Kris Tomalin 36, 2nd R/U Gwen Clutterbuck 35 c/b

Div. 2 Winner: Marg Parkinson 36 c/b, R/U: Lyn Beavan 36 c/b, 2nd R/U Jude Dorhauer 36

Div. 3 Winner: Jody Bedson 41, R/U: May Urquhart (Caboolture GC) 37, 2nd R/U: Vicki Butcher 36 c/b

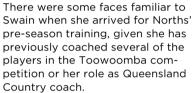
NTP: Hole 4 Gill Lee 292cm, Hole 7 Tricia Brown (Top Shot) 112cm, Hole 14 Dianne Hayward 152cm, Hole 16 May Urquhart 519cm

DECORATED BRIBIE HOCKEY COACH TO TAKE ON BRISBANE'S BEST

She has conquered Toowoomba's hockey scene and now Bribie Island resident Elke Swain is set to test herself in one of Australia's premier club competitions.

After guiding the Rangeville Bulldogs to five of the last eight Toowoomba A-Grade women's premierships, Swain will coach the Norths Eagles

in the Brisbane Premier League starting March 5.



"I love the fact there are some Toowoomba ladies in the Norths team and from my old club Rangeville. It definitely did help me de-

cide where I wanted to coach this year. It didn't take too much convincing to apply for the coaching position," Swain said.

"Success will come from the whole team, but it does help when some of the players know what kind of coach I am. I am a coach who loves feedback from my players."

The 2022 Brisbane Premier League will see Swain come up against coaches such as former Australian Hockeyroos and Kookaburras players Angie Lambert, Melanie Wells, Greg Browning and Damien Seeto. "Some of my goals and expectations for 2022 is firstly to get our best team on the pitch as often as possible, and to work on our fitness and basic skills," Swain said. As well as leading Queensland Country to consecutive Australian Country Hockey Championships gold medals in 2019 and 2020, Swain is the coach of the Australian Masters Over-45 women's team.



SOLANDER LAKE BOWLS CLUB

Bowls Results – Week Ending 29/1/22

Tuesday 25th - Club Select Triples – Winners: K Zipf, K Henshaw, S Hillen. Runners up: D McKenzie, B Cook, V Paul, R McLeod.

Wednesday 26th – No Bowls – Australia Day.

Australia Day.
Thursday 27th – Self
Select Triples – Winners:
A Anderson, S Todd, G
Sorensen. Runners Up: K
Wright, I Larsen, B King.
Friday 28th – Self Select
Pairs – Winners: M Wendt, M
Dance. Runners up: J Robbins,
B Hill. 1st Round Winners: I
James, A Thorp. 2nd Round
Winners: P Bradley, B Harris.
Saturday 29th – Club Select
Triples – Winners: R O'Brien,

B Jackson, T Parker. Runners Up: C Smith, C Warren, P McCarthy. Bowls Results – Week Ending

Tuesday 1st - Club Select Triples - No Play Wednesday 2nd - Self Select Pairs - Winners T Curtis, B Curtis. 2nd Place: R Bentley, B Hill. 3rd Place: M Wilson, G Hubbard. Jackpot - \$316 -

Not Won.
Thursday 3rd – Self Select
Triples – Winners: A
Anderson, G Sorrensen, S
Todd. Runners Up: J Dillon, N
Schultz, R Ryan.
Friday 4th – Self Select Pairs

– Winners: R Henshaw, W Mitchell. Runners up: D King, R King. 1st Round Winners: P Hodgson, I James. 2nd Round Winners: J Farmer, K Tucker.



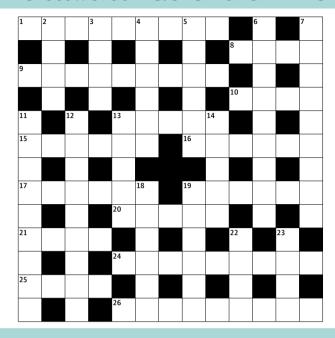
Proud Sponsors of Bribie Island Sport

Bribie Island Bowls Club

11-23 Welsby Parade, Bongaree.

www.bribiebowls.com
Phone 3408 1018

Crosswords - QUICK & CRYPTIC



Across

1 Easily disgusted (9)

8 Burden of responsibility (4)

9 Deadline (4,5)

10 Capital of Azerbaijan (4)

13 Placed (5)

15 Unnerve (6)

16 Temporary shelter (4-2)

17 Final phase? (6)

19 Pledge — guarantee (6)

20 Academic essay (5)

21 Play in the street (4)

24 Mean individual (9)

25 It can be grand, virtual or

whistlestop (4)

26 Fraudulent act (9)

Down

2 Amusing comment (4)

3 Heaviest fencing sword (4)

4 What ___ Knew, 1897 Henry James

novel - 2012 film (6)

5 Whine (6)

6 Not put off (9)

7 Lewis Carroll or George Eliot, say (9)

11 Destruction of tissue by freezing (9)

12 Catches the eye (6,3)

13 You'll fret if you lose it (5)

14 Express exception (to) (5)

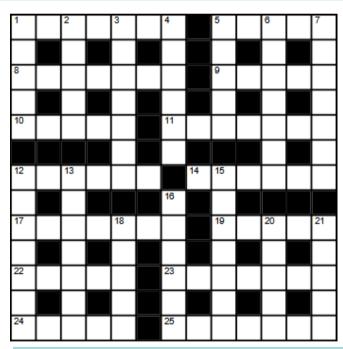
18 Grab — angler's kit (6)

19 Spirited session? (6)

22 Become thick (4)

23 Ruin (4)

SUPPLIED BY CYRUS



Across

1 Sensing deteriorating standards (7)

5 Alien wears hat, stylishly, for a Greek character (5)

8 As a rule, one of the army officers (7)

9 Throw out - leaderless - throw out (5)

10 Halves of the diameter (5)

11 Captains don't open for fish (7)

12 American soldier has a point about Asian hostess (6)

14 Pipes left us affected (6)

17 Sinatra became skilled in his field (7)

19 Plant risen in endless row (5)

22 Pest used in callous experiments (5)

23 Greed leads one to start with a very

acceptable cereal (7)

24 About to interrupt mother - imagine (5) 25 Elton John's income from the Windsors? (7)

Down

1 Bargee lost his head - became passionate (5)

2 Assembly absorbed in controversy, no doubt (5)

3 Embellish by sharing make-up (7)

4 Organised sail around Great Britain for a dog? (6)

5 Beginning the worst exercise regime possible, for a simpleton (5)

6 Bulb needs this to brighten your world - it's basic (7)

7 Endorses tests at cobblers... (7)

12 Darn leg broken and twisted (7)

13 At home and unpleasant after their first trespass (7)

15 Rock music for ankle biters (7)

16 United Nations reasonable - no -not! (6)

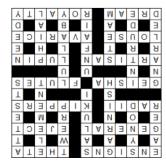
18 Morning set given to loco emission (5)

20 Small bottle for Albert following fractured hip (5)

21 Cash strapped English journalist in New York (5)

SOLUTIONS

CYRUS SOLUTION 159



QUICK SOLUTION 159

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ANIMALS

Ε

CAT **HIPPO** DOG BIRD GIRAFFE ELEPHANT FISH

MOUSE SQUIRREL MONKEY ALLIGATOR LION

TIGER

Kids Page





INGREDIENTS

1 egg, lightly beaten 2 cups Japanese Panko breadcrumbs 2 avocados, cut into wedges

Olive oil spray **METHOD**

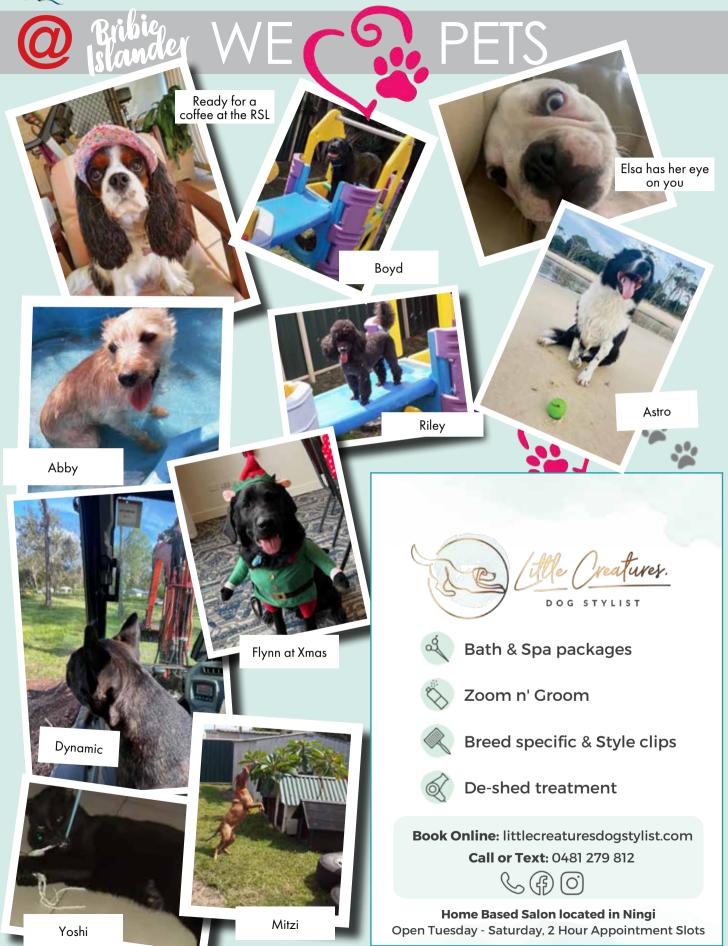
- 1. Preheat the oven to 200C.and line a baking tray with baking paper.
- 2. Place the beaten egg in a shallow plate.
- 3. Place breadcrumbs in a second shallow plate and

season with sea salt and cracked pepper.

- 4. Dip each avocado wedge in the eggs to coat, then roll in breadcrumbs, coat thoroughly.
- 5. Place on the prepared tray.
- 6. Spray with cooking oil and season lightly with sea salt and
- 7. Bake for 10 minutes or until golden and crisp.
- 8. Serve immediately with a little sweet chilli sauce to dip.











WHAT TO DO IF YOUR **PET EATS OR LICKS A CANE TOAD**

hen a pet eats, licks or 'mouths' a cane toad, the toad releases the toxin into the stomach or more commonly into the mouth of the pet. The toxin is rapidly absorbed through the mucous membranes of the mouth. In small doses, this toxin will cause your pet to exhibit symptoms similar to that of a psychedelic drug and is unlikely to be fatal. However, in larger doses, a dog or a cat will display a host of more severe symptoms, which in some

extreme cases can lead to death if not treated auickly.

After coming into contact with cane toad toxin, your pet may:

- Drool and shake its head. Due to its corrosive and irritant nature, the poison will cause profuse salivation soon after your pet bites the toad.
- Following this, vomiting often occurs, especially in cats. Cats also show hindquarter weakness and adopt a fixed trance-like stare.
- Experience severe muscle trembling and shaking, which occurs rapidly.
- Foam at the mouth
- Have dilated pupils
- · An increased heart rate
- Stagger and appear to lack coordination.
- Have difficulty breathing.

If your dog is poisoned, it will usually suffer from seizures or convulsions. These convulsions are usually fatal unless vou seek urgent veterinary attention. The poison can also affect the heart of dogs and cats, causing immediate cardiac arrest. The animal will then lapse into a coma and rapidly progress to

MANAGEMENT

If your pet mouths a cane toad, it is vital that you remove all traces of the poison from its teeth and gums. Flush your pet's mouth and face with lots of running water by pointing a hose forward out of your pet's mouth, not down its throat. Tilt the animal's head down so vou do not cause vour pet to choke. Wash its eyes as well. Additionally, you should wipe your pet's mouth out with a damp towel multiple times, washing the towel thoroughly between wipes. These actions will reduce the amount of the toxin absorbed by the pet and could be life-saving. An adult



cane toad has enough toxins to kill an average-sized dog in 15 minutes. Seek urgent veterinarian assistance.

PREVENTION

Cane toads are mostly active at night. To prevent your pets from being poisoned, place them in an area of your yard that you can keep free of cane toads. Check this area for cane toads regularly, especially at

TRAINING TIPS - WALKIES PART 2

HOW TO WALK YOUR DOG WITHOUT PULLING?

When teaching him to walk calmly, bring some treats with you. You can use pouch bags or bum bags to attach to your waist so that way you're not holding onto too many

Then encourage your dog to walk on a loose lead. It doesn't really matter which side the dog walks on left or right. The most important thing is that the dog isn't pulling. Use a verbal command such as "walkies" etc. then move forward. Praise and reward the dog if he isn't pulling. If the dog pulls there are two things you can do

1. Stop walking, stay in one spot like a tree; the dog may pull more but once he stops and your arm is relaxed by your side, call the dog to you, praise, reward and move forward.

2. Change directions and he will follow you and reward. Then proceed in right direction. Repeat if necessary.

The lead should never be used to pull or jerk the dog. This doesn't teach him how to walk nicely and you may even It is important to remember the lead is a safety device not to control the dog.

Happy training Yvonne

choke, hurt or damage his neck.

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

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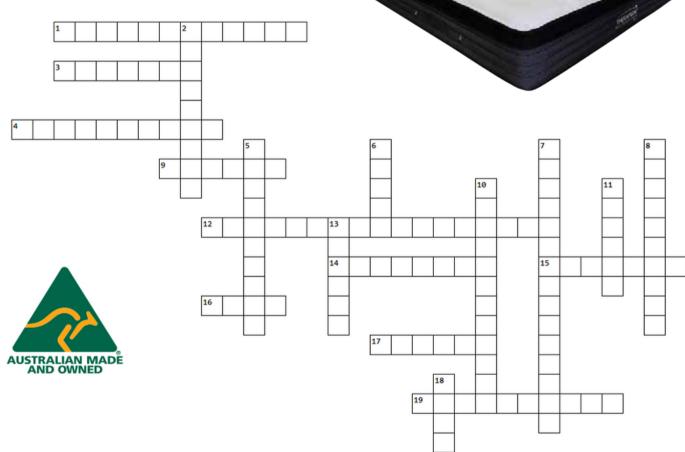


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CROSSWORDS ARE A LOT LIKE MATTRESSES MAKING IT WORK WHEN ITS NOT THE RIGHT FIT LEAVES YOU IN A WORLD OF PAIN . . .

WE HOPE YOU ENJOY!



Across

- 1. Our showroom location
- 3. Helps when rotating your mattress
- 4. Moulds to your body
- 9. Helps support your neck when sleeping
- 12. Keeps your mattress clean
- 14. Mattress and base combined
- 15. Foundation of your mattress
- 16. Component of mattress
- 17. Used on bottom of base
- 19. Two of these together make up a king size

Down

- 2. Our mattresses are made in
- 5. What region are our mattresses made in
- 6. Helps your body and brain function properly
- 7. Your local bedding specialist
- 8. Keeps your mattress cool
- 10. Type of spring used in our mattresses
- 11. Knit, damask and woven are types of what
- 13. Available in 1000, 1250 or 1500 thread count
- 18. Duck and goose







iving romantic flowers to your loved ones is a long-standing ritual on all romantic kinds of occasions. The attraction of romantic flowers is endless as it is a token of love and care for romantic events. It will be more beneficial if you and your partner love gardening and you can grow the flowers on your own.

You can set a beautiful memory for you and your partner with romantic flowers and plants if you consider them to plant in your garden. Plants stay longer, and they can even stay for a lifetime. When you look back, you will realize the beauty of the moments when you were younger.

ROSES

Roses make complete sense for all types of romantic events. Roses are the most classical flowers. They have some myths associated with them. In Roman culture, it is believed that the roses grew up when blood drops of Goddess Venus (the Goddess of Love) spilled upon the ground. She was trying to save her love from danger.

A rose can sustain itself in the garden for a long period of time. They are available in a large number of varieties and colours. You can easily choose any of them from stores or online. They are also easy to grow and sustain.

The red colour of the roses is most popular as it represents the colour of love.

BLEEDING HEART

They are popular for their long arching stems. Dicentra Spectabilis, or Bleeding hearts, are flowers that have a heart shape and have a colour combination of pink and white.

They can be planted aside from the trees as they can tolerate high temperatures and heat. Make sure the soil is fertile enough. They contribute to being a nice category of romantic flowers and gifts. CHERRY TREE

Another lovely and pretty gift in the category of romantic flowers is a Cherry tree. The best thing is you don't need a big amount of space to plant and grow the trees. It grows large bushes and cherry flowers. They are popular for their beauty and spring blossom. Their

attraction makes them the right gift for your loved one.

ORCHIDS

Orchids are beautiful and nice flowers that contribute to be a wonderful houseplant for any type of romantic event. The beauty of orchids lies in their colours. All they need is a little humidity and a good amount of light to grow well. It will look more interesting if you place them inside them in a transparent pot. Your partner will remember you when he or she will look at these lovely flowers.

CONCLUSION

Hence we saw some of the best romantic flowers as a gift for your loved one. These flowers and plants are selected not just because of their beauty but because they are a permanent symbol of love. These romantic flowers are perfect when you want to impress your partner with a lovely gift.













SELL WITH US AND SAVE

all inclusive



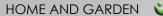
















Things that make a house feel homely when selling

- · A bookshelf filled with books
- The smell of freshly cooked food
- The smell of freshly washed bed sheets
- The location of the house
- Natural light
- Plants
- Flowers in vases
- Candles
- · Having the bed made
- Blankets and throws
- Artwork
- Fridge magnets

- A doormat
- · Cook books in the kitchen
- Lots of storage
- A bedside table setup
- A rua
- · Newly painted walls
- Memorabilia like festival tickets on display
- Matching kitchen appliances
- Matching furniture in each room
- · A certain air freshener scent
- A big wall mirror

While bedrooms, living rooms and kitchens score highly as places for homely touches, having distinct spaces carefully designed for entertaining friends, connecting with family, and keeping tidy and organised all help people feel happy, comfortable and relaxed at home!



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SERIOUS ABOUT SLEEP

52







SOME HELPFUL TIPS AND INFORMATION FROM THE TEAM @

PUMICESTONE PROPERTY MANAGEMENT

Recommendations To Maximise Returns

Investment property ownership is all about building wealth. Same reason people buy shares. So it makes sense every investor should be maximising their returns.

BUT HOW CAN YOU?

Well, let's start with some basics.

- Either buy a suitable property or renovate one to suit the market you are in. If your investment property is tired and run down you probably won't get the right tenants or the highest rental returns.
- Here in Moreton Bay, it gets warm in the summer. So, tenants today expect some little comforts, like fans in every room, fly screens on all windows, at least one large air conditioner, but preferably more and a dishwasher because lives are very busy.
- Now we are also seeing big interest from tenants for properties with solar to help tenants reduce costs.
- On top of all, that fresh carpet and a new coat of paint create a new car smell, which will also attract better tenants and improved returns.
- How about storage? Putting a shed at the back of your investments could be a big plus as sheds are very popular with families and it adds real value to your

property.

- New quality oven, and cooktop. I recommend quality whitegoods as they appear better and last much longer. The best tenants recognise quality will pay more rent to use them.
- Can your property accommodate dual living for a young adult or elderly parents? This dramatically boosts rental income.
- Many people don't think of a tax depreciation report. The right ones last 40 years and will increase the amount of tax you can claim yearly. Every investor needs one of these.
- Making your property water-wise is also smart as it allows you to then pass on the charge of excess water.
- Even adding in a monthly gardener visit for garden maintenance will help. You can charge extra rent, and your gardens will always look good and adds value to your property.

Pumicestone property managers personally manage and care for your property as if it were their own.

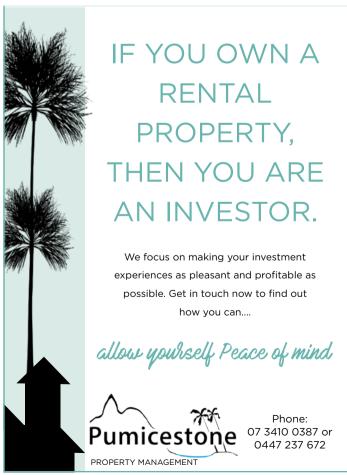
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A Word From **Tracie Robinson**

McGrath



89 BISHOP ROAD

As a Bribie local for over 20 years, I am extremely passionate about **BEACHMERE** upholding value for the region and delivering premium sale results to my valued clientele. My approach is always to make every home as beautiful and desirable to the widest array of local, national and international buyers.

I have developed a comprehensive database of Bribie specific buyers and I work diligently with a powerful network of buyers' agents who represent high net worth clients from all around Australia and the world. My ongoing commitment to achieving record prices in all areas of the Bribie region has meant that I have been able to develop a reputation for presenting homes in a way that goes above and beyond expectations of what traditional real estate agents may offer. My background as a QLD trainer and educator in the hairdressing industry, has equipped me with an extremely high focus on the customer experience.

Rest assured, if you choose to work with me, I will make sure you feel completely safe and relaxed in the knowledge that you are being cared for with the utmost integrity and professionalism every step of the way.



22 SHEARWATER CRESCENT **BANKSIA BEACH**

SHINE THE LIGHT BRIBIE ISLAND

This year, I want to thank those in our community who have made a difference and brightened someone's life. I want to support all the hard-working local businesses that have helped build the desirable and thriving lifestyle location that we have become. Each month I will award a deserving resident of Bribie Island or the surrounding area a \$200 Shine the Light Gift Voucher for one of our local businesses. This is my way of helping to say thank you, while supporting the local businesses that employ and serve us so brilliantly. So, Shine the Light on a deserving person who has made a difference in your life by sharing your story with me and tell me why you think your nominee is the worthy winner of this fabulous \$200 gift voucher, I will choose a local business of choice each month and invite you the residents to enter your Shine the Light story and nominate your recipient of choice. At the end of each month, I will announce the winner, and together we will present the \$200 Shine the Light Gift Voucher to your winning nominee to say THANK YOU!!

To nominate someone, simply email tracierobinson@mcgrath. com.au or message your Shine the Light story to 0401 091 182 and tell me who has made your life better in some way. Follow us on Facebook @tracierobinsonmcgrath and make sure you don't miss the very first Shine the Light competition.





client testimonial

We started our sales journey with the intention of interviewing 3 agents. In choosing, we were influenced heavily by the following criteria

1. Who is selling homes in our immediate area? 2. How quickly were these homes being sold? 3. What prices were being achieved?

We did our research and found locally based agencies were selling none, or just an odd house in our area. With this in mind we started with Tracie as she was active along Marina Blvd and in the local

After a long, incisive, and comprehensive discussion with Tracie we knew that she was the only agent with whom we wanted to work and our plans to interview three agents were discarded. When I think about why we came to this conclusion and placed our trust in her so guickly to sell our home, it was the following:

- She had done her homework on our property plus a comparative analysis prior to arriving so her preparation skills were excellent
- It was immediately apparent that she had a strong and clear focus on us as her clients and quelled my fears about past experiences where our agents started working for us as the sellers and part way through the process, they would become the buyer's agent trying to get the price down. We wanted the assurance that we were paying the commission, and this is where her focus needed to stay. Tracie's actions and words gave confirmation of this loud and clear. We just knew that we were her main focus.
 - Tracie's questioning was detailed, sensitive and honest.
- She was an interested and active listener to any and all of our worries and concerns and after exploring the property she

developed an action plan to achieve the outcomes we wanted and then the work began.

While I won't go into all of the details of the sales process as everything happened very quickly, there are some common threads which permeated every action and interaction with Tracie.

- Open, easy, honest, and constant communication
- Going over and beyond our expectations of an agent in particular with her focus on the smallest detail. Many examples were demonstrated even down to using some of her own props to ensure that the photos were "perfect". I also noticed how much time she spent in preparation for the photographer so that she maximised the time he/she spent taking images to support "living an island lifestyle".
- Tracie was also keen to support us through giving reassurance and advice when trying to find a new home even to the extent of ringing another agent to ask a few questions

on my behalf so that I could move forward with the negotiations. As you can see, we can't speak highly enough of her amazing skills and commitment to her profession. She has restored our faith in how a truly professional sales agent should operate.

Seller - Marina Boulevard, Banksia Beach Qld



114 MARINA BOULEVARD BANKSIA BEACH





Real Estate 2022 Forecast: Property guru John McgGrath on what to expect and where to buy and invest this year

REAL ESTATE FORECAST FOR 2022

Here are five reasons why I believe we will see the residential market in most parts of Australia continue to perform well throughout 2022 and beyond.

1. POST-COVID SURGE Impact rating 6/10

there will be no "post-Covid period" as we now move forward accepting of living life with Covid and seeing it as more or less another illness.

We saw people and businesses more energised post-lockdown until Omicron reared its ugly head. But as vaccines, boosters and herd immunity all kick in, we should find ourselves on firmer footing to restart life as we knew it before Covid came along.

2. OVERSEAS BORDERS RE-OPEN Impact rating 5/10

As expats and overseas immigrants can once again travel to Australia, we will see an increase in investment in residential property.

Covid has reinforced for many the benefits of living Down Under and also made many people re-prioritise their health and family over other things. So, stay tuned for an increase in overseas buying over the next 24 months.

3. INFLATION Impact rating 7/10

Governments around the world have started to issue bonds to fill the economic black holes in their budgets. This will allow them to continue to pay for Covid-related activities and stimulate their economies. This will also provide cash and borrowing capacity for banks, businesses and the

4. Federal election Impact rating 7.5/10

No doubt the Federal Government will have a few positive surprises for the Australian public in the next few months as we approach the election (which must be held no later than May 21). Data is suggesting that despite Covid, there will be a very healthy set of economic numbers delivered this quarter - jobs, GDP growth etc - which will be wellreceived and provide a solid base for future growth.

5. GENERATIONAL WEALTH Impact rating 3/10

While this is a slower burning contributor to the property market, as the Baby Boomer generation (generally 60-70 years of age) moves to a new phase of life, this will create a stimulation in property moves and investing due to the passing down of generational wealth to their kids.

CONCLUSION

So, while all these factors are no guarantee of a strong property market, the indicators suggest not only will prices hold at these levels moving forward, but ongoing pressure is likely to increase prices further throughout the year in most markets. John McGrath expects the positive momentum of the Australian property

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A JAR OF REASONS WHY YOU LOVE THEM

Decorate a small glass jar with ribbons, felt hearts, and other sentimental items. This unique gift can be added to a shelf as a decorative piece and can be customized with a personal message from you. Each of the pieces of folded paper is going to bring a smile to your special one's face as it explains a reason why you are in love with them. Simply grab some plain paper and write the reasons in bright red pen, folding the sheets and dropping them into the jar. Nothing can be better than expressing everything about them that makes you adore them.

CUSTOM BEER BOTTLES

Add a special touch to your partner's favourite drinks with custom labels that can be attached to beer and wine bottles. Think of unique quotes or a special message for each bottle, and then place them in the fridge. To make your very own editions to the bottle labels, you begin with cutting pieces of cardstock into an appropriate size for labels, making

some clever beer slogans, and lastly, printing them out on card stock. We bet that Valentine's Day glassful of beer would seem to be a lot more delicious when the bottle comes with such gorgeous homemade labels expressing your love.

BOUQUET OF LOTTERY

Create a bouquet full of lottery tickets, add heartshaped lollies, ribbons, and other decorations. The significance behind putting together loads of lottery tickets is to tell your partner that they were no less than a lottery for you when you met them, and this amazing present is a totally well-deserved affair for their Valentine's Day present.

CUSTOM PHOTO FRAME

This custom photo frame includes a picture that you are fond of, as well as song lyrics, poetry, or a handwritten message that reminds you of your partner and the life you share together. There's something oh so sepia about this whole masterpiece that will add a rustic charm to the decor of any room, while of course, reminding them of you every single moment they get a glimpse of the frame. Speaking of the text surrounding the picture placed right in the middle of the frame, you can either write your thoughts about them or simply grab some famous love quotes for the same. A wooden frame on the side with a dark stain and glossy finish works wonders as the final touches of splendour, and the fact that the custom photo frame has been crafted at home is the unconventional element of the gift.



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MICRO Gardener Making it Easy to Grow Good Health' Micro Gardener Making it Easy to Grow Good Health' PART 3 By Anne Gibson

WHAT ROLE DO MICROBES **PLAY IN MICRO GARDENS?**

Microorganisms (microbes) are your soil's 'invisible workforce.' Despite their size, they are important free workers. Beneficial microbes help create a healthy environment in your soil. These tiny microbe communities recycle nutrients to feed your plants. They also help protect your plants from pests and diseases. Having a micro understanding of how these free labourers can be put to work on your behalf, can significantly help boost your harvest.

WHY ARE MICROCLIMATES **IMPORTANT WHEN MICRO GARDENING?**

Carefully observing the local microclimates around your home and garden can help

- Extend your harvest for a wide variety of edibles.
- Grow plants you may not have been able to grow before.
- Have optimal control over sun, shade, wind, soil and weather conditions.
- Utilise natural or manmade structures to your advantage.
- Select the right plants, pots and growing environment.
- Maximise your food production.
- Protect your gardens against damage from frosts, heat and other problems.
- Thoughtfully design your space to create a more resilient, productive and healthy micro garden.
- · Spend minimal time, money and energy to maintain.
- What are some of the benefits of micro gardening?

• Downsizing a garden has many advantages. Micro gardens don't require heavy labour, expensive equipment or materials. They are cheap to establish and maintain.

They are easy to access and help you grow good health. Being self-sufficient to some degree is a really satisfying reward for minimal effort. Plus the health benefits of fresh ingredients in your diet!

- Who can be a micro gardener?
- Micro gardening opens up food growing possibilities for everyone. It's for city dwellers; apartment and balcony gardeners; suburban gardeners; renters; mobile home and tiny house owners; and even travellers. With careful plant choices and utilizing sun and space wisely, almost anyone can grow a compact garden!

CAN I EARN MONEY WITH MICRO GARDENING SKILLS?

Regardless of your time or budget, there are a wide variety of scaled down solutions for small spaces. The first step is to learn to grow nutrient-dense food for yourself. Once you have the confidence, this opens up the possibilities to earn an income. Opportunities include:

- Selling surplus produce, seeds or plants.
- Becoming a consultant with your own clients.
- Teaching micro gardening skills to others.

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





east Queensland. Perfect for a splash of colour among the green. To be honest, I say that for every colourfully-flowering beauty, but this depth of purple is both stunning and uncommon.

In the middle is a Dwarf Golden Wattle. A true gem with its blue-green leaves and bright yellow flowers from June to October. It grows to just one metre and like most native shrubs or trees, the wattle attracts native birds who enjoy the seeds and insects. It's worth noting here that dwarf grevilleas and Callistemon are also commonly available, all with similar attractions and benefits.

The Photo on the right are some Leptospermum, which most commonly come with

white flowers (at the back of the photo), pink (prominent in the centre of the photo), red, and a creamy green (popping up at the bottom). If you can find the "Ballerina" variety, you'll be especially delighted with its multicolour flower display.

There are approximately 40 species, all native to Australasia (mostly AU, NZ and PNG). Always check the height as some grow tall, but whatever you choose, they always stand out as a feature plant in the garden.

In Issue 161 on 11th March, we'll have a look at some more attractive and easy-to-grow plants for adding a little height to your garden. Meanwhile thanks for reading and happy gardening!

elcome back, everyone. What a summer of growth! So much rain and lots of sunny warmth have led to one of our lushest summers yet. It could be time for a good prune throughout the garden and maybe weeding too. When that's done, it's worth laying down lots of sugar cane or Lucerne mulch, bark if you prefer, all so that next summer, like me you may find yourself only weeding a few minutes a month. Bliss!

Anyway, did someone say work? Let's change the subject to height and colour! We are sometimes looking for plants to add height in our gardens and we're blessed in our region to have many that

flower all or close to all-yearround, and others that always flowers during the cooler months.

There are many favourites to buy even now before the cooler weather arrives - dwarf bougainvilleas (eg. bambino), roses, native frangipanis (which stay less than about a metre wide, and so many more. Simply ask your local plant people at nurseries and markets.

There are always many choices but today, we're looking at these three gems that will add a little height here and there in your garden or do very well in a large pot (40cm or taller). All three are tough and very easy to grow.

The first image on the left is probably the most popular tibouchina around. The "Jazzie". Tibouchinas are native to South America and grow in a wide variety of climates. The Jazzie grows to around a metre tall and its stunning rich purple blooms flower mostly in autumn, but almost year-round in south-





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John Traill

Public Relations Officer Volunteer Marine Rescue Bribie Island

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publicIrelations@vmrbribie.com

MORETON CITIZEN OF THE YEAR



Moreton Bay Regional Council Mayor Peter Flannery, QPS Moreton District Officer Superintendent John Hallam, Graham Gibb with his award, and Division 1 Councillor Brooke Savage.

We are proud to claim that the Moreton Citizen of the Year has been awarded to VMR Bribie Island's Graham Gibb. Graham is

a Senior Radio Operator, a Management Committee Member, and also our Emergency Services Liaison Officer. Graham has been the principal organiser of our Combined Emergency Services EXPO held annually at the VMR Base on Bribie Island.

Graham is also a volunteer with Queensland Police Service's Volunteer in Policing (ViP) for nine years. Congratulations Graham.



Blue Sunday had a call out first thing to recover a member with battery problems. On the way out via Gilligan's Green there were occasional rogue waves up to 2m but smooth sailing on the way home as we came home via the deception bay red.

BLESSING OF THE FLEET

Bribie Island Sailing Club "Blessing of the Fleet" held Saturday 29/01/2022 at VMR Bribie. The ceremony was conducted by Father Stephen Schwarzrock of St Peter's Anglican Church from the VMR Bribie pontoon, while the Commodore of the Bribie Island Sailing Club Jim Thomson and Vice Commodore of VMR Bribie Ces Luscombe assisted while keeping their covid distance. The sail past was led by VMR Bribie One skippered by Jim Brown, nine sailing vessels and paddle canoes from all the groups on the island were represented.



Commodore of the Bribie Island Sailing Club Jim Thomson, Father Stephen Schwarzrock of St Peter's Anglican Church, and Vice Commodore of VMR Bribie Ces Luscombe.



VMR Bribie One skippered by Jim Brown leading the Blessing of the Fleet





Sailing Vessel Millie skippered by Ian Teakle, also a VMR trainee Radio Operator. Receiving its blessing.



Sailing Vessel Joy- Ride skippered by Jim Hawke receives its blessing.





JANUARY 2022 VESSEL ASSISTS:

FRI 21/01 0608am – Large white cruiser slipped mooring near Spinnaker drifting toward Pacific Harbour - investigate, contacted owner.

FRI 21/01 0655am - 14m Steel Hulled vessel reported missing required a tow from near Bongaree Jetty to Spinnaker Sound Marina. overnight. located near White Patch, owner advised.

FRI 21/01 2313pm - 14m Ex-Trawler non-member aground North of from White Patch to Bellara Boat Ramp. Ningi Creek, motor issues, required a tow to Spinnaker area.

with the tide, recover from Passage opposite Museum to Bongaree Ramp. Boat Ramp.

SAT 22/01 1644pm - MOP reported catamaran upside down with 2 people in the water near Spinnaker Sound Marina. Investigated and righted the vessel, South of Bridge, but wouldn't fit back under the bridge, towed to Bongaree Boat Ramp, dropped sailors back at their car so they could retrieve vessel.

SUN 23/01 1509pm – 2m Tinny non-member with motor issues required Spinnaker Sound Marina – investigate. a tow from just North of the Bridge to Bongaree Boat Ramp.

a tow from near Avon Wreck to Pacific Harbour canals.

required a tow from 300m off Red Beach to Spinnaker Sound Marina.

THU 27/01 1243pm - 12m Yacht non-member lost power required Mooring.

assistance from 3 Nmiles East of Woorim to Bongaree moorings.

SAT 29/01 1141am - 6.4m Cruisecraft non-member lost power.

SUN 30/01 1337pm – 3m Jet Ski non-member aground, Required a tow

MON 31/01 0743am - 4.2m Tinny non-member motor won't start and SAT 22/01 1532pm - 2 Jet Skis non-members in trouble, drifting out anchor not holding. Required a tow from Near IGA to Bongaree Boat

> TUE 01/02 0053am - 12m Cruiser non-member broken down in shipping channel off Tangalooma, required a tow to Scarborough Harbour.

> TUE 01/02 1040am - 3.5m Jet Ski member full of water, required a tow from between Toorbul and Mission Point to below Bellara Boat Ramp.

> WED 02/02 1525pm - MOP reported 14m Cruiser drifting in front of

WED 02/02 1546pm - Request by Water Police to assist 9ft Tinny with MON 24/01 1538pm - 4.6m Tinny member with motor issues required 4 POB, fuel problem and hit by storm, recovered off Donnybrook, towed to Donnybrook Boat Ramp.

WED 26/01 0757am - 6.5m Half Cabin non-member with motor issues, WED 02/02 1721pm - 6m Half Cabin non-member un-manned and drifting just North of entrance to Spinnaker, investigate and tow to MSQ

SAFETY DAVE -The Frenchie's Message:

SAFETY DAVE SAYS FOR THIS COMING HOLIDAY PERIOD CHECK YOUR LIFE JACKETS:

- do you have the appropriate life jacket for the whole trip?
- are the life jackets suited to the activity being undertaken?
- do you have one jacket for everyone on board?
- · are the jackets in good condition and correctly labelled?
- · if boating at night, do the jackets have reflective tape on them? and
- do you have an appropriate sticker/ label showing where the life jackets are stored?

Many boaters have their jackets still in their original packaging - this leads to lack of effective inspection and the deterioration of the straps. This in turn also makes it difficult to fit in an emergency.

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

PLEASE WEAR YOUR LIFE JACKETS!

"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!"



YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 3rd February 2022: 1,455 Calls, 423 vessels logged on, 39 Vessel Assists, 162 Sitreps, 99 Requests,

7 overdue vessels, 2 Vessel Tracking, 102 Radio Checks. 2 Weather Broadcasts.

4 Securite Broadcasts, 0 Pan Pan 0 Mavdav.

VHF 72.5%, 27MHz 6.4%,

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Hi.

Only the brave has ventured out with the current weather, blow a dog off a chain at times.

Good catches were reported before the nasty fronts blew through. The Blanch family had a great holiday, love those smiling faces.

Claude has continued on with his AFAQ winning ways, he is a very keen and accomplished angler.

Sorry I do not know the gentleman with the Chinaman fish the photo was sent anonymously.

That's all for now, remember to dust off your Alvey reels, I will repair them or provide the parts if you need them.





Landon Blanch 7, caught the passage Mulloway (90cm)





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FRI 11 Feb	SAT 12 Feb	SUN 13 Feb	MON 14 Feb	TUE 15 Feb	WED 16 Feb	THU 17 Feb
6:34 am	12:22 am	1:20 am	2:08 am	2:45 am	3:20 am	3:53 am
1.72m	0.57m	0.52m	0.46m	0.39m	0.33m	0.28m
1:28 pm	7:34 am	8:22 am	9:00 am	9:31 am	10:00 am	10:30 am
0.77m	1.8m	1.87m	1.94m	2m	2.05m	2.08m
6:41 pm	2:26 pm	3:05 pm	3:35 pm	4:00 pm	4:27 pm	4:54 pm
1.23m	0.68m	0.61m	0.56m	0.52m	0.48m	0.44m
	7:45 pm	8:31 pm	9:06 pm	9:36 pm	10:07 pm	10:39 pm
	1.27m	1.34m	1.41m	1.47m	1.53m	1.58m
FRI 18 Feb	SAT 19 Feb	SUN 20 Feb	MON 21 Feb	TUE 22 Feb	WED 23 Feb	THU 24 Feb
4:28 am	5:04 am	5:43 am	12:34 am	1:19 am	2:12 am	3:15 am
0.27m	0.29m	0.35m	1.69m	1.71m	1.72m	1.73m
11:00 am	11:33 am	12:07 pm	6:26 am	7:15 am	8:15 am	9:40 am
2.09m	2.06m	1.98m	0.44m	0.54m	0.66m	0.75m
5:24 pm	5:54 pm	6:26 pm	12:44 pm	1:24 pm	2:12 pm	3:15 pm
0.4m	0.38m	0.38m	1.86m	1.71m	1.54m	1.39m
11:15 pm	11:53 pm		6:57 pm	7:31 pm	8:15 pm	9:15 pm
1.63m	1.66m		0.39m	0.42m	0.46m	0.51m



Caiden Blanch, 4 caught the passage Mangrove Jack

Claude from Bribie Inspections winning AFAQ's January competition, nearly 7kg of good Passage fish.



Bream showing Saddleback disease, still good to eat.



Chinaman fish, caught at the ripples, no take or eat. Put up a great fight, first Chinaman I have seen in the passage that big.

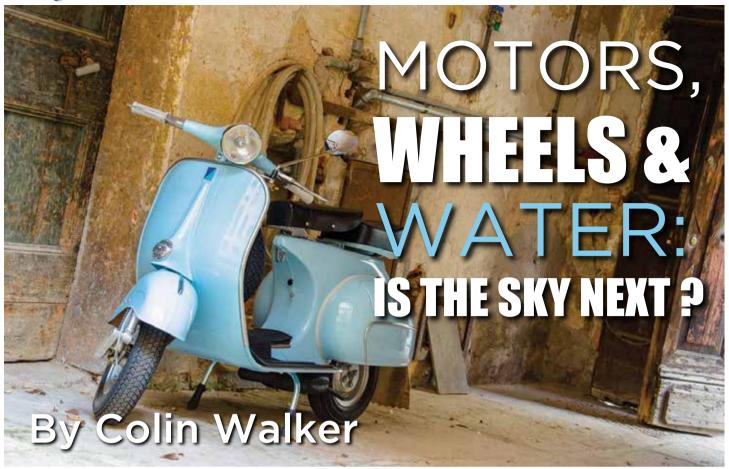


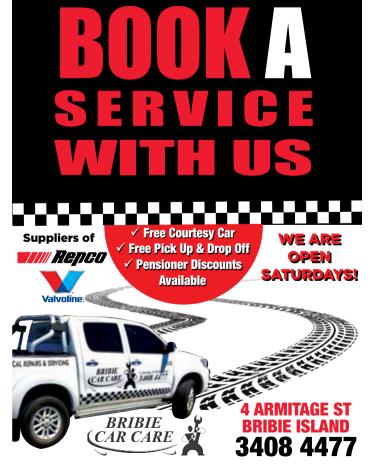
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here's no doubt about it....we
Australians have a fascination (an obsession, even) with personal motorised forms of transport – not just on our roads but on water too, courtesy of our trailer-borne boats and other marine craft.

Recreationally, caravanning has become a national boom industry – and boating not far behind it in patronage (and dollars outlayed and spent on it). They have become almost a part of our DNA.....certainly, a very obvious part of our national identity.

My personal love/hate relationship with motorised transport began almost 75 years ago when I first travelled in my Dad's old panelvan as he hauled fruit and grocery supplies around customers in rural areas in the Wide Bay region.

Then, 63 years ago I bought the first of two motor scooters (an Old Italian Vespa) that had some nasty habits confirming my absolute ignorance about what makes motors and mechanical parts "tick". (This was later confirmed by vocational guidance officers at high school..... and further reaffirmed by some unhappy experiences, as an owner-driver of motor vehicles and trailer boats, over those past 63 years).

Driving the old Vespa at night, on many occasions the headlight would go out when I hit a bump and the motor's habit of cutting out when it overheated left me, one day, on the top of a giant anthill beside the Bruce Highway between Maryborough and Howard... a very uncomfortable predicament.

We have lived through eras of rapid and dramatic change over the past 50 years or so – and few more so than in transport, from the horse and buggy days to space travel.

But even allowing for these experiences, old-timers (such as myself) find it difficult to gauge or predict what the next 50 years might produce in public and personal transport options. We are already seeing some "pointers", however.

*Normal deliveries of food, drinks, medical supplies and other goods to our homes and businesses by drone rather than by vehicle deliveries?

*DRIVERLESS PUBLIC AND PRIVATE CARS, BUSES AND OTHER FORMS OF ROAD TRANSPORT?

*Motor vehicles converted to become mini-aircraft, to speed up commuting and to allow us to circumvent traffic snarls, going about our daily excursions (for work, play, and recreation) going from airport to airport, instead?

*Personal Airborn jet platforms (like the Jetsons TV cartoons of old) allowing us to use available airspace as our personal "highways"?

*Fuel-guzzling motor vehicles replaced (almost exclusively) by sleeker, more sophisticated, and fewer pollutant vehicles driven by solar power and electric batteries?

*REMOTE-CONTROLLED SHIPPING AND AIRLINE FREIGHT AND PASSENGER SERVICES, PERHAPS?

* Weekend spaceship flights (manned, or remote-controlled) for a look at some of our world's most notable sights....a bird's eye view rather than a ground view?

Some of these innovations are already "out there"...... in place, and operating. So what else could we envisage – and how will these experiences compare with the memories we have all gained (and stored away in our memory banks) during the horse-and-buggy-to-space-travel era many of us have lived through?

We (my wife and I) have owned and driven just over 20 motor cars, four caravans and at least 10 boat outboard motors in our time together (1959 to now).... and jet skis (all on-road trailers/wheels)... I have thought about trying to assess (or at least estimate) what all this dependence on personal transport has cost us, over the years.....but I think, now, that it's probably best (and the wisest thing) that I don't pursue that any further.

I would prefer, instead, to recall the flood of our favourite memories (some good, some bad) that remain embedded in our memory banks.

For starters, my wife and I have never been injured in a road accident, and we have been fortunate in not losing a family member from a road accident injury or trauma over more than 60 years of driving....until one accident, very recently (last year, 2021). That makes us more fortunate than the average "family on wheels" – and we are very grateful for that. Our road toll remains

Our road toll remains appalling - a serious blight on our national psyche

and on our capacity to stop this societyshattering carnage.

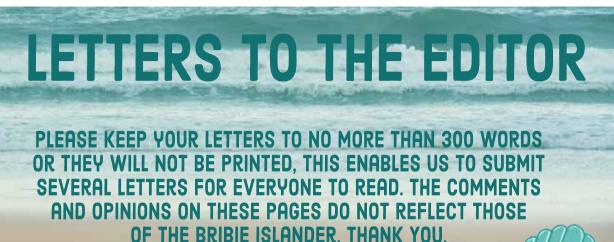
We simply don't seem capable of dealing with it adequately or countering it. Maybe we are too "soft" on offenders who cause many of our road deaths.... or is it that we just don't care, enough, to do some of the "hard" things needed to turn things around?

But there can be humour, too (often, in fact) when we get about in or on our motorised (and wheeled) machines.

Recent flooding reports have triggered memories of one such incident in the recently-flooded Maryborough/Cooloola Coast region, when we were returning from a weekend fishing outing, many years ago. Heavy flooding left several washouts (or culvert overflows) on sections of the Cooloola Coast Road between Maryborough and Gympie – and flushed out scores of snakes from State Forests (pine plantations) in the area.

My wife and I stopped (boat in tow) to take advantage of the washouts (almost kneedeep) to wash our dirty boat and car – and found ourselves among scores of small red belly black snakes in the runoff. We almost levitated – and jumped back (with great dexterity and at lightning speed) to find a more shallow washoutminus any snakes....a little further "down the track".

We weren't laughing much at the time, but we often get a chuckle about this now.... just about every time we hear about local flooding, actually!



FROM THE EDITOR,

Unfortunately due to the overwhelming amount of letters to the Ed about covid, I have decided that I will have to cut it off as it seems we are just going back and forth on a subject that has in my opinion run its course. It has and always will be a personal choice on what you choose to do, so moving on I have decided to end that discussion here. It is too hard to choose who to print and the magazine would be full of nothing but letters to the Ed if I printed them all. I think we all need a break from covid, so let's move on and send me some new letters, be it acts of kindness you have witnessed, funny stories, community issues, new information, anything but the never-ending debate about

Thank you all and remember, 300 words please as I am tightening this up and won't print it anymore if it goes over.
Cheers,

Cherrie Wilson

vaccines.

DEAR EDITOR,

It seems to me that the Anne Matthews well written and balanced piece (in my mind anyway) "To Vax or Not to Vax part 1" in Issue 157 has poked the hornets' nest that is the anti-everything brigade. The troops have been summoned and an all-out offensive has been launched on the "Letters

to The Editor" desk in the latest issue 158 of this magazine.

No weapons have been spared in an effort to overrun the topic of conversation, all the while complying to the clearly stated Rules of Engagement i.e. no more than 300 words or they WILL not be printed. Hang on, my mistake.

Either the aforementioned contributors did not read the fine print or they are from the "You can't tell me what to do" battalion of this attacking force and no one is going to infringe on their God given right to say their piece, regardless of how long it takes, certainly not an editor of a fortnightly community magazine!!!! Their ramblings seemed to have no end.

Now, let me be perfectly clear, I firmly believe that everyone has a right to their opinion. And to express it.

The funny thing about opinions is, and I heard this statement many, many years ago and many, many times since. "Opinions are like Butt Holes, Everyone's got one and it seems for the vast majority of times, what comes forth from both can be extremely similar!!!"

My humble opinion only. And all this in under 300 words. Mark Hooper Dear Editor,

It is time we stopped arguing over the merits of vaccination and concentrated on more important matters, like the failure of trust exhibited by our leaders. Let's us not forget the following shortcomings when we go to the polls.

There was a shocking delay in the response to sexual harassment allegations in Canberra as if the concern expressed was not genuinely felt. An even more serious delay left Afghani interpreters and their families without rescue, so they are still not safely re-settled.

The creation of a Federal Integrity Commission was conveniently delayed until it was too late. At least nine funding scams deserved better public scrutiny.

There was too much duplicitous activity when it came to the French submarines. And siding with the US over investigating the origin of SARS CoV-2 was disastrous for our primary producers.

Why did our PM turn down an offer of locally produced rapid antigen tests, claiming we didn't need them? Who was it that turned Australia into a pariah at COP26 by refusing to take meaningful action on climate change? Just throwing money at the GBR, spread over the next nine years is not going to deal with the root cause of its problems.

What do you want your leaders to do in the next term? Now is

the time to prepare your questions for the candidates.

H.Beneke

DEAR EDITOR

In his recent letter (issue 158, January 28), I'm puzzled as to why Aussie Battler asks "Margaret, don't you read YOUR trade journals?" Why does he assume that I should read the American Journal of Medicine (especially when it ranks number 3623) - or in fact any trade journal? I'd draw his attention back to the article, published in the AJM in January 2021, which also states;

"When the totality of evidence is incomplete, it is appropriate for health care providers to remain uncertain. None-theless, regulatory authorities are sometimes compelled to act on incomplete evidence." In the AJM journal, volume 135, No1, January 2022, they conclude: "Previously, we recommended a moratorium to health care providers concerning prescriptions of HCQ. Since that time, no significant benefits have been found. The current totality of evidence more strongly supports our previous recommendations concerning the lack of efficacy and possible harm of Hydroxychloroquine in the treatment and prevention of Covid-19."

COMMUNITY

I suggest that Bribie Battler reads complete articles rather than just the headlines - or bits that suit his beliefs. On a brighter note, it was refreshing to read Anne Matthews thoroughly researched 2-part article "To Vax or Not to Vax." Food for thought for all readers. Thank you, Anne.

However, like many readers, I'm done with Covid. Time to move

Thank you Editor for producing a great local magazine and giving reader's space to air their views.

Best wishes Margaret Guthrie-White

Dear Editor,

Thank you for your latest edition – an enjoyable read and delivered to my door on a wet and wild day. Once again it was filled with good reading that can be digested over the coming days. Good to see an article on how to improve our health. Too many of us take it for granted - especially when we are young – and then seem surprised in later life when our body starts to fail us. Starting young builds the foundations for a better and healthier later life.

Good to see Brooke featured again - she does so much for the Island and our community. I also love any story on "black" Australia. However – as a wise man once said to me - we all came from somewhere else even our original inhabitants. I hummed my way through American Pie – the song – not the movie. The usual articles were also top-notch - especially the wine. Al's writing also goes from strength to strength. My friend Archie enjoyed the pets section. I feel the Bribie Skies article could be given more prominence - it is such an interesting subject and we all love staring at the stars and planets - especially at night. I love stories on food and fishing so will enjoy reading them later in the week.

My favourite section though is "Letters". I read them thoroughly and always get something from them. I love the letters from people like "The Bribie Battler". Who doesn't enjoy a good parody? His deliberate misuse of facts and figures never fails to bring a smile

to my face. I can only trust he keep up the high level of "tongue in cheek" humour he has reached. Even his name suggests mirth. He received some "muted" support from other writers this week who also like to keep their names anonymous - for obvious reasons. But BBs letters are humour at its best - I almost rolled off my chair at his "this murderous vaccine campaign" (shades of Norman Gunston or Monty Python at their best). Even the dog left the room, and he normally only does this when I'm watching football. BB's hyperbole certainly put the nay-sayers firmly in their box. Keep up the good work BB.

Bill's letter was another gem. I must say he is right about my letters. But, I feel he was a tad harsh on Barry. Who of us doesn't really enjoy a good read on Prickly Pear. History must be a pretty boring subject if you don't branch out sometimes? Next time Barry might consider those ant hills we see as we drive about. I'm sure they have a very interesting story to tell.

But I can't wait till the next edition. You might consider giving BB a regular spot heaven knows we all need a good laugh on a regular basis.

Cheers Michael

Dear Editor,

The letter from W. Peacock sparked my interest with its dismissal of history. I would have thought someone with a journalistic background would be more aware than most of the value of reference points in the past. Maybe he or she just wants to sit back and enjoy the beauty of Bribie but, as Barry's article explained, the island, and indeed much of Australia, would be very different today without the arrival of the little Cactoblastus moth; more a place for existing rather than enjoying. Even a cursory reading of the article would have suggested the dangers of importing potentially feral species and the need for rigorous science behind all our endeavours. W. suggests there may be other issues of greater value to the community but I think understanding the past may help us not repeat silly mistakes, and helps us appreciate why we are where we are.

I enjoy Barry's articles and the background they provide to our lives today.

Regards, Peter Marshall

Dear Editor.

Firstly a warning for the Member for Pumicestone; failing to present a petition signed by twenty eight thousand concerned people to the parliament is an almost certain way to lose your seat at the next election. Regarding four wheel driving on the beach, there is no way that it will do any good for the beach itself or its native inhabitants. In these times when so many people are concerned about global warming and we are being fed so much about carbon emissions, driving up and down beaches or anywhere else just for the sake of driving should be discouraged. Perhaps all of those people who march

around the streets making noises about climate change could. instead, picket our beaches and keep all unnecessary vehicles off them. Roddy Blake

Dear Editor,

I was fined \$275 the other day by an MBRC ranger for not having my dog on a leash just up from the leash-free beach. The ranger actually caused my dog to run up the dune when she tried to catch her while she was legally on the beach. I tried to get the fine reviewed but an emphatic no was the answer. I feel that on an island like Bribie that has so many holidaymakers visiting the very popular beach council would at least issue at first a warning before the hefty fine.

I am very disappointed with their money-grabbing on such a lovely part of Bribie. They should be ashamed of themselves.

ANON





PROPOSAL TO UPGRADE MOBILE PHONE BASE STATION LOCATED AT **BANKSIA BEACH**

Telstra plans to upgrade an existing telecommunications facility located at Pacific Harbour Golf Course, Avon Avenue, Banksia Beach QLD 4507 (Lot 801 SP189020) www.rfnsa.com.au/4507007

- 1. Telstra are currently upgrading existing mobile network facilities to allow for the introduction of 5G to Telstra's network. As part of this network upgrade, Telstra proposes the installation of LTE700 (4G), LTE2100 (4G), LTE2600 (4G), NR850 (5G) and NR3500 (5G) technologies at Banksia Beach. Proposed works at the above site will involve the removal of six (6) existing panel antennas, the installation of six (6) new panel antennas (each no more than 2.8m in length), the installation of three (3) new 5G antennas, the installation of six (6) new remote radio units (RRUs), proposed structural upgrade of the existing monopole and associated ancillary equipment. All internal equipment will be housed within the existing equipment shelter located at the base of the facility.
- 2. Telstra regards the proposed installation as a Low-impact Facility under the Telecommunications (Low-impact Facilities) Determination 2018 ("The Determination") based on the above description.
- 3. In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or written submissions should be directed to Timothy Beck, Aurecon Australasia via email to: timothy.beck@aurecongroup.com or via post to: Timothy Beck, Aurecon Pty Ltd, Locked Bag 331, Brisbane QLD 4001 by 5pm on 11 March 2022



CRIME REPORT

BRIBIE ISLAND WRAP December 2021



www.mypolice.gld.gov.au/moreton

AVOID BEING TARGETED BY SCAMMERS AFTER A CAR CRASH.....

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This Accident Management Company then refers this claim to a lawyer to recover the costs from YOUR insurance company which are often inflated by 70%...... It follows that the repairs are often substandard as they were not dealt with by a reputable repair agent approved by your insurance company. You are not happy with substandard repairs, your Insurance Company is not happy with the result and they have no option but to increase your vehicle insurance next year...... There are no winners in these situations.....

Crime Stoppers, Police and all thinking people will say that you must not give any information to anybody unless you know who you are talking to..... You must be sure, and all professional companies would welcome an enquiry from you to check as they, in turn, do not want any unpleasing reaction from a client. Check and double-check, don't be a statistic.

TIPS TO AVOID CAR CRASH SCAMMERS.

- 1. Make sure the phone or website number belongs to your Insurance Company.
- 2. Verify whom you are talking to and always get a name every time you talk. (Write it down every time.)
- 3. Be careful when giving personal information as a 'chatty' assistant maybe after 'extra' information.
- 4. Ignore unsolicited calls and texts regarding a recent accident or incident, do not get involved.
- 5. If someone is giving you a deal that is too good to be true...... it probably is.....
- 6. If you are still not sure, ask your insurance company to verify some detail on your account which only they will
- 7. Keep a copy of your car insurance company name/phone/text and car policy number in a secure place with you. Why not come and join

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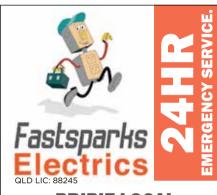
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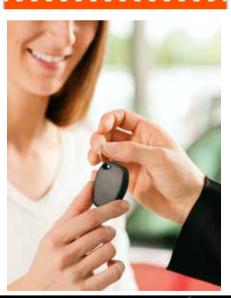
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