

The Bribie Islander

Your local Community Magazine

AND DISTRICTS

ISSUE 165 MAY 6, 2022



Rebecca Fanning

A Plan for a Better Future **Labor**



Rebecca Fanning - On Your Side

I'm standing to be your member of Parliament because I know that our region deserves better.

This election we all have a choice to make about what type of future we want for ourselves and our families.

I'm a Caboolture local who grew up in the outer northern suburbs of Brisbane. My dad ran his own small business and my mum taught at the local TAFE.

My family's connections to our region go back to the 1950s - my grandparents had a pineapple farm in Caboolture about 10 minutes' drive from where I live now.

My background is working in health policy, and speaking to people right across our community, I know we can do better.

Too many people are waiting

too long to see a GP and it's only getting worse because of the Morrison Government's constant attacks on Medicare.

It now costs 52% more to see a doctor than it did in 2013.

That's why I secured the commitment that an Albanese Labor Government will deliver more GPs for our region to make sure people in our community get access to the healthcare they need when they need it.

We'll also reopen the Morayfield Urgent Care Clinic to take pressure off the Caboolture Hospital Emergency Department.

I want to be part of a Government who will fix the aged care system.

Older Australians helped build this country - working hard, paying taxes and raising their families.

We have all heard the horror stories of neglect our older Australians and loved ones have suffered in the aged care system, yet the Morrison LNP Government have ignored the problem.

Only Anthony Albanese and Labor have a plan to fix aged care so older Australians get the dignity and quality care they deserve.

This election, your vote will make a real difference. I hope I can count on your support on Saturday, 21 May.



Labor's Plan for Longman



Strengthen Medicare by making it easier to see the doctor, and reopening the Morayfield Urgent Care Clinic to take pressure off the Caboolture Hospital.



Fix the aged care system so older Australians get the dignity and quality care they deserve.



Create secure local jobs by investing in fee-free TAFE and more university places, and making your job more secure with better pay and conditions.



Make more things here in Australia by working with business to invest in manufacturing and renewables to create more Australian jobs.



Make child care cheaper so that it's easier for working families to get ahead.



Rebecca.Fanning@queenslandlabor.org



0457 227 057



[RebeccaFanning4Longman](https://www.facebook.com/RebeccaFanning4Longman)



Authorised by Julie-Ann Campbell, Australian Labor Party (State of Queensland), Level 1, 16 Peel Street, South Brisbane QLD 4101.

FORGET THE REST
WE'RE THE BEST!

As voted by you!



Sale Extended
50% OFF
Everything!



ALTO POLYRESIN SHUTTERS



ZIPSCREENS



FOLDING ARM AWNINGS



CURTAINS



FORTE ALUMINIUM SHUTTERS



INDOOR BLINDS



Transform your indoor & outdoor spaces today!

WHY FACTORY DIRECT?

Professional service and advice at the best price. And as you see, we have a truly extensive range of shutters, awnings, blinds and curtains. Call and talk to one of your local, friendly team members today.

Sale ends 21 May 2022.



FACTORYDIRECT
shutters, awnings & blinds

CALL US TODAY ON 1300 077 125 | www.factorydirect.com.au

TABLE OF CONTENTS

Al Finegan 40-41

Arrival 15

Crime Report 70

Fishing Report 64-65

History 38-39

Island Gardens 53

Kids Page 45

Market Times 35

Meet Your Local Tradie 60-61

Nature 36

Pet Pics 46-47

Recipe 27

Song Facts 29

Sports Pages 42-43

Trades And Services 71-79

VMR 62-63



RED SHIELD APPEAL

12



MAY PEACE PREVAIL ON EARTH

21



BEST SLEEPING POSITIONS

49



165

May 6, 2022



Dear Readers,

With Mother's Day around the corner, I have been thinking about my mum and how different her style of parenting was to mine. As the generations change, so does parenting. My mother is an absolutely beautiful human being who is a great role model to me and my siblings. I couldn't have been blessed with a better one.

Unfortunately for my kids, I am not the sensible and always responsible parent that my mum is. I have a very mischievous streak and a sense of humour that my poor kids had to suffer through and still do. I believe payback can be a wonderful thing and after the public tantrums they performed, I think it is only fair that I get to embarrass them at times! All in good fun of course.

After my divorce from their father, it was just the 3 kids and me. As a single mother, I found it could be very hard to make the ends meet, be the hands-on mum that my children deserved as I had to work 3 jobs to support them, but I can say, we faced everything with a sense of humour and a will to prevail.

I wish I could have given them more, spent more time with them as babies, attended more school events etc. But I also have realized as they grow older and tackle life themselves, that no one can be a perfect mother, all you can do is love, support and stand by them throughout life and that is what truly counts.

So, to all the mothers out there that are beating themselves up over what you haven't been able to do as a mother, focus on what you are doing, your kids will love you regardless. There is no instruction manual on how to parent your child, (how much easier would that be) it is all a learning curve and just when you think you have it down pat, the game changes! It certainly keeps you on your toes!

Happy Mother's Day to you all, I hope you have a wonderful day!

Take care, Stay safe,

Cherrie



REGULAR CONTRIBUTORS

Anne Matthews

Al Finegan

Barry Clark

Bill Peacock

Bribie Bait & Tackle

Chris Tittley

Colin Walker

David Horrocks

David Nicholson

Elaine Lutton

Joie Scheinpfug

John Traill

Katherine Miller

Kathy Vincent

Maria Christina

Marj Webber

Michelle Hanton OAM

Peter Schinkel

Peter Dallimore

Philip Aridge

Robyn

- B.I. Boat Charters

Sue Wighton

Cherrie Wilson
EDITOR | GENERAL MANAGER
on 0448 694 507
editor.thebribieislander@gmail.com

Michele Doran
ADVERTISING MANAGER
on 0448 448 457
sales.thebribieislander@gmail.com

Debbie Hunter
GRAPHIC DESIGN
design.thebribieislander@gmail.com



PDO THREADS + Filler Package

~~\$1460~~

\$1290

What are Matrix PDO threads made from?

Our mono threads are made from Polydioxanone – an absorbable polymer. This material is both flexible and durable. Results may be seen in 6 weeks and will continue to improve over 2 to 6 months. While the threads slowly dissolve, their effects may last up to 12 months.

Dermal Filler

As we progressively age, our skin loses its natural elasticity and we may notice the first surface wrinkles. As you know, wrinkles get deeper and turn into unaesthetic lines with time. This makes the face look tired, saggy and less radiant. It's time to put an end to the ageing process!

A Unique Filler for Each Treatment Area

We have dermal filler designed with dual purpose: to improve the appearance of both superficial lines and moderate to severe wrinkles. After a careful personalised facial analysis, Registered Nurse Lisa can determine the best possible treatment plan for the patient based on their unique needs, skin condition, age, lifestyle and depth of the wrinkles.

Where can this product be used?

- Correction of fine lines and superficial wrinkles (crow's feet, perioral lip lines)
- Tear trough treatment under the eye
- Naso-labial folds (lines either side of nose), chin, cheeks, marionette lines, hollow temple area, earlobe reshaping
- Hand rejuvenation including volume loss treatment on the back of the hands

Lisa: 0423 957 558

Shop 2/21 First Ave, Bongaree

BUSINESS HOURS:

Wed 9 - till Late | Thu 10 - till Late | Sat 9 - Later



HOW PEOPLE'S APPEARANCE CAN AFFECT THEIR SELF-CONFIDENCE: TIPS TO IMPROVE PHYSICAL APPEARANCE

by Himanshu singh

Self-confidence is key to success in any area of life. When you feel good about yourself, it shows in everything you do. Unfortunately, many people struggle with self-confidence due to their appearance. If you are one of these people, don't worry - there is hope! You just need to make sure that you take care of your appearance as much as you can. This way, you can start improving your self-confidence little by little.

WHAT IS SELF-CONFIDENCE?

Self-confidence is the belief that you can do something well or achieve something. It is the ability to feel sure about your abilities and yourself.

Having self-confidence means that you can face challenges and overcome them. People with high self-confidence tend to be successful in life. They are also happier and more satisfied with their lives.



How Can Appearance Affect Self-Confidence? Your appearance can affect your self-confidence in many ways. For example, if you don't like the way you look, it can make you feel bad about yourself. This can lead to low self-esteem and a lack of confidence. Additionally, if you are not comfortable in your own skin, it will show in your body language and the way you interact with others

HERE ARE SOME TIPS TO BE MORE PRESENTABLE:

Wear clothes that fit well and flatter your figure.

What you wear will always have an impact on how you look. Avoid wearing baggy clothes or clothes that are too tight. Instead, opt for clothing that is comfortable and makes you look good.

PAY ATTENTION TO YOUR POSTURE.

Good posture can make a big difference in how you look. Try to stand up straight and avoid slouching when you sit down. This will make you look more confident and attractive. Make sure that you are well-groomed.

This means that you should take care of your hair, nails, and skin. You don't need to go overboard - just make sure that you look neat and presentable.

INVEST IN A GOOD SKINCARE ROUTINE.

Your skin is one of the first things people will notice about you. If you have clear and glowing skin, it will make you look more attractive and confident. There are plenty of great skincare products out there that can help you achieve this goal.



**MENTION THIS AD
WHEN BOOKING**
with every shampoo, cut and
colour service receive...

10 FREE FOILS

TRADING HOURS:

Mon, Tue, Wed, Fri, 9- 4
Thu 9 - 7 Sat 9 - 1
Sunday: CLOSED

PHONE

3408 3269

1/17 First Avenue, Bongaree Bribie



NINGI PHARMACY

\$1 **FREE**
SAVINGS **PRESCRIPTION PICK
UP & DELIVER -
BRIBIE AND NINGI**

NORMAL PRICE \$6.80
OUR PRICE FROM \$5.80 **PENSION
SCRIPTS**

OPEN 7 DAYS

MON - FRI 7.30AM - 7PM, SAT - SUN 8.00AM - 1PM

CALL US PH **5497 6644**
1421 Bribie Island Rd Ningi



Hi, My Name Is Rachael I Live On Bribie Island And Am Looking At Expanding My Cleaning And Ironing Business. I Have Been Servicing The Sunshine Coast Through To The Moreton Bay Region For The Past 15 Years, But Have Been Established For Over 30 Years. I Offer A Prompt And Professional Service Catering To Your Needs. I Have Both My Blue And Yellow Cards And Excellent References.

With a bubbly, friendly and warm personality, a can-do attitude, I am the cleaning and ironing service that you need! I love helping people and go above and beyond. In regards to my cleaning service, I like to know what YOU the customer wishes to have done. From basic jobs that

need to be sorted to the jobs that YOU would prefer not to have to do yourself!

As an experienced cleaning business, I take great pride in my work and it shows with our great customer service and the quality cleaning techniques that I have developed over time to perfection. My focus is you, your complete satisfaction is what I want, and nothing less. My attention to detail and the quality cleaning materials which I provide make your cleaning superior, so you can rest assured that I have all of your cleaning needs under control.

When it comes to the ironing service, it is a quick turnover 24-48 hour period. Same day service if required and I also offer a pickup/delivery option. I also do receipts for those customers who can claim support work and work from home. I am your local cleaning and ironing expert who is dedicated to providing excellent cleaning and exceptional customer service - first time every time!

PIÑA COLADA 

NEW WINTER SHOE RANGE JUST ARRIVED



Cabello COMFORT

Baretraps **LORELLA** FOOTWEAR **Cabello** COMFORT **AUYI**

  37 Benabrow Ave, Bellara



Rachy's Ironing & Domestic Services

Servicing Bribie Island & Surrounds & The Moreton Bay Region

\$35 per hour - Domestic Services
\$25 per hour - Ironing
Fully Vaccinated

0421 625 350 rachealkboots@gmail.com
ABN 18 158 752 670



SERVICES AVAILABLE

- Anti Wrinkle
- Dermal Fillers
- PDO Threads
- Free consultations
- Available Wednesday, Thursday and Saturday



WHEN YOU LOOK GOOD YOU FEEL GOOD AT AFORDABLE PRICES

BUSINESS HOURS:
Wed 9 - till Late
Thu 10- till Late
Sat 9 - Later

Lisa: 0423 957 558 | Shop 2/21 First Ave, Bongaree
Book Online www.ljaesthetics.com.au

WE HAVE A SPECIAL FOR THE MONTH OF JUNE 2022 ONLY!

FOR ALL APPOINTMENTS ATTENDED DURING THE MONTH OF JUNE 2022 ONLY, SINGLE SESSION COLONICS WILL ONLY BE **\$100!!!!**

THAT IS A SAVING OF \$20!

Get in quick to book your appointments for JUNE, as they won't last long at this price!

We strongly recommend booking multiple appointments at once in JUNE for this price, as it is only for appointments ATTENDED in JUNE.

WHY ARE WE DOING A SPECIAL IN JUNE?

Because it is mid winter, and at this time of year most of us have gotten into some bad habits. Such as comfort eating warm delicious food, that isn't necessarily healthy. Not moving or exercising as much

as we should. Not having the energy or motivation to leave the house when the weather is cold. Some people may start taking more medications than usual, to help fight off any colds or flu.



Calming Colonics are offering you the motivation that you need to start making some positive changes. If you have woken up today, and have decided that you no longer want to feel how you are feeling, that maybe tired, bloated, constipated, mood swings, bad skin or poor diet, then get in contact with us, make an appointment and start living a healthier lifestyle.



WHAT CAUSES CONSTIPATION?

Some causes of constipation include:

- Not enough fibre in your diet
- Out of balance gut bacteria
- Not drinking enough water
- Certain medications
- Stress
- Consuming large amounts of dairy, including cheese
- Not moving enough
- Eating too much sugar and fats

What is colon hydrotherapy? Colon hydrotherapy, also known as 'colonics' or 'colonic irrigation', is a safe, holistic and effective way of cleansing your colon of toxicity and waste material.

Calming Colonics uses a system which is designed by a medical company and used in hospitals around the world, to gently cleanse the colon with warm water via the rectum to remove any accumulated waste.

HOW MANY SESSIONS WILL I NEED?

That depends on each individual and your body, however when you first start receiving colon hydrotherapy, we strongly recommend a minimum of 3-4 sessions close together.

HOW DO I MAKE AN APPOINTMENT?

Follow the book now tabs on our website or social media pages and make your appointment.

www.calmingcolonics.com

Instagram and Facebook

Or contact us on 0409 752 629.

We look forward to seeing you in the clinic soon.

New Local Business in Bellara

• IBS • Detoxification
• Bloating • Digestion Issues
• And much more!

ph: 0409 752 629

[f](#) [m](#) [i](#)

QLD LASER & COSMETIC CLINIC

- Skin Rejuvenation & Correction
- Permanent Hair Reduction
- Skin Firming & Tightening
- Acne Treatment
- Laser Skin Resurfacing
- Hydra/Aqua Facial
- Skin Needling
- Microdermabrasion
- Cosmetic Tattooing
- Cosmetic Injectables
- Facials And Skin Peels
- Pigmentation Correction

WAXING, TINTING AND MORE!

Bribie Harbour Shopping Village
Shop 14, 25 Sunderland Dv, Banksia Beach
enquiries@qldcosmeticclinic.com.au | www.qldcosmeticclinic.com.au
07 3410 7710 [facebook.com/QLDcosmeticclinic](https://www.facebook.com/QLDcosmeticclinic)

DAVID LARMENT
Denture Clinic

- New Dentures
- Relines
- Repairs

8 Poinciana Street,
Caboolture South
5498 9088

Professional Domestic Commercial
Resort Bond Cleaning Windows

Super Clean
CLEANING SERVICES ABN: 22255051142
Nicole 0410 618 548

Over 27 Years Experience

- Server And Cleaner For Private Parties, Weddings & Functions.
- Current Police Check, Blue Card & Insurances

M

A

Y

Y

A

D

A



Shop 1, 23-25 First Avenue,
Bongaree, Bribie Island

Ph: 3410 0929



SCAN THE QR CODE TO VISIT OUR
WEBSITE AND SHOP ONLINE

FREE Delivery to Local Areas



Mothers Day



Gifts
to inspire

Mayyada Bazaar is a retail store situated on beautiful Bribie Island. We are importers of unique gifts, home decor, furnishings & fashion.

We have been happily serving the Bribie Island community for over 16 years. We pride ourselves on excellent customer service & providing products that are unique & affordable!

BONE DENSITY IS Making Me Fragile



Sue Wighton

Accidental Writer

Website and blog:

suewightonaccidentalwriter.com

Subject line in a recent email from an old friend: Jenny's gall stone. My how preoccupations change.

My friends and I seem to spend a lot of our time talking about bone density. Well, the lack of it really.

We used to talk about romance, movies, our sex lives, other people's sex lives, our babies, our disappointing husbands, our ex-husbands, and, did I mention ... our sex lives. Ah, the good old days. Now it's bone density and weight-bearing exercises.

It seems as we get older, life becomes a series of losses. Hair, muscle, memory, husbands, library cards ... and bone density.

So far, I've steadfastly refused having my bones tested for density or anything

else. The bone density conversation is yet another reminder of the inexorable march of time. I figure if I don't get tested, it's one less thing to worry about. Plus I'm already a card-carrying hypochondriac.

Compounding the fact that I'm not getting any younger, I'm constantly being bombarded on social media about anti-ageing potions, weight-loss programs and the plasticity of the human brain. Yeah, right. Now where did I put my keys?

All that information on the internet makes me very tired and I have to have many little naps during the day. Surely this takes the weight of my no-doubt thin and brittle bones?

Besides I know what the medicos will say when I finally succumb to the dreaded BDPGP (bone density peer group pressure). Every woman I've known who's had a test is told she's 'osteopenic'. At first I thought this meant one has a propensity for wearing drip-dry frocks, but no. It means you're on the way to osteoporosis and a

broken hip. What joy.

I think about this as I ride my e-bike to the shops. I think about it in the garden when I'm weeding and planting. I think about it as I plough up and down the pool finally reaching my goal of one kilometer. I think about it as I frolic in the ocean at Woorim. Do I really want to know? And yes, I understand that these activities aren't weight-bearing. Which is precisely why I enjoy them!

If (maybe it's when?) I do fall and break a hip; I'm comforted by the fact that I'll still be able to do Wordle every day. There's always wine in my fridge. And I always have good black tea in my pantry and full cream milk in my fridge. My guitar is handy, as is my word processor.

Will I succumb to the bone density testing regime sooner or later? Who knows? For now I'll just keep exercising my fingers on this keyboard ... and my jawbone talking on the phone to friends.

I'll ask them about their sex lives.



BRIBIE MEDICAL EQUIPMENT HIRE AND SALES

**NEW SHOWROOM
OPEN NOW**



WE HAVE MOVED!
197 First Ave, Bongaree

Sarah Adams

PH: 07 3408 0398

197 FIRST AVE, BONGAREE

E: info@medicalequipmenthire.com.au
www.medicalequipmenthire.com.au

5% DISCOUNT
for Adjustable Beds when
you mention this ad
exp 31/5/22

- Lift Chairs
- Scooters
- Adjustable Beds

PLUS MUCH MORE!

FREE DELIVERY FOR LOCAL
BRIBIE ISLAND & SANDSTONE POINT



SCAN ME



RED SHIELD APPEAL

Support the 2022 Salvos Red Shield Appeal and 'leave no one in need' on Bribie Island

The Salvation Army Australia is calling on the Bribie Island community to get involved in this year's Red Shield Appeal, with all funds raised locally staying local to help ensure no one is left in need in our community.

Now in its 58th year, the Red Shield Appeal is The Salvos flagship fundraising appeal and is aiming to raise \$5.4 million in Queensland.

The Salvos need Queenslanders to support their local Red Shield Appeal in any way they can during May, with the annual

door-knock weekend held on 28-29 May 2022.

"We're so grateful to the Bribie Island community, which has always rallied together and supported the Red Shield Appeal. This year is no different - we need the help of community members more

than ever as we continue to support those who have felt the devastating impacts of the past couple of years", Simon Gregory, Queensland Public Relations Secretary, The Salvation Army, said.

"From the generous support during last year's Red Shield Appeal, we were able to fund expansions to local initiatives such as Christmas food and gift hampers, emergency relief services and

Don't let Painful eyes Disrupt your daily life.

Book your consultation at our **Dry Eye Center**



Optima IT Lumenis
Reduce redness & irritation around the eye with **LONG LASTING RESULTS**

Reduce redness & irritation around the eye with LONG LASTING RESULTS



Eye Envy locally owned and operated

Shop 56A, Morayfield Shopping Centre
171 Morayfield Road
Morayfield QLD 4508

(07) 5432 3077



BOOK ON LINE AT eyeenvyoptometrist.com.au



community pantries as well as establishing new services, such as funding a Community Engagement worker in Brisbane and a Drug Alcohol Transition Caseworker in Cairns.

After a tough few years, communities are still feeling the impacts of multiple disasters as well as the COVID-19 pandemic. As a result, this year The Salvos are highlighting the 'shadow pandemic' that's destroying lives through family and domestic violence.

Sadly, risks of domestic violence have increased in the past 12 months due to economic insecurity.

It's reported 1 in 4 women in Australia will experience domestic violence in their lifetime, and it is the largest cause of women and children becoming homeless in Queensland.

Over the past 12 months, The Salvos supported around 5,800 women and children impacted by family and domestic violence nationally.

Each year, through The Salvation Army's nationwide network of services around:

- ✓ One person is assisted every 17 seconds
- ✓ Three people are supported every minute.
- ✓ Approximately 887,500 crisis beds are provided to people experiencing homelessness – including women and children as family and domestic violence is the largest cause of women and children becoming homeless in Australia.

"We cannot do what we do without you. If you have the means, please consider becoming a volunteer or donating to the Red Shield Appeal this year. Your generosity and support will help us to leave no one in need," Mr Gregory said.

To donate or volunteer for The Salvation Army's Red Shield Appeal, or if you need support from The Salvos, visit salvationarmy.org.au or call 13 SALVOS. You can also donate at any Salvos Store

DON'T LET TENDON PAIN STOP YOU IN YOUR TRACKS

BOOK YOUR
NO OBLIGATION
FREE
ASSESSMENT



UP TO **90% SUCCESS RATE#** | **NON-INVASIVE THERAPY**

RADIAL /FOCUSED SHOCKWAVE THERAPY

Clinically proven to help these conditions*

- Heel pain (plantar fasciitis and Achilles tendinopathy)
- Rotator cuff calcific tendinopathy
- Tennis and golfers elbow
- Hip bursitis
- Patella tendinopathy
- Shin splints; Heel spurs
- Frozen shoulder
- Knee arthritis

<https://goodbyepain.com.au>



INTERNATIONALLY ACCREDITED SHOCKWAVE THERAPIST AVAILABLE AT THIS CLINIC ONLY.

YOUR HEALTH INVESTMENT

Standard physiotherapy consultation fee plus \$60 ** surcharge
Standard treatment is 3-5 sessions
Discount for pensioners.
** Podiatry \$70 Surcharge

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



BACK IN MOTION
HEALTH GROUP

PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BTRIBIE ISLAND
4/45 Benabrow Ave Bribie Island 4507
www.backinmotion.com.au/bribieisland

3408 6608



PUMICESTONE PASSAGE PROBUS CLUB. Kathy Vincent

If you would like to join a friendly, fun club with excellent speakers then look no further than Pumicestone Passage Probus. Last month we had an excellent speaker talking about his work with Angel Flights.

Nigel Fotheringham is a pilot with Angel Flights. In his younger days he was in the Air Force in what was known as Rhodesia. In 1981 he emigrated to Australia and ran his own business for a while but now he is a pilot for Angel Flights. What a wonderful service this is. This organisation is a charity which coordinates non-emergency flights to assist country people to access special medical treatment that would otherwise be unavailable to them

because of vast distances and high travel costs.

Nigel said how rewarding this was helping people, but it could be very sad too. The crew were very fond of a 16-year-old who needed regular treatment for a number of years but unfortunately passed away.

All flights are free and may involve travel to medical facilities anywhere in Australia. Recently Nigel has been arranging Angel Flight donations and flying them down to Ballina for the Lismore Flood Relief Appeal.

What an amazing service but what wonderful people who do this. How lucky are we that there are such people out there helping those in need?

SALE - 50% OFF

Conditions Treated Include:

- Muscle and joint pain
- Spinal pain
- Digestive/irritable bowel issues
- Sinus/hay-fever
- Women's health/fertility
- Cosmetic acupuncture
- Mental health issues

Health Fund rebates available (if appropriate coverage)

Traditional Chinese Medical ACUPUNCTURE

50%

OFF THE FIRST 2 SESSIONS!

* New or existing BIM clients, single use only, not valid with other offers. Quote discount code "TCA50" for the discount to be applied



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

An Anti-Sport Diatribe



As my son has so often had cause to say whilst addressing his Mother, "Yet another example of your non-compliance". Oh, what a burden the poor lad has had to carry through life. That of an eccentric, disobedient mother, who makes so little effort to fit into the "norm". He has encountered many acts of mine which has caused him to shake his filial head, but perhaps the one which rankles most is my disaffection with any form of Sport!

This cannot be blamed on my upbringing; Grandpa played Lawn Bowls for Leicestershire, my Mother loved her tennis and won lots of small silver trophies for her prowess, my Brother's golf handicap was down to single figures, my Father would faithfully fill in the "pools coupons", occasionally winning a small sum, enough to encourage him, though never making him the millionaire he

hoped to be, but sufficient to cover the cost of his Season Ticket to Elland Road to watch Leeds United.

On one occasion he took me with him in order that I could boast that I had seen the great John Charles play. Again I disappointed him. Although appearing to take some interest in the match, I found myself admiring a young South African player, one Albert Johanneson, and was unwise enough to tell my father that I thought that he was the more skilful player. I was not taken to another match! Even my beloved fiancé was known to complain about my difficult behaviour. He insisted that I accompany him to a game of Cricket. I agreed, providing he would purchase some woman's magazines for me so that I would have, at least, some form of literary entertainment. I was later to overhear him complaining that he would never take me again on the grounds, that after reducing him to the monetary state of a pauper, I barely so much as glanced at the match itself. Fortunately, our personal match survived this hiccup.

This antipathy to sport got me into no end of trouble during my High School years. When in the third form, I got into Big Trouble, hot water of the highest temperature imaginable, resulting in not just a simple detention, but my name in the Headmistress's Little Black Book!

I, and two friends, knowing that we were going to have to watch a whole afternoon of Sport, decided that we could not face the ordeal without some form of sustenance. Together we hatched a Plan! We decided to abscond from school at lunchtime and buy ourselves sweets, (lollies). There went two rules broken. Then we thought we would disguise ourselves by removing our hats, number three rule, and to compound our wickedness, our gloves, number four rule. The fact that we were still wearing our gymslips, a very necessary part of our uniform, seemed to have escaped us! Alas, on successfully reaching the shop, we discovered that it was shut at lunchtime. No lollies for us miscreants. There was nothing for it but to return to school empty-handed! On the way back, our

luck ran out further. We were "sprung" by a group of teachers and told to report to Miss Morton. Not

only would we have to encounter our headmistress but also her little dachshund, Maximilian, whom nobody liked, as he had a disturbing habit of attempting to get under one's gymslip and assault one in a very politically incorrect manner! After a full confession of our sins, we had to sign in the dreaded little book reserved for particularly heinous crimes. I was last to sign in with the pencil. For some reason, I thought a full stop was necessary and pressed the pencil rather hard, so hard that the point of the pencil broke and flew off God knows where. Completely due to nerves, I began to rock with uncontrollable laughter, but fortunately was quickly ushered out of the Head's study, as she became more concerned about her writing instrument than the gibbering wreck before her. Penance involved three full lunchtime detentions.

Sadly, this did nothing to increase my love of sport. In the upper 6th form I decided that in order to avoid Wednesday Afternoon Sport, the simplest modus operandi was to avoid getting on any list to begin with. Not being on the list would mean that one never would be missed, (apologies to G and S). My ploy worked well!

I would disappear into a book-room and if ever a teacher discovered me, they would praise me for being such a hard-working student, which indeed I was!

It was only when I met the Gym-mistress, a certain Miss Wilmott, that she realised that she had not seen me all year, and after a cruel cross-examination, determined my sentence; a fate worse than death, namely, Gym with the 4th Form, along with Wednesday Sport. This only served to harden my heart! What else had I to lose? I made sure that I could not be found at either time and strangely, no efforts were made to find me. Did I have a secret Defence Lawyer, hidden somewhere in the Staff Room? I will never know.

My only present worry is that, after this confession, I might be woken by knocks at midnight and deported, on the grounds of indulging in un-Australian Activities and Thoughts!

Elaine Lutton

**Bribie Island Physiotherapy
& Lifestyle Gym**

- Physiotherapy
- Exercise Physiology
- Rehabilitation
- Acute and Chronic Injuries
- Dry Needling
- Hydrotherapy
- Home Visits

Referrals accepted for
DVA, Workcover, EPC
and NDIS

Ph: 3408 0000

213 First Av,
Bongaree Qld. 4507

admin@bribiephysio.com.au

www.bribiephysio.com.au

What Is Our Purpose Here On Earth?

IT'S AN INTERESTING QUESTION, DON'T YOU THINK? IT IS ONE THAT I HAVE HAD A FEW PEOPLE ASK, IN THE LAST FEW WEEKS. DEEP DOWN I FEEL MOST OF US KNOW WE ARE HERE FOR A REASON, THOUGH WHAT IS THE REASON?

Many people will have different thoughts, based on their religious beliefs, some on experience or simply an inner knowing.

My feeling is our purpose on earth comes with many missions, though for me, two stand out. The first is to learn to be part of the Divine, to experience the joy of life. As infinite beings, we are here to learn, grow and create. To be an observer, watch every experience without having to

be in it. I know it is a test and it may seem like something impossible to achieve, though when we are able to watch life play out without having an attachment, whether it is good or bad, life gets easier, and we can appreciate all the blessings in the event that has taken place.

Next time when something happens, and you deem it as a negative, stop for a moment and look for the positive and there will be some, when we look close enough. Even when we lose someone close to us, we have to be grateful for the experience, memories shared and blessings that were bestowed. When we can see both sides, everything then is what it is, and we have more acceptance and peace within ourselves and are free to enjoy life.

The second is to be loved. To connect and share the love which is the most powerful and beautiful force in the Universe. It is to find love in every experience and situation... I can already hear you say, "that is easier said

than done," right? Well, that's true, but sometimes when we pause for a moment and see things from a different point of view, we can look at things a lot differently.

For example, the wife forgets her husband's birthday, the husband, feels that the wife has lost interest or maybe that he is not valued enough; though when the husband is able to see that his wife must have a lot on her mind, that perhaps she could be stressed, the concern for himself diminishes and he has more concern for his wife.

So next time you experience something, pause for a moment and ask, "Am I living and being an observer and being in a state of love?"

Want to create more love and peace within yourself and your life? Come join us for the upcoming workshop.

Call 0405 361 882 or email me creativeandhealingtherapies@outlook.com

With love,
Maria Christina x



ORIANNA
SANDSTONE POINT

It's time to Break Free

Enjoy resort-style living for Over 50s and have access to a laid-back coastal lifestyle near restaurants, clubs and medical facilities.

Discover brand new homes designs selling now. Book a tour today.

Call **07 2104 7381**

2 Spinnaker Drive, Sandstone Point
hometownaustralia.com.au

A new way of living.

HOMETOWN AUSTRALIA
COMMUNITIES



The Causes, Prevention Measures, and Treatment Options

BUNIONS:

A bunion is a deformity of the joint between the bones of your big toe and your foot. The big toe joint becomes swollen, red, and very painful. Bunions are often hereditary. They may also be caused by wearing high heels or other tight shoes forcing the big toe toward the smaller toes. Bunions don't go away on their own, so you should seek treatment from a podiatrist specializing in treating bunions.

Causes

The primary factor responsible for bunion formation is having a bony framework that can easily deform this way. There are other causes, such as wearing high-heeled shoes for long periods, standing on the ball of your feet, and even excessive weight gain or pregnancy, which causes foot muscles to become weak and collapse into abnormal positions.

Prevention

Since a bunion is a big toe deformity caused by an abnormal foot structure, it is best to prevent it early. Wearing shoes that fit correctly and are well cushioned can help in avoiding painful bunions. Foot exercises for strengthening muscles can also be beneficial. It is best to consult a doctor about these exercises to ensure that they are correctly performed. Shoes should be of good quality, with enough width and depth so as not to crowd the toes.

Wearing comfortable shoes with a wide toe box will help prevent bunion problems, allowing the big toe to function correctly. Bunions are caused by walking or standing on the ball of your feet which can cause collapsed foot muscles. Since bunions are hereditary in most cases, you should not wear high-heel shoes completely because they further disrupt the proper functioning of toes and big toe joints.

Treatment

Your bunion can be treated by podiatrists specializing in treating bunions using conservative methods of treatment. This involves anti-inflammatory drugs, pain killers, splints or taping, and corrective footwear to realign your deformity. You might need podiatrists specializing in treating bunions to realign your toe. This is done by cutting the bone and repositioning it so that it can function correctly. Surgery is recommended when conservative methods are unable to reduce or correct deformity of the joint. Surgical procedures include removing extra bone, fusing bones,

One of the most important things to remember while undergoing a bunion treatment is to keep your big toe joint flexible by wearing toe spacers or other devices that your doctor may prescribe. Your doctor will help you decide which device is best for your needs.

PODIATRY SERVICE AT BACK IN MOTION

Services now available at Sandstone Point

- Home visits services available for Bribie and Pebble Beach
- 2 Additional Podiatrists
 - Introducing My Dingh
 - Introducing Natania Pinheiro
- **No Wait** - same week appointments available
- **No GAP** for Medicare (for our new Podiatrists)
- **No GAP** Orthotics (with appropriate private health cover)



OUR SPECIAL COVID LESSONS

“Practice What We Preach”

BY: Colin Walker



“Exemplary, kind, considerate and good natured care delivered to all of the residents.”

– Judy, daughter of Bribie Cove resident.

Our Local Residences:

Bribie Cove | Bongaree
199–213 Goodwin Drive

Glasshouse Views | Beerwah
96–104 Peachester Road

Buderim Views | Buderim
383 Mooloolaba Road

The Ormsby | Buderim
112 Burnett Street

CapellaBay | Capalaba
260 Old Cleveland Rd East

Seaton Place | Cleveland
111 Smith Street

Seabrook | Deception Bay
15-29 Bonton Avenue

Where Family Matters



We believe that everyone deserves to live the happiest life they can. So by providing the right care, the very best professionals, beautiful surroundings and caring staff, McKenzie helps our residents find that happiness.

We understand that the decision to join our community is a big one. But we're confident that once you see for yourself the level of care and compassion our residents enjoy, you'll want to call McKenzie home.

1300 899 222 | mckenzieacg.com



The topsy-turvy impact of COVID in all its forms has taught us all a few lessons....and reaffirmed many old lessons and values too.

As we all know, these lessons haven't all been just about medical solutions to medical or health issues, of course. Some cut a lot deeper within the still divided elements in our now very diverse Aussie society and culture.

The big lesson to come out of it all is that as we so often proclaim, we really "ARE all in this (life) together".

There is no longer any place in our communities for continuing racism, sexism, or violence over personal views or disputes...or the disruptive partisan political conflicts that have marked our governments' decision-making on Covid issues.. And really - in the case of racism, sexism, or community violence, in particular - there has never been a basis for these very negative attributes - on both sides of the gender balance - to have been justified or accepted, at any level....yet we still see (and read) examples of them, every day.

Legal purists proclaim regularly that we are all "equal unto the law", although the economic

realities of legal practice and procedures would - often - seem to question the validity of that.

But let's consider our own positions on the basic issues of equity, sexism, racism, and our more recently proclaimed "all as one" virtuous approach to how we do things (or did things) at our own community levels, not just during the recurring COVID crises, but since all the Covid dramas that we have all encountered.

In our own individual communities (large or small) are we REALLY practising what we preach, and claim to support ?

DO WE, for example, say to all the migrants we so clearly say we want, and seek: "Welcome. Please come here to live and work with and for us - but scrap all of your own ethnic views, religious and cultural values (the way you dress, even) , and pull on your Aussie thongs and shorts, eat our traditional meat pies, drive our (now old) Aussie cars, set up the BBQ and knock the top off a few beers....and, oh, forget your native 'lingo' too ?".

Of course we don't do that - and our Aussie culture, our communities, and our society generally would be much the

poorer for it, if we did !.

All of us who now call Australia "home" - at the last official count, from more than 100 different countries, ethnic groups and cultures - have a right to be regarded and treated "as one, as Aussies"old or new!

After all, we have always been a patchwork society and country - a mix of immigrants from around the world - many generations before our "Great Southern Land, Down Under" became known, widely, elsewhere and even before then, when our Aboriginal "first Australians" roamed this wide brown land.

This is probably a new twist to the very much overworked COVID slogan, "we are all in this together". A new twist, maybe.....but it's an accurate and valid viewpoint, nonetheless.

Invitation

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

Mother's Day MEMORIAL SERVICE

to be held in the Chapel of
Great Northern Garden of Remembrance
31-35 Tallowwood Dr, Deception Bay
Friday 6th May 2022 at 6:00pm
for a 6:30pm start.

Please RSVP your attendance by Wednesday 4th May on (07) 3888 6622 as numbers are limited. For those unable to attend you will be able to click onto the live stream on www.gngor.com.au/service-recordings



**Great Northern
Garden of Remembrance**

31-35 Tallowwood Drive, Deception Bay

Ph 3888 6622 | www.gngor.com.au



The past few years have seen one disaster after another, A Pandemic, Fires, Floods, and now dealing with the Russian invasion of Ukraine everything has an emotional effect on all our lives. In the recent flood in Queensland, the trauma was felt by so many aged and frail and those with a disability along with the general communities. There are so many unsung heroes that never hit the headlines or are not at the cold face using their skills in emergency relief. The volunteers, those working in mental health and those volunteers caring and finding ways to support those worse off than they are. People like our editor Cherrie, Volunteering Queensland, Metro-North Mental Health Services and Rotary who quietly give compassion and help. There have been so many stories of bravery and heroic experiences. As an Advocate and consultant in the disability sector unable to help physically, I have been able to call on so many volunteers to take up the physical role and to care for the emotional trauma of so many who have been left isolated, flooded in and losing everything, and trying to cope with the emotional trauma. This has an evolving effect on those with

a disability and those on the Autism Spectrum. The condition such as PTSD, Anxiety and other mental health issues can cause long term effects on individuals. Now it is necessary to move on and find ways to cope and with resilience, we can be guided forward. During the delivery of learning and development programs, we are asked what resilience is and the most important information seems to come from the Global Centre for Resiliency and Wellbeing. What is resilience and why is it so important, and how do you know if you're resilient enough? Resilience is typically defined as the ability to recover from difficult life events. "It's your ability to withstand adversity and bounce back and grow despite life's downturns," says Amit Sodo, MD, the executive director of the Global Centre for Resiliency and Well-Being, creator of the Resilient Option program, and former Resilience is not a trampoline, where you're down one moment and up the next. It's more like climbing a mountain without a trail map. It takes time, strength, and help from people around you, and you'll likely experience setbacks along the way. But eventually, you reach the top and look back at how far you've come. Rotary has also developed a program in

the GB&I Resilience Group. The aim of the Rotary GB&I Resilience Group is to develop contingency plans to aid districts and clubs in responding to home-based emergencies and disasters, both in the immediate aftermath and the long-term recovery phases, in situations where Rotarians are not exposed to personal hazards. For several years, Rotary GB&I districts and clubs have supplied valuable help to their communities following major emergencies and disasters. This response has often been based on local Rotarians having knowledge of local problems and being able to supply focused and prompt aid. In some cases, the response has been in partnership with Local Authority Emergency Planners, in others, it has been independent. There is no single solution as the risks and challenges vary, as do the capabilities of local responding organisations and Rotary.

Check on your neighbours, friends and family constantly and any signs of emotional trauma are there and seek the appropriate help.

Bill Peacock OAM

Horizon
Funerals

"Together Making A Memory"

* All Services
* Local family owned & operated
* Pre-arrange & pre-pay

1800 355 830

**Bribie Island
Caboolture
Moreton Bay**

www.horizonfunerals.com.au

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

May Peace Prevail on Earth



*If there is to be peace in the world,
There must be peace between
nations.*

*If there is to be peace between
nations,
There must be peace in
the cities.*

*If there is to be peace in the cities,
There must be peace between
neighbours.*

*If there is to be peace between
neighbours,
There must be peace in the home.*

*If there is to be peace
in the home,
There must be peace in the heart.*

*A quote by the Chinese Philosopher
- Laozi*

With the many conflicts around the world, and now the war in Ukraine putting the world on the brink of World War III, could there be a better time to send a message of peace? These five words – “May Peace Prevail on Earth” – transverse religious and language differences and bring people together in a common expression of hope for lasting world peace.

Rotary D9560 Passport Club, which has a cluster of 10 members in the Moreton-Bribie Island region, joined a special Rotary project to ‘plant’ 100 Peace Poles in Australian Schools. The project was launched to celebrate the centenary of Rotary in Australia and New Zealand, which occurred in 2021.

Donated by Rotary clubs throughout Australia, initially 100 peace poles were placed in 100 school grounds; however, the project became so popular that the number of poles and schools participating far exceeded expectations. There are now 240 Poles in Schools in every State and Territory of Australia. Each of the four panels on the peace pole is inscribed with the message “May Peace Prevail on Earth” in four languages, which are chosen by the school to reflect its history and the present-day population.

On Thursday 28 April 2022, a ceremony for Peace Pole Number 195, donated by Rotary D9560 Passport Club, was held at Gladstone West Primary School. The ceremony, which should have taken place last year, was delayed due to COVID-19. The four languages on the Gladstone pole are English, Hindi, Tagalog, and Braille. Our President Elect, William (Bill) Peacock OAM, member Elaine Lutton and honorary member Peter Sheehan, who is our Polio Koala project coordinator, travelled from Bribie Island to attend the ceremony. Members of our Gladstone cluster including Club Secretary Julianne Silver, also attended.

Gladstone West Primary School has a very active Rotakids program and club members participated in the ceremony by reading out the words of Laozi. Rotakids is a Rotary program for primary school students where members pledge to make a difference in their school, their community, and the world.

Our club has also donated Peace Pole Number 194 to Emerald, and we hope to have a ceremony there later in the year. There are two peace poles on Bribie Island. One at Bribie Island State School and one at

C & K Community Kindergarten. Both these poles were donated by the Rotary Club of Bribie Island, my previous Club.

The peace pole program had its beginnings in 1955 in Japan. Program founder, Masahisa Goi's life took on a new meaning and purpose after he witnessed the devastation caused when the atomic bombs were dropped on Hiroshima and Nagasaki during World War II. Goi dedicated the rest of his life to humanitarian service and to the achievement of global peace and harmony. He said that the message, May Peace Prevail on Earth, came to him in a ‘moment of great inspiration’.

Since 1955, more than 250,000 peace poles have been installed in 200 countries around the world. These poles symbolise the common wish for peace and are a silent reminder to think and act in the spirit of peace. They are recognised as the most prominent international symbol and monument to peace. They remind us to think, speak and act in the spirit of peace and harmony and they stand as a silent symbol for peace to prevail on earth.

The installations of peace poles in schools are only a small gesture, but as anthropologist Margaret Mead said ‘never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has’.

Perhaps, as we all go about our lives on our peaceful island and surrounds, we might remember a quote attributed to Mother Teresa – ‘Peace begins with a smile’. A simple idea that costs us nothing but might help another person through a difficult day. It's worth a try.

©Anne Matthews - Public Image Director
Rotary d9560 Passport Club

d9560 Passport
Rotary
Club



Celebrating our Small Businesses!

The month of May is Queensland's Small Business Month, which is the perfect opportunity to showcase our small and local businesses.

During bushfires and COVID-19 and then the recent floods, small businesses have had it tough.

Queensland has over 448,000 small businesses which make up 97% of the business sector.

There is no better time to celebrate all the work they do for our local communities and economy.

To show your appreciation for your favourite business, you can post videos, photos and heart-shaped hands on social media with the hashtag '#loveyoursmallbusiness' whenever you go local, buy Queensland-made or shop small during May.

It's all about drawing attention to the thousands of small ventures at the heart of Queensland's economy and showcasing their amazing work, spirit and successes.

Which is why throughout the month of May I'll be visiting our local community retailers and stores in Pumicestone.

You can find out which stores I'll be featuring by tuning in to my social media pages.

To show my support I'll also be running mini competitions on Facebook with prizes bought from these businesses

To be one of the lucky winners all you have to do is keep an eye on my Facebook page throughout the month of May.

This will be a great opportunity for our small and home grown businesses to receive some much-needed support.

But it's not the only thing. Come May 4th, the Business Basics Grants are back!

The first two rounds of the grants were so successful they are back for a third round!

Grants of up to \$5,000 are available for small businesses to seek expert advice to upgrade and improve their day-to-day operations.

In the previous rounds, over half of all projects funded under the program have supported businesses to enhance their online and digital presence.

Queensland's Small Business Month is a great way to let our local business know the community is behind them.

If you have a favourite local store you'd like me to pop into or feature on social media, please get in contact by emailing my office at pumicestone@parliament.qld.gov.au or phoning 07 3474 2100.

Warm regards

Ali



Business Basic Grants

Opening 4th May

ALI KING MP
Member for Pumicestone
Working hard for us





Important Tech Gadgets To Have While Working From Home

Working from home these days has its advantages. As an independent worker, you get to set flexible working hours that you can change at any time. While you have a lot of freedom working from home, you also have a lot of responsibilities to adhere to. You'll need to have the right tools in your arsenal to complete your tasks efficiently, effectively, and safely. That's where various high-tech gadgets come in to assist you and get the job done.

Internet Connection

You don't have to be in your office to work if you have good internet access. Whether you're at a coffee shop, the library, or at home, you can use your internet connection to get all your projects done. You can also download and use an app that lets you access your network from anywhere at any time. These apps can allow you to access different files from your laptop or desktop and other devices like your phone and tablet.

Headsets

Headsets allow you to have a hands-free conversation, which allows you to multitask. For example, you could be on a call and at the same time make coffee in your home office. Also, you could be on a conference call and still manage to navigate your computer and access important files for your

presentation.

Smart Speaker

You can also use it to take notes or set reminders while working. Using the smart speaker lets, you stay focused, as you can talk to whoever is in the room without looking away from your work. Smart speakers also let you hear notifications, like an incoming phone call or reminder. You don't need to take your eyes off what you're doing. Smart speakers have become a great deal due to their efficiency in people's daily lives.

Microphone

You can also use a microphone with a smart speaker. Microphones are essential devices for a home office as they will allow you to speak clearly while on a video or audio call. Also, a microphone lets you conduct dictation while you're working. You can also use a microphone to record yourself while working on a project. Later, you can listen to your records and make meaningful adjustments. Working from home can be a lot of fun, but you also must be willing to put in enough effort to get excellent results. The techs presented above are not your only option for working from home. There are other great devices to improve your work life. However, if you combine the mentioned tech with your internet connection, you'll manage to improve your productivity.

CAROLYN'S TAX Update



Your resident Accountant with over 25yrs experience

Some of Australia's unusual tax laws

Queen bee levy Up until recently, if you sold a queen bee for over \$20 you had to arrange a 10 percent payment to the Government.

The seafarer's tax offset This was passed by the previous Labor government to the Maritime Union. It allows those who employ seafarers a 30% tax offset for the salaries they pay to assist and open opportunities for Australian seafarers to be employed on overseas trips and to gain maritime skills. Since its introduction, it has been claimed by fewer than five taxpayers.

Salary-packaged cars We have tax concessions that encourage people to salary-package cars because back in 1986, when Australia introduced a fringe benefits tax, it was too difficult to track car expenses. Of course, nowadays it is much easier. It was also to encourage the booming car industry and we all know how well that is going.

Who likes Brandy? Many countries tax a product based on how much alcohol is in it. Australia taxes beverages based on how 'Aussie' they are. Australians like drinking beer so beer is taxed considerably less than spirits. But for some reason, Brandy is taxed much less than other spirits – showing Brandy as an Aussie favourite.

Art Work Art gallery owners have been persuading small business owners to buy artworks since the \$20,000 depreciation concession was introduced. But paintings are deductible only if they're used to decorate the business. Owners have got to be careful that the artwork remains in the business premises and doesn't find its way into the personal premises.

Prize Homes When you dispose of house and land that was won as a prize home, a capital gain or capital loss may be incurred. A capital gain will be made if the sale price exceeds the cost base of the property. The property cost base will equal the market value of property at the time of the acquisition. The time of acquisition of the property is the time when the change in ownership of the asset occurred. If held over 12 months, the general 50% reduction is allowed. On the flip side, there may be a capital loss which can be held to be offset against future capital losses.

Need help or assistance with your tax or accounting, please ring my office for an appointment. My offices are open both in Woodford and Brisbane.

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.



Why would you pay for financial advice?

It's a legitimate question and one that we do get asked from time to time. Why wouldn't you just handle your investments yourself and save the money you would spend on financial advice?

On the face of it, the above questions are quite simple and easy to answer, with some people believing that they can just invest their monies themselves and save the cost of advice. This is true and is a very valid point.

However, the question can be asked in another way: what is the cost of advice? And what is the cost of not getting advice? Let me explain further.

There is absolutely a financial cost of getting advice, because no one works for free and so strategic help will always come at a cost. However, what is the cost of going it alone and not seeking any help? Let's look at a few types of "value".

Financial advice is not just about returns on investments. "Return" is often found in the strategic advice that you can receive from your financial planner. For example, there are many options available to some investors to place more funds into superannuation due to the fact that monies in super are taxed at a much lower

tax bracket than the average Australian worker. So if your financial planner could help you to place further funds into super via strategies such as "bring forward", "carry forward", "salary sacrifice" and others, then that has saved you paying higher levels of tax and is therefore a tangible benefit to you, which would offset the cost of advice. This is just one of many examples of strategic advice.

There is of course also a benefit if your adviser helped you improve the rate of return on your investments, or help you reduce the amount of risk you are taking to get a certain return; would it be worth paying for advice to improve the return long term?

Probably the most important value that an adviser can add, is that of helping you to make the right decisions at the right time. When it comes to your own money, it can be emotional! If we see share markets dropping, we often get anxious about losing our money. But do we make our best decisions when we are in an anxious state? I think not.

Australian Super recently produced some stats in relation to how people reacted when the COVID-19 outbreak hit us earlier this year. More than 76,000 Australian Super members opted to switch their super investment to cash during the period when the markets were at their lowest. They were then out of the market for the period of recovery that we saw in the next few months, essentially crystallising a

loss by not riding the wave back up. They may have missed out on a 17% (or more) return, by not having exposure to the share market on the way back up. This loss of return could be tens of thousands of dollars or more!

So, what is it worth to have an adviser in your corner for these periods of instability, to help you make an informed logical decision as opposed to an emotional one?

As you can see the cost of advice is a complex one; paying to have someone in your corner for the good years but more so in the bad, can easily cover the financial cost that we often focus on.

Can we help you build your long term nest egg, in the good times and the bad?

<https://www.moneymanagement.com.au/news/superannuation/how-spooked-super-fund-members-crystallised-their-losses>

The opinions and recommendations provided are not intended to be relied upon as personal advice as they do not take into account your personal circumstances. You need to assess your own position or call us for professional advice. Rise Wealth Qld Pty Ltd is a Corporate Authorised Representative of RI Advance Group Pty Ltd ABN 23 001 7744 0125 AFSL 238429



Are you looking for a Financial Adviser?

Your trusted local specialist on Bribie for over 20 years

- 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

We care about your financial goals

Provide ongoing support and advice

Take the stress out of financial decisions

Bribie Island | Caboolture | Caloundra | Chermside | Mt Gravatt

Rise Wealth Qld Pty Ltd is a Corporate Authorised Representative of RI Advice Group Pty Ltd ABN 23 001 7744 0125AFSL 238429
The information, including taxation, contained within this advertisement does not consider your personal circumstance and this is general advice only.
Before acting on this information you should consider its appropriateness, having regard to your own objectives, financial situation and needs

5 SIGNS TO START UPDATING YOUR COMPUTER HARDWARE

When you start noticing your computer is slowing down, the hardware might be out of date. The computer might take time to shut down or close programs in many cases. You might have tried to update the software, but the problem remains persistent. In this case, your best option is to update your hardware. If you notice the following five signs, it might be time to update your computer hardware.

1. Deteriorating Performance

Your computer is slow. It took a while to open this copy of Windows but now closing it is taking forever. Although it might be hard to notice, the system is running slower, you might not have taken a break for a few months, and the computer should need repair or reconstruction. For some users,

Windows 8, 10, and 8.1 are giving a slow performance and high temperatures on their systems.

2. Failed Attempts To Update Your Software

Have you tried installing updates, and it is taking longer than expected? Or have the updates failed to install? Often, when you try to update your computer software, there is a chance that the download might fail, or it simply does not work. It can be very frustrating and contacting a technician might be the best alternative. Before you do that, it would be best to check IT consulting services pricing.

3. Hardware Malfunctioning

Hardware malfunctioning can be caused by many factors, including too much dust accumulation on the computer casing and keyboard. However, when your computer starts to shut off unexpectedly, or it loses power after the activity of opening several programs, the hardware might malfunction.

4. Frequent Maintenance and Repairs Without Improvement

If you are constantly repairing your computer, it might be time to consider updating your hardware. Attempting repairs is a good way of prolonging the life of an operating system, but as time goes on, the situation might worsen quicker than anticipated.

5. Excessive Heat

Heat can destroy a lot of things, including computer hardware parts. When you start noticing that your computer is giving off a lot of heat, the hardware might be out of date.

What Hardware Do You Need To Update?

When your computer's performance deteriorates, it could result from worn-out hardware. Not every hardware may need to be changed or updated. It would help if you mainly focused on the following hardware:

1. Hard drive

When your hard drive begins to fail, you can replace it and most have 2 to 5 years of warranty. The hard drive is where all the

programs and data are stored, so you will lose everything if it crushes.

2. Processor

The processor is where all your programs are processed; this is also the essential part since it is the processing centre of your computer. The older the processor, the fewer tasks it will be able to handle at a time. You might have noticed that your computer takes longer to process files and close programs.

3. RAM

If your computer is taking longer to load a file or if it takes you a while to get things done, it could be due to an outdated RAM unit. Having the RAM unit updated is not a complicated task. Ensure you have the manufacturer's warranty if anything goes wrong with your computer. It might be more expensive to fix it than to purchase a new one.

4. Motherboard

The motherboard is usually the most important one to update if it has not been updated for an extended period. Intel and AMD use different motherboards, so updating the motherboard might not be necessary for all users.

TAX TIPS....

HOW MUCH TAX WILL YOU PAY?

The Government has announced an increase to the "low and middle income earner" tax offset to \$1,500 for the 2022 financial year. The reality of the Government policy change is:

Taxable income of up to \$37,000 in 2022: tax offset may be up to \$675
 Taxable income range \$37,000- \$48,000: tax offset-between \$675 & \$1500
 Taxable income range \$48,000- \$ 90,000: tax offset is \$1500
 Taxable income range \$90,000- \$125,999: tax offset is \$1500
 Taxable income range \$37,000- \$48,000: tax offset-between \$675 & \$1500

AUSTRALIAN INCOME TAX RATES FOR RESIDENTS, FOR THE 2022 FINANCIAL YEAR ARE:

Income thresholds	rate	Tax payable on this income
\$0- \$ 18,200	0.0%	
\$ 18,201- \$ 45,000	19.0%	19 cents for each \$ over \$18,200
\$ 45,001-\$120,000	32.5%	\$ 5,092 plus 32.5c for each \$ over \$45,000
\$120,001-\$180,000	37.0%	\$29,467 plus 37.0c for each \$ over \$120,000
\$180,001-\$ over	45.0%	\$51,667 plus 45 c for each \$180,000

Note: Add 2% Medicare levy to each of the above rates.
 There is also a Medicare levy surcharge applied to taxpayers who do not have the appropriate level of hospital cover for the full financial year and whose income is above the surcharge threshold.

It's time to start thinking about tax minimisation strategies.

NOELENE OR
ANGELA

62 Cosmos Avenue, Banksia Beach

www.bribieaccounting.com.au
info@bribieaccounting.com.au

PH: 3408 9539

NOELENE LAKE

BRIBIE ACCOUNTING SERVICES





TWELVE MILLION AUSSIES ARE CONCERNED ABOUT RISING GROCERY PRICES - SURVEY

Savvy's 2022 survey of 1005 Aussies learns how inflation and increasing grocery and food prices are affecting the cost of living in Australia

- 62% of Australians are concerned about increases in the price of food and groceries
- 31.1% said they spend over \$100 per person per week
- 48% said they will simply buy fewer groceries if inflation continues to rise
- 56% intent to switch to cheaper brands

A new survey of 1,005 Australians commissioned by Savvy shows that 62% of respondents, or twelve million Australians when extrapolated to the entire adult population, are concerned about rising grocery prices as part of their weekly recurring expenses.

Weekly spends already high

The survey revealed that 31.1% said they spend over \$100,



which could mean 6.05 million Australians are spending over \$100 per person each week on groceries.

26% of those surveyed already spend between \$76-\$100 per week on groceries, or 5.1 million Australians if generalised to the entire adult population. The median spend seems to be \$51-\$75, with 29% reporting within that band.

When it came to which age groups were most concerned about the cost of groceries, people aged 35 and over were more heavily represented, quite possibly due to family commitments, while older age groups would often be living on

reduced incomes.

"The increase in food prices is spurred on by ongoing supply chain issues, the recent floods in New South Wales and Queensland, and flow-on effects from global conflicts," says CEO of Savvy Bill Tsouvalas. "Higher fuel prices cascade into food prices, especially when much of our supply chain is dependent on trucks. Energy prices, which have been high for many years, also don't help the situation. Families will need to budget for the increase in food prices as well as any shocks in the system such as the inevitable increase in the RBA cash rate, typically used to combat rising

inflation."

Tightening belts

As for what families will do in the face of rising grocery prices, 48% said they'll simply "buy less," and 56% will change to cheaper brands. 54% will be more judicious with their grocery shop, only shopping during clearances or buying on-sale items.

Interestingly, 27% of men surveyed said they'll simply absorb the price increase, while only 17% of women will do the same.

With prices set to rise, it could mean that harder times are ahead for Australian consumers at the checkout.

BIG BUN BAKERY

Pie & Coke

\$10⁰⁰

OPENING HOURS:
MON - FRI 6AM - 4PM
SAT & SUN 6.30AM - 2.PM

Shop 3/33 Benabrow Ave, Bellara, Bribie Island
PH: 3408 7609

f The Big Bun Bakery and Takeaway

Feta Cheese Stuffed Peppers

NUTRITION PER SERVING

383 CALORIES • 6G NET CARBS • 18G PROTEIN • 32G FAT MAKES 4 SERVINGS



Ingredients

- 10 oz - Feta Cheese
- 1/2 cup - White Cheddar Cheese
- 2 - Eggs
- 1 - Egg Yolk
- 2 oz - Prosciutto, chopped
- 2 - Green Bell Pepper
- 1/2 tbsp - Dried Thyme
- 2 tbsp - Olive Oil
- 1 tsp - Hot Sauce
- to taste - Salt and Pepper

Directions

- Preheat oven to 400°F.
- Cut the bell peppers in half lengthwise and remove seeds and membrane. Place the peppers aside.
- In a mixing bowl combine feta cheese, cheddar cheese, eggs, egg yolks, chopped prosciutto, thyme and hot sauce.
- Stir until you have a smooth mixture. The easiest way is to use fork.
- Grease a baking tray with a splash of olive oil.
- Stuff bell peppers with the cheese mixture and place them on prepared baking tray.
- Bake bell peppers for 20 minutes or until cheese is melted.
- Optional to drizzle additional hot sauce on top.



NEW PLAYGROUND

SOAK IN THE SUNSHINE & KEEP THE KIDS ENTERTAINED IN OUR EPIC NEW PLAYGROUND!

+ KIDS EAT FREE EVERY MONDAY!

Bookings essential

What's On

Let us entertain you!

6 MAY NEVER ENDING 80'S

15 MAY HYPNOTISE ME

3 JUNE BRAD COX

17 JUL DRAG BINGO

29 JUL WOLFE BROTHERS

5 AUG DIESEL

13 AUG BOB "BONGO" STARKIE

Purchase tickets online

bribieislandhotel.com.au

@bribieislandhotel fbribie.islandhotel



HUNGRY?

WE'VE GOT YOU

there's something for everyone



BOOKINGS SUGGESTED TO AVOID DISAPPOINTMENT
ONLINE BOOKINGS AVAILABLE FROM OUR WEBSITE OR FACEBOOK PAGE
THE SURF CLUB BRIBIE ISLAND
A| FIRST AVENUE, WOORIM, QLD 4507 P| 07 3408 2141
W| THESURFCLUBBRIBIE.COM.AU E| INFO@THESURFCLUBBRIBIE.COM.AU

Coat of Many Colours



Recorded in April 1971 and running to three minutes four seconds, this is another of Parton's hit songs, and the personal favourite of her own compositions. From the title one would be inclined to think it had a Biblical or religious connection; although it does, it is actually autobiographical.

Parton was born in Locust Ridge, Tennessee and grew up in poverty, the fourth of 12 children, and her mother really did make her such a coat. Her classmates teased her, but Parton was proud of the coat and tried to make them understand that even though her family didn't have much money, they were rich in other, more important ways.

Parton kept the famous coat, which later became a popular attraction at her Dollywood Museum, where it is kept in an exhibit along with her handwritten lyrics to the song.

Even after Parton became a huge star, this song remained her favourite out of the 3000+ songs she had written.

"It tells about the people I grew up with, it speaks well of my family and particularly my mother," she told Mojo in 2004. "My spiritual values too. I can always sing that sincerely from my heart."

Dolly Parton would introduce this song in concert as "a true story about a little patchwork coat my Momma made me from a box of rags."

After Parton's mother Avie died in 2003, it became very difficult for Dolly to perform this song. She says it was months before she could sing it without crying.

Dolly was on tour with Porter Wagoner when she got the idea for the song. She wrote the original lyrics on Wagoner's dry-cleaning receipt, which she found on the tour bus.

Even though she learned to take pride in the patchwork coat, Dolly never got used to the bullying from her peers.

Writing the song was a cathartic experience. She recalled in her 2020 book, *Songteller*: "At the time, I thought, 'Why is this happening?' Now I know it was so I could write that song. It really is true that 'God works in strange and mysterious ways His wonders to perform.' You never know when you're going through things what is actually going to turn out to be a blessing. So it's worth the suffering."

Back through the years
I go wonderin' once again
Back to the seasons of my youth
I recall a box of rags that someone
gave us
And how my momma put the rags
to use,

There were rags of many colours
But every piece was small
And I didn't have a coat
And it was way down in the fall,

Momma sewed the rags together
Sewin' every piece with love
She made my coat of many colours
That I was so proud of,

As she sewed, she told a story
From the bible, she had read
About a coat of many colors
Joseph wore and then she said,

"Perhaps this coat will bring you
Good luck and happiness"
And I just couldn't wait to wear it
And momma blessed it with a kiss,

My coat of many colours
That my momma made for me
Made only from rags
But I wore it so proudly

Although we had no money
I was rich as I could be
In my coat of many colours
My momma made for me,

So with patches on my britches
And holes in both my shoes
In my coat of many colours
I hurried off to school,

Just to find the others laughing
And making fun of me
In my coat of many colours
My momma made for me,

And oh I couldn't understand it
For I felt I was rich
And I told them of the love
My momma sewed in every stitch,

And I told 'em all the story
Momma told me while she sewed
And how my coat of many colours
Was worth more than all their clothes,

But they didn't understand it
And I tried to make them see
That one is only poor
Only if they choose to be

Now I know we had no money
But I was rich as I could be
In my coat of many colours
My momma made for me
Made just for me



Berries are nature's way of saying that all good things come in small packages. These tiny fruits can play any role that you want them to, on your daily meal plan. You can turn them into toppings for your breakfast meal or add them to healthy smoothies. You can munch on them as snacks or turn them into healthy desserts. Berries can be consumed as is, or you can cook with them and even turn them into jams and marmalades. They are packed with flavour and take any form that you want them to. What's more? They're endlessly healthy and you can eat them daily if you like! Berries are storehouses of antioxidants, which fight inflammation in the body, and thereby, help in reducing the risk of cardiovascular ailments and other health complications.

Treat Your Mum On Mother's Day



TRADING HOURS

Monday - Thursday 10am-7.30pm

Friday - Saturday 10am-8pm

Sunday: 10am-7.30pm

Visit us on  facebook

OPEN 7 DAYS



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

Berries are also weight loss-friendly and may help you manage your weight better. It is recommended to incorporate berries in your daily meal plan, to speed up weight loss and ensure intake of several essential vitamins and minerals. Here Are Some Of The Best Berries For Weight Loss:



1. Acai Berries

One of the best weight loss-friendly berries, acai berries are chock-full of antioxidants and vitamin A, which is great for the health of the eyes. These berries are available in both fresh form and freeze-dried powder form and can be included in smoothies and smoothie bowls.



2. Goji Berries

These berries are native to China but have become popular around the world now. They are low in calories and good amounts of fibre, as well as vitamins C and A. Goji berry juice, can be used to ramp up metabolism and reduce fat around the waist.



4. Strawberries

They are probably the most widely available berries on this list and are quite low in calories as well. Strawberries are incredibly rich in vitamin C and work very well to reduce oxidative stress and speed up weight loss.



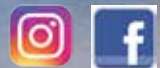
5. Cranberries

Dried cranberries are part of trail mixes. Cranberry juice is also known to reduce cholesterol and blood pressure and also fight plaque build-up in the arteries. They are also low in calories.

It's obvious that you can't just eat to lose weight - exercise and physical activities are also very important. But including these berries in your daily meals may help you speed up your weight loss journey.

BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise!



Departs Bongaree Jetty, Bribie Island 12 noon Returns 2.00pm (approx)

BRIBIE ISLAND LUNCH CRUISE 2022

Enjoy a relaxing lunch time cruise while we prepare a delicious BBQ lunch onboard the Lady Brisbane. The cruise towards Skirmish Point, Gilligan's Island and Deception Bay is always a magical experience. Cruise route is weather dependent.

Buy a GIFT CARD or BOOK Online now at

www.brisbanecruises.com.au

Price Includes BBQ lunch and cruise

Prices: Adults \$44, Children \$20 (4 - 14yrs).

2022 DATES: Wed 1 June, Fri 1 July, Fri 1 Jul, Tue 16 Aug, Mon 26 Sept, Tue 11 Oct

T: 07 3630 2666

E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



Home Of Bribie's Best Burgers

OPENING HOURS

MON - TUES 11 am - 2pm

WED, THURS & FRI 11am - 2pm & 4.30pm - 7pm

SAT - SUN 11am - 7pm

THE FAT YOWIE

3408 1858

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



Seniors LUNCHES

- ROAST PORK OR BEEF
- BEER BATTERED SNAPPER
- SENIORS CHICKEN SCHNITZEL
- CHICKEN CAESAR SALAD
- SEAFEED CATCH
- BEEF OR VEGE LASAGNE
- SENIORS SELECT PIZZA

\$12

EVERY TUESDAY TO FRIDAY 12PM TO 3PM

Mother's Day BBQ Buffet

Sunday, 8th May from 12.00pm

- Pig on the Spit
- Chicken Breast
- Rib Fillet
- Salmon Fillet
- Pasta Salad
- Green Leaf Salad
- Coleslaw
- Cous Cous Salad
- Selection of Mini Cakes
- Fresh Fruit
- Cream Mousse
- Special Kids Menu

Live Music

Kids Jenga
Kids Putt Putt
Kids Face Painting

\$35 per Adult
\$12 per Child

ERNAZZA
bribieisland golfclub

SCHNITZEL & PIZZA SPECIAL

EVERY WEDNESDAY NIGHT from 5PM

Full Menu also available

\$15 each

THURSDAY NIGHTS

Steak and Prawns

250g Rump Steak, garlic prawns, chips and salad

\$23

FRI NIGHTS

Purchase any 2 main meals or pizzas and receive a free garlic bread

FREE GARLIC BREAD

ERNAZZA

Lunch 7 Days From 11am And Dinner Wed To Fri From 5pm
Links Court Woorim Ph 3408 1457

Volunteer Marine Rescue's 2022 Annual Charity Golf

Golf Day



4 PERSON AMBROSE

NOVELTY HOLE EVENTS

DRINKS CART ON COURSE

Sponsors and Prize Donations

- Refer separate flyer for both sponsors and organisations that can offer prize/raffle donations. Any queries please contact VMR directly at: vicecommandore@vmrbribie.com

Player/Booking Arrangements

- All bookings (individuals and groups) are to be made directly with the BIGC by calling: **(07) 3408 1457 (and Select Option 2, Admin)**.
- When booking, please advise (as applicable) your official golf handicap, BIGC Membership Number, Active VMR Bribie Island status and number.
- Those without official golf handicaps will play off 16 handicap (men) and 24 handicap (women).
- Payment is required when booking, to confirm you and/or your team.
 - \$55.00 (non-BIGC Members and non-VMR Active Members)
 - \$45.00 (BIGC Members and VMR Active Members)
- Pricing includes game/green fees and a burger lunch.
- Pricing above does not include carts. There is limited availability of carts.

Friday 13 May 2022

TEE OFF
11am sharp
(shotgun start)



MARKETS

Bribie Island BICA Markets

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

Bribie Rotary Markets

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

Queensland Cancer Council Markets

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

The Sylvan Beach Munch Markets

(Farmers Market)

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

The Bribie Lions Club Markets

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

The Bribie Island Comm Plant Nursery

The Bribie Island Community Plant Nursery is open
Tues to Sat 8 am to 12 pm

Bribie & District Woodcrafters Assoc & Bribie. Island Gem Club Open Day and Markets

Our Markets Are Held On The Last Sun Every Month 8am - 12pm
Contact Ian Trail 0401 134 384



Celebrating is easy with this...

Mother's Week Special

Only \$28.95

[valued up to \$53.80]

4x Beefy's Award Winning Lunch-Size Pies +
4x Sweet medium Apple Pies for **only \$28.95.**

ANY Flavour... ANY Combination.
GF Option available.



← Gluten Free Options

Hand in coupon in-store to redeem offer. Not valid with any other offer.
HURRY... this offer is valid to Thursday 19th May 2022.



754 Bestmann Road, Ningi
(next to 7 Eleven Service Station)



BRIBIE ISLAND COMMUNITY HYMNFEST

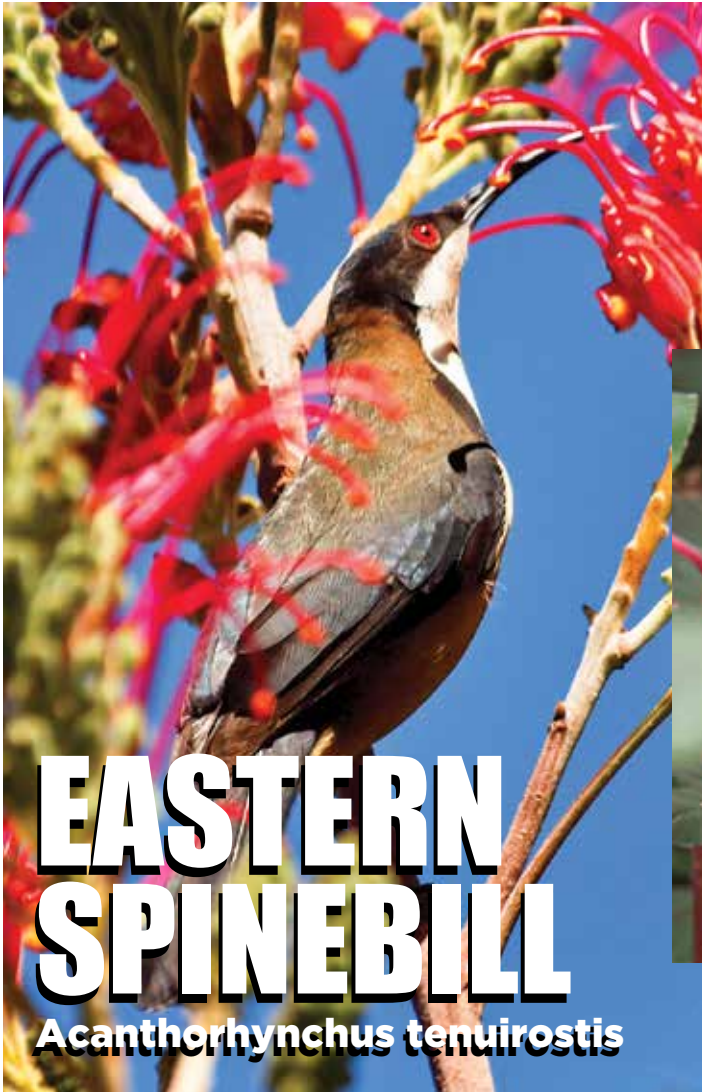
**THIS IS A FREE EVENT,
AND ALL ARE WELCOME.**

**Come along and enjoy singing the old
Hymns of the Faith and be uplifted in
heart and spirit.**

**An afternoon of singing, fellowship
and afternoon tea/coffee.**

**Saturday 21 May 2022, at 2:30pm.
At Bribie Island Baptist Church,
7-9 Cotterill Avenue, Bongaree.**

**Enquiries:
Bernie - 0418 157 486**



EASTERN SPINEBILL

Acanthorhynchus tenuirostis

Although Eastern Spinebills can be found almost all the way down the east coast, across Victoria to South Australia and in Tasmania they are rarely seen on Bribie Island. There have been sightings over the years, but not many. Keep a watch out as one never knows when a Spinebill will decide to visit us again.

They are very small, active Honeyeaters, just 13-16 cm in length and weighing only 8-16 g. Colouring is mainly dark brown with white undertail and red eyes. Bills are long and downcurved and well adapted for feeding purposes. Males have black heads and black strips along each side of their breasts. Underbellies, chins and napes are dark cinnamon. Females are smaller and much plainer birds with lighter heads and duller underparts. When in flight they often hover like Hummingbirds in front of flowers, with the wings making low buzzing sounds. There are two species of Spinebill in Australia. The other is the Western Spinebill which we are not likely to encounter unless we visit the SW corner of Western Australia.

Habitat is eastern Australia and Tasmania where in some areas they are common while in other parts quite rare. They are mainly to be found in forests and woodlands with thickish understorey, heaths, and suburban parks and gardens. In the north they are mostly sedentary but will move short distances in search of food. In the far south-east of Australia during the winter in the high country they will migrate to lower and warmer areas. Usually, they are seen alone or in pairs but sometimes form small groups when feeding. They are at times bullied by larger honeyeaters while taking a meal.

Food is taken, usually early in the morning. Their long

downcurved bills are thrust deep into flowers to collect nectar which is their main source of food. While doing this, pollen is smattered on their heads and is carried to other flowers for the pollination of many native species. Their long bill is purpose built to reach deep into tubular flowers. Some of their favourite native flowers are grevilleas, banksias, callistemon, mistletoe and eucalyptus. If nectar supply is low, they will often dart after insects and catch them on the wing.

August-January are their preferred breeding months where 2 and sometimes up to 5 clutches are produced each season. Courting rituals are performed by both parents. Males begin by making a



short flight for about 15-30 secs, calling loudly then touching the females' tails. Males then pursue the females in flight when they hover for a short time seemingly kissing each other's bills. This behaviour can last for a week with breaks for resting and

feeding. Sometimes other males will appear and join in with the ritual and mate with the female. Nests built by the females are small and cup shaped and constructed with grass, moss, hair and woven with cobwebs and lined with down and soft vegetation fibres. They are well camouflaged, hanging from a fork, and built from 1m to 15m from the ground. Both parents gather materials for the nests. 2-3 pinkish spotted eggs are incubated for about 14 days mainly by the females, while males take a lesser part. Babies when hatched weigh only 5 g. Housekeeping is performed by both parents, and both feed the noisy young on insects every 5-10 minutes. Chicks usually take 14 days to fledge and become independent after another 8 days. When they can fend for themselves, they begin their diet of nectar. This is when parents drive their young away and begin rebuilding the nests for the next brood.

Nestlings and eggs are open to invasion by predators such as predatory larger birds, reptiles and feral cats, which are rising in population, causing a 30% decline in the Spinebill population in recent years. When threatened, parents act out the broken-wing demonstration to lead intruders away from their nests with their antics.

Some of the smaller parasitical cuckoos use Spinebills to host the upbringing of their young. When they lay their egg in the host nest the existing eggs are nearly always tossed out. If a chick is in the nest, it is either pushed out or starved to death by its larger greedy intruder.

The generic name *Acanthorhynchus tenuirostis* is derived from the Greek meaning "Spine" and "Bill".

Conservation status from Birdlife Australia is secure in all states where Spinebills present.

Meet the author

NICK EARLS...



Coming to Bribie Community Arts Centre for **ONE** night only, with his stunning new book, **Empires**.

Friday May 20, 2022, 6pm

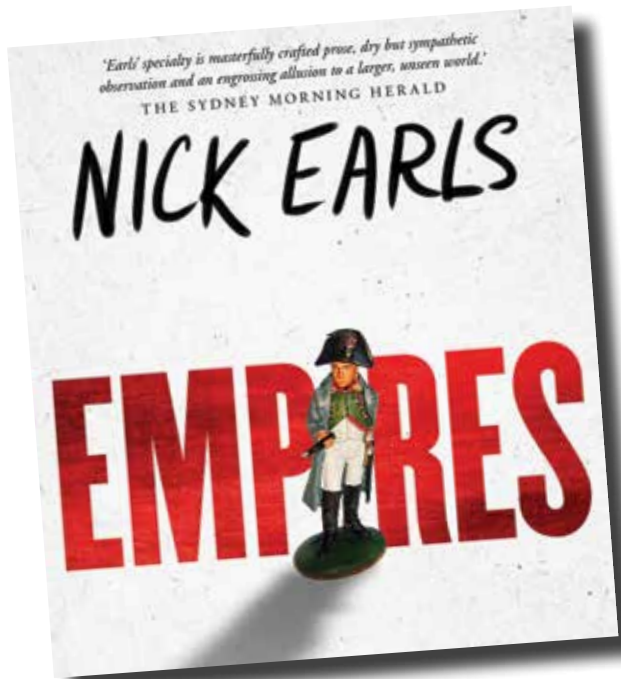
Endlessly compelling and inventive, *Empires* is a masterful novel in five parts with boys and men at its heart. Spanning centuries and crossing continents, it explores the empires we build, the way we see ourselves, the narratives we construct and the interconnectedness of all things.

This is Nick Earls at his finest.

How does an author find these ideas, and pull them together into a story? Nick Earls reveals the stories behind the stories that knit together to make up *Empires*, the rabbit holes he vanished down when looking for them, the amazing discoveries he made, and how the last breath of Julius Caesar explains a lot.

Nick is the author of 28 books for adults, teenagers & children. His writing has won awards in Australia, the UK and US, including a NSW Premier's Literary Award and a Children's Book Council of Australia Book of the Year Award. Five of his books have been adapted into stage plays and two, *48 Shades of Brown* and *Perfect Skin*, into feature films.

Tickets \$25 incl. drink & nibbles. Book on line at <https://www.bribieartscentre.com.au/events/meet-the-author-nick-earls-1> or book at centre 3408 9288.



About *Empires*:

Alaska, 2018, and Mike is a long way from home, nursing a wrecked knee and an unspoken grief, striking out into real estate and parenting his partner's son. London, 1978, and Simon is an Australian fish out of water navigating adolescence during the Winter of Discontent, and drawn to an eccentric impresario next door. Washington, DC, 1928, and a retired US senator is interviewed about his time in Russia in 1916, and his mission to save a young heir

to an empire. Vienna, 1809, and an Irish teenager on the run from the law takes refuge among composers as Napoleon besieges and shells the city. Hong Kong, 2019, and estranged brothers Mike and Simon reunite in midlife to face the secrets of the past, and reconnect in more ways than one.

Empires rise and fall, human lives play out, encounters, collisions and connections occur more than we can ever know – and yet, the unexpected can still happen.



Local singing talent **Pauline Law** will provide entertainment from 6pm



MFAP

MATTHEW FLINDERS ART PRIZE

2022

JULY 16 - AUGUST 5

TUES TO SUNDAY 9:00 - 4:00

Bribie Island Community Arts Centre
191 Sunderland Drive, Banksia Beach

100 years of Government



...and Bribie before Surfers Paradise.



Barry Clark
Bribie Island
Historical Society

MORE BRIBIE HISTORY

The Historical Society have monthly public meetings at the RSL Club on the second Wednesday of each month commencing at 6:30pm. with interesting guest speakers on a wide range of topics. You can see many more photos and articles on our Blog Site at <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

One hundred years ago Queensland abolished the upper house of its Parliament and has maintained a unicameral style of Government ever since. Over the last two years of Covid, we have witnessed the impact and result of different Federal and State Government actions. As we now enter an intense Federal Election campaign, this article reflects on a few interesting things that have changed in the last century, and where little Bribie Island fits into these milestones of history.

In 1825 the Moreton Bay penal colony was established on the Brisbane River, and 34 years later Queensland was declared a self-governing Colony, separate from NSW, in 1859. A demonstration of electric street lighting of lamp posts in Queen Street in 1882 was the first recorded use of electricity for public purposes in the world. It was not until 1902 that Brisbane was designated a city.

FEDERATION.

On 1st January 1901, the Commonwealth of Australia was proclaimed, and all the Colonies became States. Three weeks later Queen Victoria died at the age of 82. When Victoria came to the throne in 1837 Australia was four separate Colonies of NSW, SA, WA and Van Diemen's land. Queensland was still part of NSW, much of the continent was still unexplored, and the total white population was fewer than 160,000. In 1901 Australia became a Federation of six sovereign States, with a total population of nearly

3.75 million people. During Victoria's reign, Australia had progressed from a colonial pioneering era, with improved transport and communication, bringing the colonies into closer contact. Major towns had been linked by telegraphic communication, and there was a need for national defence, Postal services, Immigration control, and removal of customs barriers between colonies. Despite intercolonial jealousies, there was a strong spirit of federal nationalism.

After the Federation, the "White Australia Policy" came into effect. In 1901 just 36% of the population lived in 6 capital cities. Today Australia is one of the most urbanized nations in the world, with 66% of the population living in 8 capital cities.

QUEENSLAND

During its early years the new Queensland Colony had struggled to survive before Gold was discovered at Gympie in 1867.

World War 1 had a major impact on Queensland as 58,000 had been sent to fight, and more than 10,000 died. When the troops returned to Australia in 1919, they brought back the "Spanish Flu" pandemic which killed more than 50 million people worldwide.

Queensland was the first State to introduce compulsory voting in 1914 and is still the only State to have just a "Lower" house of its Parliament.

The upper house of Queensland's parliament was the Legislative Council. It was seen by some as undemocratic, and in 1915 they sought

to abolish it. A referendum was initially unsuccessful, but in 1920 they secured a majority in the chamber. The upper house of Queensland's Parliament was abolished by the Constitution Amendment Act, which took effect on 23 March 1922. Ever since, Queensland has been the only Australian State with just a lower house, the Legislative Assembly, so is a unicameral Parliament.

BRIBIE ISLAND.

The last indigenous people of Bribie were gone by 1900, and only a few people had come to Bribie for Oyster farming, Fish canning, grazing cattle and Timber getting. In 1912 a private Brisbane Tug Company invested in a big way in tourism and constructed a jetty at Bongaree, built a large Steamship and ran regular trips from Brisbane via Redcliffe. That was the same year that the unsinkable "Titanic" struck an iceberg and sank with great loss of life, and the first ship passed through the new Panama Canal.



By 1920, with less than 50 permanent residents on Bribie, many thousands came for cheap camping and fishing holidays to the natural and unspoilt island. Woorim was then, and still is, the closest surf beach to Brisbane. I have written much about the development and growth of Bribie in the 1920's and 30's and you can read these articles in my book.

UMBIGUMBI

You may not know about Queensland's other unique destination, that started a few years after Bribie was opened to tourists and holiday makers.

Australia's most famous holiday destination began in 1917 when an estate agent tried to sell mud flat land at a place called Umbigumbi on the Nerang River. This indigenous name meant Place of Ants, and for many years there was little interest or development, until the 1950's when a travel writer paid a visit. He was not impressed and wrote that "only the rich could afford to pay such prices for mudflats and mangroves". Things changed dramatically when the name was changed to Surfers Paradise on what he had sarcastically named the Gold Coast.

LIFE IN 1900.

In 1900 an international physician said "Meat eating in Australia is almost like a religion. The Australian breakfast is the eternal trio of chops, steak and sausage, and when he is not drinking beer, he is drinking tea, and an endless recurrence of boiled potatoes and cabbage, salads are almost unknown, as are most vegetables."

A hundred years ago each Australian ate more than 2 kg of meat per week (112 kg/year), which was more than people in USA and England combined. Today that figure is 87 kg/yr.

In 1905 women voted in State elections for the first time. When social standards and behaviours were very different, few women wore lipstick or face powder, except for a discrete application to a shiny nose. They never used such words as "Sex, contraception or pregnancy" although they talked in lowered voice about "expecting and being confined". They knew more about sewing machines than about their own bodies.

WOMENS LIFE

Daily domestic life was hard and demanding, with constant stories in Australian newspapers about the shortage of Servants. Washing and cleaning involved boiling water in a wood fired copper, a flat iron heated on a kitchen range, blacking grates and stoves, beating dirty carpets, cleaning ornate silver,



dusting fragile ornaments, and sweeping and mopping floors.

By the early 1900's women moved away from sedate sports like Croquet, for the excitement of lawn tennis, cycling, rowing and athletics, which had previously been exclusive male preserves, due to limitations imposed by cumbersome lady like costumes. When Australian Fanny Durack won the 100 m freestyle swim at the 1912 Stockholm Olympics she wore a long robe to the starting block, removed just seconds before the start, revealing black woollen bathers, high at the neck and reaching to her knees. Mixed bathing was not permitted until 1912.

Women's rights ambassador, Irene Longman, was elected as the first woman in Queensland parliament in 1929, for the seat of Bulimba, and only the third woman in an Australian Parliament. She was not allowed to use the Parliamentary dining room, and there were no female toilets in the building. She died in 1964 at the age of 87, and the Federal seat of Longman, of which Bribie Island is a part, was named in her honour in 1996.



BY: Al Finegan

Living in the 1950s

The changes in our society in the last 75 years, my lifetime, is mind boggling. Just about every facet of day to day living, including morals, family life, entertainment, and government controls has changed – dramatically.

All through the 1930s, Australians had suffered from the demeaning struggles of the Great Depression until 1939, when they were plunged into the horrors of WW2. In 1945 the war ended and a whole new way of life began. Suddenly there was a growing new mood in the population as they looked forward with great anticipation to a brighter future. As soldiers resumed their lives with their wives, or quickly married, they started families and Australia rapidly became awash with babies, later to be known as the "Baby Boomers". And so it was - it was a boom time.

Thousands of refugees and migrants arrived in Australia, many of them young people happy to embrace their new lives with energy and vigour, eagerly adopting the Australian way of life. Full employment became the norm as the manufacturing industries had exploded during the war effort and now turned to peacetime needs. Huge projects like the Snowy Mountains Scheme were launched. Suburban Australia also prospered. The rate of home ownership rose dramatically from barely 40 per cent in 1947 to more than 70 per cent by 1960. New schools popped up like mushrooms to accommodate the baby boomers. In Grade one, I was one of 60 kids packed into one classroom.

It is not uncommon today to hear older people reminisce about the fifties. Just what was it like?

In 1950, there was no TV, CDs, DVDs, electronic Games, mobile phones, computers, internet, portable radios, vacuum cleaners or electronic kitchen gadgets. There were no motor-mowers or whipper-snippers - lawns were mowed using push mowers and long grass was cut by hand with scythes. There were no fly screens on windows. There was no McDonalds, no Super-Markets, home delivery pizzas or shopping malls. Commercial Jet Planes were a thing of the future. There were no stubbies, canned soft drink or beer, frozen food, or pre-cooked meals. There were no credit cards, ATMs, or EFTPOS. There was only 1 car to every 6th family and the cars had no seatbelts, blinkers, or child restraints. Very few women drove, and Mums sat in the front seat usually nursing a baby or toddler. Women could not enter a public bar, nor could they get a bank loan. It wasn't until 1971 when the Bank of New South Wales (now Westpac) became the first to grant loans to women without requiring a male guarantor.



Nothing much happened on Sundays - no shops or pubs were open, no organised sport or public functions were allowed. Religion had the monopoly of Sundays. We were all expected to go off to church in our best clothes at least once and preferably twice, and not to go was considered a sin. TV did finally arrive in Brisbane in the late fifties. Before TV life was different. It was more sociable, more interactive. If ever there was one defining moment

that changed our culture forever, then it was the arrival of TV. Before TV people visited each other regularly to play cards, Monopoly, Chinese Checkers or just chat. We as a family regularly visited our uncles and aunts. We made our own fun and became quite proficient at inventing toys. From scavenged resources we built guns that fired rubber bands, kites, trolley cars, crystal radio sets, tree houses, swings, cracker guns, toy rifles and machine guns, model aeroplanes and endless cubby houses. We also had plenty of lead soldiers to play with on the lead painted front steps or under an asbestos insulated ceiling. The gulf between adults and kids was wide and clearly defined. Kids were to be seen and not heard. Never were we asked our opinion or invited into an adult conversation. We addressed all adults as Mister or Missus unless they were related, then it was by their formal title, Uncle or Aunty. Some adult close friends permitted

the title of Uncle or Aunty, but

only on invitation. If a kid under 18 or 19 proffered an opinion, they were stared at as if they had just passed wind. The responsible parent would tell the errant child to pull his or her head in and go

away. To approach Mum or Dad if they were in company meant waiting quietly at a safe distance until the oldies had completed their conversation. You were then asked what you wanted before being told to go away to play quietly. There was nowhere near the interaction or attention paid to children, which is now the norm.

With no TV it was essential that all kids listened to the radio serials. From 5pm until 5.45 kids sat next to the radio, as big as a TV of today, and listened to "The Air

Adventures of Biggles". This was rapidly followed by, "CX4 to control, CX4 to control, this is Hop Harrigan, coming in.....", followed by, "Is it a plane, is it a bird, no, it's Superman...." It was essential for kids to listen to every episode, for not being able to discuss it at school the next day was socially unacceptable. Another great hit was "Yes What". This was a serial of Greenbottle and his school antics at St Percy's. It was set in a school with Dr Percy Pym, the schoolmaster, who was easily flustered, and incapable of controlling his rowdy students. During the day, the radio played serials aimed specifically at housewives who, while washing, ironing and cooking listened attentively, often in tears to serials like, "Portia faces Life" or "Blue Hills".

When we weren't listening to serials, or outside playing, we read comics. Superman, the Phantom and Batman had great adventures without the bizarre surrealistic cartoons and extreme science fiction of today. They simply chased and caught baddies, but not before being in peril of their lives and making a miraculous but courageous last-minute escape from danger. Baddies loved to tie Batman and Robin up at low tide and leave them to drown or lock them in rooms that filled with water. Mickey Mouse had some terrific adventures. He and Goofy went off to pit wits against the Beagle Boys to save Uncle Scrooge's fortune again and again. The lousy old scoundrel never once rewarded them. Mickey had a female mouse chasing him occasionally, but he seemed more interested in going out or on holidays with Goofy. We didn't concern ourselves with the fact that Donald Duck had triplets, no wife, a girlfriend, and never wore trousers.

I read a lot of books. Biggles was my favourite series. With Ginger, Algy and all the other chaps, the daring fighter ace Biggles did battle with the Hun. He was an unlikely children's hero. For starters he wasn't a child, he was a man. He smoked, drank whisky, and he killed people. Yet ever since Captain W E Johns first

introduced him to the reading public in 1932, Biggles has been one of the most popular and memorable characters in English children's fiction. The books remained in print for over 60 years. Johns' 150-odd books about him eventually disappeared from library shelves amid accusations of racism and sexism by the politically correct. Somehow, I survived my exposure to Biggles and turned out OK.

Movies were made to a strict code of conduct. The hero could kiss the heroine, but never more than that. Girls and women were chaste, gentle, and helpless and stuck to girls' things like cooking, sewing and cleaning. They treated the men bossily only when the men were helpless with a shirt that needed ironing or a meal that had to be cooked. If someone was shot, there was no blood. If they died, they did so with dignity. Rarely a swear word was heard, and if there was one, never in front of a lady and a pretty tame word at that. If a crime was committed, the perpetrator was caught and gaoled or killed by the goodies. The odd official was corrupt, but always as a loner or a rogue, and they were always caught and punished. In the 1950s, there was no such thing as political correctness or a cancel culture. We said what we wanted but always with a care to the company we were in, and never a crude word in front of a lady. Despite the lack of today's insidious controls on speech and behaviour, the baby boomer generation were polite, courteous, and generally exercised impeccable manners.

Growing up in the 1950s

Over the next few issues, I will present my stories of that time, of growing up from age 6 to 16. These are memories of that simpler time that I am sure the folk of my generation will recall, and smile with remembrance. I'll start with the quintessential Dunny Man.

To a generation of post-war kids in Brisbane in the 1950s it was the dunny man who was one of the highlights of the week. With great anticipation we knew when he was coming - the smell arrived well before he did. Like sentry boxes carefully lined

up in backyards all along the streets of Brisbane, the old thunder boxes were our only haven of relief when in need of the daily motion. Made of timber, usually weatherboard and on stumps, one step high they were a wooden seat over a cupboard wherein the dunny can resided. But it didn't just house the dunny can, it was also a place



for gangs of vicious spiders with man-eating reputations. There were Daddy Long Legs by the million, Huntsmen lurking in dark corners and worst of all, the dreaded Red Backs waiting in cracks to attack. Their sole purpose of existence was to ambush unwary children.

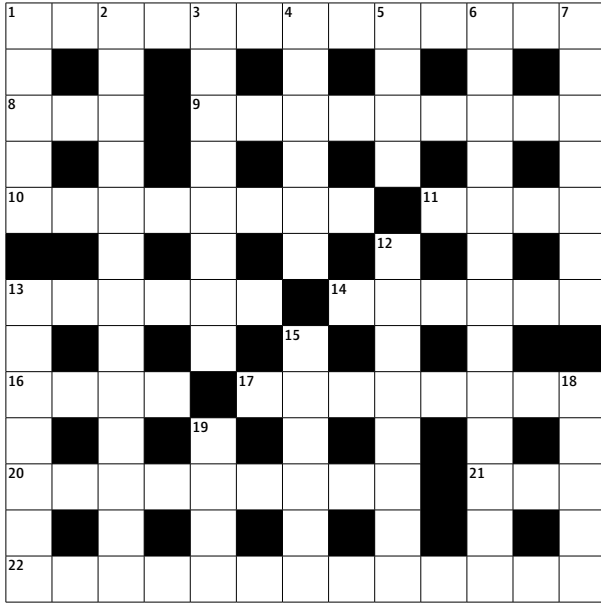
Hornets loved the dunny. It served as an ideal nesting place to breed their young. Swarms of them could arrive the moment you sat down. One entered the dunny with great care, slowly pushing open the door, eyes darting in all directions to assess the strength of the enemy. Lifting the cover from the seat took the most courage. You could lift it slowly hoping not to disturb or anger any waiting monsters or flip it open quickly while leaping backwards out of harm's way. Careful inspections of the surrounding gloom around the stink pipe and one sat down, heart in mouth. A box full of sawdust rested beside the dunny seat. The sawdust was the weekly trade for the full can to ensure the users covered their droppings to protect from the millions of blue bummed flies, or "blowies". In the sawdust box, with the old spaghetti

tin shovel, was a pile of torn up newspaper, not to be read but to be used to wipe one's bottom.

To this hellhole, once a week came the dunny man. The Hunter Bros truck cruised slowly down the road while several men charged in and out of yards, dunny cans on shoulders, scattering kids in all directions. The truck was an incredible machine of thousands of little doors housing full and fresh dunny cans. The dunny man grabbed a new one from the truck, full of sawdust. He ran up the side of the house, crashed into the sentry box, oblivious to the lurking dangers. In a flash he emptied the sawdust into the box, swapped cans, slammed the door behind him and bolted back down to the truck, with the full can on his shoulder while leaping over any obstacles, and trailing a cloud of blowies, sawdust, and evil smells. It was over in seconds leaving a circle of dismayed kids, mouths agape and dribbling.

God knows what would have happened if Hunter Bros had gone on strike. Even worse, imagine if the truck had rolled over

Crosswords - QUICK & CRYPTIC



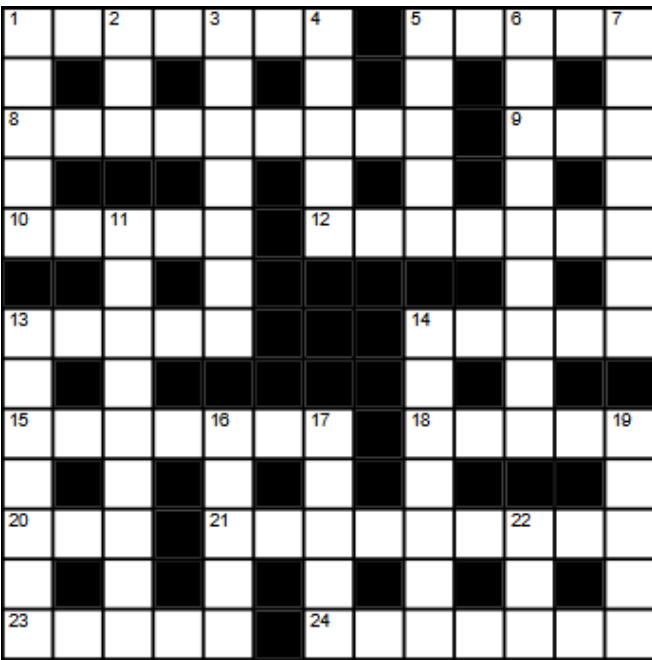
Across

- 1 Perfect! (4,3,6)
- 8 Gaelic surname prefix (3)
- 9 In flight (2,3,4)
- 10 Desire (8)
- 11 Eh? (4)
- 13 Seal — prestige (6)
- 14 Aprons (anag) — service provider? (6)
- 16 Dilapidated building (4)
- 17 Cain was the first! (8)
- 20 Decision requiring little thought (2-7)
- 21 Lair (3)
- 22 Pretend not to notice (4,1,5,3)

Down

- 1 Lucky (informal) (5)
- 2 One seeking higher status (6,7)
- 3 Thrashed (8)
- 4 Still alive (6)
- 5 Notion (4)
- 6 London area south of Hyde Park (13)
- 7 Make more secure (7)
- 12 Chinese language (8)
- 13 Small crown (7)
- 15 Underground passage (8)
- 18 Enclosed kitchen fireplace (5)
- 19 Concealed ditch in landscape gardening (2-2)

SUPPLIED BY CYRUS



Across

- 1 Pensioned off but still flat out? (7)
- 5 Speak about the heights (5)
- 8 Spain's the place for theatre workers (9)
- 9 Sum up part of the addition (3)
- 10 Or the prescription for supplementary (5)
- 12 There's drama where 8a are involved (7)
- 13 Boosts fanfares.. (5)
- 14 Infiltrate ensemble to locate those who can become tense? (5)
- 15 One who finds sanctuary at the centre of Leeds (7)
- 18 Likely to be added to the cast (5)
- 20 Fat from a broiler hen (3)
- 21 Complex warren with many twists and turns just for fun (9)
- 23 String playthings have their ups and downs for idiots (2-3)
- 24 Rover has the right to dawdle (7)

Down

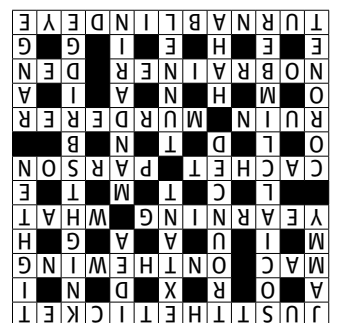
- 1 In the balance - what a riot (5)
- 2 Draw around the neck? (3)
- 3 Announcements concerning havens (7)
- 4 Outline with vacant Doctor toward the rear (5)
- 5 Stick to cheaper jewellery (5)
- 6 Finding accommodation meant part negotiation (9)
- 7 Low spirits has Danes getting drunk aboard ship (7)
- 11 1st and 2nd entwined in anticipation (9)
- 13 Orchestration found in a composition or a hymn (7)
- 14 As a thesis alternative he met trouble (7)
- 16 Plugs damaged for speedy swallows (5)
- 17 Remember to hold clinker (5)
- 19 Hate making new bathrobes - not the best (5)
- 22 Love nothing (3)

SOLUTIONS

CYRUS
SOLUTION 165



QUICK
SOLUTION 165



Find A Word

The Book Thief



GRAVE DIGGERS

ZUSAK
LIESEL
BOOK
RUDY

THIEF

OBSERVING
MAX
COURAGE
ACCORDIONIST

FIST FIGHTER

ROSA
DEATH
READING
DIARY

Nacho Scoopers

Prep Time: 10 mins Cook Time: 0 mins

EGG FREE - NUT FREE - DAIRY FREE



ingredients

1 bag tortilla chips
1 cup refried beans
1 cup guacamole
1/2 cup sour cream
1 cup halved cherry tomatoes
2 jalapenos, sliced, optional

preparation

1. Spread the tortilla chips on a serving platter.
2. Layer each tortilla in this order: refried beans, guacamole, sour cream, jalapeno slice (if desired), tomato slice.
3. Repeat with all ingredients and serve.

Kids Page



Brooke SAVIGE

A fresh approach for Division 1



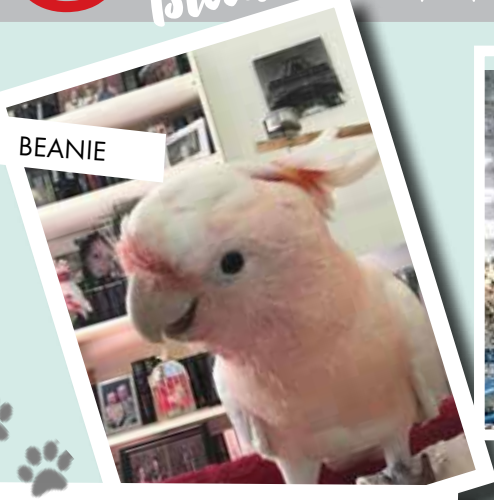
Spot the 10 Differences

@ Bribie Islander

WE ♥ PETS



BEANIE



doggy ice cream

IF YOUR DOG'S FEELING THE HEAT THIS SUMMER POP IN AND GIVE THEM A TREAT!

NEW IN STORE

Doggie ice cream! All natural ingredients. 3 different flavour - peanut butter and bacon, Strawberry, and Carob.

WHAT'S IN IT?

We use all natural, human-grade ingredients to create a healthy and delicious frozen treat for your dog. You won't find harmful artificial ingredients here!

With most dogs being lactose intolerant, obviously our ice cream had to be dairy-free. To do this, we use coconut milk which is great for your dog's health - some even call it a super food! To get that creamy texture we all love, we substituted sugar with naturally occurring organic coconut nectar. To get the delicious flavours pups love we use all real ingredients - real peanut butter & crispy coconut bacon, pure carob powder & snap-frozen strawberries.

All our ingredients are 100% natural & 100% delicious and approved by a pet nutritionist.

WHY COCONUT MILK?

With most dogs being lactose intolerant, we wanted to find a plant-based milk that

all dogs could enjoy. Recommended by a pet nutritionist, coconut milk is nutritious and makes an ideal base for a healthy dog ice cream. It contains vitamins C, E, B1, B3, B5 and B6 and folate, as well as good doses of the minerals iron, selenium, calcium, copper, magnesium, manganese, potassium, phosphorus and zinc.

WHY COCONUT NECTAR?

Coconut nectar is less about making our ice creams sweet and more about function - a small amount of nectar gives our ice creams that creamy texture that we all love! Recommended by a pet nutritionist, coconut nectar is nutrient dense; it contains 17 amino acids, potassium, magnesium, zinc and iron, and vitamins B1, B2, B3, B6 and C.

PET NUTRITIONIST APPROVED

"As an animal nutritionist I am always on the lookout

for healthy, natural treats for my dog. So many treats on the market are loaded with artificial ingredients - but Hugo's dog ice creams are a refreshing change from this trend.

I have absolutely no hesitation feeding it to my own dog and recommending it to other dog owners. Not just a delicious treat, it is also made from fresh, whole, human-grade ingredients, which offer genuine supplementary health benefits for dogs. I definitely recommend checking out Hugo's if you're looking for a treat for your pooch.
— Clare Kearney, Holistic Animal Nutritionist, **HUNDE**



TRAINING TIPS - WALKIES PART 5

In the last issue I addressed the problem where your dog reacts badly to other dogs or people whilst out walking.

But what do you do when your dog acts excitedly towards dogs and people. Most common reaction is dogs pulling to get closer, barking usually in a higher frequency and dancing around the lead. Usually the owner will say "my dog is friendly and just wants to say hello." We must treat this behaviour as being rude and bad manners, no different to a stranger running towards you wanting to give you a hug. You wouldn't feel comfortable and a lot of dogs don't feel comfortable either. This is no reflection on how sociable the dogs are.

One common problem is that people think dogs are social, pack animals. This is correct but only within their family unit. Even dogs down at the

dog park are not pack animals; they are a group of dogs intermingling with one another.

If your dog does want to say hello to the other dog, first ask the owner if they would like the dogs to meet whilst on lead. If the answer is yes then approach the other dog but only when your dog is walking calmly and not being vocal. If he isn't then walk away. Then when they meet only go nose to nose or side on. Do not allow your dog to walk behind the other dog because you run the risk of the leads being tangled and the dogs can't move away from one another. Also, do not allow the dogs to jump on one another. Some dogs find that threatening and may react.

At all times keep the leads nice and loose and that way it is easier to walk away.

Happy training - Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

Puppy Classes: 7 wks to 16 wks of age

Canine Good Citizen: Six week course. Private Consultations available
(07) 3408 8011 or 0416 102 071

Bongaree Pet Food



2/75 Cotterill Ave,
Bongaree
(Next To Red Rooster)

PH: 0437 080 752

FOR ALL YOUR PET FOOD NEEDS

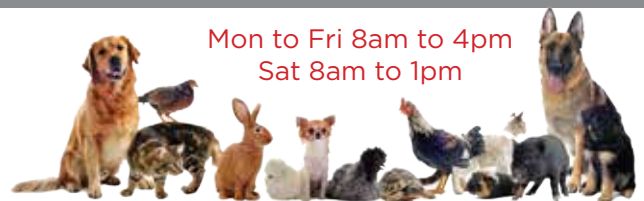
CALL IN AND SEE US!

Fresh Food
Frozen Food
Treats
Dry Food
Wet Food

DOGS, CAT, BIRDS, REPTILES, CHICKENS

Advance - IAMS - Black Hawk - Ivory Coat - ZiwiPeak - Vetalogica - Prime 100 - Big Dog Raw - Canine Country BARF - Evolution Holistic - Wag Treats - Huds & Toke - Next Generation - Bell & Bone - Allora Grain & Milling

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



**BONGAREE BOWLS
MEN'S RESULTS**

Wed 4's April 20th Winners
Peter Vlajic, Graeme DeGraff,
Robin Maffey, Ann Clark.
Runners Up Marilyn Weston,
Sandra Scott, Bruce Rodger,
Merna Hogg.
Thurs Jackpot pairs April 21st
Winners Erhardt, John Park.
Runners Up Tim Carlton,
Jaarpung Blundell.
Scroungers April 23rd 1st Larry
Savage, 2nd John Muller, 3rd
Kelvin Mathers
Wed 4's April 27th Winners
John Cockerill, Max Nganeko,
Barb Tanner, Sheena Bath
Thurs Jackpot pairs Winners
Neil Wagstaff, Darryl
Rollingson
Runners Up Mike Hansen, Judy
Hansen

**BONGAREE BOWLS
LADIES RESULTS**

Tuesday 19th April Winners
Sandra Scott, Bob Vonarx
R/U: John Park, David
Hutchinson
Friday 22nd April Winners:
Lyn Southall, Merna Hogg,
Peter Flynn
R/U: Brien Skerton, Trevor
Richardson
Tuesday 26th April
Turkey pairs winners: Arne
Jensen, Elna Jensen
R/U: John Park, David
Hutchinson
Bonus draw winners: Victor
Wright, John Miller

BRIBIE BOWL CLUB

Self Select pairs results Friday 8 April 2022
Winners: K Thornton, B Ferguson
Runners up: P Hughes, K Taylor
Out of hat winner: P Adams, W Simmons
Out of hat winner: I Cooper, T Dean
Out of hat winner: K Opray, J Oliver
Bunny: D Ackroyd, D Wilks
Random Fours Results Saturday 9 April 2022
1st: R McDermott, W Kelly, T Erfurth, M Macgregor
2nd: G Mewett, R Byrnes, J Mewett, F Doding
Out of hat: V McDermott, R Davenport, G Woollett,
L De Roule
Out of hat: C Halley, P Ryan, F Crockett, W Hoelscher
Self Select Triples Results Tuesday 12 April 2022
Winners: R Hunter, S Ferguson, P McCarthy
Runners up: T Hudson, B Castle, P Patrikeos
Out of hat winner: F Crockett, P Adams, BJ Adams
Out of hat winner: K Smith, I Smith, J Brazier
Out of hat winner: T Bennett, M Mills, C Reilly
Scroungers Results Wednesday 13 April 2022
1st: A Russell
2nd: P King
Self Select Pairs Results Wednesday 13 April 2022
Winners: A Fletcher, D Gibson
Runners up: G Reilly, F Crockett
Out of hat winner: E Sharp, A Sharp
Out of hat winner: J Oliver, N Holzburger
Out of hat winner: W McDougall, L McDougall
Bunny: W Gilbert, M Andrews

MORETON BRIBIE BRIDGE CLUB:

Thur 15 1 S Watson & R Sutton 2 I Best & B Moxham 3 C & R Cowley
Sat 16 Apr N/S 1 S Watson & R Sutton 2 L Carr & K Cohen 3 R King & N Everson
E/W 1. D Quinan & F Barkwith 2 R Webb & L McLaren 3 M Hardy & P Tipping
Wed 20 Apr N/S 1 A Jones & J Kennedy 2 C & S Watson 3 S Pascoe & J Wright E/W 1 P Edis & Y
Swanson 2 A Fielding & L Groves 3 D Dowling & H Browne
Thur 21 Apr 1 R Sutton & S Watson 2 C & R Cowley 3 M Hardy & N Everson
Sat 23 Apr 1 T Avena & J Wright 2 A Jones & J Kennedy 3 R King & N Everson
Wed 27 Apr N/S 1 C & S Watson 2 A Jones & J Kennedy 3 H Tyler & J Medhurst E/W 1 R Deacon & J Van
Vugt 2 R Webb & L McLaren 3 R King & M O'Reilly
Thur 28 Apr 1 S Watson & R Sutton 2 J Wright & J Kennedy 3 C & R Cowley
BICBC: Mon 18 Apr N/S 1 H Browne & U Maffey 2 R King & N Everson 3 P Edis & C McAlister E/W C
Nolan & F Barkwith 2 R Deacon & L Groves 3 F McLaren & N Denvir

Random Select Fours Results Saturday 15 April 2022
1st: R Davenport, G McEniery, P Patrikeos, R Ghest
2nd: L Mathers, I Smith
Out of Hat: C Stroud, B Doe, L Mather, C Kelly
Out of Hat: B Kelly, R Bickerton, K Lavery
Out of Hat: V McDermott, F Grimsey, A Sturm
Self Select Triples Results Tuesday 19 April 2022
Winners: Z Elmore, E Bateman, B Garfield
Runners Up: G Ghest, M Andrews, M Young
Out of Hat Winner: R Hunter, J Ferguson, P
McCarthy
Out of Hat Winner: B J Adams, R Eaton, F Crockett
Bunny: J Dunn, C Christensen, D Groves
Scroungers 20 April 2022
1st: Des Heath
2nd: John Muller
Open Pairs Results 20 April 2022
Winners: D McDougall, W McDougall
Runners Up: K Lavery, A Kinnear
Out of Hat Winner: M Durham, T Dean
Out of Hat Winner: K Piva, M Prewett
Out of Hat Winner: S Root, G Teakel
Bunny: G Hazelwood, R Fowler
Random Select Triples Results Thursday 21 April
2022
Out of hat winner: M Teinaki, S Tevnis, C Monk,
D Grove
Out of hat winner: P Boyland, M Mills, D Clarke
Out of hat winner: J Neill, J Murray, W Hoelscher
Out of hat winner: V McDermott, G Mellors, C
Hamilton

TERRY YOUNG MP
Federal Member for Longman

**MORE GPs FOR
BRIBIE ISLAND**

Local clinics will now have more options to recruit
GPs following changes to the DPA classification

For more information: Visit www.terryyoung.com.au or Email terry.young.mp@aph.gov.au

BRIBIE WOMENS GOLF

15 April to 28 April 2022

19/4/22 Women's Single Stableford
Silver Salver Rounds 1 of 2 Sponsor C
and E Covich, Order of MeritDiv 1: Winner Sheena Bath 37, 1st R/U
Pauline Grooby 36 c/b, 2nd R/U Myra
Thomsen 36Div 2: Winner Vicki Butcher 38, 1st R/U
Sue Navie 37 c/b, Judith L'Estrange 37NTP: Hole 4 Rita de Bondt, Hole 7
Yvonne Nicklin, Hole 14 Ros Gardiner,
Hole 16 Kate Wilson21/4/22 Women's Single Stableford
Silver Salver Rounds 2 of 2 Sponsor C
and E Covich, Order of Merit (back to full
course and results sent to Golf Link)

Div 1: Winner Vivi Lloyd 37, 1st R/U

Ailsa Lauchlan 35, 2nd R/U Gill Lee 33
c/bDiv 2: Winner Denise Shearer 33 c/b, 1st
R/U Vicki Butcher 33, 2nd R/U Jennifer
Stafford 32NTP: Hole 4 Gwen Clutterbuck, Hole 7
Myra Thomsen, Hole 14 Gill Lee (Top
Shot), Hole 16 Kate Wilson26/4/22 Women's Single Stableford
Patron's Bowl/Order of Merit/N & S
Hudda Trophy Rd 1Unfortunately rain stopped quite a
number of women playing today – only
a field of 38.Winner: Sheena Bath 38, 1st R/U Judith
L'Estrange 36, Myra Dickson 35 c/bNTP: Hole 4 Carole Watson, Hole 7(11a)
Robyn Colbran, Hole 14 (Top Shot) Ros

Gardiner, Hole 16 Gwen Clutterbuck

28/4/22 Women's 4BBB Stableford Ann
Caird Memorial DayAnother, on again off again, showery
day but managed a field of 66 with only
8 not completing. Well done ladies.Winner: Carole Watson & Laura Meijer
42, 1st R/U Margaret McDonald & Robyn
Harper 40 c/b, 2nd R/U Pauline Grooby &
Di Benghamy 40, 3rd R/U Leonie Buxton
& Myra Thomsen 39NTP: Hole 4 Maureen Bailey, Hole 7(11a)
Joan Osborne, Hole 14 Gill Lee (Top
Shot), Hole 16 Gill Lee**SOLANDER LAKE BOWLS CLUB.****SOCIAL BOWLS RESULTS – Week Ending -
23/04/2022**Tuesday: Triples - Winners D. Heilig, J.
Gill & P. McCarthy.R/U – K. Wright, J. Cummins & T.
McCarthy.Wednesday: Pairs - Winners – C. Avenell &
P. Bradley.

R/U – P. McCarthy & B. Jackson.

3rd - D. De Grono & B. Hill. Jackpot (\$296) –
Not won.Thursday: Triples - Winners T. McCormick,
L. Neilson & B. Cook.

R/U – M. O'Keefe, A. Ager & S. Ager.

3rd – G. Cusbert, M. Torrington & T. Rolfe.
Jackpot – No information.Friday: Pairs - Winners – D. Hill & B.
Hill.

R/U – H. Taylor & C. Jenkins.

1st Rnd Winners – P. Dixon & R. Stumbles.
2nd Rnd Winners – P. Neilson & G.
McCarthy.Saturday: Triples - Winners - WASHED
OUT.**SOCIAL BOWLS RESULTS – Week Ending -
30/04/2022**Tuesday: Triples - Winners - WASHED
OUT.Wednesday: Pairs Winners – M. Lowe & M.
Fitzpatrick.

R/U – C. McKenzie & .P. Neilson.

3rd – C. Jenkins & A. Denhart. Jackpot –
No information.Thursday: Triples - Winners – R. Bentley,
R. Griffin & J. Farmer.

R/U – A. Wilkie, D. Wilkins & J. Gemmell.

3rd - R. Zahl, V. Fredericks & P. Payne.
Jackpot – No information.

Friday: Pairs -Winners – R. Stuart & B.



Stuart.

R/U – C Jenkins & P Hodgson.

1st Rnd Winners – A. Lavender & B.
Jackson. 2nd Rnd Winners – C. Avenell &
P. Ollier.Saturday: Triples - Winners – L. Hughes, N.
Anderson & A. Hughes.

R/U – P. Neilson & A. Thompson.

**Proud Sponsors of
Bribie Island Sport****Bribie Island
Bowls Club****11-23 Welsby Parade,
Bongaree.****www.bribiebowls.com****Phone 3408 1018**

FortyWinks

**SALE
ON NOW!**

ANY SIZE FOR THE PRICE OF A SINGLE

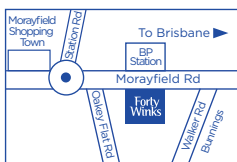


Get a super king, king, queen or double mattress for the price of a single.



We proudly support Australian made brands

UP TO **40** MONTHS INTEREST FREE*



Morayfield
250 Morayfield Road
Ph: 5498 7777

Locally owned and family operated for over 25 years.

fortywinks.com.au



SERIOUS ABOUT SLEEP

The Any Size for a single offer must be completed in the original transaction, during the promotional period. The upsized mattress will be the same brand and model as the original mattress chosen. Selected brands only. Mattress only. Exclusions apply. Super King not available on all mattresses. Terms and conditions apply, see in-store for details. Valid until 15.05.2022. *Approved customers only. Conditions, fees and charges apply. Visit retailer website or see in-store for details. Credit provided by Latitude Finance Australia (ABN 42 008 583 588), Australian Credit Licence 392145.



Sleeping Positions for Lower Back Pain

TOP 5 POSITIONS

Medical conditions are not the only reasons causing your pain. Sometimes, you may face the same issue if you sleep improperly.

This article will suggest some sleeping positions for lower back pain.

Best Sleeping Positions for Lower Back Pain
Lower spine discomfort and sleeping issues have a strong relationship. They have a two-way interaction that is mutually reinforcing. Another relation between sleeping and pain is the effect of sleeping posture on your spinal alignment.

Twisting and contorting will place more pressure on your lumbar spine, while sleep can induce discomfort and stiffness.

If you are prone to pain, these sleeping postures can help.

1. Sleep on the back with a pillow

Sleeping on one's back may be the ideal posture for some sleepers to reduce back pain:

- Make sure you're lying flat on your back.
- Place a cushion under your knees and maintain a level spine.

The cushion is crucial. It helps to maintain your lower back's arch.

Fold up a towel and lay it under your back for further support. You should distribute your weight equally and redistribute it across the biggest part of your body when trying back sleeping posture. Then, the pressure points will suffer less.

2. Sleep on the side with a pillow between the knees

If sleeping flat on the back is too painful for you, try turning to the side.

Allow your left or right shoulder to touch the mattress. It would be best to place a cushion between the knees. You can also add a small pillow between the mattress and your waist for more support.

Whether you use one or two pillows, avoid the tendency to lie on the same side every night. Overdoing it can lead to muscular imbalance and scoliosis.

You won't feel any better if you rest on the side. The secret is to place a cushion between the knees. Thanks to the pillow, your spine, hips, and pelvis will be more aligned.

3. Sleep in a fetal position

If you suffer from a herniated

disc, consider lying on the side in a fetal posture:

- Lie down on the back and then turn over slightly to the side.
- Bend your body toward the knees and curl your knees toward your chest.
- To avoid any imbalances, keep switching sides from now and then.

The discs within your spine are flexible cushions that sit between the vertebrae. When a portion of a disc moves out of its natural spot, it causes nerve pain, stiffness, and other symptoms.

You can loosen the gap between vertebrae curling your body into a fetal position.

4. Sleep on your stomach

You may hear about how stomach sleeping is terrible for back pain. This idea is partly true since it can put more stress on your neck.

You don't have to urge yourself into another posture if you find you are a stomach sleeper. Instead, try this posture:

- Put a pillow under your lower abdomen and pelvis to reduce the stress on your back.
- You can choose to put a cushion under your head depending on how you feel while sleeping in this position.

Stomach sleeping with a cushion may be especially beneficial for those with degenerative spinal diseases. It might help ease any strain on the space between the discs.

5. Sleep in a reclined position

Although sleeping on a chair may not be the ideal option for back discomfort, this position can be helpful if isthmic spondylolisthesis is your problem.

A disorder known as isthmic spondylolisthesis occurs when a vertebra slides over the one underneath it.

Because misplacement of the vertebra causes an angle between your trunk and thighs, reclining may be advantageous to your back. This posture helps relieve strain on your spine.

Consider buying an adjustable bed to allow you to lie in this posture with the best comfort and alignment possible.

DIY Mother's Day Gifts

Give mum the gift of relaxation this year with easy DIY bath salts in a range of colours and scents. Consider using essential oils that are meant to reduce anxiety such as lavender, mint, or rosemary. A few drops of food colouring will add colour to the bath salts, and containers and creative packaging do wonders for a high-end, spa-like presentation.

This super creative idea includes everything your mum could possibly want for her special day. Take everything she loves that will fit in a jar (think chocolates and other snacks, scented candles, makeup, soaps, etc.) and present it to mum in a jar with a chalkboard tag.



DIY succulent gift idea for Mother's Day! Simple, inexpensive and cute! This gift will take you minutes to throw together and would make the perfect gift for Mother's Day



What Pillows Do You Need?



We have mentioned the pillow many times. They play a vital role in supporting your spine while sleeping. The pillow will cushion the top part of your spine by cradling your neck and head. Do not, under any circumstances, position your pillow behind your shoulders.

The pillow you need depends on your sleeping habits.

FOR BACK SLEEPERS - Thinner cushions with additional padding at the base to protect your neck may be your best choice. Memory foam and latex are excellent materials since it conforms to your neck nicely. If you cannot decide which one suits you more, speak to your local bedding expert

FOR STOMACH SLEEPERS - You should try the thinnest cushion you can find, if not none at all. In fact, you can try sleeping on one side with a body pillow between your legs. The pillow will provide you with the feeling of something pushing against your abdomen while also helping with the alignment of other parts of your body.

FOR SIDE SLEEPERS - You might need a firm cushion. If possible, look for one with an extra-large gusset to deal with the gap between your shoulder and ear. Remember to put a hard cushion between your knees as well. You could even use a rolled towel alternatively. Remember to replace the pillow every 18 months. Although pillow coverings can give a great barrier, cushions nevertheless contain allergens such as mildew and dust mites.your body.

FINAL WORDS

Regardless of the posture you pick, the key is to maintain appropriate spine alignment. Pay special attention to your hips, shoulders, and ears as well. The gap between your body and the mattress may cause strain on your spine. You can tackle this problem by placing a pillow between.

@realty

FREE PROPERTY APPRAISAL

CALL ME TODAY YOUR LOCAL AREA EXPERT



DAVE STEFANAC

0448 736 077

dave.stefanac@atrealty.com.au

www.atrealty.com.au



ALL ASPECTS OF
DOMESTIC,
COMMERCIAL &
INDUSTRIAL PLUMBING

SPECIALISING IN:

- Plumbing • Drainage
- Maintenance
- Bathroom/Laundry/Kitchen Renovations
- Water/Gas Compliance Certificates
- Gas Installations & Servicing
- TMV & Backflow Testing

Professional Plumbing and Gas Services offering quality work paired with exceptional service.

Fully Insured. Call us today for your free, no obligation quote!

0432 674 353

dteplumbingandgas@gmail.com

www.dteplumbingandgas.com.au

www.facebook.com/dteplumbingandgas



Your best *local* Real Estate experience

PROPERTY PROFESSIONALS
3517 2406

SELL WITH US
AND SAVE

1.5%
ALL INCLUSIVE FEE

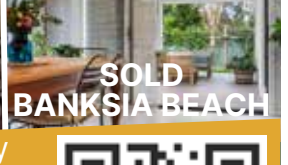
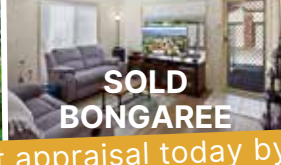
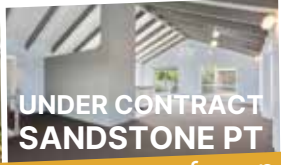
Sold 89 Raptor Parade
BANKSIA BEACH

That's fair.
That's how it should be!

*Highly recommend this boutique real estate company...
A rare experience! Lesley Kendall, Sandstone Point Seller*



CHOOSING THE RIGHT TEAM Does Make A Difference



Arrange for us to visit for your free no-obligation market appraisal today by calling 3517 2406 or scanning our code here to submit your appraisal request

SHOP 1, 33 BENABROW AVENUE, BELLARA
WWW.WILSONCO.COM.AU SALES@WILSONCO.COM.AU



island gardens

by Peter Schinkel



At the top, we have a Butterfly Bush. Not to be confused with the fluffy-flowering Buddleja, this is a pink Gaura. Also, in white or various shades of pink, the gaura's stunning flowers dance in the breeze on the end of their long stems. Whenever desired, they can be cut right back and will reflower quickly. Just beautiful. At the bottom-left, we have a non-climbing mandevilla (officially it's a dipladenia which is in the mandevilla family). Whichever type you go for, they're so super tough, they'll grow from desert heat to subtropical climates. Great for if you're going away. They'll be there to greet you when you get home and they also come in pinks and whites. Their flowers are so stunning and so plentiful! Maintenance stretches to pulling off a yellow leaf once every few weeks. Phew!

And at the bottom-right, is a plant I would do somersaults for if I still could. The crossandra is incredibly stunning. Look at all that orange being fabulous. This plant can become a shrub if you want it to, but I prefer two or three in the garden pruned back twice a year (at any time you like), to keep them compact and under 80cm.

See you all again in issue 167 on 2nd June and as always, thanks for reading and happy gardening,

H I GARDENERS AND WELCOME BACK. AS WINTER APPROACHES, THESE BEAUTIFUL, COOLER TEMPERATURES LURE US OUTSIDE TO TAKE STOCK, PRUNE AND WEED AND ALSO TO SEE WHERE THERE'S ALWAYS ROOM FOR ONE MORE PLANT. NOTE: ONE = SEVEN :-D

There is always such a magnificent choice of amazing colours to choose from. So many plants flower all year-round in south-east Queensland and many come into their own in winter. Before we have a closer look at the three beauties pictured, here's a list to get you started. Please note that all plants in this list include dwarf varieties except azaleas.

For all year-round colour - azaleas, begonias, cosmos, dianthus, euphorbias, geraniums, impatiens, roses, salvias (especially blue and white) vincas (mauve and dark pinks are more compact), and always be sure to ask at local nurseries and markets for more choices.

Winter flowers - ageratum, many bromeliads, carnations, chrysanthemums, gerberas, hippeastrums, marigolds, poinsettias, many succulents and again check in with our friendly, helpful plant sellers.

And now on to the three pictured. I'm pretty over the moon with all of these for their bright colour, attractive foliage, and low maintenance. They're not always very easy to get hold of but look around, they will return periodically throughout the year. When you do find them, perhaps buy three. Unusually beautiful plants like these always stand out better with another one or two in the garden not too far away. All three of these also work well in pots.

grow
plant nursery



Plants | Pots | Soils | Gifts

17 First Avenue, Bongaree

0480 160 689 | [@growplantnursery](https://www.facebook.com/growplantnursery)

bongareevillage.com.au/grow-plant-nursery

Garden Centre OPEN 7 DAYS

Waterama

POOL & IRRIGATION SERVICES



We Make Pools Fun!

Pool Servicing | Irrigation | Pumps | Plumbing



**WE HAVE
MOVED**

Call **NOW** 3408 6246

INFO.BRIBIE@WATERARMA.COM.AU

SHOP 7 BRIBIE ISLAND SHOPPING CENTRE, GOODWIN DRIVE, BONGAREE, QLD 4507

TRADING HOURS: 8.30 AM - 5PM MON - FRI & 8.30 AM - 4PM SAT



Meet The Team



CHRIS CARLILE

HOLIDAY RENTALS

Chris has been with First National Bribie Island for over eighteen years in both our permanent rentals department and for the last ten years in holiday rentals.

As well as handling bookings, Chris is the office I.T. expert and also processes creditor payments and is therefore the main accounts contact for any owner queries.

With her continuity of employment, her all round knowledge of the industry, properties, owners and guests is outstanding and there is not a problem that could arise that she would not be able to handle.



MAXINE LANGHAM

HOLIDAY RENTALS

Maxine has joined us from nursing in Aged Care at Churches of Christ in Foley Street, bringing with her the patience and compassion that will make your holiday experience a breeze. Having the opportunity to care for the elderly in our community has enriched her life experience. Maxine is an accomplished Bribie local who brings a personable and professional approach to the real estate process. Drawing from years of experience across sales and customer focused roles she will always bring an honest and genuine approach to your real estate encounter. "My favourite thing about Real Estate is meeting new people and helping them have the best holiday possible."



KIMBERLEY LINGARD

HOLIDAY RENTALS

Kimberley has recently relocated to the area from regional Queensland with her husband and 3 daughters.

After 2.5 years managing a caravan park and 6 months as a leasing officer for permanent rentals Kimberley brings a lot of experience to her role in holiday rentals.

Being new to the area Kimberley is enjoying getting to know the holiday rental properties we have available and making her way around Bribie Island and getting to know the area. She believes that excellent customer service is the most important part of her role and is looking forward to helping guests and owners enjoy their experience with our agency.



DEBBI HALLEY

HOLIDAY RENTALS

Moving to Bribie Island back in 1980 with her parents and brothers, Debbi is more than considered a local.

Debbi entered the property management industry back in 2004 as an assistant and since that time has successfully grown her career in the industry making her way through the ranks eventually becoming a rental division manager with 4 property managers under her supervision.

With over 17 years experience in the industry Debbi took a small break to help her husband in their small business here on the Island which they both still run today however her love for the real estate industry bought her back and she became a First National Bribie Island team member on the 3rd of November 2021.



Scan Here To View Our Properties Online



firstnational | Bribie Island
REAL ESTATE

Stay & Play On Beautiful Bribie Island!

Check out our extensive range of
Holiday Accommodation

Contact Us Today 3408 1006



19 Pharlap Court, Ningi

4 BED | 2 BATH | 4 CAR

Happily nestled with only two direct neighbours in this quiet cul de sac, is this fantastic sized property that will delight the fussiest of home buyers. It is a car enthusiasts dream to have enough space here to easily accomodate 8 cars under cover, but also includes a holst in the shed along with a work space and bench to house all your tools.

For Sale: Offers Over \$1,000,000
Land Size: 3,593m2

Claire Uttley
0413 469 993



FOR RENT

23 Amy Street, Donnybrook
\$750.00 per week - Available Now

60 May Street, Godwin Beach
\$550.00 per week - Available Now

6 Vanillalily Close, Banksia Beach
\$850.00 per week - Available Now

15 Lungfish Circuit, Bongaree
\$490.00 per week - Available mid May

2/41 Oleander Drive, Bongaree
\$550 per week - Available late June



82 Rogers Street, Beachmere 3 BED | 2 BATH | 2 CAR

This home is perfect for first time buyer, downsizers or retirees. Parkland opposite, great neighbours, easy living. With great side access and beautiful bay breezes through the big picture windows, you will love this gorgeous brick home situated in a boutique estate only a short stroll from the beachfront and shops in our lovely Beachmere village.

For Sale: Offers Over \$659,000
Land Size: 443m2

John Sulkowski
0414 912 666



8 Oxley Way, Woorim

3 BED | 2 BATH | 2 CAR

The home is divided into 2 dwellings and can be configured to suit a variety of uses. The main house has 2 bedrooms, one bathroom and a nice living area with an open plan kitchen. At the back of the property is a fully self contained one bedroom, one bathroom unit with a generous living area and nice high ceilings.

For Sale: Contact Agent
Land Size: 728m2

Karl Osswald
0407 836 508





41 Protea Drive, Bongaree 4 BED | 2 BATH | 2 CAR

WATERFRONT ENTERTAINER

In ground sparkling swimming pool with salt chlorinator and heating.

Solar

10 meter pontoon with rollers, winch, power and water.

Impressively updated kitchen and laundry

Soaring ceilings throughout.

Multiple spectacular entertainment areas, including a Samsung smart TV and sound bar.

Freshly painted inside and out.

New carpet, blinds and curtains.

Low set with side access, some undercover.

New driveway and side pathway.

Updated front sail with reinforced stitching and support.

For Sale: Offers Over \$1,590,000

Land Size: 800m²

Claire Uttley

0413 469 993






**SATURDAY
7TH MAY
10:00AM
TO 12:00PM**



GARAGE SALE



**COMMUNITY MEN'S SHED
BRIBIE ISLAND
MARKET TO SELL THE SHEDS SURPLUS
ELECTRIC EQUIPMENT
AND TOOLS
CHURCH OF CHRIST HALL
CORNER FOLEY STREET
& FIFTH AVENUE BONGAREE**

Bribie Garden CENTRE



indoor outdoor plants



gifts and canvas prints



great ideas for Mothers Day

Gift Certificates Available



50 VERDONI STREET, BELLARA 0435 007 751

OPEN 7 DAYS, 9-5 MON - FRI, SAT & SUN 9 TO 4

Fully COVID Compliant

Plumbing BRIBIE IS.

Master Plumbers' Association of Queensland Member
QBCC Act Lic. 897054



SERVICING Beachmere, Toorbul, Donnybrook and Meldale

WE ARE AVAILABLE RIGHT NOW TO ASSIST YOU WITH ANY OF YOUR EMERGENCY PLUMBING

BLOCKED DRAINS?

Incorporating **P.B.I.** Drain Blockage & Cleaning Experts



SCAN ME

CALL BRAD 0478 021 927

W: plumbingbribieis.com E: office@plumbingbribieis.com



0413 658 177

5 STAR REVIEW RATING

Carpet Medic

INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqld

3 rooms \$100
each additional room \$20.

Truck Mounted Steam Cleaning | Carpets | Upholstery | Tile And Grout | Pest Management

BRIBIE LOCAL

DAVE HUGHES

HOME MAINTENANCE AND MOWING

- LAWN MOWING
- GARDENING
- DRIVEWAY CLEANING
- GUTTER CLEANING
- HOME REPAIRS
- PAINTING
- GENERAL CLEANUPS
- RUBBISH REMOVAL
- PICK UPS AND DELIVERIES
- SENIORS DISCOUNT

NO OBLIGATION FREE QUOTES

ABN: 7349011645

a Cut Above The Rest

CALL DAVE 0476 579 685




Pool Services

Pool Chemicals

Pool Equipment

“Shop Online For **FREE** Home Delivery”
OR “Click and Collect”

www.aquaneo.com.au

PH 1300 279 502

Shed 6, 179-181 First Ave, Bongaree

INTERLOCK

SCREEN & DOOR SERVICES

SECURITY SCREEN SALES...Ph: 0455 395 621

Security Screens ● Pet Doors ● Glass Door Servicing

- Triple Lock Upgrades ● Locks & Handles
- Fly/Pet/Midge Screening




PROWLER PROOF[®]

welded security doors & window screens

NSA NATIONAL SECURITY SCREEN ASSOCIATION

W.J.C. Master Painters

- Repaint specialist
- Wash and Paint
- Driveways & BBQ Areas
- Domestic & Comm Work
- FREE Quotes
- Garage Floors

All the team are fully Covid Vaccinated.

ABN: 89 183 229 531 QBCC Number 15240645

Adding colour to your world

Pensioner Discounts

KYLE: 0457 066 509

E: k.t-2001@outlook.com



Security Provider Lic 3733093

HANS ELECTRICAL
Lic 77649

Award Winning Customer Service

Call Hans 0458 912 121 www.hanselectrical.com.au

- ▶ Electrical Installations and Repairs
- ▶ SWANN Security Camera Systems
- ▶ Surge Protection, Safety Switches
- ▶ Ceiling Fans, Smoke Alarms, LED Lights
- ▶ Power Points, TV Points, HWS Repairs
- ▶ Garden Lighting, Shed Wiring, Metering...



LAWN CARE PLAN FOR AS LITTLE AS \$1.50 per day

LAWN FEED, WEED & GRUB SPRAY SPECIALISTS

1800 245 955

COOCHIE.COM.AU



I can't believe we are already in May, where has the time gone?? Honestly, it feels like with so many things happening around us, Christmas will be here again before we know it!

Phil The Fixologist is working hard on Bribie Island and Beachmere. Thank you to all our wonderful clients who are great ambassadors of our work. We really appreciate your support of our small business.

I have a new venture that I am doing in conjunction with the Fixologist I can help you select paint colours or drapes and carpets to coordinate with your existing furniture and decor.



Local Handyman Beachmere to Bribie Island

I have had 25yrs as a project manager in 4 and 5-star Hotels. I love colour coordination and really enjoy matching people with colour schemes - that fit in with their requirements. If you want to have an informal chat about your interior décor or if you want to plan a room set-up and layout I can help. I charge \$75 per hour, I come to you, I can work with you selecting fabrics, carpets, and paint colours. We can chat about what you like and what "feel" you want within your space. Sometimes it can be overwhelming selecting colours, I can help as a sounding board for your ideas. It really is not that daunting when you have support.

If you need a painter, Phil the fixologist is very skilled and is happy to quote on small or large interior painting jobs.

We are offering a "Prepare for Sale" package. If you are thinking of selling your property, we are happy to come in and give you an honest appraisal of things that will enhance your sale price. Little things like a bit of paint here, removal of a tree to ensure light, declutter, tidy your gardens and exterior so that you are showing your property at its best to ensure the best price to you.

Phil and I have bought and renovated many homes together, we are confident that we can help you to maximise your sale price.

Just give us a call, we are here to help.

Look forward to meeting you soon.

Oh, and by the way Mousse – our company mascot AKA the labradorable is now 25 kilograms of joy!

She bounces rather than walks. You may see us out in the morning, Mousse strutting her stuff along Beachmere streets. I'm the one you see following behind trying to keep up.

Just a reminder. We do all small jobs, from hanging a picture to rehanging a door, interior painting, tiling, exterior gardens, and any small building jobs. Nothing is too small for us to consider- call us!



Local Handyman Beachmere to Bribie Island

QBCC 65701

Police checked | Blue Card holder

ACN 651028241

Phil Gibbs
‘Fixologist’

0431 448 982

E: Phil@handymanmoretonbay.com.au
W: handymanmoretonbay.com.au



VMR

BRIBIE ISLAND

John Traill

Public Relations Officer
Volunteer Marine Rescue
Bribie Island

Phone: (07) 5327 2747
Mob: 0407 537 323

publicrelations@vmrbribie.com



Bribie 2 during training 7th April 2022.

PLAN AND NAVIGATE

Well done to those crew that completed their Plan and Navigate practical in challenging conditions - practice does make perfect.



Above and below Coxswain Ces Luscombe taking crew for their plan and navigate practical assessment.



Crew Dale Mullins at the helm of Bribie 1.

SERVICE BADGES

Volunteer Marine Rescue Bribie has some very dedicated volunteers, and we thank all of them for their service and commitment to help us achieve our primary role of saving lives.



Radio Operator and one of our friendly bar team Peta Schrodter received her 10-year Service Badge from VMR Radio Officer Peter McNamara.



Radio Operator Stewart Bell who received his 5 year Service Badge from VMR Radio Officer Peter McNamara.



Radio Operator and former Secretary John Hammond received his 5-year Service Badge from VMR Radio Officer Peter McNamara.



Radio Operator Charles Guesdon who received his 5-year Service Badge from VMR Radio Officer Peter McNamara.



Radio Operator Wayne Beeton received his 10-year Service Badge from our Commodore Liz Radajewski.



Radio Operator Jeff Kidner received his 5-year Service Badge from Radio Officer Peter McNamara.



Whilst attending to a couple of false alarms, Blue Saturday's crew came across what looked to be an abandoned Jet Ski with a couple of kiddies in tow. On approaching, we discovered Dad was in the water tending to the tow rope now tangled up, with Mum paddling out to assist. We offered to tow him back into shore, which he gladly accepted. Given the situation, Mum and the kids joined in for the ride it was quite the family affair.

HOW TO USE A MARINE RADIO

On Sunday the 10th of April VMR Bribie Island held two sessions for members on "How to use a Marine Radio" with over fifty members attending, VMR Radio Officer Peter McNamara along with Radio Operators John Rice and John O'Hagan gave some helpful hints on how to use a marine radio, what frequencies to use, mobile phones vs marine radios, what happens when you become overdue and when do we have to contact the water police. One of the important messages that Peter McNamara the Radio Officer stressed, that make sure someone at home also knows where you are going, and they know the details of your vessel and don't forget to log on. It will be the best call you make all day.





Radio Operator John O'Hagan, Radio Officer Peter McNamara and Radio Operator John Rice showing how not to handle a microphone.

A WET FRIDAY

Friday morning radio shift started normally for Senior Radio Operator John Traill, there was a bit of a mess along the Radio Room windows and a few patches of water, which he duly cleaned up, and blamed the possible asbestos removal procedure in the roof and eaves having to be moistened. However, just as he was about to give the opening statement at 04:50 the Radio Room turned into a shower cubicle, with water pouring in through the light fittings, down the inside of the windows, and through various cable entry points through the walls and ceiling. That delayed the opening statement for an hour and a half, as the Radio Officer Peter McNamara, Senior Radio operators Peter Moreton and John Bodycombe, and our Everything Manager Wayne Sclater, and of course the Commodore Liz Radajewski were all called in to help, clean up and find solutions to this issue.

It soon became apparent that the old guttering had been removed, and the new box guttering was sitting on the back lawn!! Unfortunately, insufficient measures were taken to watertight the building. The Radio Room, Bar and Kitchen were the areas flooded.

Saturday, the same happened again, only this time all electronics etc. had been removed from the affected areas and the radio room was set up in the Operations Room, and will be there for some time, as there is considerable damage to the Radio Room and Kitchen and Bar areas. Hopefully the

Roof Replacement Project will soon be finished, which will allow us to start work on the damaged areas.



Senior Radio Operator John Traill cleans up, a bucket strategically placed to catch some of the influx that poured down the inside of



Senior Radio Operator John Bodycombe shows one of the wet computer monitors.

ANZAC DAY

19 VMR members turned out for this year's ANZAC March and Service at the Bribie Island RSL, with others marching with their respect Corps/Units.



John Burdinat, Charles Williams, Peter Morton, Ian Grimes, Ray Fox, and Liz Radajewski at the forming up point near Brennan Park.



The VMR Contingent at the ANZAC March, led by flag bearers Commodore Liz Radajewski and Senior Radio Operator Graham Gibb, and Safety Dave with Crewman Jamie Darlington.

APRIL 2022 VESSEL ASSISTS:

APRIL VESSEL ASSISTS:
FRI 15/04 1136am – 5m Half Cabin non-member with motor problems, required a tow from South of Bribie Bridge to Spinnaker Sound Marina.
SUN 17/04 0815am – 12m Trawler non-member drifting North of Bribie Bridge, required a tow to Spinnaker Sound Marina.
SUN 17/04 1659pm – 5.2m Runabout non-member engine wont start, required a tow from Gilligan's Island to Redcliffe.
MON 18/04 0956am – 4.4m Half Cabin non-member with engine issues, required a tow from entrance to Spinnaker to Bellara Boat Ramp.
MON 18/04 1752pm – 3m Jet Ski non-member with flat battery, required a tow from Sandstone Point Jetty to Spinnaker Sound Marina.
WED 20/04 0342am – Tasked by QAS to take 2 Ambulance

Officers to Tangelooma for Medivac assistance.
WED 20/04 0851am – MOP reported an upturned Catamaran near South Cardinal, towed it to the beach at South Point and secured to tree, advised owner.
THU 21/04 1457pm – 4.3m Runabout non-member with engine issues, required a tow from South of Bribie Bridge to Bongaree Boat Ramp.
FRI 22/04 1547pm – 6m Half Cabin member with a blocked fuel line near Spinnaker Sound Marina, required a tow to Banksia Beach.
SAT 23/04 1408pm – 8.5m Yacht member dragging anchor and engine with no power, required a tow from 400m South of Bribie Bridge to Ningi Creek.
WED 27/04 1042am – 4.2m Tinny member with motor problems, required a tow from outside Spinnaker Sound Marina to Pacific Harbour.

SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says - "With the tragic loss of life from drowning in Queensland over the past 12 months, all which could have possibly been a different outcome had they been wearing their life jackets!"

"SO 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 29th April 2022:
 3,900 Calls, 961 vessels logged on,
 116 Vessel Assists, 490 Sitreps, 281 Requests,
 14 overdue vessels, 5 Vessel Tracking,
 393 Radio Checks, 4 Weather Broadcasts,
 126 Securite Broadcasts, 0 Pan Pan 1 Mayday.
VHF 61.8%, 27MHz 0.4%, Phone 18.0%.

FISHING REPORT

BY: DOC @ BRIBIE BAIT TACKLE & BIKES



Fishing and Boating Club on the 23rd/24th of April, to say that the Caboolture River produced is an understatement, over 100 fish were caught, with AFAQ winning by just 4.6kg. Mangrove Jack, Bream, Whiting

Hello everyone,

How good is it to see blue water back in the Passage.

Fishing over the last month throughout the Passage has been good, really nice catches of flathead (which are plentiful at the moment), bream, whiting, grunter and grassy sweetlips.

Two fathers bought small rods for their under 10yr old's, sold them prawns for bait. The first young boy came to the shop, had a grin from ear to ear – a 70cm flathead on a \$25 rod. The other boy entered the shop with the same smile, same rod - a 45cm flathead, both on prawns. Makes you glad to be able to help young boys and girls appreciate what a relaxing pleasure fishing is.

AFAQ fished against the Caboolture



Claude with a Chopper Tailor and good bream.



BRIBIE BAIT TACKLE & BIKES

Family owned since the 90's



Largest range of bait and fishing tackle on Island with expert advice for all fishing & cycling needs

TRADING HOURS:

Mon - Fri 7am - 5pm
Sat 6.30am - 5pm | Sun 6.30am - 4pm

5/1 Welsby Parade,
Bongaree Qld 4507

3408 1347

TIDE TIMES

Bribie Island
&
Moreton Bay



FRI 6 May 1:06 am 1.85m 7:52 am 0.71m 1:20 pm 1.28m 7:06 pm 0.68m	SAT 7 May 1:51 am 1.77m 8:52 am 0.74m 2:17 pm 1.22m 8:00 pm 0.76m	SUN 8 May 2:45 am 1.71m 9:57 am 0.75m 3:31 pm 1.21m 9:09 pm 0.81m	MON 9 May 3:47 am 1.67m 10:58 am 0.72m 4:58 pm 1.25m 10:22 pm 0.81m	TUE 10 May 4:54 am 1.68m 11:49 am 0.65m 6:01 pm 1.36m 11:27 pm 0.75m	WED 11 May 5:53 am 1.73m 12:33 pm 0.55m 6:51 pm 1.51m	THU 12 May 12:25 am 0.65m 6:44 am 1.8m 1:13 pm 0.43m 7:34 pm 1.68m
FRI 13 May 1:18 am 0.55m 7:30 am 1.86m 1:50 pm 0.32m 8:16 pm 1.86m	SAT 14 May 2:09 am 0.45m 8:15 am 1.88m 2:27 pm 0.24m 8:58 pm 2.01m	SUN 15 May 2:59 am 0.39m 8:58 am 1.85m 3:03 pm 0.2m 9:40 pm 2.13m	MON 16 May 3:49 am 0.38m 9:42 am 1.76m 3:39 pm 0.21m 10:22 pm 2.2m	TUE 17 May 4:40 am 0.4m 10:26 am 1.64m 4:15 pm 0.26m 11:06 pm 2.22m	WED 18 May 5:32 am 0.45m 11:13 am 1.51m 4:52 pm 0.32m 11:52 pm 2.19m	THU 19 May 6:27 am 0.5m 12:01 pm 1.39m 5:34 pm 0.4m



(got to say, I netted a 42cm specimen that went .640kg on the scales), Flathead and Grunter bream were among those fish caught. AFAQ is a strong advocate of catch and release, clean rag to hold the fish and back in the water asap. If you handle the fish with bare hands, you are liable to damage the coating of the fish or contaminate it.

Chopper Tailor was running through, biting rigs off often, so when you lose a rig most of the time, they are the culprits.

Snapper is starting to show up in numbers, good reports coming in of 40-45cm catches.

Wonderful to see good catches of Muddies and Sandies from all points in the bay and passage, really big and full bucks, lots of jennies mixed with good sandies.

Thank you to our shop patrons and the general public who donated fishing gear for disadvantaged children, thank you again.

Always interested to hear and share stories any time in the shop, photos would be nice.

Be well and tight lines

DOC



Servicing -

All makes & models, Factory Trained Technicians, Latest Diagnostic Tools.



Authorised agents for...

KOHLER
IN POWER. SINCE 1920.

YANMAR

VOLVO PENTA

MERCURY



**SOUTHERN FISH
MARINE**

Engine Sales - Inboard & Outboard, Petrol & Diesel.

Boat & Dunbier Trailer
Sales & Packages

Mercury Finance & Insurance

Antifouling & PropSpeed -
International Paints

Detailing & Polishing

Chandlery Sales -
Lifejackets, Flares, Oils, Fenders, Anchors & so much more!

Swap & Go Gas -
4kg & 8.6kg

PH 5497 6733

9/11 Spinnaker Drive,
SANDSTONE POINT

www.southernfishmarine.com.au
info@southernfishmarine.com.au



Southern Fish Marine

OPENING HOURS

Mon to Fri 7.30am to 5.30pm
& Sat 7am to 12 Noon



MARKETING SPIN.

By David Horrocks

This is something we are exposed to big-time nowadays but it's not a new phenomenon. Nothing is entirely what it seems to be. You have to be a Philadelphia Lawyer to manage your way around what is put out by companies trying to sell you things, politicians and their bureaucrats vying for your support, law enforcement even now comes with spin.

I learned a lot as a young salesman in the distant past times. I remember when I was studying at the London Chamber of Commerce seeking qualifications in marketing and sales; I had one quite old (well at my then tender age the guy seemed at least 80) but a very wise lecturer. Two things stick in my mind still. He presented us with two cans of peas (that's the way they came back then), one was a generic brand, and the other was Smedley's brand. He asked us to tell him which were the better peas. Well, Smedley's were famous so of course, everyone said they were the best peas. Well, he told us the contents of the tins were exactly the same, the only difference was the labels. He then explained to us that the marketing idea was that one set of buyers always bought 'quality' and another set always bought 'budget' so why not win both markets rather than let another company come in and take the less profitable market share. A small profit is better than no profit. He explained that it was much more efficient to run one production line carrying both brands so the contents were all the same, marketing spin could take care of the rest.

He then told us the tale of when he worked for the Railton Car Company (never heard of them - go google it). Well, one pre-war

year (I told you he was old) they opened at the Earls Court motor show in London. They had all their cars on display, and they were magnificent - no Ford popular stuff, Railton was very upmarket. All the first day they manned the stand but disaster, nobody came on to inspect, absolutely no interest at all. In desperation they called a meeting that early evening, what could they do?

A decision was made, and staff were sent running around London to find signwriters and poster makers. He and his other staff worked all night to modify the exhibit to meet the new 'marketing' spin. The following morning, they opened with huge banners bearing the announcement **"The Most Expensive Cars in the World"**.

They had increased all their prices. He said that they were beating punters away with a stick there were so many potential buyers. The point here being the product was top class, but it didn't have the perception - they had to 'market it'. He made a very valid and correct emphasis that a high price is not a disincentive, it can be an advantage. This was of great importance to a young salesperson.

I worked in the textile industry in Northern England selling measuring and counting instruments at a time when the finest material for shirt making was called 'Sea Island Poplin'. In the weaving of this fabric, the cloth had double warp and double weft. This means two strands of cotton vertically (warp) and two strands horizontally (weft). Easy way to remember this is that the weft goes from 'weft to white!'. Well of course the stuff was expensive so some bright spark figured out that they could cut 25% of the cotton content if they dispensed with one warp strand and then reduce the price

to capture the market. However, the now lesser weight fabric just didn't have the 'feel' so what to do? Enter the marketing folk; how to con the punters? After playing with the stuff for a while they came back saying that water ran out of the fabric much quicker down the single strand so that was good, wasn't it? How? - well we can sell it as 'drip dry cotton', less ironing to do as well. Hey! we can also get a premium price for such improvements - aren't we clever?

I think the most famous marketing spin can be demonstrated with the sale of the product Listerine, the now-famous mouth wash. This stuff was made to sell as a cleanser, but it didn't work at all well, so it didn't sell. The makers who had invested heavily turned in desperation to, you guessed it, the marketers. These guys must have been the best in the business, they were yanks who tend to be pretty good at this game and they came up with a doozy. There was no bottled mouth wash on the market back then so

they announced that that was what the product would become. But who wants mouth wash said the makers? All the people who have Halitosis they replied. What the **** is Halitosis came back the response. It's bad breath of course said the marketers; we'll tell them all about it in the publicity. We've never heard of Halitosis said the makers. Neither has anyone else said the marketers we just made it up. The rest is history as they say!

Do you want to know how the fat red Santa we all love came into being?

I reckon that kids in school should be taught about such things to help them navigate life's many traps for young players.

TYRES, WHEELS CARE AND MAINTENANCE

A slight imbalance on the tyres and wheels can cause your vehicle to overturn at high speed especially when making turns. You don't want that to happen! If you want to drive safely, then you must prioritize your tyres and wheels through the following steps.

CHECK TYRE PRESSURES

Did you know that most tyre-related accidents are caused by under-inflated tyres? Not only does it diminish the petrol mileage and handling, but an under-inflated tyre can trigger a dangerous blowout. Don't wait for the mechanic to check your tyre pressure once in a blue moon but you should do it yourself every month. As per the norm, the owner's manual will tell you about the appropriate pressure for your tyres. Don't forget, over-inflated tyres can be a problem too.

INSPECT TYRES REGULARLY

Unlike that short trip to the shops, the tyres are more strained during a long road trip. A small crack, bulge or stuck object on the tyre can cause a lot of trouble when you travel halfway across the state or country. Just pray that stuck glass on your tyre doesn't set off a deflated tyre on the highway. Well, you don't have to leave your safety to chance, but you can always inspect your tyres regularly.

ROTATE TYRES AND HAVE THE ALIGNMENT CHECKED

Make sure you check the owner's manual to know when you should rotate and align your tyres. The perks? It keeps your fuel economy in check. Also, the procedure is cheap.

DON'T OVERLOAD YOUR VEHICLE

One of the worst mistakes you can do is to overload your vehicle. If it doesn't cause a vehicle imbalance, it will trigger a tyre breakdown. To check how much weight your vehicle can support, refer to the owner's manual or the placard on the door frame.

DON'T INSTALL MISMATCHED TYRES

Admit it, you've probably thought about fixing mismatched tyres on your car, or maybe it was your subconscious mind. The problem with installing mismatched tyres is that it can upset the handling of your car and even trigger a spin out. In fact, a misfit tyre can cause the other tires to wear out at an unusual alarming high rate and force you to buy a new set of tyres a few weeks later.

CHECK YOUR SPARE TYRE

Just because you're certain there is a spare tyre in your boot, doesn't mean it will be useful when push comes to shove. Do you check its air pressure occasionally? Have you confirmed it won't mismatch when you install it? The last thing you want is wasting money on a tow truck because you forgot to check the condition of your spare tyre.

BOOK A SERVICE WITH US

Suppliers of



- ✓ Free Courtesy Car
- ✓ Free Pick Up & Drop Off
- ✓ Pensioner Discounts Available

**WE ARE
OPEN
SATURDAYS!**



**4 ARMITAGE ST
BRIBIE ISLAND
3408 4477**



BRIBIE ISLAND

Dedicated to providing you with the service you want

- All Types of Tyres
- Courtesy Car
- Log Book Servicing
- Fleet Care
- Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

**free interior
flu shot
(bacteria killer)
when you
mention this ad.**

OPEN

Monday to Friday 8am to 5.30pm

Saturday 8am to 12noon for all Servicing & Repairs

**Make sure your vehicle is safe.
Call today to book for your safety check.**

**Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree**

E: bribieisland@ultratune.com.au W: www.ultratune.com.au

LETTERS TO THE EDITOR

PLEASE KEEP YOUR LETTERS TO NO MORE THAN 300 WORDS OR THEY WILL NOT BE PRINTED, THIS ENABLES US TO SUBMIT SEVERAL LETTERS FOR EVERYONE TO READ. THE COMMENTS AND OPINIONS ON THESE PAGES DO NOT REFLECT THOSE OF THE BRIBIE ISLANDER. THANK YOU.



Dear Editor,

I am writing to you after some discussions with several parents of students at the Bribie Island High School. My son is in year 12 at that school currently.

My issue is that very recently our State member Ali King made loud claims stating publicly that NOW, every classroom/library at schools in Pumistone were air conditioned. This is definitely NOT the case at the Bribie High School. I am unsure of other schools however absolutely certain about my son's school.

Contacting Ali Kings office did not get any explanation other than that's what the minister said (Grace Grace) Surely Ali King should be a little better informed (locally) before such a claim is made.

Just annoyed that politician (any of them) make statements such as this without clearly checking the facts. Perhaps you could make a few inquiries and enlighten the community as to the facts of the matter in your paper.

Regards,
R. Waters

Dear Editor,

In the 18 months, or so, since wild-life crossings were installed, hearts soared at our first sighting of an animal, apparently, making use of such. Getting closer, however, we saw that the animal, a magpie, was in fact, running parallel to the crossing, perhaps 2 metres to the side, thumbing his nose at the safe crossing so generously provided and clearly labelled.

Thoughtless was the first assumption but then realisation that, maybe, not all "wild-life" can read. So, there is probably a need to educate this alternative section of our society by offering literacy courses to the "wild-life" community. No doubt a grant would be available to cover the cost so that even the financially stressed members can avail themselves of the opportunity.

I imagine this will require a task force, a think tank and community consultation to formulate the guidelines. followed by a referendum. Obviously, we cannot have animals crossing roads, willy-nilly, ignoring the laws covering jay-walking

– or – in this particular case, magpie-walking, when safe access is available.

Could it be that there is objection to being labelled "wild-life" hence the blatant disregard of the official crossings? Maybe a summit is needed so that representatives can discuss this aspect, also.

Ruggles

Dear Editor

I would like to take this chance to thank the staff of Flair Jewellery for all of their help and kindness. I recently ended up in their store carrying a broken item that was all I had left from my son that had passed away. To say I was upset would of been an understatement but through their kind words and many tissues later we discussed my options. Over several weeks (and yes not ashamed to say more tears!) we came to a decision and I picked up my new/old piece of jewellery that was made from the original item my son gave me. Thank you again to the staff for all of your kindness, understanding, tolerance and compassion, you went above and beyond for this customer. D. Hunter

Dear Editor,

Today we walked our dogs on Banksia Beach public area and saw the mindless damage caused to various public facilities. Several public buildings and facilities were targeted by these idiots who have nothing better to do than deface amenities appreciated by visitors and residents alike. As a retired police officer I would like to implore residents in that immediate area to keep an eye out for these morons, and report if they are seen causing damage, or looking suspicious on 000 immediately. This sort of abhorrent behaviour costs all ratepayers and our council so please remember that.

Graham Hunt
Retired QPS police officer
and resident of Banksia Beach.

Dear Editor,

Now that Covid appears to be under control, at least it won't be the deciding factor in this year's Federal Election. Instead, we need to consider who will best keep Australia secure. However, security is more than just strict immigration

laws and spending Zillions on military equipment. These will be useless if we don't make sure this is a safe place to live.

Three crises are facing everyone: climate change, biodiversity loss, and pollution. All three are related to huge human populations who favour a linear economy with huge waste outputs. These include carbon dioxide, plastic, and other toxic chemicals. Giving our ex-coal miners training for alternative jobs must not mean for jobs which produce more waste. We need a government which will have sensible policies for land use (e.g., no building in flood zones), energy supplies (without CO2 production), and dealing with our waste, or preferable making laws to reduce it in the first place. We can no longer rely on "market forces" to do the heavy lifting.

H.Beneke.

Re Ali King MP Have You Planned Your Future?

I didn't realise State members are there to dish out will & estate planning advice. Also surprising was our State Member, Ali King, drumming up business for the Public Trustee, considering the damning expose on Four Corners highlighting the failings of the Public Trustee managing people's money & wellbeing. We are not paying taxes for our State Members to be focusing on such issues. There are more important and pressing concerns in the State of Queensland, for example, Coaldrake's integrity investigation into the Queensland Government & processes, including the outcomes of the findings. Is the Will's Specialist a private or public consultant? Is the Estate Planner a private or public consultant? If they're not public consultants, how were they chosen? This is why there is an Integrity Investigation into the Queensland State

Government in the first place. Am I the only one that sees this as a potential conflict of interest? I wouldn't be encouraging any vulnerable person to hand over their interests to the Public Trustee at this point in time, until the outstanding integrity issues are investigated & rectified. Head shaking stuff.

T. Karp

Dear Editor,
ONE GOOD TERN DESERVES
ANOTHER

This is a photo taken on



Tuesday 26th April of birds resting on the public pontoon near the Sandstone Point Hotel. Reminds us of just why we came to live here. Sorry, little birds, your peace may soon be shattered by daily helicopter flights right over this very spot, but don't worry, it has all been approved by the Council. Ken Park - Chairman PANAG

Sandstone Point Lions Club Boaties Market Is On Again

Sunday 22 May 2022 from 7.00am to 1.00pm

Sylvan Beach in the Lions Park (opposite the Bribble Hotel)

The Market provides a venue for members of the public to sell boat-related, second-hand goods, boats, motors, fishing gear, collectables and the like in a controlled environment.

Trade exhibitors and vendors of boats, motor, sails and other equipment are welcome along with community service groups, such as VMR, and local sailing, fishing and boating clubs.

Vendors and public welcome.

Entry Fee: General admission by gold coin donation.

SITE CHARGES:

Private stallholders: \$20 per 3m x 3m site/gazebo. \$25 to leave your vehicle on site.

Boats and trailers: \$20 per site.

Trade Vendors: Fees by agreement.

BUMP IN: Vendors: 6am - Boats and Trailers: 6:45am.



*For further information please phone David
on Mobile 0414 811 992*

BRIBIE ISLAND WRAP April 3 - May 2, 2022



www.mypolice.qld.gov.au/moreton

A BIG THANK YOU ..

Crime Stoppers would once again like to thank everyone who came and supported us at our Sausage Sizzle at Bunnings on Saturday 23.4.22 and we are always so pleased to see so many people still coming and asking for security screws for their vehicles. Number plate theft is still very prominent in our region, and we must be continually on the lookout for any suspicious behaviour around our cars and our homes. Whilst the Police and 'the silent army' (that's you) are ever vigilant the crime rate generally is not falling and one of the biggest increases is in the area of domestic violence; it's the same story where if we know or see any signs of this happening we must speak out. When in doubt please call Crime Stoppers and tell them what you know..... it may stop serious actions before they get out of hand. Coffee with a Cop at Bribie Island Shopping Centre, this time on 28.4.22, is always well supported and this event was even better than the previous one. The number of people who came and spoke to the Police and to Crime Stoppers was, as always, well appreciated and information and security screws were all handed

out with pleasure. With Covid now past us, it was good to be able to speak without having to wear masks and to see people smiling again was a joy to behold.

The future plans for Country Shows and other activities are still not clear at this time but as the Covid plans are made available we will let you know when and where events are to take place. Crime Stoppers are intending to be involved with as many activities as possible.

Take care, look after yourself and check on your neighbours and friends.

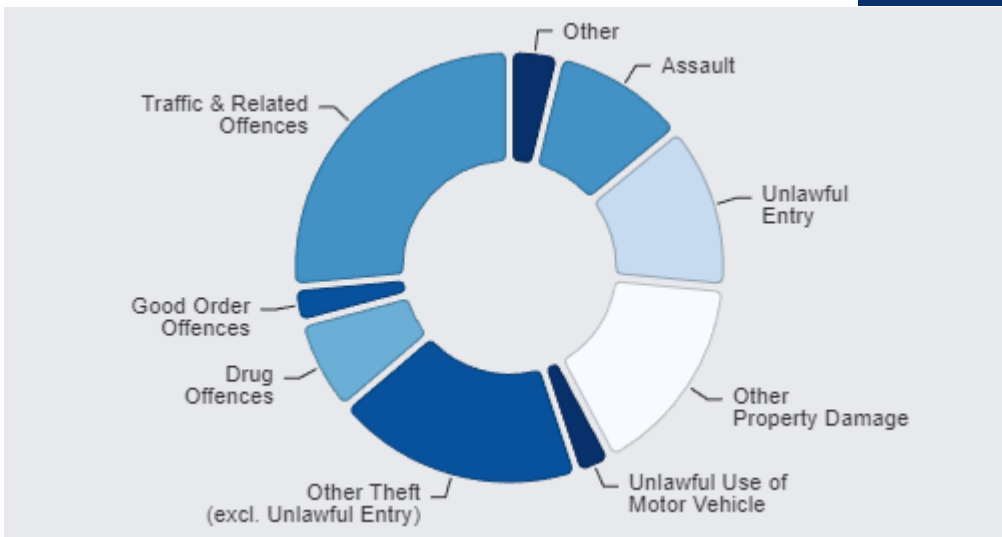
Come and join us...

Protect your community...

1800 333 000

88 Offences

3 APR 2022 — 2 MAY 2022



- Other 3
- Assault 9
- Unlawful Entry 11
- Other Property Damage 14
- Unlawful Use of Motor Vehicle 2
- Other Theft (excl. Unlawful Entry) 17
- Drug Offences 6
- Good Order Offences 2
- Traffic & Related Offences 24

ROOF + SOLAR + TV ANTENNA + SKYLIGHTS



ROOF, SOLAR TV ANTENNA, SKYLIGHTS

A1 ROOF RESTORATIONS Don't Ignore Restore

FREE ROOF INSPECTIONS
High pressure clean
Full Restoration
We use trusted Dulux products
Pension Discounts

10 YEAR GUARANTEE
HEAT REFLECTIVE COATINGS

CALL ELVIS
0484 244 435 QBCC 1094638



BRIBIE ISLAND SOLAR PANEL CLEANING Professional Cleaning and Inspection Service **0420 987 947**

Locally owned and operated registered and fully insured 10% discount for senior and concession card holders plus a further 10% discount for regular six monthly servicing

1-8 panels for just \$59
9-16 panels for just \$79
17-24 panels for just \$99
*Low set homes only.

www.bribeislandsolarpanelcleaning.com.au
Insurance No. BIZ4459CMD
ABN No. 14 523 998 624

John THE TV ANTENNA MAN

TV Tuning \$70.00

- ✓ Australian-Made Digital
- ✓ TV Aerials, Outlets &
- ✓ Troubleshooting
- ✓ EFTPOS AVAILABLE
- ✓ PENSION DISCOUNTS

If I cannot FIX your problem, there will be NO CHARGE!!

PH 3408 6530
Titab Lic No: T155423
Est 20yrs. 5yrs Warranty.

PROFESSIONAL HIGH PRESSURE CLEANING

House Exteriors, Sheds, Paths, Driveways, Fences, Vehicles, Machinery, Caravans, Boats And More! **Fully Insured!**

SOLAR PANEL CLEANS
NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501

TV Antenna Specialists

FULLY INSTALLED DIGITAL READY

With 5 Year Full Warranty
Extra Outlets
Free Outlets
TV & DVD tuning
Telephone Points
Insurance Work
Pensioner Discount
Wall Mounting

10% OFF ON MENTION OF THIS AD

0411 638 122
E: tvantennas4u@gmail.com

ABN 7993850565

AU PEST CONTROL

TERMITES & GENERAL PEST INSPECTIONS & TREATMENTS

- Free quotes
- Local to our region
- General pest control
- Termite inspector & termite treatment
- Bed bugs or fleas
- Bond exits
- Bees & wasps management
- Residential commercial & body corporate

PH GREG 0417 768 887

THINKING PEST CONTROL? THINK ...

ABOLISH

TERMITE & PEST MANAGEMENT

- General Pest Control
- Termite Inspections & Treatments
- Termite Barriers & Baiting

\$319 (save \$79)

GENERAL PEST TREATMENT & TERMITE INSPECTION

ABN: 80 601 432 393 QBCC: 13071 24
BOOKING LINE 1300 057 067
Info@abolishpest.com.au www.abolishpest.com.au

SWIFT installations

Chris Holdsworth
0403 817 541

- TV Phone Data Outlets
- Tuning And Tutoring
- TV Wall Mounting
- WiFi Solutions
- TV Antenna Installation

"swiftinstallations.com.au"

LOCAL LADS
Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBCC# 707294

- ✓ Leaking taps
- ✓ Leaking toilets
- ✓ Hot water units
- ✓ Leaking roofs & gutters
- ✓ Painting
- ✓ Plastering
- ✓ Flat pack assembly
- ✓ Solar lights
- ✓ Solar roof vents
- ✓ Door & window locks
- ✓ Deck restoration
- ✓ Tiling
- ✓ Pressure cleaning
- ✓ Basic carpentry
- ✓ Yard maintenance & clean ups

CALL NOW 0414 656 219

Have an odd job just ask!
Over 30 years experience
LIVE LOCAL SUPPORT LOCAL

FENCING + LANDSCAPING + HORTICULTURE + TREE WORKS

OUTDOORS and LANDSCAPING



Albie Back Mowing & Gardening

ABN: 77 362 295 879 Family Owned

Mowing - Whipper Snipping - Garden Weeding -
Spraying - Hedging - Pruning - Rubbish Removal
(Subject To Council Tip Fees)
- Pressure Washing - Gutter Cleaning

NO JOB TOO SMALL

CRAIG 0405 229 085

ACE LANDSCAPING

Free Quotes **Yard Services & Makeovers**

- Tree Removals
- Turfing
- Lawnmowing
- Hedging
- Lawn Treatments
- Stump Grinding
- Yard Make Overs
- High Pressure Cleaning
- Top Soil
- Rubbish Removal

CALL DANIEL PH: 0403 094 212

Martin Bartley FENCING

- Colorbond
- Pool
- Garden Fencing
- Gates
- Small Handyman Jobs

E: martinbartley@msn.com

0417 681 231

TOM THUMBS

TREE WORKS
0439 342 288
tttrees2@gmail.com

With over 10 years experience we are the professionals that care
Call Tom today for a FREE quote

- Tree Lopping
- Tree Removal
- Tree Pruning
- Stump Grinding
- Palm Tree Cleans & Removals
- Confined Space Tree Removal
- Land Clearing
- Storm Clean Ups

DAVE HUGHES

HOME MAINTENANCE AND MOWING

- LAWN MOWING
- GARDENING
- DRIVEWAY CLEANING
- GUTTER CLEANING
- HOME REPAIRS
- PAINTING
- GENERAL CLEANUPS
- RUBBISH REMOVAL
- PICK UPS AND DELIVERIES
- SENIORS DISCOUNT
- NO OBLIGATION FREE QUOTES

ABN: 734901645

a Cut Above The Rest
CALL DAVE 0476 579 685

EARTH ASPECTS

LANDSCAPING

ABN 89 598 312 756
QBC# 1145351

- LANDSCAPE DESIGN & CONSTRUCTION
- GARDEN / RETAINING WALLS
- IRRIGATION
- INSTANT TURF
- DECKING
- PAVING & CONCRETING
- BOBCAT & TIPPER HIRE

JASON WRIGHT
0411 222 349
"Creating Excellence Naturally"

MINI EXCAVATIONS

ABN - 33 680 067 873

- 1.7 ton & 3 ton Excavator
- PT 30 Terex Posi Track / Slasher
- Post Hole Augers 450mm-300mm
- 5 ton Tipper

CALL Kerryn Hickland 0438 332 367
khickland@hotmail.com

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBC# 707294

- ✓ Leaking taps
- ✓ Leaking toilets
- ✓ Hot water units
- ✓ Leaking roofs & gutters
- ✓ Painting
- ✓ Plastering
- ✓ Flat pack assembly
- ✓ Solar lights
- ✓ Solar roof vents
- ✓ Door & window locks
- ✓ Deck restoration
- ✓ Tiling
- ✓ Pressure cleaning
- ✓ Basic carpentry
- ✓ Yard maintenance & clean ups

Have an odd job just ask!
Over 30 years experience
LIVE LOCAL SUPPORT LOCAL

CALL NOW
0414 656 219

feldt

CONSTRUCTIONS

Brick and Blocklaying Retaining Walls

Fences and Entrance
Statements

Tip truck hire - 6L Hino
PH: John Feldt 0408 778 217
QBC: 7507 Fully Insured



LANDSCAPING + POOLS



LANDSCAPING and POOLS

**NORTHSIDE
CONCRETORS
AND SONS**

Fully licensed and insured
All Aspects Of Concrete

- Shed slabs
- Driveways
- Pathways
- Pool surrounds
- No job too big or small

Give us a call for your next project ON
0439 306 564

ISLAND WATER BORES
QUALITY & RELIABLE SPEAR PUMPS
INSTALLATIONS | SERVICES | REPAIRS
www.islandwaterbores.com.au

CALL WARREN **0412 766 779**

NCC Nickbuilt
Concreting
Contractors  QBCC: 71589

For All Your Concreting Needs
* Plain * Exposed * Stencil * Colour * Covercrete
* Driveways * Patios * Shed Slabs * Paths
Rejuvenate Existing Concrete
HIGH PRESSURE CLEAN AND RE-SEALING AVAILABLE
PH: 0418 989 392
www.nickbuiltconcreting.com.au

MORETON BAY CONCRETE CUTTING
YOUR LOCAL CONCRETE CUTTER
0407 176 568

→ SOFTCUT → ROADSAWLING
→ COREDRILLING → RINGSAWING



WATERAMA
QBCC Lic 15075069 **Call NOW 3408 6246**

- Pool Servicing
- Water filtration
- Pool Repairs
- Irrigation
- Maintenance
- New Pumps & Repairs
- Plumbing
- Home Delivery

We Make Pools Fun!
info.bribie@waterama.com.au

WE HAVE MOVED SHOP 7 BRIBIE ISLAND SHOPPING CENTRE,
GOODWIN DR BONGAREE, QLD, 4507

**PROFESSIONAL HIGH
PRESSURE CLEANING**
House Exteriors, Sheds, Paths, Driveways,
Fences, Vehicles, Machinery, Caravans,
Boats And More! **Fully Insured!**

SOLAR PANEL CLEANS
NO OBLIGATION FREE QUOTE
CALL MIKE on 0400 849 501

**HARDEN UP
CONCRETING**

- ✓ DOMESTIC
- ✓ COMMERCIAL
- ✓ INDUSTRIAL
- ✓ SHED SLABS & CARPORTS
- ✓ PERGOLAS & PATHS
- ✓ 753 SKID STEER BOBCAT
- ✓ 323 EXCAVATOR
- ✓ TIPPER HIRE
- ✓ DRIVEWAYS
- ✓ STENCIL & PLAIN
- ✓ EXPOSED AGGREGATE
- ✓ COLOURED
- ✓ COVERTEX SPRAY

QBCC Lic. 1502 72 62 Master Builders No. 69759
hardenupconcreting54@hotmail.com
Ph: 0439 500 122

Spray Pave Systems
Improve your look today

- Local Specialist
- Concrete Resurfacing
- Epoxy Flooring
- Decorative Concrete
- Driveways, Garages, Outdoor Areas

Fully Insured, Certified Concreter
CUSTOM QUOTE, FREE ADVICE
CALL ANT
0497 928 961



BUILDING CARPENTRY and FLOORING

Bathrooms Concreting Painting Rendering
Carpentry Plastering Tiling Decks

Jas Of All Trades
0481 273 873
20 Years Experience
Quality Assured QBCC 114346

Find Jason on Facebook "Jas Of All Trades"

TREVOR HOLMAN CARPENTERS

- Maintenance & Handyman Work • Full Aspect of Carpentry • Repairs of Termite Damage
- Minor Tiling, Plastering, Painting & Fencing
- Pergolas & Decks • Refits of Fittings and Fixtures
- Refurbishment of Doors, Locks • Bathroom Renos
- Specialising in Renewing & Beautifying Homes
- 27 years experience • Fully Insured and Licensed
- Pension Discounts • Flatpack Specialist
- Built In Robes & Linen

BSA Lic: 1041878 **PH: 0414 396 970** ABN 01483113734

M.E. TILING & RENOVATIONS

COMPLETE BATHROOM, LAUNDRY AND HOUSE RENOVATIONS.

ALSO Specialising in Elderly and Disabled Home Remodelling

LOCAL 25+ YEARS

BRIEBIE ISLAND & SURROUNDS

Michael Early **0419 729 223** QBCC 064608
Ah: 0402 048 275 E: debzart8@bigpond.com

HIRE A HANDYMAN

- General property maintenance
- Carpentry
- Fencing
- Painting
- Shower Screens
- Furniture Assembly
- Plus Heaps More

*One call to fix it all
Bribie local for over
35 years*

0409 123 342

CARPENTRY

Servicing Bribie Island & Surrounds

- Extensions
- Bathroom & Kitchen Renovations
- Decks & Pergolas
- Tiling

FREE QUOTES

Contact Henry **0418 325 753**
hgraffen@gmail.com
QBCC 15009324

FAWCETT'S

FLOOR SANDING & POLISHING

- New & Old Floors
- Carpet Removal
- Decks
- Staining
- Stair Cases
- Board Replacements

10 YEARS EXPERIENCE
FREE QUOTES

Matthew Fawcett
0425 625 152

fawcett.floorsanding@gmail.com
ABN. 22 170 223 265 | Quotes up to \$3,300

PROVIDENCE CUSTOM HOMES

- New Builds
- Project Homes
- Holiday Homes
- Duplexes

We Design & Build Homes to Your Budget

Ph 0410 712 722 QBCC 52656



STENSON'S

FLOOR SANDING & POLISHING

- old & new floor
- board replacement
- bamboo clip floor installation
- staircases & decks
- staining
- free quotes

LUKE **0428 114 552**
MELISSA **0404 304 060**

SUNCOAST CARPENTRY

Paul: 0448 270 312
e: suncoastcarpentry@gmail.com

Adonai Tiling & Waterproofing

Waterproofing, Main Floors, Bathrooms, Feature Walls, Pool Areas, Reno's, New Homes, Industrial or Private Work.

Quality People - Quality Work Ask us about Tile Injection.

Qualified & Licensed Tiler & Waterproofer
20 YEARS EXPERIENCE Long Time Bribie Resident.
ABN 19 592 853 723

CALL BRIAN: **0416 158 824**
adonai.tiling@gmail.com FB@adonai.tiling

BRIEBIE LOCAL FOR 25 YEARS

Pergolas, decks, fencing, concreting, tiling, renovations, repairs and maintenance



PLUMBING + WATER SERVICES



PLUMBING SERVICES



0411 874 252
QBCC Lic: 1297166

- Plumbing
- Gas
- Renovations
- HWS Installs And Repairs
- Drainage
- Maintenance

Any Plumbing or Gas Problems?



Call Michael Elliot
0408 114 340

- 24hr Emergency Service
 - Gas Installations
 - Bathrooms
 - Gas appliance repairs
 - Leaking taps and pipes
 - Leaking or blocked gutters
 - Hot water install and repairs
 - Drainage problems
 - Split system installations
 - Solar HW install and repairs
 - General plumbing
- QBCC Lic No. 15117590



LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter

Police Clearance Report - Pensioner Discount- QBCC# 707294



- ✓ Leaking taps
- ✓ Leaking toilets
- ✓ Hot water units
- ✓ Leaking roofs & gutters
- ✓ Painting
- ✓ Plastering
- ✓ Flat pack assembly
- ✓ Solar lights
- ✓ Solar roof vents
- ✓ Door & window locks
- ✓ Deck restoration
- ✓ Tiling
- ✓ Pressure cleaning
- ✓ Basic carpentry
- ✓ Yard maintenance & clean ups

CALL NOW
0414 656 219



Scan to save my number direct to your phone contact book



BRIEBE ISLAND PLUMBING & DRAINAGE

0459 920 801

QBCC lic. 1317475

www.bribeislandplumbing.com.au



"We are fully COVID 19 compliant"

We are available right now to assist you with any of your emergency plumbing!

CALL BRAD - 0478 021927

Plumbing BRIBIE IS.

www.plumbingbribeis.com

office@plumbingbribeis.com

BLOCKED DRAIN?

- Fixed Price*
 - Drainage Plan Given
 - Video of Cleared Drain
 - Same day service on Emergency's
 - Location of Broken or Damaged Pipes
 - All Household Mains cleared to Council Drains
 - No Dig Repairs with relining Technology
 - Both sewer and Stormwater blockages cleared
- *T,s and C's Apply

QBCC Act Lic. 897054



Also Servicing: Beachmere, Toorbul, Donnybrook & Meldale

Incorporating **P.B.I.** Drain Blockage & Cleaning Experts

JNR PLUMBING
Maintenance Specialist

24/7
QBCC 1290418

0448 884 023

QUALITY PLUMBING AT AN AFFORDABLE PRICE

- Blocked Drains & Storm Water
- Pipe Bursts
- Taps & Toilets
- Hot Water Systems
- CCTV & Jet Rodding

REFRIGERATION + ELECTRICAL + AIR CONDITIONING



ELECTRICIANS and AIR CONDITIONING

ELECTRICIAN
MIKE CROCKER
 Licensed Electrical Contractor No. 5430.
 INSTALL AND REPAIR
 LIGHTS - FANS - SAFETY SWITCHES
 HOT WATER - POWER POINTS
Mob 0408 060 869

ELECTRICIAN
Willie Pieck
 Electrical Service
 Licensed Electrical Contractor No 85952
 All Installations and Repairs
 Light, Power, Safety Switch, Stove, HWS etc
0417 600 910
 Over 35 Yrs on Bribie Island

**Fastsparks
Electrics**
 QLD LIC: 88245
**BRIBIE LOCAL.
ELECTRICAL INSTALLATION
& MAINTENANCE.**
CALL PAUL: 0404-757714

**24HR
EMERGENCY SERVICE.**



**D.G. WARWICK
ELECTRICAL**
 & AIR CONDITIONING INSTALLATION
 FAST RELIABLE QUALITY SERVICE
 AT VERY COMPETITIVE RATES

- Electrical Installation & Repairs
- Lights, Power, Stove, HWS Repairs
- Smoke Alarm, Ceiling Fans Etc
- Surge Protection, Safety Switches
- Switch Board Upgrades, Shed Wiring
- Phone & TV Points & Hanging Of TV

CALL DAN
0411 486 886
 Pensioner Discounts FREE QUOTES
 Over 20 years Experience Lic# 76628

**ASK Electrical &
Airconditioning** ^{24/7}
 Call Alan
0460662733
 Local Bribie Island
 Electrician &
 Airconditioning
 Electrical Lic 86726
 Refrigeration Lic L174215

**Banksia Beach
REFRIGERATION**
 DOMESTIC REFRIGERATION REPAIRS
ALL MAKES ALL MODELS ANYTIME
RELIABLE & PROMPT SERVICE
 Servicing Bribie Island
 & Local District
Ring Dave 0428 222 755

QBSA No. 1061413
 ABN 69 463 499 776
 ARCTICK LIC No. L095403

**24 Hours
7 Days**

HANS ELECTRICAL
 Security Provider Lic 3733093 Lic 77649
Award Winning Customer Service
Call Hans 0458 912 121

- ▶ Electrical Installations & Repairs
- ▶ SWANN Security Camera Systems
- ▶ Surge Protection, Safety Switches
- ▶ Ceiling Fans, Smoke Alarms LED Lights
- ▶ Power Points, Tv Points HWS Repairs
- ▶ Garden Lighting, Shed Wiring, Metering...

www.hanselectrical.com.au

**Domestic
Air Conditioning
Specialists**
 QBCC Licence: 15247356

Your local domestic air
 conditioning specialists Sales,
 Installations,
 Servicing & Repairs
 Family owned & run local business
 Qualified Refrigeration Engineer

Over 33 years experience
Call Wayne today for a free quote
on 0409 483 796 or 3408 4182

ARCTIC: AU00625 & E: hello@bribieairconditioning.com.au
 Electrical Lic: 65106 W: www.bribieairconditioning.com.au

**Electrical &
Air Conditioning**

- ❑ Reverse Cycle Air Conditioners & Electrical
- ❑ Great Service At Competitive Prices
- ❑ Will Match Genuine Quotes

Contact us 0425 058 992
ARC Licence: L087956 Contractor Licence: 85593

travis@antraelectrical.com.au
www.antraelectrical.com.au

PAINTING SERVICES

PAINTING SERVICES



WJC MASTER PAINTERS

Pensioner Discounts

Servicing the Bribie region

- Repaint Specialist
- Wash And Paint
- Driveways & BBQ Areas
- Domestic And Commercial Work
- Free Quotes
- Garage Floors

All the team are fully Covid Vaccinated.

PH KYLE 0457 066 509

E: k.t-2001@outlook.com

ABN: 89 183 229 531 QBCC Number 15240645



MARK CLARKSON

- Residential & Commercial Spray Painting
- Roof Painting
- High pressure Cleaning
- Free quotes

Call or Text for a Quote

CLARKSON'S
ROOF RESTORATIONS
ABN: 30474694757

Mobile: 0431 038 671
Email: markclarkson516@gmail.com

RESIDENTIAL AND COMMERCIAL

- Painting Repaints
- Plaster Repairs
- Rental Property Tidy Ups

Phone Mick
0439708622

ABN 85034310494



PROFESSIONAL HIGH PRESSURE CLEANING

House Exteriors, Sheds, Paths, Driveways, Fences, Vehicles, Machinery, Caravans, Boats And More! **Fully Insured!**

SOLAR PANEL CLEANS
NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501

QBCC 15097374



MATT'S QUALITY PAINT SERVICE

- RESIDENTIAL
- COMMERCIAL
- NEW HOMES
- RENOVATIONS
- ROOF RESTORATIONS

PH 0439 343 723
mattsqualitypainting@outlook.com



HOMEABOUT DECORATING

Col Start & Sons.

Established Locally for 25yrs

- Interior / Exterior Painting
- Pensioner Discounts

(07) 3408 2680 M: 0428 821 415
QBCC LIC NO. 74410 QBNA BN 5765973

NO STEPS PAINTING

RESIDENTIAL & COMMERCIAL PAINTING

FULLY LICENSED & INSURED

CALL STUART
PH 0403 153 141
Email: nostepspainting@gmail.com
Lic No: 15047313




Bribie
PAINTING SERVICES

Residential & Commercial Painting

Geordan - 0408 236 638
briebepainting@gmail.com
FULLY INSURED

BUSY BRUSHES

— PAINTING & DECORATING —
SINCE 1999

Painting and Decorating, Interior and Exterior Painting, Small Jobs welcome!

Family business
SINCE 1999
Perfection is our standard!

CALL WAYNE FOR A FREE QUOTE
0434 677 476

busybrushes@bigpond.com QBCC Lic. 67239

AUTOMOTIVE and TOWING



Australia's Detailing Group™

Available **7 DAYS**
We come to you!

MOBILE CAR CLEANING
Professional, Friendly, Reliable
Mobile: 0448 888 948

Senior Pensioner Discounts **Iain Macdonald**
owner/operator



AJ SMART MOVE

REMOVALS & STORAGE
TWO MEN & TRUCK FROM \$85 PER HOUR

FREE QUOTES
PHONE **JUSTIN** NOW...
0410 326 376
www.ajsmartmove.com.au

SERVING THE LOCAL COMMUNITY FOR 23 YEARS

UltraTune UltraTyres

BRIBIE ISLAND
Dedicated to providing you with the service you want

- All Types of Tyres • Courtesy Car • Log Book Servicing
- Fleet Care • Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

Free interior flu shot (bacteria killer) when you mention this ad.

OPEN
Monday to Friday 8am to 5.30pm
Saturday 8am to 12noon for all Servicing & Repairs

Make sure your vehicle is safe. Call today to book for your safety check.

Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree
E: bribieisland@ultratune.com.au W: www.ultratune.com.au

HYDRAULIC HOSE FIXERS

PARTS • REPAIRS • INSTALLS

07 5428 2246
www.hydraulic Hose fixers.com

ULTRACOOOL AUTOMOTIVE AIR CONDITIONING

ROOF RACKS • 42000L RECOVERY TANKS • TISSOT OIL SALES

FREE QUOTE

177 First Avenue, BONGAREE
Mobile Service Available
0409 336 997 / 3408 0748
www.ultracool.com.au f [ultracoolautomotive](https://www.facebook.com/ultracoolautomotive)



ADVERTISE YOUR CAR FOR SALE HERE

CONTACT SALES ON 0448 448 457
OR EMAIL sales.thebribieislander@gmail.com

BOOK KEEPING + COMPUTER SERVICES + GRAPHIC DESIGN + REMOVALS + MEDICAL + PET CARE

PROFESSIONAL SERVICES

BRIBIE MEDICAL EQUIPMENT HIRE AND SALES

WE HAVE MOVED!
197 First Ave, Bongaree

- Lift Chairs
- Scooters
- Beds

PLUS MUCH MORE!

NEW SHOWROOM OPEN NOW

197 FIRST AVE, BONGAREE

Sarah Adams
PH: 07 3408 0398

E: info@medicalequipmenthire.com.au
www.medicalequipmenthire.com.au

ABN 71 326 381 155

Bribie Dazzler
Cleaning Service

IS HIRING RIGHT NOW!

REQUIREMENTS: Reliable Car, ABN, Public Liability Insurance.
Ideal For School Mums Or Dads

PLEASE CALL CEC on
0434 407 222

officebribedazzlercs@gmail.com

PRINTER REFILLS OR NEW CARTRIDGES

REFILL for ONLY*
\$5.00

Best quality refills, best price guaranteed

* Bring in this ad to qualify * Limit one discount refill per customer

Professional Domestic Commercial
Resort Bond Cleaning Windows

Super Clean
CLEANING SERVICES ABN: 22255051142
Nicole 0410 618 548

Over 27 Years Experience
* Server And Cleaner For Private Parties, Weddings & Functions.
* Current Police Check, Blue Card & Insurances

FULL COMPUTER CHECK UP

An essential service for a reliable computer

- Check for viruses and malware
- Update your Windows
- Clean & Defrag your Hard drive
- Complete Physical Clean of your Computer

\$45

WE SELL AND REPAIR ALL COMPUTER BRANDS Laptop replacement screens & batteries.

PH: 3408 6421 The Ink Shop
www.thinkshop.com.au
CNR BENABROW & WARANA AVE
FIRST FLOOR ABOVE AT&T THE BRIDGE

MORETON BAY ARCHITECTS

all residential commercial industrial retail
clubs hotels education warehousing

Ph 0410 712 722 for a free consultation
registration no. 1859 since 1989

Attax
Tax Accounting & Bookkeeping

Angela Gibbings
0427 732 547

Elizabeth Cooper
0431 484 230

PH: 3408 9319

attax@bigpond.com
www.attax.com.au

Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

GREAT BARGAINS ON CLOTHING, SHOES, ELECTRICAL, TOOLS, TOYS AND MUCH MORE

VOLUNTEERS ALWAYS WELCOME FREE PICK UP AND LOW COST DELIVERY

PH 3408 1014
Mon-Fri 8:30-3.30, Sat 8.00-12.00

☎ 0413 658 177

5 STAR REVIEW RATING

Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqld

3 rooms \$100
each additional room \$20.

Truck Mounted Steam Cleaning | Carpets | Upholstery | Tile And Grout | Pest Management

FETCH A VET

Mobile Vet for Dogs & Cats
We visit Bribie Island on the first and third Tuesdays of every month.
We come to you, and there's no travel fee for Bribie residents!
Pensioners get 10% off the consult fee.

0448 751 354 / info@fetchavet.com.au

2 dogs
GRAPHICS & DESIGN

imagine... create... design...

- LOGO DESIGN
- SIGNAGE • BANNERS
- TYPESETTING • BUSINESS CARDS
- MENUS • VEHICLE SIGNAGE
- AFFORDABLE WEBSITES

0405 470 630

E: twodogsgraphicsanddesign@yahoo.com
W: www.2dogsgraphicsanddesign.com

**Proudly
Independent**

Your local



**Home Delivery
NOW AVAILABLE**

say thank you
to Mum on
Mothers Day



\$8⁰⁰
ea

\$1.78 per 100g



**AUSTRALIAN
BONED
& ROLLED
PORK ROAST**

\$8⁰⁰
kg

**FRESH
BAKED
APPLE PIE
500g
SAVE \$1.20**



\$4⁴⁹
ea

\$0.82 per 100g

**BAKED
INSTORE**

**CADBURY
ROSES
CHOCOLATES
450G
HALF PRICE
SAVE \$8**



Specials Friday 6th May to Tues 10th May

Subject to availability, limit rights apply. "Apple pies are Baked instore at Beachmere IGA"



IGAshop.com.au



Beachmere IGA

Cnr James & Beachmere Rds
BEACHMERE
PHONE: 5496 2111
7am - 8pm 7 DAYS



Sandstone Point IGA

204 Bestmann Rd East
SANDSTONE POINT
PHONE: 5497 6022
6am - 8pm 7 DAYS