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**AND DISTRICTS**

**ISSUE 166 MAY 20, 2022**



*Your local Community Magazine*

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# 166

May 20, 2022



**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

## Welcome

Dear Readers,

We have received quite a few phone calls and emails about the last edition's front cover. I would like to make it very clear that we are NOT in support of any political party, we however are in support of every community not-for-profit group around and to be able to do that we have to make money to pay for printing costs. The front page is available to anyone who wishes to purchase it, if we didn't allow someone to take that position, we then are open to discrimination ourselves.

Just to let you all know, we are a staff of 3 people who put out 80 pages every 2 weeks to bring our readers a community magazine. Most magazines of this size have at least 10 staff. Over covid, we all took a massive pay cut to keep the magazine afloat, so the community could still keep up to date. We do what we do because we love our community and our magazine.

We have been hit with a substantial fortnight print rise due to a worldwide shortage of paper. We cannot afford to turn down any money or we don't go to print. We have not passed on the costs to our businesses as they are struggling to come back from the hit they took and are still taking from covid. The front page WAS paid for and at full price, with no discounts.

We contacted all parties to advise them this was happening and offer them an opportunity to have their say, even triple-checking right up to print day. None took up the offer.

I have received a massive number of abusive emails, private number phone calls and texts over this, but funny how we don't receive the same amount saying thank you for supporting for FREE every community group on the island. If any business had a candidate ordering promotional products that would bump their sales up so they could continue to survive, I am sure they would not turn it down either.

We either start charging our not for profit groups, people putting in wedding and birthday articles, people who are fundraising for house fires, flooding, terminal illnesses and children needed medical equipment to have a decent life, or now and again we have to make a difficult decision that not everybody will approve of, knowing we will be abused, called names and have disparaging comments made about us by other local publications. I will still choose not to charge the ones who need our help desperately. If that makes me a bad person, so be it. Anyone who disagrees with my decision, feel free to help support us financially instead of tearing us apart, and then we can all be happy. Please look at all the good we do in this community, not just focus on what you consider the bad.

Until next time,

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 Scheinflug

John Traill

Katherine Miller

Kathy Vincent

Maria Christina

Marj Webber

Michelle Hanton OAM

Peter Schinkel

Peter Dallimore

Philip Arlidge

Robyn

- B.I. Boat Charters

Sue Wighton



# SEVEN

## LIVER-Damaging Mistakes To Watch Out For

If you're struggling to get rid of those extra pounds or feel tired and low on energy, you could have an overworked liver.

**1.** Not drinking enough water — The golden rule is to drink at least 8 full glasses of water every day. Dehydration can have a direct effect on our liver's ability to properly detoxify our body." When your liver can't clear those toxins, the risk of illness increases.

**2.** Eating heavy meals or high glycaemic foods before bed — Eating heavy meals before bed is a guaranteed way to make your liver work overtime. High glycaemic foods are the worst culprits here. This includes foods like breads, white rice, sweets, even "healthy" fruits like watermelon and pineapple. Experts recommend avoiding these liver-taxing foods before bed. If you're craving a snack, go for fresh carrots which help cleanse your liver.

**3.** Eating too many trans fats — Trans fats are dangerous preservatives commonly found in pre-packaged foods. They often show up as "hydrogenated oils" in the ingredient list. Consuming too many trans fats increases weight gain, packing more fat onto your liver and belly.

**4.** Eating too much sugar — Refined sugar and high-fructose corn syrup wreak havoc on your liver. Some studies suggest it can damage your liver just as much as alcohol, without being overweight. Fructose is converted to fat in the body, which increases your risk of developing a fatty liver.

**5.** Not getting enough exercise — Getting a proper amount of exercise is important, even if you're not overweight. Not only does exercise help you work up a good sweat, but it improves liver detoxification too. Even several brisk walks every week can pay huge benefits.

**6.** Consuming too much vitamin A — Out of this entire list, this one might surprise you the most! Vitamin A delivers many great benefits at normal doses, such as protecting your eyes and supporting a healthy immune system. But too much vitamin A is toxic to your liver. How much is too much? Generally, doses over 40,000 IU daily. Most people won't have to worry about going overboard with vitamin A. However, if you take multiple vitamins and supplements that contain vitamin A, pay close attention to the total amount you're consuming.

**7.** Taking the wrong herbal supplements — Certain herbal extracts such as kava kava, can be harmful to your liver. That's why taking the right nutrients is crucial for rejuvenating your liver and restoring a healthy metabolism.

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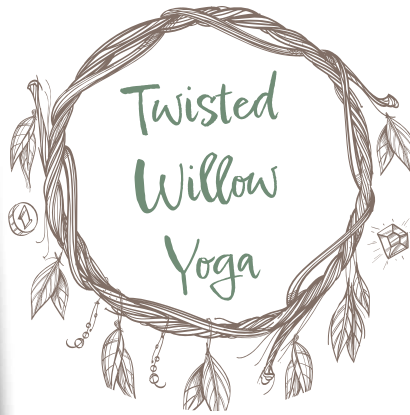
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you to use in your everyday life. I am also happy to answer any questions for you, so send them to the email address editor. thebribieislander@gmail.com and they will be forwarded on to me.



Today I am going to start with a simple yoga breath.

Firstly breathe in through your nose all the way down to your tummy, hold for a second then breath out through your mouth making sure the breath comes back from your tummy and all the way out. If you feel you need more grounding, breathe out through your nose. By taking these deep breaths and concentrating on your breath you can reduce your stress and centre both sides of your brain. This

breath is very helpful when feeling stressed or having trouble sleeping.

Another variation of this breath is called box breathing where you breathe in using the same technique but hold then release, hold, breath in then hold. I would recommend holding the breathe for the count of 3 to begin with. Again, by increasing the oxygen in your body you can help reduce stress and centre your mind bringing your thoughts back to the present. While doing these breathing exercises it is good the concentrate on the breath itself and your body to clear the mind allowing you to refocus.

These breaths will also help to increase the oxygen level in your body which helps to repair cells. If you want to make sure your breath is deep enough, placing your hand lightly on your tummy so you can feel it expand and contract, so you know the breath is going deep enough.

I hope this helps and remember when you are stressed the past cannot be changed, the future is unknown so stay in the moment and enjoy all you can.

Namaste.

**H**i, my name is Karyn and I have been practicing yoga for over 15 years.

Having obtained my diploma in teaching yoga I would like to share some useful breathing and stretching techniques for

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# PIÑA COLADA

**After less than 2 years on the island Pina Colada has quickly become the go to place for clothing and shoes on Bribie.**

If you haven't been in lately then get yourself in soon as there is a huge new range just arrived of winter knits, cardigans, 3/4 linen tops, beautiful winter dresses and an amazing and impressive range of shoes!!

If you mention this editorial then the girls at Pina Colada will give you \$10 off any pair of shoes for the rest of this month.

It is an exciting time in Pina Colada because they have so much new winter stock coming just arrived.....lots of beautiful dresses and tops and some really cute knitwear.

We are lucky because we are

a private retailer we can pick and choose the best of what the fashion industry offers . Also because Bernie has been in the industry for so long her contacts are amazing and she even designs and makes her own range, so if you are looking for something a little different from the mainstream store then you have found it..

Pina Colada is one of Queensland's largest privately owned Boutiques and judging by the smiles on customers faces when they visit they are loving the experience of being a Pina Colada customer. Regular customer Judy comments ""I am so delighted that Pina Colada is now on the island. I use to have to go to Northlakes or Brisbane for clothing and shoes now I find so many nice things here I



don't bother shopping elsewhere. Love it!!"" It seems there are many local ladies who agree with Judy and have begun to frequent the shoe department of Pina Colada when they need great shoes. Local ladies are now delighted that they can purchase good quality shoes such as Cabellos, Lorella, Auyi, Candy Code and Bare Traps ....Recently we started stocking the hugely popular Cabello shoes which are the most divine soft leather made in Turkey. They even have removable inner soles that are orthotic friendly. Cabello shoes come in the most amazing colours, and if we don't have the particular colour you are after we can order it in within 2 weeks. Good news also for size 43 ladies is that they are available in larger sizes as well.

Also they stock Lorella shoes which is a great comfort range designed in Australia. The prices are great at between \$69.95 and \$79.95 proving amazing value for the woman who wants a comfortable pair of shoes that is also fashionable. And who could forget Bare Trap shoes. Bare Traps are a much loved Australian brand that is built and designed for comfort and Style. We now hav3e a huge range of Bare Trap shoes for winter because they are so popular.

**So pop into Pina Colada when you can. Leigh, Lesley and Bernie will be happy to see you and love helping you find your next favourite outfit!!**

# PIÑA COLADA

## \$10 OFF

ALL SHOES FOR THE MONTH OF MAY  
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# 4 SIGNS THAT IT'S TIME FOR A NEW PAIR OF DENTURES

## 1. Your Dentures Feel Loose, Or Are Falling Out

A great pair of dentures will stay in place while you chew and speak, by friction alone. The tight fit between your denture and gum is typically enough to keep the prosthesis in place during most day-to-day activities.

So, if you find that your dentures are becoming loose, or they're falling out of your mouth, your dentures definitely need to be adjusted, and may need to be replaced altogether. You can use denture adhesive in the meantime, but this is just a short-term fix.

## 2. You're Having Difficulty Speaking Clearly

This is usually related to a loose fit of your dentures. If your dentures are loose, you may notice that you sound "slushy", and are slurring your words. Your dentures will need to be adjusted or replaced to ensure that you can speak clearly.

## 3. Your Dentures Are Causing Discomfort Or Harming Your Gum Tissue

If your dentures are in good

shape and they fit properly, they will not cause you any pain or discomfort. If you start to notice pain when you chew or bite, your dentures may need to be replaced. In addition, if you notice any kind of sores, lesions, or other changes in the health of your gums, you should see a dentist right away, to refit or replace your dentures.

## 4. Your Dentures Are Damaged Or Discolored

If you notice that there are chips and cracks in your dentures, or that one or more of the teeth have loosened, they will certainly need to be replaced.

Discoloration of the teeth is also a good reason to replace your dentures. It can be avoided with proper care, but over time, your dentures may still become somewhat yellowed or discolored, particularly if you drink a lot of coffee, wine, or tea while wearing them.

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# BUILDING SELF CONFIDENCE PART 2



By Himanshu Singh

THERE ARE ALSO SOME MORE THINGS THAT YOU CAN DO TO HELP YOU BOOST YOUR SELF-CONFIDENCE. THEY ARE THE FOLLOWING:

• **SET GOALS FOR YOURSELF AND STRIVE TO ACCOMPLISH THEM**

Setting goals is a great way to increase your self-confidence. When you have something to work towards, it will motivate you to keep going. Make sure that your goals are realistic and achievable. This way, you can ensure that you will be able to accomplish them.

• **SURROUND YOURSELF WITH POSITIVE PEOPLE**

Being around positive people can have a big impact on your self-confidence. When you are around people who believe in you, it will be easier for you to believe in yourself. Additionally, these people can offer support and encouragement when you need it.

• **PRACTICE SELF-ACCEPTANCE**

One of the most important things you can do for your self-confidence is to learn to accept yourself. This means accepting both your strengths and weaknesses. Once you can do this, you will be on your way to having healthy self-confidence.

• **BELIEVE IN YOURSELF AND YOUR ABILITIES**

Your biggest supporter will always be yourself. Therefore, you must believe in yourself and your abilities. When you have faith in yourself, it will be easier to achieve your goals and be successful in life.

• **TREAT YOURSELF WITH KINDNESS AND RESPECT**

You also have to learn to treat yourself with kindness and respect. This means that you should avoid being too hard on yourself. Instead, try to focus on the positive aspects of your life. When you do this, it will be easier for you to have a healthy self-image.

As you can see, there are many things that you can do to improve your appearance and boost your self-confidence. Just remember that it takes time and effort to change the way you look. However, it is worth it in the end! So, don't give up – keep working on improving your appearance until you are happy with the results.

Additionally, don't forget to set goals for yourself, surround yourself with positive people, practice self-accept, believe in yourself, and treat yourself with kindness and respect. If you do all of these things, you will be on your way to having healthy self-confidence.

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## BREASTSCREEN QUEENSLAND Back in Bribie

The BreastScreen mobile service is back at Bribie Island Library from 6 June, and local women 40 years and over are encouraged to book a potentially life-saving breast screen.

It is two years since COVID caused the first disruptions to all our lives, including the mobile breast screening service to Bribie Island being delayed until July in 2020.

Medical Director of BreastScreen Queensland Sunshine Coast, Dr Alison

Roper, wants to reassure those women who had a breast screen in July or August 2020 that they will be invited to have their two-yearly breast screen when the van arrives in Bribie in June.

Dr Roper said: "While the recommended time between breast screens is two years, there is no problem in coming one or two months early. It is important not to delay having a breast screen, as early detection increases treatment options and saves lives."

To encourage women who are

overdue for a breast screen, all women who book an appointment in May or June will be entered in a prize draw. Ten lucky winners will receive a \$50 gift card to spend as they choose.

Women aged 50-74 years are particularly encouraged to have a free breast screen every two years.

Women aged 40-49 and those over 75 can also attend this free Service.

"Making a potentially life-saving breast screening appointment is simple, just

pick up the phone and call 13 20 50 or book online at [breastscreen.qld.gov.au](http://breastscreen.qld.gov.au)," Dr Roper said.

"Our female staff are very experienced and understand the needs, fears and concerns of other women."

Women who are unable to attend the mobile van while it's visiting Bribie, can book an appointment at the BreastScreen service located at the Lakes Centre, Caboolture. This service operates Monday to Friday every week and one Saturday each month.



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# What Is Love?

For some, love can be used to describe anything. Oh, I love this place! I love my freedom! What, about love in a relationship? Whether it be a relationship with self or others...

To express love is one of the most important and valuable things we can experience in our life, whether it is to give or received.

Love is a set of emotions and behaviours characterized by warmth, passion, and commitment. It involves care, connection, mindfulness, affection, and trust.

Love can vary in intensity and can change over time. It is associated with a range of positive emotions, including happiness, excitement, life satisfaction and fulfilment.

The way we express and experience love is also influenced by our personal

thoughts and beliefs about love. Most people agree that love involves strong feelings, though there are many ideas about the meaning of love.

True unconditional love means acceptance, regardless of circumstance. It is love without strings attached. It's love you give freely and remains unchanged, despite one's actions. Wanting for nothing else but one's happiness.

More often than not it is easier to love someone else than love ourselves, because we know more than anyone who we are and having to accept all of that in our mind is sometimes difficult.

We can see someone else in a place of perfection, though in reality, everyone has their own issues or insecurities. We can also love others because of the way they make us feel, they make us happy and so we try to

give back all they do for us. Love can have an important impact on physical and mental well-being as well as quality of life.

There is no single way to exercise love. Everyone is unique, and each person has their own needs.

### THINGS YOU CAN DO TO PRACTISE LOVE

- Be authentic and vulnerable
- Give your best and be willing to forgive
- Prioritize making time
- Listen to one's needs, openly and honestly
- Loving and giving gestures
- Provide care and acts of kindness
- Recognize and acknowledge good qualities
- Show unconditional love, value one's happiness
- Be mindful of the stories that play out in our mind
- Have gratitude

- Respect and patience
- Allowing growth and change
- Love is a commitment; it allows one to feel secure

I would suggest trying all the above with oneself and then implementing it into your relationships. When we can give to ourselves, it allows us to give more to others. I also love the practice of loving-kindness meditation.

To cultivate more love within yourself and your life, please contact me for a personalised session or for upcoming group workshops. Call 0405 361 882 or email on creativeandhealingtherapies@outlook.com

As Always  
Maria Christina x



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# How to Get the Most Out of Your Relationship with Your Family Doctor

by Himanshu Singh

**A**s a patient, you must know what your family doctor can do to get the most out of your relationship with them. Building a better relationship with your physician can be as easy as reaching out to them and asking questions about their practice or what they can do to help you stay healthy. You should also keep in mind that your family doctor is a valuable resource, and you should not hesitate to reach out to them for information or advice on any health-related matters. Here are some tips for building a better relationship with your family doctor:

## 1 Reach out and ask them questions about their practice

This can help you get to know your family doctor better and learn more about what they can do for you. Of course, there are some questions that you should not ask because they might be too personal, but there are other simple ones that can help you get to know them better.

For instance, you could ask

them what time of day is the best to schedule an appointment with them so that you will not have to wait too long to be seen. You could also ask them what you can do to prevent certain illnesses. This will let your family doctor know that you are interested in taking responsibility for your health, and hopefully, they will be able to help you do that.

## 2 Let them know if you have any problems with their service

If you are disappointed with your family doctor's service, it is essential to let them know. And if they did not offer you all the information they could have or if their staff is not courteous or helpful, they must know about this. They can learn from these things and improve their practice because your feedback is valuable. They should not take it personally, but instead, they should use it to improve their services.

## 3 Keep in mind that your family doctor is there to help you

Remember that your

family doctor is there to help you, and you should not hesitate to contact them when you are in need. This way, they will not think you are taking them for granted and offer you better services.

In addition, when they see how proactive you are with your health, they will be able to relate better to you and offer you more information about how to stay healthy. So, it won't hurt to go out of your way to contact them.

## 4 Ask your doctor for advice on how to stay healthy

This can be beneficial in preventing illness and maintaining good health. Sometimes, all you have to do is ask the right questions about staying healthy. Your family doctor should provide you with some advice on doing this. And this should be your first step toward building a better relationship with them.

You can learn more about maintaining good physical and mental health by contacting your family doctor and asking them the right questions. So, do not hesitate to reach out to them with your concerns.

## 5 Share any changes in your life that might affect your health

Of course, your family doctor would want to know about any changes in your life, no matter how small. This can help them provide better services by learning more about

your lifestyle and its effect on your health.

If you went to an urgent care centre, for example, they should know why you did and what they could do to help improve your condition. You could also ask them for lifestyle advice to help you stay healthy now that your life has changed.

## 6 Make use of your family doctor's resources They can provide you with valuable information and advice on any health-related matters.

Whether you want to prevent illness or need treatment for an existing one, your family doctor can help you do that and more.

So, make sure that you take advantage of this. You can also contact them if you need more information about a particular medical condition. They should provide you with that information or refer you to specialized medical facilities that can help.

Remember: there are many ways to get the most out of your relationship with your family doctor. By doing so, you can take responsibility for your health and prevent illness in the future. And when you need treatment, they should be able to provide it for you too. This way, you won't have to look anywhere else when you need medical assistance.



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# BRIBIE SATELLITE HOSPITAL ON ITS WAY!

I know there's been a lot of discussion about the Satellite Hospital our Palaszczuk government is building in Bribie and Caboolture.

The different conversations and perspectives are what makes our community great, but there's a few things to clarify.

Yes, the Bribie Island Satellite Hospital is happening - in fact, we're expecting construction to start in the next few weeks.

No, we couldn't have started it before Caboolture because the site wasn't ready.

In fact, only two of the seven Satellite Hospitals in Southeast Queensland have begun construction.

Planning hospitals is complicated, and each site has its own unique site preparations before actual construction can begin.

For Bribie this includes geotechnical works and site surveying. I know our community has been waiting eagerly for the official sod turn but it won't be long now.

Soon we'll see our state-of-the-art Satellite Hospital taking shape.

And when it opens, we'll have hospital services like dialysis, mental health services and a minor trauma and accident centre right in the heart of our community.

For severe or life-threatening health concerns, you'll always get the best and most specialised care in our major hospitals, just like any other place in Queensland.

That's why if someone has a stroke or a serious heart issue, our most experienced paramedics often take them straight to Prince Charles Hospital where the most high-tech equipment and best specialists are.

Hours and the full list of services is yet to be confirmed but the Department of Health have the feedback from our community, and I'll be pushing for the longest opening hours possible and the services our community needs the most.

I'll be working hard for our community to ensure that when the Satellite Hospital is up and

running in 2023 it delivers the best possible care.

Like all major infrastructure across our state, having our own Satellite Hospital is fantastic news but it does take time and involve thorough processes to ensure we get it right.

So, if you do have any questions, please email my office and I'll do my best to answer.

Sometimes I may need to seek further advice from the different departments involved which can take time, but I will get back to you.

Unfortunately, there may also be times when privacy constraints, further deliberations and the progress of stages mean that not all information will be available. But where possible I will endeavor to keep you up-to-date.

Please reach out to [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au) or 3474 2100 if you do have any questions.

Warm regards







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Here at **INDEPENDENT LIVING SPECIALISTS**, we are committed to helping our customers 'move through life'.

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Our Morayfield store is conveniently located on **Morayfield Road**, next door to **Wide World Of Lights**. With ample parking and a large spacious showroom, you'll feel welcome from the moment you step instore!

Our specialist services include professional one on one advice with Charlotte, our OT, who is available for instore trials or in home trials, where she can come to you in an environment where you are comfortable.

We also offer hire equipment, with a wide range of quality products that will give you the flexibility of short to long term use. From commodes to power chairs, all our hire equipment undergoes regular testing and maintenance so you can use ILS products with confidence.

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Please come and join us instore on the 2nd June for our grand opening! We'll be offering 20% off instore for one day only! We would love to see you.



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# Happy 70<sup>th</sup> Wedding Anniversary



Len & Phyllis Parkes of Godwin Beach are celebrated 70 years of marriage on Tuesday 10th May.

Len & Phyllis were married by Rev W W Solomon at Maryborough Baptist Church where they met.

A friend made Phyllis' gown.

They honeymooned at Redcliffe.

They have received many congratulatory messages and flowers, including some flowers from their Flower Girl who is currently visiting America.

**SALE - 50% OFF**

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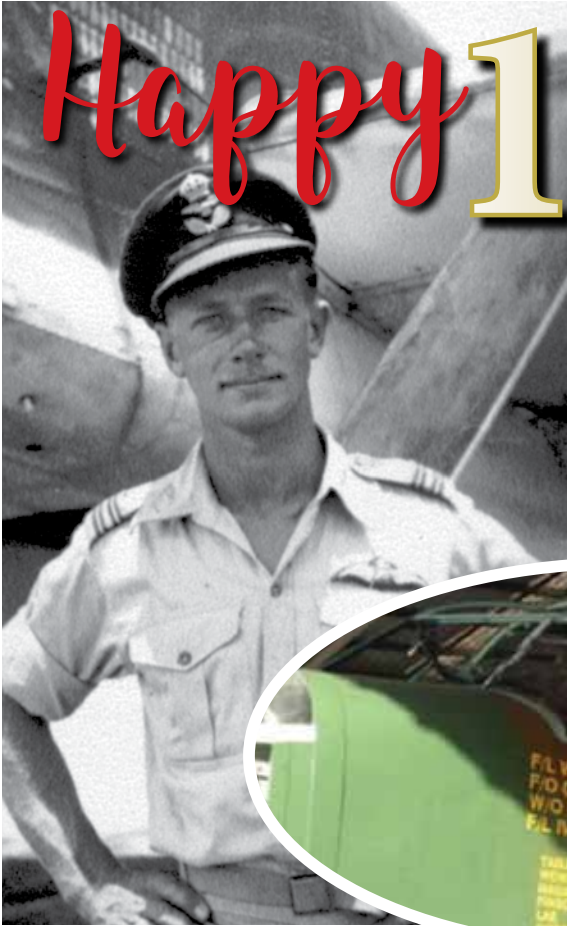
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# 3408 6608



# Happy 100th Birthday



My father - Wally Dalitz, who is a longtime Bribie Island resident - is turning 100 on May 21st and pilot Garrett Russell is taking him up for a spin in the skies from Caboolture airfield on that day as part of his 100th birthday celebration.

He was influenced when he was 11 years old after a joy flight with Charles Kingsford Smith, and from that time on was hooked. He learned to fly on Tiger Moths in his hometown of Nhill, Victoria.

He joined the RAAF on his 18th birthday and was placed on reserve until called up. He trained in Western Junction, Victoria - his first instructor was Walter Campbell, the future Governor of Queensland. Wally became an instructor before being posted to New Guinea.

He is now one of the last remaining pilots that flew a Beaufort and the world's only 1942 Beaufort Bomber is being lovingly restored by volunteers in the Caboolture Airfield hangar. Wally was the historian for many years at the Caboolture Warplane Museum. Project manager Ralph Cusack says they are always looking for handy volunteers to see this project to completion....a labour of love.

Contact the Secretary Rod Thiesfield 3366 2810 or email [info@aaahcql.org.au](mailto:info@aaahcql.org.au)



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COMMUNITIES



Acupuncturists Wendy Ryan BHSc. Acup. (left) and Jessica Yung BHSc. Acup (right) and Receptionist Katherine Williamson (centre).

For many, the journey to parenthood isn't a straightforward one - in fact 1 in 6 couples in Australia have difficulties conceiving - and the number is going up, not down. Of these cases, approximately 30% are attributed to female factor infertility, 30% to male factor, and another 30% due to a combination of female and male factors. The remaining 10% are classed as "unexplained infertility" by conventional medicine.

There are sometimes complex medical issues that can impact fertility, but there are also a number of everyday actions that you can take that can improve your chances. Importantly, these things can not only help your chances of getting pregnant - they can also help your chances of having a healthy baby.

## CHINESE MEDICINE & FERTILITY

Chinese medicine is commonly used as complementary or alternative therapy to improve fertility - it's frequently studied in medical journals, endorsed by fertility and IVF clinics, and discussed in online fertility forums. Nearly as old as Chinese medicine is itself, records of fertility treatments in China can be traced as far back as 200 A.D.

Fertility acupuncturists often have clients come into clinic with conventional medical diagnoses, such as irregular menses, luteal phase defect, elevated FSH (follicle stimulating hormone), and male factor infertility - all of which may benefit from acupuncture and Chinese medicine. We take these diagnoses on board but also zoom out and assess the body as a whole. From a Chinese

medicine perspective, fertility struggles are often the result of a series of little imbalances that, taken together, add up to the larger issue. Chinese medicine looks at your symptoms, health history, diet, and lifestyle using a different lens than conventional medicine. This lens can often uncover some of the missing pieces to your health and fertility puzzle.

## NOURISH THE SOIL BEFORE PLANTING THE SEED

Like nature, our bodies often require extra planning and preparation before new life can be created. The 'seeds' are the blueprint to life, the foundation of your baby's health, and ultimately form your pregnancy outcome. It takes roughly 90 days for primordial cells to mature into follicles (eggs) and sperm, so your health during this period plays a crucial role in determining their quality. High stress, inadequate nutrition, and insufficient rest during those 90 days all have an impact on this development and affect your fertility. Fortunately the body can be very forgiving, so if the last three months were less than stellar in the health department, you can always take the next three months to focus on rebuilding and putting your body in the best state to conceive.

Following a detailed Chinese medicine assessment we develop a treatment plan tailored to the individual which typically includes:

- Acupuncture
- Chinese herbs
- Supplements



• Diet and lifestyle advice  
Together, these components improve fertility by:

- Increasing blood circulation to support healthy development of follicles and sperm, reduce inflammation, and aid embryo implantation. Reduced blood flow in the uterine arteries is associated with decreased pregnancy rates, so increasing the blood flow is key. This is even more important for older women as blood flow to the ovaries naturally decrease as part of the ageing process.
- Balancing hormone levels, regulating menstrual cycles, and promoting ovulation.
- Promoting healthy sperm production, improving count, motility, and morphology.
- Reducing stress and anxiety, improving energy, and general wellbeing.

## SUPPORTING IVF/IUI

Studies have found acupuncture alongside IVF to produce significantly better outcomes than IVF alone; the higher success rates are credited to increased blood flow to the reproductive organs and fewer post-transfer pelvic spasms. Acupuncture treatments are scheduled around your IVF/IUI cycle and key dates including prior to egg retrieval and semen collection, and prior to and after embryo transfer or insemination.

Sometimes I see clients for the first time after they have already started or are about to start an IVF/IUI cycle; it is not too late to incorporate acupuncture, nutrition, and lifestyle changes to benefit your outcome.

## BRIBIE BABIES

Having worked in highly sought after acupuncture clinics in

Brisbane specialising in fertility and pregnancy, we've been fortunate enough to be a part of hundreds of journeys that started out with hope and open minds and have resulted in bouncing babies. Though Bribie Acupuncture is often filled with the usual suspects, such as back pain, since opening our clinic we've been honoured to assist many Bribie locals with:

- Preconception health and natural fertility
- IVF and IUI support
- Pregnancy care
- Labour preparation and natural labour induction
- Postpartum care

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our website [www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au) or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.

**bribie acupuncture**

Peripheral Neuropathy • Pain  
Osteoarthritis • Musculoskeletal Issues  
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Fertility & Pregnancy

**Jessica Yung**  
Registered Acupuncturist, BHSc. Acup.  
0423 160 228 • [bribieacupuncture.com.au](http://bribieacupuncture.com.au)  
@bribieacupuncture



**What if I am painless after the shockwave treatment?**

Even if you have no pain we strongly recommend that you refrain from intensive activities that stress the treated area for the next 48 hours after each treatment.

**What if the shockwave treatment doesn't work for me?**

Even though the response to shockwave treatment normally is exceptionally good within a few weeks it may take several months before maximum effect is achieved. If after 3-4 months you still do not experience a pronounced improvement, surgery for example may be an alternative depending on your particular clinical picture.

**Are there any contraindications or precautions that I should be aware of?**

Yes.

- Cortisone injections are not to be administered within the last 11 weeks prior to shockwave therapy treatment.
- Sometimes there may be some bruising and hemorrhaging tendencies and coagulation system disturbances. As such if you are on warfarin or other anti-coagulant therapies please notify your clinician.
- If you have a cardiac pacemaker please notify your clinician prior to treatment as shockwave therapy may interfere with this.

**Assert Protocol**

Your clinician may ask whether you would like to participate in the ASSERT Protocol. The ASSERT Protocol is an online audit database that complies with NICE guidance. It helps the clinician to measure the success of the treatment. It is your decision whether you choose to participate. Many insurers recognise the ASSERT protocol as good clinical practice and will reimburse your treatment if you agree to participate. The ASSERT Protocol is not a clinical trial but a national research database that will help to assess the effectiveness of the treatment. Please ask your clinician for further information on the ASSERT Protocol.

- Acute inflammation in the treatment area.
- If you have been diagnosed with cancer you should notify your clinician, as the treatment would not be appropriate in this case.
- If you are pregnant please notify your clinician, as treatment should not be administered.



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



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**3408 6608**

# Busy Fingers

WE HAVE PUT OUT A LOT OF WINTER CLOTHES, WHICH ARE SELLING QUICKLY, WE WILL CONTINUE TO HAVE SOME LIGHTER CLOTHING OUT FOR THOSE WISHING TO TRAVEL TO WARMER PLACES DURING OUR WINTER. IF THE WINTER PROVES TO BE WARMER THAN USUAL, WE WILL PUT OUT MORE LIGHTER CLOTHING IF NECESSARY. WE WILL CONTINUE THE CLOTHING SALES AS WELL AS THE STOREWIDE SALES, PLEASE CHECK THE BLACKBOARD AS YOU ENTER THE SHOP AS THE BOARD IS WRITTEN UP DAILY.



## THANK YOU

We would like to thank the people donating and dropping off goods, we have had a limited number of volunteers available over the last month and therefore, some people have had to wait a few minutes to drop off their goods. At times you have assisted our volunteers and have showed great patience for which we're grateful, and there has been no unpleasantness towards our hardworking volunteers who have tried to keep everything moving.

## SHOPPING BASKETS

We have been losing baskets again, we started with 40 and ended up with 6, I am afraid customers have been taking the baskets to their cars and not returning them to the shop entrance. We have had to buy more again, in future please bring your own bag (we all have to for Woolworths & IGA so we are no different), the baskets will not be allowed out of the shop from now on, sometimes we have some bags that have been donated in the trolley by the counter. We thank you for your cooperation with this matter.

## DONATIONS

With the help of our supporters and the many customers that come through the shop we have been able to assist many associations on the island this past month including our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite and Global Care for Foodbank. We have also assisted the Surf Club with a new bus for the transportation of members mainly the nippers to the various carnivals, BI Seniors needed a laptop and printer for the secretary, House of Happiness need a few new security doors. Bribie Potters wish to start a new project of producing Totem Poles and we have assisted with the materials needed, Mahalo Outriggers group have increased their membership, ranging in ages of 16 - 70 and required another canoe to cater for their needs. The Bribie Arts Centre needed some improved storage cabinetry, benches and plumbing upgrades. The Is Breeze residents needed a defibrillator for their activity's hall, and the BI Legacy Group had an afternoon tea function for some of the ladies who do not have families close by.

## VOLUNTEERS

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

## REQUEST FOR PRESENTATIONS & DONATIONS

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

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

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





# BRIBIE ISLAND State High School

## PRINCIPAL, SHARON CORDINER INVITES PROSPECTIVE PARENTS, CARERS, AND STUDENTS TO THE BRIBIE ISLAND STATE HIGH SCHOOL OPEN DAY.

We are very much looking forward to our very first Open Day, Thursday 9th June from 3pm –

6pm. This event will showcase our school community and the diverse curriculum and co-curricular opportunities we have to offer. Primarily, this event will allow prospective parents of the school to tour our facilities, meet students and staff, and get a feel for the dynamic culture of our school.

We would love to see all current parents join in on this afternoon, as well as any local business representatives and grandparents and family who are interested

to see what goes on behind the school gates. Please save this date on your calendar and share with family and friends, particularly those with primary school students who may be considering Bribie Island State High School as their school of choice for 2023 and beyond!

**Registrations are essential and can be made through the below survey:**

<https://survey.qed.qld.gov.au/n/azmhnXQ>



# BISHS OPEN DAY

9 • JUNE • 2022

3PM - 6PM

- Live and interactive demonstrations

- CREST Exhibits

- Principal information session

& much more



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## PERSONAL HARDSHIP DISASTER ASSISTANCE HAS NOW BEEN EXTENDED TO RESIDENTS OF IMPACTED STREETS IN THE MORETON BAY REGIONAL COUNCIL AREA TO ASSIST IMPACTED INDIVIDUALS AND FAMILIES AFFECTED BY THE RECENT RAINFALL AND FLOODING.

Assistance is being provided through the jointly funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

Minister for Emergency Management and National Recovery and Resilience, Bridget McKenzie, said the Australian Government would always stand with Queenslanders after a natural disaster.

"The DRFA extension to residents of impacted streets in the Moreton Bay Regional Council area will assist the community to recover from the current unseasonal deluge. We will continue to work with the Queensland Government to ensure that people affected receive the support they need," Minister McKenzie said.

Queensland Minister for Fire and Emergency Services Mark Ryan said personal hardship disaster assistance would help meet the immediate essential needs of flood impacted residents such as food, temporary accommodation, clothing and medication.

"Grants of up to \$180 per person, to a maximum of \$900 for a family of five or more, are now available to eligible people experiencing financial hardship as a result of the floods that impacted a number of streets in the Moreton Bay Regional Council area," Minister Ryan said.

"Grants are also available to assist with the safe reconnection of essential services once those residents return to their homes.

"It is essential that those hardest hit by this latest flooding have access to the

assistance they need to help them get back on their feet.

"Thankfully rain across impacted regions appears to be easing, however localised flooding continues to be experienced, with a number of road closures still in place.

"If you absolutely need to be travelling today, the message is very simple and very clear: if it's flooded, forget it," he said.

For information on Personal Hardship Assistance, and for the latest list of locations which are eligible, contact the Community Recovery Hotline 1800 173 349 or visit [www.qld.gov.au/community/disasters-emergencies](http://www.qld.gov.au/community/disasters-emergencies).

Information on disaster assistance can be found the Queensland Reconstruction Authority's website at [www.qra.qld.gov.au](http://www.qra.qld.gov.au)

In total, 12 LGAs have been activated for DRFA assistance in response to the Southern Queensland rainfall and flooding event, including: Brisbane, Fraser Coast, Gladstone, Gold Coast, Gympie, Lockyer Valley, Logan, Moreton Bay, North Burnett, South Burnett, Southern Downs and Toowoomba.

In addition to parts of Moreton Bay, Personal hardship disaster assistance has been activated to help flood-affected residents in the Lockyer Valley and Southern Downs.

# TAX TIPS....

## TAX ACCOUNTANT, BUSINESS ADVISOR, OR BOTH?

Many business owners view their Accountant as a "tax only" service provider, but your Accountant should also be well versed in business matters so he or she can fulfil the role of your Business advisor as well.

### Your Accountant need to understand and focus on:

- the entrepreneurial cycle of business,
- the profit drivers in your business,
- the operating cycle or cash flow of your business,
- the major financial calculations needed in a business.
- Identifying and advising you of your competitive advantages.

If your Accountant is not analysing your business and providing business advice, then they are merely a "tax only" service provider.

### How does your Accountant assist you? Is it time for a change?

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# NOELENE LAKE

## BRIBIE ACCOUNTING SERVICES





Here We Have Five Super Foods to Add To Your Breakfast Menu For Keeping Your Heart Healthy:

### Berries

They play an important role in keeping our heart healthy. Strawberries, blueberries, black berries and raspberries are rich in antioxidants, which protect our hearts from oxidative stress and inflammation that contribute to the development of heart disease. Several studies have shown that eating berries can reduce several heart risks.

### Seeds

Several seeds like flaxseeds and chia seeds are rich plant-based source of Omega-3 fatty acids. Omega-3s have many beneficial effects such as helping to lower levels of triglycerides, LDL, and total cholesterol. It also decreases the risk of disorders that can lead to heart attack, such as thrombosis and arrhythmias.

### Green Vegetables

Leafy veggies like spinach and kale are well-known for their wealth of vitamins, minerals, and antioxidants, which help protect your arteries and promote proper blood clotting. Some studies have found link between

increasing intake of leafy green vegetables and lowering risk of heart disease.

### Yogurt

Packed with probiotics, antioxidants and healthy bacteria, yogurt protects heart, boost the immune system, improve digestion, and stimulate overall health.

### Nuts

A handful of nuts such as almonds, hazelnuts, peanuts, walnuts, and others keep our hearts healthy. These nuts are full of protein, fibre, minerals, vitamins, and antioxidants. Walnuts are also rich in Omega-3 fatty acids.

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*Pie & Coke*

**\$10.00**

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**f The Big Bun Bakery and Takeaway**





## INGREDIENTS

- 2 tablespoons plain flour
- 700g beef rump steak, trimmed, thinly sliced
- 40g butter, chopped
- 1 1/2 tablespoons olive oil
- 1 large brown onion, halved, thinly sliced
- 2 garlic cloves, finely chopped
- 1/2 teaspoon sweet paprika
- 400g button mushrooms, sliced
- 1/2 cup dry white wine
- 3/4 cup beef style stock
- 2 tablespoons tomato paste
- 3 teaspoons Dijon mustard
- 1/4 cup crème fraiche
- Cooked fettuccine, to serve
- Chopped fresh flat-leaf parsley, to serve

## METHOD

• Step 1  
Place flour and beef in a snap-lock bag. Season with salt and pepper. Shake to coat.

• Step 2  
Place half the butter and 2 teaspoons oil in a large frying pan. Cook over high heat until bubbling. Add half the beef.

Cook, stirring, for 3 to 5 minutes or until browned. Transfer to a plate. Repeat with remaining butter, 2 teaspoons oil and beef.

• Step 3  
Reduce heat to medium. Heat remaining oil in pan. Add onion and mushroom. Cook, stirring, for 5 minutes or until soft. Add garlic and paprika. Cook, stirring, for 1 minute. Add wine, stock, tomato paste, mustard and beef to pan. Stir to combine. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until sauce has thickened slightly.



dine in / takeaway

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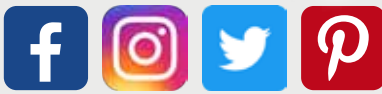




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**Our well loved writer Barry Clark has collated all the stories that have been featured in The Bribie Islander Magazine in this BEAUTIFUL 76 page glossy publication.**

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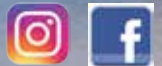
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# Good Company

Singers bring you  
*"A Groovy Kind Of Love"*

If you haven't been to a Good Company music and afternoon tea, come along, you will not be disappointed.

As the show was previously postponed, owing to health issues, there will only be one opportunity to attend. Faithful supporters have already snapped up many tickets.

We would love you to join us for a wonderful afternoon of popular songs from the 60s & 70s, and a scrumptious

Devonshire Tea. You will be made most welcome.

**Saturday 28 May at 2:30pm at Bribie Community Hall, Arcadia Street, Woorim.**

Tickets are available from The Ink Shop, 17 Benabrow Avenue (cnr Warana Ave), Bellara.

Tickets only \$15 (cash only please).

Tickets must be pre-



purchased. Sorry, no tickets available at the door.

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Phone:

0418 157 486

E: [goodcompanysingers@gmail.com](mailto:goodcompanysingers@gmail.com)

*"What are you, doing this weekend?"*



## TRADING HOURS

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# 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 Tintooke Park, Woorim on every second Saturday of each month from 8 am to 12 noon

## The Bribie Island Comm Plant Nursery

The Bribie Island Community Plant Nursery is open 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



1 x Family Pie (1.3kg) + 12 Snacks

**FOR ONLY \$27.95** valued up to \$47.90



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# FOR SALE

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**\$75,000 This business is being sold as WIWO**

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## REGULAR FEATURES

# Horoscope

In team sports events, the midway break allows the players to reassess their strategy. In June, the Solstice arrives like a caring coach, to deliver an encouraging halftime talk. While Venus and Uranus inspire progress, the Supermoon, linked with intuitive Neptune and industrious Saturn, shows us how to press advantages home. Although Saturn's turn retrograde indicates that defence will be as important as attack, by understanding how to maximise resources victorious results are possible.

### CAPRICORN (Dec 22 - Jan 20)

Carrot cakes became popular during rationing, when access to sugar, flour and other 'normal' baking ingredients was difficult. Yet far from being seen as a poor substitute, it's now enjoyed alongside more traditional cakes. With your ruler turning retrograde this month, certain resources won't be as available as you'd like. Luckily, the Supermoon emphasises resilience and your ability to improvise. Although you can't have your cake and eat it, the Solstice promises that if you get creative, you'll find delightful new treats to enjoy.

There's more... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### SAGITTARIUS (Nov 23 - Dec 21)

The June Supermoon, in your sign, encourages you to follow your instincts. It's important to let go of the fallacy that other people's ideas are 'right', and trust your own ability to improvise the way forwards. As Mercury moves opposite Sagittarius, sharing your ideas with others will be illuminating. You're at your best when free to explore your own path... and following the Solstice, it's this attitude that will serve you best. As long as you trust yourself you'll find yourself in a strong position to make exciting choices.

Unmissable gift... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### AQUARIUS (Jan 21 - Feb 19)

Asking for help takes courage. No matter how capable we are, we can achieve more through the right alliances than we can on our own. In June, relationships are key to your wellbeing. While it would be too simple to say that Saturn's retrograde puts you on the back foot, it could slow your progress. So the Venus/Uranus link, which encourages openness, helps enrich your relationships - you'll find many hands willing to offer assistance. With teamwork, June opens surprising doors into new projects and passions that will bring pleasure. Try this out... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### PISCES (Feb 20 - Mar 20)

Life's a balancing act. We all have to do things we don't want to do. It gets tricky when the effort we put in outweighs the enjoyment we receive.

This month's Supermoon encourages you to explore what you value most. And since Venus encourages creativity and the search for pleasure, you'll find new ways to turn arduous tasks into fun-filled experiences. As June ends, and the New Moon links with Jupiter, whichever direction you decide to take you'll find ways to make it meaningful and rewarding. There are fun times ahead. Especially for you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### ARIES (Mar 21 - Apr 20)

We all need a spot of retail therapy sometimes. Splashing out, once in a while, makes us feel good. The trouble comes when we do this as a substitute for a more meaningful exploration of our feelings. June's Supermoon gives you the courage to investigate a philosophical issue that's preventing you from enjoying life to its fullest. You'll be able to take a sustainable approach to emotive issues. Although the Solstice emphasises your feelings, getting to the heart of the matter will plant the seeds for something wonderful to grow.

Right here, right now... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### TAURUS (Apr 21 - May 21)

Although it's frustrating when favourite products are altered or out of stock, it's usually possible to find alternatives. Fortunately, as Venus and Uranus converge in your sign this month, you won't have to do without. This is the cosmos encouraging you to boldly explore unusual tastes and experiences. With the Solstice enticing you to venture into new territory, a smarter way of living is possible. And, by the end of June, when Venus changes signs, you'll be confident about finding a better way to get more of what you love. Our gift to you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### GEMINI (May 22 - Jun 22)

Although compassion is an emotional response, it requires thoughtful consideration too. It's hard to empathise without understanding nuance. How fortunate then, that Mercury turns direct this month and returns home to your sign at the Supermoon. As the cosmos increases your awareness of other people's issues, your negotiation skills are enhanced and your popularity rises. With the Solstice energy, plus Venus' visit to your sign, being generous-hearted will bring pleasingly satisfying support, and fun, into your world. Ready now... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### CANCER (Jun 23 - Jul 23)

The June Solstice is always a pivotal moment for you, but this year, it's extra meaningful - as the Supermoon highlights the discrepancies between your day-to-day life and what you wish you were doing. It shows you how to invest your resources so that your reality reflects your dreams. The approach to your solar return finds you more able to be 'you'. And this reinvigorated sense of self enables you to play to your strengths and explore your potential. This month, you discover how to be the very best version of you.

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### LEO (Jul 24 - Aug 23)

People often project their ideas of who they want you to be onto you. Although this gives you an air of authority, it also prevents you from being appreciated for who you really are. This month, as Saturn turns retrograde ahead of the Supermoon, you need to boldly allow your light to shine. By showing your vulnerability, you'll surprise people and deepen your relationships. As the Solstice arrives, your confidence will be high. If you demonstrate your generosity of spirit you'll set a wave of positivity in motion that can't help but lead to happiness. Discover the inner you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### VIRGO (Aug 24 - Sept 23)

According to author Douglas Adams, the meaning of life is '42'. In reality, meaning is an abstract concept, with myriad understandings and interpretations. Nevertheless, as Mercury moves forwards this month, a clearer picture of what you need from life emerges. It's not a simple answer, but the more you define your sense of self, the more easily you can navigate towards happiness. You'll know what to commit to, and what to leave alone. And, by the Solstice, you'll understand how to invest your talents to realise your dreams.

Don't miss out... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### LIBRA (Sept 24 - Oct 23)

Can relationships start all over again from scratch? Well... although water passes under the bridge, it's easy to fall back in, get soaked, and have to dry off again! Yet just because the past can't be ignored, it needn't flood the foundations of what you build this month. As Venus combines with Uranus, a breakthrough helps you see how a vital relationship can become a source of greater inspiration and enjoyment. With the Supermoon promising opportunities for exciting changes, you can seize opportunities you've only dreamed of. Oscar's gift... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### SCORPIO (Oct 24 - Nov 22)

Your feelings aren't wrong. And there's no reason to feel embarrassed about expressing an unpopular point of view. If everyone thinks the same thing, life would be a dull affair! As Mercury turns direct in your opposite sign, it's important to keep lines of communication open this month. If you express yourself with sincerity, misunderstandings can be laid to rest and your perspective can be properly explained. As Venus and Uranus converge, an attractive proposition brings a soulful connection that could make you feel very good indeed. An amazing service... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)







# The Joys of Ageing!

BY: Elaine Lutton

Of late, I have heard so many of my contemporaries complain about how much they hated getting older. I have been bold enough to point out to them that it is better than the alternative.

As one who is within a few short months of receiving that most coveted of medals, the O.B.E. (Over Bloody Eighty), I feel well-qualified to make my argument.

I am only too aware that the physical sometimes interferes; the inconvenience of losing one's teeth and hair, lack of ability to move freely due to Rheumatism and Arthritis and disc deterioration, resulting in chronic pain, sleeplessness, unreliable bladder control when coughing, sneezing or laughing. Complaints from younger members of the family. "Must you have the volume up so loud?" Whilst my eyesight was once keen enough to read the Lord's Prayer, engraved on a silver sixpence, (remember those?), I now need reading glasses to reliably decipher the numbers on my credit card. These same glasses are required to read books comfortably, that is, of course, if I can remember where I put them down. The looking at one's reflected self and hardly recognising, never mind accepting, that this is me!

Perhaps more profound is the inevitable loss of loved partners and friends, as they exit the stage of life, leaving us alone.

Enough doom and gloom! This article is entitled The Joys of Ageing and I have found, along with others, that there are definite advantages in growing old. Those of us who are fortunate enough to have Poirot's little grey cells still functioning should be counting our blessings, not moaning over the inevitable dents and scratches to our bodywork. Like old and battered cars, if the engine still works, we

are ready to travel for a few more miles, lest our batteries go flat!

On a personal level, I have found new confidence in myself, which I would not swap for the angst and uncertainty of Youth. Nor for that matter, the hard work of middle-age, the juggling of a job, domestic chores, bringing up children, ferrying them to their various activities, marriage, all of which I enjoyed, but I do remember thinking, on more than one occasion, stop the world, I want to get off! The longing for a weekend of uninterrupted sleep!

In my older years, I have discovered a new lease of life. I no longer worry about what other people think of me and my sometimes unorthodox behaviour. My only judge as to what is right or wrong is that inner voice that is my conscience, which says simply, do no harm! Long ago, I decided that bowing to authority of any kind was not the way I wanted to go, but, in my younger days, my free spirit was so often curtailed by parents, school rules and religious doctrine. Not now.

I dress the way I like, and if some think my skirts too short, or that most cruel comment of all, that I am mutton dressed as lamb, I consider that to be their problem, not mine.

I am not afraid to speak my mind but do try not to be judgemental. A harder lesson is when to be silent when it will only cause division, or as my father would say, to save one's breath to cool one's porridge.

I do not expect everyone to agree with my flouting of the usual rules of society, but as long as I do no harm, find the rebel in me is still alive and well. As I said on the phone to my brother the other day, I am now doing, at approaching eighty years, what I longed to do at eighteen! And you, Dear Reader, are the beneficiary of this.

I love to write, I always did. Further, I enjoy laughing, my father was admired by his friends because he could make them laugh. Unlike myself, he did not have the benefits of a dream free education and was forced to leave school, for financial reasons, at the age of eleven years despite the pleadings of his headmaster, and was sent out to work, if not to a blacking factory, but as a very junior clerk in the Rag Trade. He was fortunate in that he was able to continue his violin lessons, due to friends of his parents who financed his lessons. His further education was at night school and public libraries. One of his standard jokes was that being a self-made man, he thereby relieved The Lord of a great responsibility!

Yes, I know I live a charmed and privileged life, with good friends and family, and am grateful for it. How thankful we all must be, for modern technology. My driving days are behind me, but I have my trusty Ferrari, as I call my mobility scooter. Though no longer able to write legibly, I have my specially adjusted keyboard, music on tap courtesy of YouTube, the joys of video-calling, NETFLIX, and the other night, my latest triumph, logging in to ABCiview.

Medical advancements have progressed from hot kaolin poultices to antibiotics, vaccines have eliminated smallpox, and if we keep up vaccinations, will eliminate Diphtheria, Whooping cough, Polio, Measles, and so many more diseases.

Unlike my grandmother, who was expected to sit in a corner with only a shawl to keep her warm, my life is joyous indeed!



# An Alliance of Colour

**A thirteen-day exhibition and sale, called an Alliance of Colour, will be held in the Matthew Flinders Gallery at the wonderful Bribie Island Community Arts Centre 191 Sunderland Dr, Banksia Beach from Tuesday, 24 May to Sunday 5 June from 10:00 – 4pm.**

It will feature paintings from the Artists Alliance Australia. Twelve (12) of the group's 22 artists will be on display. Over 100 works of art in Oil, Watercolour, Acrylic, Pastels as well as Photography and 3D works. The gallery will be organised by artist – so you get an opportunity to view the artist's different styles. The artists are also selling some unframed works and smaller retail works. There are three

raffle prizes, including an artwork by Jenny Newbound, one of the exhibiting artists, to be raffled off.

There will be a Gala opening on Friday 27 May, 6-8pm with entertainment, welcome drink, and canapes for a \$20 entrance fee. You can purchase tickets to the Gala opening or a raffle ticket on their website, [aaaart.online](http://aaaart.online). The gallery will be manned by the artists on the weekends with some doing demonstrations to allow you an opportunity to 'meet the artist'.

The Artists Alliance Australia is a not-for-profit member association, run by artist volunteers, to support the promotion of emerging artists. **More information can be found on [aaaart.online](http://aaaart.online) or simply email [artistsallianceaustraliainc@gmail.com](mailto:artistsallianceaustraliainc@gmail.com).**

## An Alliance of Colour



**24 May to 5 June 2022**

**Tuesday - Sunday 10 - 4pm**

20 Sunshine Coast Artists

Over 50 paintings on display, 3D artworks, incredible variety of technique and styles

**SCAN HERE TO CHECK US OUT!**





Bribie Island Photography Club is a small friendly club which was founded in 1992 by a group of local residents who shared an interest in photography. The club meets on the Fourth Monday each month, except December. (even on Public Holidays which fall on that Monday):

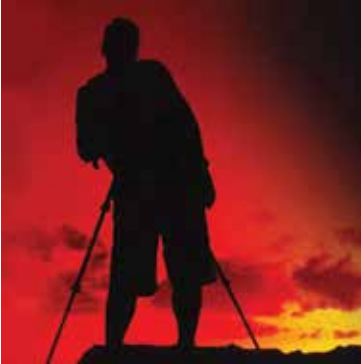
*Bribie Island Photography Club;*

*The Boardroom, Community Arts centre,*

*191 Sunderland Drive, Banksia Beach, Bribie Island, Queensland, Australia*

- [bribiephotographyclub@gmail.com](mailto:bribiephotographyclub@gmail.com) - <https://sites.google.com/site/bribiephotographyclub/>

- <https://www.facebook.com/groups/bribieislandphotography/>



[bribiephotographyclub@gmail.com](mailto:bribiephotographyclub@gmail.com)

# BRIBIE ISLAND PHOTOGRAPHY CLUB

Bribie Island Photography Club members March Competition winners.

Congratulations to our IMAGE OF THE MONTH WINNER;  
Digital Image "Flight" by Marj Webber.



Digital Open: FLIGHT by Marj Webber



Digital Theme: PORTRAITURE  
- "Jenny" by Vince Bowser

The set theme subject for March was:  
**Portraiture with expression**



Print Theme: PORTRAITURE  
- "Merv" by Roger Bawden



Digital Mono: BABY BOY by Kristie White

Regrettfully the images for the winners for Print MONOCHROME:

"Three makes us a family" by Kristie White;

and Print OPEN;

"We are smiling" by Kristie White

were not available at the time of going to press.

Congratulations to ALL of our Club members who participated in this Months' competition.

Special thanks to our mrmbers for allowing us to display their works

# MAKING A QUID ON BRIBIE

## Different in the Olden Days.



The title and headline image for this article may have caught your attention. It is a 1965 advert by Ross McCowan, a Brisbane Developer who built the first block of Home Units on Benabrow Avenue, Bellara, just after the Bribie Bridge opened in 1963. He was selling a two bedroom, two story, row of seven Home Units for 3250 Pounds each (\$6500) with a deposit of just 650 Pounds (\$1300). Those Town Houses are still there in Benabrow Avenue, by the crossing, opposite the shops.

Today we hear people, mostly Politicians, talking about BILLIONS of dollars, and Real Estate agents selling homes for MILLIONS of dollars. I find it quite hard to imagine just what that amount of money looks and smells like. How big is a pile of old one-dollar notes, totaling ONE MILLION dollars.? It would be as high as a 32-storey building. Now multiply that by a THOUSAND, and you would have a pile of one thousand million one-dollar notes, which would be ONE BILLION DOLLARS.

Impossible to imagine .....but we hear that figure every day.!

This article puts money and time in perspective, and what people did on Bribie to make a living 100 years ago. If you are under 60 years of age you will not remember that money was in Pounds, Shillings and Pence back then, until Australia changed to decimal currency in 1966, when ten shillings became a Dollar, and a Pound became two Dollars.

### DUGONG FISHING

From the 1870's pioneers were harvesting and farming Oysters in Pumicestone Passage, grazing cattle, and cutting timber on the island

and mainland. One of the first people to operate a business on Bribie was Fred Foster who hunted Dugong in the Bay and set up a small process operation at his camp on the corner of what is now Foster Street and Banya lane in the late 1880's.



Having caught some Dugong, Fred Foster used a flat bottom punt to bring the carcasses to his camp beside a freshwater pond fronting the present Bribie State School. His camp was on a high spot, clear of summer flooding and he would transport the Dugong along what is now William's creek. The creek fed a swamp about where the Seaside Museum and Bongaree Arcade is today, crossed Toorbul lane, through the church yard to his camp site. He butchered the Dugong, carved the meat for curing in a smokehouse, and sold all the meat, blubber, oils and hide in Brisbane. Processing involved the oil gently oozing from the blubber when heated on large metal plates.



**Barry Clark**  
Bribie Island  
Historical Society

### MORE BRIBIE HISTORY

The next Historical Society meeting is Wednesday 11 MAY at 6:30 pm at the RSL Club when famous Historian and Author Peter Ludlow will be guest speaker. See more on our new Web Site [bribiehistoricalsociety.org.au](http://bribiehistoricalsociety.org.au) and our Blog Site <http://bribieislandhistory.blogspot.com> or contact us on [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)



You can still see the occasional Dugong in the Passage or Bay, feeding on the abundant sea grass that washes up on beaches, but numbers have declined in recent years and there may be about 800 left in this area. Interesting to see that some Bribie rubbish bins now have Dugong habitat messages on them

### LAND & FOOD PRICES

When the new settlement of Bongaree was surveyed and subdivided in 1915, leasehold blocks of land sold at auction in the range of 4 to 10 Pounds (\$8 to \$20). The first blocks were bounded by Banya, Nulu, Webster, Foster and Campbell streets, and other areas came later as they were initially too swampy. Even at these prices many blocks remained unsold. When Bribie's first road track was cleared in 1924 from the Bongaree Jetty to the Ocean Beach, Wilf Cotterill, a relative of Alfred Hall recently arrived from England, set up the first shop at Woorim. Messrs. Hall and Bestmann had already established a general Store at Bongaree, and Bribie had become a popular holiday and day trip destination. The first shop at Woorim, behind the then high sand dunes and back from the beach, sold sandwiches, tea and soft drinks to visitors who walked or came on basic transport from Bongaree, across the island to swim and surf. The visitor numbers were seasonal, and Wilf Cotterill looked for other business for regular income. He became manager of a 321-acre dairy farm at Bongaree where the family prospered, also growing

Toorbul Point. This supplied enough milk for the islands increased summer population of many hundreds, but in the off-season milk consumption was so low that only a few were required.

### TOBACCO FARM

North of Cotterill's dairy farm, and beyond the waterway that is now called Creel Bend, land was owned by the Winston brothers who experimented with growing Tobacco. It was very successful, and good quality leaf when dried. However, in the 1930's depression, there was little demand for Australian Tobacco and prices were low, so the venture was abandoned. After WW2 part of the farm and adjacent to Pumicestone Passage was subdivided and sold for housing development, at what was then Government regulated prices.

### ATOMIC CLOCK

The Tesch family were pioneers of Bribie's development and Ivan and Clare Tesch built the unique and recently demolished "Round House" in Banya Street, and



Winstons Tobacco Farm 1936

the earth's atmosphere. It contained very special radio and electronic equipment, VHF Satellite tracking, Caesium beam, signal recording and an Atomic Clock for very accurate measurement. This was the cutting edge of technology at the time, and eventually led to the development of satellite communication and mobile phones. When the University needed an on-site Professional Officer to manage the station they employed Bribie resident Ivan Tesch, who held the position for the next 18 years.

### GETTING A DRINK

By the late 1920's Bongaree had thousands of visitors arriving on Steamships during weekends and holidays. When the Koopa berthed at the Jetty and 1500 passengers disembarked, it would be like 30 modern coaches all arriving at the same time in Bongaree today.. They all wanted something to eat and drink, and the few residents all had attractive offers. By the 1930's Bongaree jetty had three access walkways to cope with the huge crowds getting on and off with their luggage. Hard to imagine today when we think Easter weekend is busy now.

The Steamship operated with a "Packet License" allowing it to sell liquor under controlled conditions. The onboard bars would open or close as it passed the Hamilton Cold stores on the Brisbane River, as this was considered to be the



Transport Across The Island 1928

large watermelons which, he sold for one shilling (10 cents), earning him the respected title of "Melon King". They also sold pork and veal at sixpence (6 cents) a pound, and bred fowls and ducks, selling them dressed at three shillings and six pence (36 cents) each, and eggs at a shilling (10 cents) for a baker's dozen of 13. Artie Bestmann had brought the first few cows to the island around 1915 and milked three or four in the summer which he sold at his Hall & Bestmann store. In those days the permanent population was only a few dozen people, so in winter one cow was able to supply the whole island. When Wilf Cotterill took over the farm the resident and visitor numbers were growing, so he purchased a milking herd of 50 cows and equipment, which he brought from

built what is now Saviges Fish shop, by relocating an old military Hospital from Brisbane after the War when building material was scarce. Ivan had a flair for creativity, technology and science, as his family had operated the Cinema in Caboolture for many years. When they came to Bribie after World War 2, he ran the barge ferry service, and showed films at the Church of England Hall. In 1967, the Department of Physics of Queensland University, established a scientific facility on Bribie Island known as an Ionospheric Research Station. It was on a special lease of 600 acres of land, roughly behind where the Community Arts Centre stands today. This was used to investigate the behavior of radio signals in the complex rarified upper regions of



Temporary Hotel Cottage Ascot 1936

three-mile limit.

The Hotel at Woorim was built in 1939, and closed during WW2 when most residents were evacuated, and the military occupied the new Hotel building. The Hotel liquor license was transferred to a cottage on the corner of Foster and Banya Street at Bongaree. That cottage is long gone, but this is what it looked like. After the War the Hotel at Woorim was reopened.

Having read this article I hope you will appreciate just how things have changed over the years, and what remarkable and self-sufficient place Bribie had to be all those years ago. The names of some of those mentioned are reflected in street names to this day.

# Living in the 1950s



BY: Al Finegan

Each year, cracker night or bonfire night, was eagerly anticipated - Guy Fawkes Night, the Fifth of November. Guy Fawkes was a pommy bloke who, being a Catholic, disapproved of the non-Catholic politicians. On the Fifth of November 1605, Parliament was to have its annual grand opening ceremony with King James I as star. So good old Guy, sensing an opportunity, rented a basement room under Parliament House. He filled it with 36 barrels of gunpowder with the intention of helping celebrate the impending majestic event by putting the King and all his Pollies into orbit. Unfortunately, he was dobbed in, and the Poms, who have never had a sense of humour, burnt him and a few of his mates at the stake. The English Empire all over the world celebrated the anniversary of his failure by burning a "Guy" effigy and letting off millions of firecrackers and other assorted pyrotechnics.

As Guy Fawkes Day approached and the shops filled with crackers, pocket money was collected, pooled, and bangers purchased. For days in advance we collected deadfall timber, old cartons, and boxes, anything that would burn. With

great artistic delight we made our "Guy". Old shirts and trousers were stuffed with straw and rags until we had the semblance of a man, then he was erected at the top of the bonfire. In the afternoon, while we chanted the ditty,

*Do you remember, the Fifth of November  
Gunpowder treason and plot  
I see no reason why gunpowder treason  
Should ever be forgot.*

Adults and kids strolled up and down the streets inspecting each other's bonfires comparing their various merits. Size, "Guy" and creativity were assessed and discussed at length. Then as darkness settled the night lit up from a thousand fires. The hills echoed continuously as crackers were let off from all directions. Pyrotechnics whirled, whistled, hissed and banged while sparklers left a trail of light in circular patterns. The sky was criss-crossed with a thousand skyrockets and gasps of awe filled the night. It was a scene never to be forgotten by generations of kids. Darkness, smoke, noise, screams and laughs overwhelmed the night and as far as you could see, there were silhouettes of people against the fires as sharp cracks and blasts of light made an incredibly surrealistic scene. Then the disappointment as the last banger and the last sparkler was fired. We couldn't wait to get out of bed in the morning to search through the debris of the previous night, searching for dropped crackers or "duds" that we could let off. Soon the early morning peace was shattered by a desultory series of bangs as fathers yelled at kids to, "Stop that now!" Sadly, this was the declaration that the mayhem was over for another year.

Cracker night in Queensland came to a disappointing end in 1972 after the extensive number of injuries, the frequency of property damage and the general

disruption that was experienced on these occasions, caused the government to ban the fun.

## HOME WAS THE CENTRE FOR EVERYTHING.

Most goods and services were home delivered. The day started with the milkman. Each night we would "put out the bottles" with a pile of pennies and threepences beside them. This meant that in the morning someone had to go down and bring back the fresh milk bottles. They were heavy and slippery and many a mother had to clean up the milky mess after junior had dropped the lot. The only means of keeping household milk and other perishables cold was an icebox. So the iceman would come about three times a week, usually at breakfast time. It was a stunning event, and greatly anticipated. The icebox stood at the top of the back steps just inside the door. The icebox was a single insulated container not much bigger than a bar refrigerator with several shelves, the top one being reserved for the large blocks of ice. We would hear the iceman coming at a run up the side path, screaming, "Ice Ho!"

This was to give warning to open the back door and the icebox or be in danger of having a large man complete with heavy ice tongs, and two large blocks of ice come straight through both. Dad would leap up and quickly open the door and the icebox, then jump aside. We all held our breaths, our eyes riveted on the back doorway. With an increasing crescendo of noise the iceman charged up the back stairs, burst into the kitchen and with a deafening crash, flung the ice into the top shelf of the icebox. Wordlessly, and in a single motion, he scooped up the coins from the top of the icebox. Then, to the sound of clanging ice tongs and boots thumping - he was gone.



We all breathed out.

Then started the rest of the entourage. The butcher would arrive in his cold van. Mum rushed down the side of the house and asked what was nice this day. Then the fruit and vegies man arrived in a horse drawn open cart, laden with cardboard cartons of fresh goods from the markets. We kids ran around the horse in wonder at this beast. Screams of warning would erupt as the horse's tail went up and loud plops heralded the arrival of smelly stuff. Nothing wasted, Mum would collect the horse droppings and spread it on the front garden. The rubbish man was always the surprise visitor. Bets were laid and lookouts kept. Would he emerge from the road, or would he appear leaping over back fences with an enormous rubbish tin over his shoulder that he dropped, crashing to the ground at the foot of our meagre rubbish bin. With a flourish he flung the contents of ours into his, then in a burst of old newspaper, bits of lettuce and eggshells, and trailing a shower of flies he leapt the fence in a single bound to the next yard, leaving a circle of dismayed kids, mouths agape and dribbling. The younger ones cacked themselves.

### MILK MADNESS

Of all the most often recalled and discussed memories of primary school in the fifties "warm milk" wins the prize. In July 1950, the Prime Minister of Australia, Robert Menzies stood with a haughty air and proclaimed the health value of milk highlighting that, "**A ration of milk doubled the normal growth rate of children, and had positive effects on behaviour at school, athletic prowess, absenteeism and dental health**". In reality it was economic motives that underpinned his advocacy of free milk. Milk production in the early 1940s had reached an historic high without a corresponding increase in milk consumption or exports of butter. School milk schemes would distribute this surplus cheaply - and win

The taste of the free school milk remains vividly etched in the memory of primary school kids from this era. On arrival, the milk was never refrigerated. It turned up about 9am and was stacked up, usually in the hot Queensland sun. Class "Monitors" (goody-goodies) were appointed to collect the crates from a central point and plonk them in another position in the sun, near to the classroom. They proudly donned their aprons for the task, struggled along carting the heavy crates, then assisted the teachers to ensure all kids had their milk. This basically meant dobbing in those who tried to avoid drinking. By "little lunch" the taste of the milk could be sickening. Enjoyment was not improved if you forgot to shake the bottle before opening and got a mouthful of warm, sometimes lumpy sour cream. Some "well off" kids smugly brought flavouring to school to add to the milk to make it more palatable.

The milk was supplied in small glass bottles containing one third of a pint (about 185 ml). Plain drinking straws were provided. The lid was designed by a mad, child hating scientist. It was a piece of tough aluminium foil that was difficult to remove. The insertion of the straw into the bottle was challenging, as making a hole usually involved a spray of curdling milk. We were told instead to open the bottle by applying downward pressure under the palm of the hand followed by a twisting motion. We kids had no hope. The only way it would open was by the 'thumb through the lid' technique. Use of the thumb was problematic as it had to be discreet, given that it was forbidden. The secret manoeuvre involved heavy pressure and was not always well kept as it was usually explosively messy. As soon as a teacher's attention was diverted, in went the thumb with the bottle pointed at the nearest available target. The victim spent the rest of the day with increasingly smelly clothes.

minimal beyond the age of seven." To the relief of a generation of kids, the scheme ended in 1973.

### LOVING OUR QUEEN

Ah, and our love of Royalty and the Empire. Despite the arrogant disregard for the lives of our servicemen in two world wars, and the fact that Britain was quite prepared to sacrifice Australia, and to use our resources to protect Britain, we remained steadfastly loyal to the English crown while still considering ourselves part of the British Empire. When the King died in February 1952 the nation went into mourning. This was replaced by great rejoicing when his daughter Elizabeth was crowned Queen in June 1953. She came to visit us in February 1954 when I was nine years old. The country went certifiably insane during her visit.

On the day of her arrival at Brisbane Airport the authorities decided to line every foot of road from the airport to Lennon's Hotel in Brisbane CBD, with school children. This was a huge exercise in logistics. We had to be at school early. With buses stretched to the limit, thousands and thousands of kids were transported from schools all over South-East Queensland to their allotted spot on the edge of the road. We arrived about 8.30 am somewhere along the route, and after much shuffling and shoving left and right we stood and waited, and waited, and waited. Someone came along and gave every one of us a little union jack flag with instructions on how to wave it.

As time passed, on a stinking hot February day, despite being parched with thirst, thousands of little bladders were on the point of bursting. After about a four-hour wait, the excitement mounted as a wave of noise in the distance became louder until it was almost deafening. Out of sheer boredom we joined in and started cheering

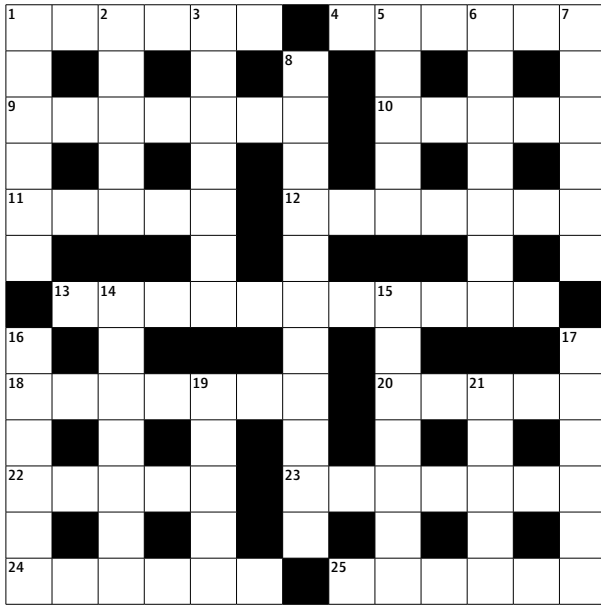


political points at the same time. However, the Queensland Teachers' Union was concerned that the scheme placed a large additional burden on teachers and instead, urged an education campaign in schools. They lost, and the PM had his way. If only the teachers had won.

This incredible milk farce continued for twenty years until a significant agreement was reached among health authorities, that the continuation of the free milk scheme could not be justified on nutritional grounds. They pontificated that, "Benefits to the diet were likely to be

and madly waving our flags. A motorbike cop flashed by, followed by a Land Rover containing a young lady standing and waving imperiously. It was over in seconds. Then we waited and waited for hours for the buses to ferry the thousands of kids back to their schools. You figure it out!

# Crosswords - QUICK & CRYPTIC



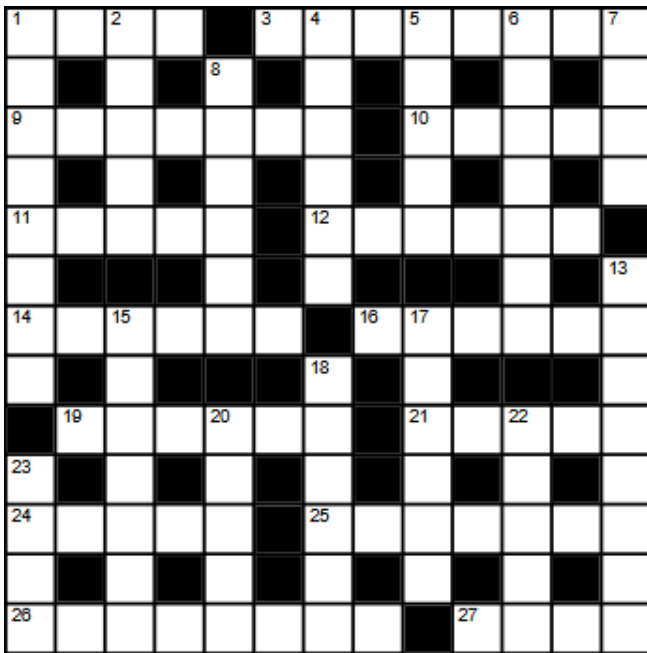
**Across**

- 1 Temporary setback (6)
- 4 Hot pepper (6)
- 9 Colouring (7)
- 10 Open (a fastener) (5)
- 11 Eagle's nest? (5)
- 12 Gambling establishments (7)
- 13 Came down to earth with a big bump (5-6)
- 18 Rhinoplasty (informal) (4,3)
- 20 Shrewdness (5)
- 22 U-shaped river curve (5)
- 23 Devalue (7)
- 24 Piece of cake (informal) (6)
- 25 Built to last (6)

**Down**

- 1 Line in Catch-22 (6)
- 2 Havana, say (5)
- 3 Ineffective (7)
- 5 A long time (5)
- 6 Medicated sweet (7)
- 7 Put upon (6)
- 8 Small spiny fish (11)
- 14 Unopened flower — Citizen Kane's cheap little sled (7)
- 15 That won't be a problem (2,5)
- 16 Wrap (6)
- 17 New South Wales capital (6)
- 19 Brilliant stone (5)
- 21 Venomous snake (5)

## SUPPLIED BY CYRUS



**Across**

- 1 Labels open buds (4)
- 3 Bad English is ending with complaint (8)
- 9 Entertaining in New York prison riot without soprano leading (7)
- 10 Like a fruitcake in Brazil, possibly (5)
- 11 Bath-robos, essentially, tend to conceal ample figures (5)
- 12 Former journalist endured (6)
- 14 A lazy susan manufactured in the Caribbean (6)
- 16 It sounds like bubbly French water might be just the ticket for rehabilitation (6)
- 19 Share lecture - nothing left out (6)
- 21 Active autocrat cut off major artery (5)
- 24 Dine out with university head for award (5)
- 25 Understanding hints American soldier renders (7)
- 26 Lot seven on offer - determination needed (8)
- 27 He's said to be smart but fails in a way (4)

**Down**

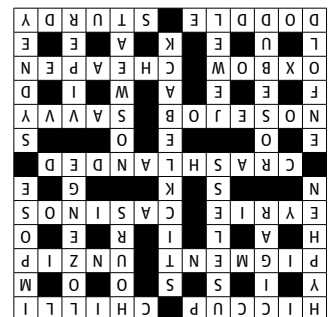
- 1 Disregard reduction (8)
- 2 Old crooner and egghead go hard at the party (5)
- 4 Cut a deal with a witch with a bad leg (6)
- 5 Idiots, finally, can go in swimming pools (5)
- 6 These characters are involved in correspondence (7)
- 7 Eyesore produced by overhasty estate development (4)
- 8 Stalls a part of venue (6)
- 13 Starry-eyed Italian with a twitch (8)
- 15 Copy-boy returns to public outrage (7)
- 17 One takes no pleasure going for a ride in this smart motor (6)
- 18 Create a blue doing work with one at the outset (6)
- 20 Incompetent in pet management (5)
- 22 Elgar played an old time cinema (5)
- 23 One held by Mr. Rudd is capital (4)

# SOLUTIONS

CYRUS  
SOLUTION 166



QUICK  
SOLUTION 166





# Find A Word

## Horrid Henry

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

MISS BATALAX  
HORRID HENRY  
MISS LOVELY  
SECRET CLUB  
MOODY MARGA-  
RET  
SAM

SUSAN  
PURPLE HAND  
BEST BOYS  
TIME MACHINE  
WORMS  
TED  
FLUFFY

DAD  
FANG  
MY  
POPSTAR  
PERFECT  
SCHOOL  
RUDE

# Kids Page



Brooke  
**SAVIGE**

A fresh approach for Division 1



# TINY Teddies On Trains

### INGREDIENTS

- 100g chocolate, melted
- 1 x 340g family size pkt Smarties
- 12 x 25g Milky Way Chocolate Bars
- 1x 200g pkt Pascall Licorice Allsorts
- 1x 180g Natural Confectionary Co Licorice sticks

• 1 250g box Tiny Teddies, honey flavour

### METHOD

- 1 - Using the melted chocolate as 'glue', stick 2 Smarties on each side of the Milky Way Bar for the wheels.
- 2 - Glue one 1/2 square of Licorice Allsorts onto the top

of the Milky Way.

- 3 - Cut a Tiny Teddy off at the waist and glue onto the top of the train.
- 4 - Cut a licorice sticks in half crossways and glue on the front of the train as the steam spout.

## MELSA PARK STEAM TRAIN RIDES



**\$2**

a train ride

EVERYONE MUST HAVE CLOSED IN SHOES

Call Phil for party enquiry 0419757680  
Every 3rd Sunday

15th May  
19th June  
17th July

21st August  
18th September  
16th October

20th November  
18th December



@ Bribie Islander

# WE ♥ PETS



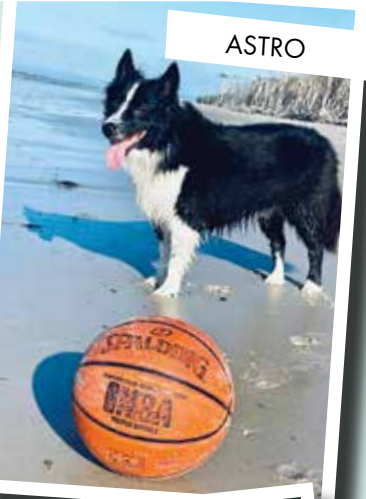
MOOSE



ROSIE



ASTRO



RUSTY



BOOMER



FRANKIE



HANK



BENTLEIGH



SOOTY



CANDY





## CABOOLTURE AND DISTRICT ANIMAL WELFARE INC. ABN 60381986510

# SUBSIDISED DOG AND CAT DESEXING VOUCHER PROGRAM



CADAWI run a program to assist financially disadvantaged people in the Caboolture/Bribie Island community with desexing and micro chipping.

Reasons for desexing and microchipping your pet.

- Things happen quickly in the animal world – they grow up very fast
- Prevents unwanted pregnancies
- Saves unwanted offspring from potential euthanasia
- Keeps your best friend around for longer, reducing the risk of future disease
- Reduces marking, spraying and aggression in our furry friends
- Reduces your pet cat's desire to wander and roam
- Gives unwanted animals in a shelter a chance to find a home they deserve
- Protects our native wildlife species that are at risk of predation, due to reduced roaming and aggression by our pets

### Who qualifies for our desexing voucher program?

- Applicant must prove that the dog/cat is registered with the local Council applicable to the Caboolture/Bribie Island
- The applicant must show proof of Australian Government Pension

### Conditions of use:

- Take the animal for desexing to the designated Vet approved by CADAWI
- Vouchers are not redeemable for cash or transferable
- Only one (1) voucher per year per Pension Card Holder

To obtain one of these vouchers, please attend our **Caboolture**

**Store at Shop 2/11 Pasturage Road, Caboolture. For further information contact our Animal Coordinator 0455 778 166.**

**\*CADAWI reserves the right to refuse a subsidised desex at its discretion irrespective of the criteria shown above**

Caboolture and District

Est. 1990



ANIMAL WELFARE inc

"JUST BECAUSE WE CARE"

### CABOOLTURE AND DISTRICT ANIMAL WELFARE (CADAWI) OPERATE THE FOLLOWING PROGRAMS:

- \* "In home" foster care for small to medium sized dogs and cats
- \* Rehoming of animals in our care
- \* Subsidised desexing and microchipping programs for pensioners and concession card holders
- \* Various community support programs including the new food bank for pensioner and concession card holders at our Caboolture store, 2/11 Pasturage Rd, Caboolture. This helps those in need in our community with proceeds assisting our Animal Programs

Our key fundraising is through the operation of Op Shops at Bribie Island and Caboolture

If you would like to know more go to our website:

[www.caboolturebribieanimalwelfare.com.au](http://www.caboolturebribieanimalwelfare.com.au)

**Or contact us on: Caboolture Store / Animal Coordinator:  
0455 778 166 Bribie Island Store: 07 3408 1300**

## Bongaree Pet Food



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

**PH: 0437 080 752**

### FOR ALL YOUR PET FOOD NEEDS

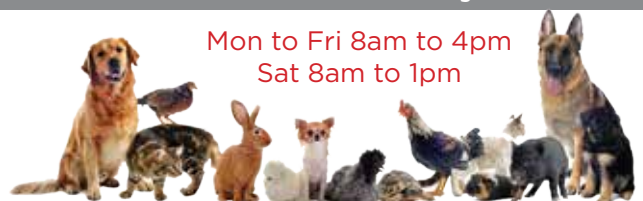
### CALL IN AND SEE US!

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





## Bribie District Little Athletics Celebrates the Season

After a season heavily impacted by wet weather Bribie District Little Athletics recently concluded their season by recognizing athlete's achievements at their trophy presentations. The event was held in the Banksia Beach State School hall due to the Little Athletics fields, equipment shed and community hall being impacted by flood water. The presentations started with mixed emotions by acknowledging the graduating U17s athletes who have come to the end of their Little Athletics journey. During the proceedings athletes received their trophies and the age

## Family Fun and Fitness

champions were announced. A huge thank you to Dynamic Dave and team at the Bribie Island Community Nursery for attending the presentations and sponsoring our athlete individual trophies and the age champions.

Congratulations to all athletes and our major award winners including:

Athlete of the Year – Tiana  
George Harvey Award – Connor  
Laurie Baartz Award – Skylah  
Junior Sports Boy & Girl Award – Evie & Seamus  
Senior Sport Boy & Girl Award – Myles & Tiana

Thank you also to Councillor Brooke Savige who sponsored the personalised sports bags for the athletes who qualified for the State Championships. Thank you also to Ali King, Rebecca Fanning and Terry Young for their attendance and contributions.

Its was a fantastic way to celebrate the season and hope to have better weather conditions and all our athletes return next season.



# 40 YEARS!

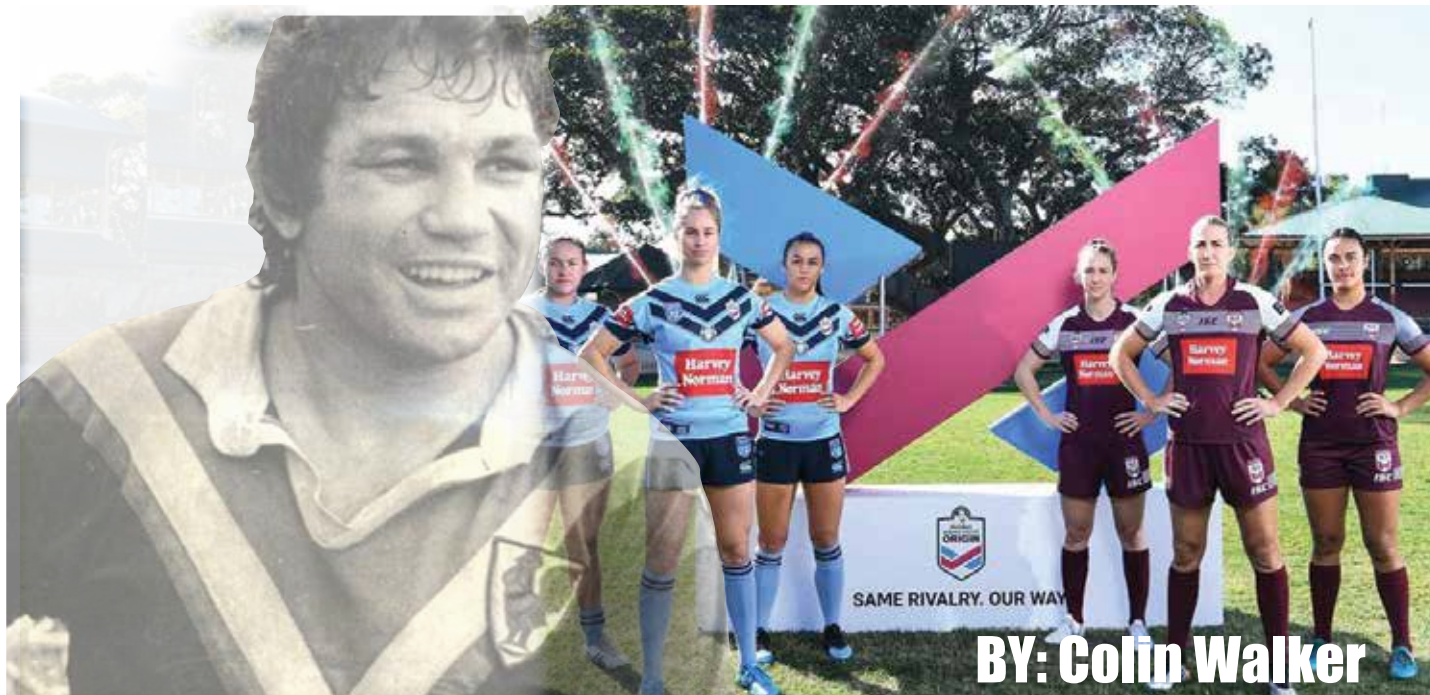
*in the Sunshine Coast Junior Rugby League.*



Tuesday night the Bribie Island JRLC was presented with a framed Broncos and Bribie jersey in celebration to their 40 years in the Sunshine Coast Junior Rugby League by Jack Reed of the Brisbane Broncos in Game Development on the SunshineCoast.







# IT'S THAT TIME AGAIN !

FORTY-TWO years ago, when I took our then 13 year old daughter to the first State of Origin rugby league match at Brisbane's Lang Park, few could have foreseen our WOMEN playing out their own S.o.O. series, a few decades later.

But that is what we will see again, soon, as both our male and female Queensland R.L. teams battle it out for annual "bragging rights" against their New South Wales rivals, in the coming weeks (June and July). The three-game male series kicks off on June 8 (in Sydney), then on June 26 in Perth – and finally July 13 in Brisbane. The "girls" kick off on June 24.

It's not that our "girls" haven't played a prominent role in this traditionally tough male sport, which started in Huddersfield in England (as a break-away from rugby union) 127 years

ago, in 1895. Men's rugby league in Australia and New Zealand began in 1907, and women's rugby league was first played in 1921, but it wasn't until 1999 that the first Qld v NSW women's game was played as an "inter-State Challenge" match.

Then the women's game stepped up a notch and in 2018 the State v State challenge was re-branded to State of Origin status...just like "the boys".

Now, like in so many other traditional "male" sports, the girls are sharing the spotlight in this and other arenas, worldwide. And the rivalry is just as fierce and committed as the male jousts, when game time comes around.

As sporting jousts go, rugby league's State of Origin series is a bit like a sporting version of the UK's "war of the roses" between competing countries and countries – but it just keeps happening, year after year. It has become a national phenomenon, and has a world-wide audience now (on TV and other electronic media) of several million sporting fanatics.

Lang Park (now known by a commercial "tag" - the name of a League sponsor) became recognised as "The Cauldron" – and rightly so – after that memorable night in July 1980 when Aussie Aboriginal league champion, the late Arthur Beetson (who had never played for his State before) led Queensland for the first time against the "unbeatable" New South Wales team. Artie and the fired-up Queensland "underdogs" didn't read the script (as written and predicted by N.S.W. league pundits at the time)

and won 20-10.... and thus the State of Origin legend was born. It was some game !.

I have played or watched rugby league for most of my 80 years, and I can honestly say that I have never experienced a reception, for any team, like the roar that erupted from the Lang Park grandstands that night "Big Artie" led the first Queensland State of Origin team on to that hallowed turf, 42 years ago.

Looking back, like many who have followed this great game, I have reasons to be grateful for the part our women have played in keeping the game "alive".... and keeping male players – and clubs – still on their feet, often.

Over many decades (generations, even) their behind-the-scenes support for players – and the game generally – has been phenomenal.

Indeed, there are countless players and many RL clubs throughout Australia who have good cause to be grateful for the roles played by their sisters, girlfriends, mothers, grandmothers and wives (of players and administrators) who would have struggled, greatly, to keep the game "alive" – without this level of female support, behind them.

So, next time you see "the girls" run on to the paddock in Canberra in their next State of Origin challenge, centre stage, on June 24, spare a thought for the decades of effort they put into the game (behind the scenes) before they gained the right to join "the blokes" in this on-field national sporting spotlight, annually.

**BRIBIE BOWLS RESULTS**

Self Select pairs results Friday 22 April 2022

Winners: R Elmore, K Ford  
Runners up: G Mewett, A Rowe

Out of hat winner: G Denkel, R Avern

Out of hat winner: G Hartley, K Muller

Out of hat winner: C Halley, J Dunn

Bunny: K Soens, W Ogrodniczek

Self Select Triples Results

Tuesday 26 April 2022

Winners: R Ramage, J Sutherland, G Bentzen

Runners up: T Smith, B Robinson, W Kelly

Out of hat winner: F Crockett, R Eaton, BJ Adams

Out of hat winner: L Wright, D McDougall, J Herbert

Bunny: T Dean, C Dean, D Merrett

Out of hat winner: C Brayley, V McDermott, R Davenport

Bunny: J Neill, R Leth, N Smith

Out of hat winner: C Brayley, V McDermott, R Davenport

Bunny: J Neill, R Leth, N Smith

Out of hat winner: C Brayley, V McDermott, R Davenport

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Bunny: J Neill, R Leth, N Smith

Out of hat winner: C Brayley, V McDermott, R Davenport

Bunny: J Neill, R Leth, N Smith

Bunny: B Snare, A Kinnear

Social Bowls Results Saturday 30 April 2022

1st: B Castle, M Young, C Hancock

2nd: R McDermott, F Grimsey, D Draper

Out of Hat Winner: V McDermott, B Doe, J Neill, K Sparks

Out of Hat Winner: P Andrews, I Smith, P Neumann, P McCarthy

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

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Out of Hat Winner: C Stroud, L Mather, D Neumann, E Hookey

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**BRIBIE ISLAND WOMEN'S GOLF 29 APRIL TO 11 MAY HOLE IN ONE AWARD**

Debbie Dun – Hole 14, 21 December 2021

3/5/22 4BBB Stableford

Sponsors: The Straight Shooters (Janet Brookes Judy Graham, Jo McCowan, Denise Shearer, Judy Umlauft)



From Left to Right Denise Shearer, Judy Umlauft, Judy Graham and Jo McCowan (Janet Brooks not present)

Winners: Val Smith & Gaby Bennett 43 c/b, 1st R/U Myra Thomsen & Gwen Clutterbuck 43, 2nd R/U Abby Driver & Sheena Bath 42 c/b, 3rd R/U Maureen Bailey & Pauline Grooby 42 c/b



1st R/U Myra Thomsen & Gwen Clutterbuck 4th R/U Maureen Bailey & Pauline Grooby with sponsors and photo bombing grandchild



4th R/U Maureen Bailey & Pauline Grooby with sponsors and photo bombing grandchild (absent) with sponsors and photo bombing grandchild

NTP: Hole 4 Sheena Bath, Hole 7 (11a) Nadia Aylott, Hole 14 Sue Navie, Hole 14 Div 3 2nd shot Jennifer Mckay

5/5/22 Monthly Medal Sponsors Churches of Christ A Grade Winner: Carole Watson 77 c/b, 1st R/U Linda Urquhart 77, 2nd R/U Judy Graham 81 c/b

NTP: Hole 4 Maureen Bailey, Hole 7 and 14 Linda Urquhart

Best Gross: Linda Urquhart 90 B Grade Winner: Marg Parkinson 77, 1st R/U Lenore Wilson 79 c/b, 2nd R/U Maureen MCGlone 79

NTP: Hole 4 Ailsa Lauchlan, Hole 7 and 14 Di Croft

Best Gross: Marg Parkinson 102 C Grade Winner: Sue Navie 69,

1st R/U Jennifer Mckay 80, 2nd R/U Laureen Healy 84 c/b

NTP: Hole 7 Nadia Aylott, Hole 14 & 16 Sue Navie



Best Gross: Sue Navie 101 From left to right: Laureen Healy, Sue Navie, Mike Thompson (Churches of Christ) Carole Watson, Linda Urquhart, Marg Parkinson, Lenore Wilson

10/5/2022 Single Stableford Overall Winner: Lenore Wilson 33, R/U Carole Watson 32

We only had a small field today with the threat of rain and also a number of our Ladies have gone north to play in the Queensland Women's Country Championship at Cairns and Half Moon Bay Golf Courses.

We wish all the travelling ladies "good golf" and lots of fun times as well.

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**BONGAREE BOWLS LADIES**

Friday 29th April

Winners: Sandra Scott, Jaarpung Blundell, Jamie Lee Horn

R/U Pat Warwick, Peter Flynn, Jim Warwick, Bob Vornax

Tuesday 3rd May

Winners: Jenni Mitchell, Carolyn Merritt

R/U Roy Merritt, Alex Muir

Friday 6th May and Tuesday 10th May No results as play was rain affected.

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## TASTE OF TASMANIA

Kathy Vincent.

I have written before about Croquet players travelling to play croquet. This happened more recently because of Covid. We were able to travel around the Sunshine Coast playing in tournaments and Gala days. One group recently went to Norfolk Island to play. This month 7 players set off for Tasmania to a tournament not knowing what to expect. Players came from South Australia and beyond. It was an experience just flying there wearing a mask the whole time but we got there safely. There was one hitch, the pilot announced there was a technical problem and we would need to land in Sydney to fix it. That doesn't fill you with confidence. Let's hope it's not an omen! Bribie was warmly welcomed by the mayor and the tournament began. Everyone commented on how smart the Bribie team looked in their uniform. We were the only people in uniform some players were wearing ski pants and jackets. That should

have warned us of what was to come! On day one the sun shone, day two the wind was bitterly cold, day 3 was not much better, day four it poured with rain, was bitterly cold and apparently it snowed on the hills !!! We so missed the Bribie sunshine and blue skies. We don't play in the rain at home. We were playing croquet in a paddling pool! When the balls were hit spray came off them and when they hit a pool of water they just stopped. Now I know why some of the players are dressed the way they were. Some contestants chickened out, but not the Bribie Bunch. Two of our players were the last two on the courts in the pouring rain. Did they win the game? Yes, they did! How well did you do you may ask? Well, two of our players made it to the finals in their group and played off against each other. So, they were the winner and runner up, well done

Sandy and Dolly. The doubles were a different matter as we were playing State players who were far more accomplished than we were. But we all played well and were complimented on our standard of play and we gave them a run for their money but we didn't make it to the finals. Why not come along to the club and give



it a go? Just call the clubhouse and leave a message. Join in the fun.

**Tel 3408 6411**

## BONGAREE BOWLS MEN'S

Sat April 30th Social triples  
Winners Peter Thatcher, Noela Gray, Gary Kuss Runners  
Up Darryl Rollingson, Ken Kajewski, Richard Harvey

Wed 4's May 4th Winners  
Jen Hadley, Wendy Rollason  
Runners Up Joe Mifsud, Stevie Horn, Ross Bryant, Tracey Pogliano

Thurs Jackpot pairs Winners  
Tim Carlton, Jaarpung Blundell  
Runners Up Mike Hansen, Judy Hansen Scroungers May 7th  
1st Gaynor Johnson, 2nd Mike Roberts, 3rd Wayne Wieland, 4th Glenn Biggs

Bongaree Pirates made their annual Mother's Day trip to Wynnum Bowls Club defeating Wynnum 95 to 91. Well done, Bongaree.



## SOLANDER LAKE SOCIAL BOWLS'

W/E 07/05/2022

Tuesday: Triples - Winners - K. Norton, J. Gill & M. Jones.  
R/U - J. Harris, J. Player & R. McLeod.

Wednesday: Pairs - Winners - K. Henshaw & R. Henshaw.  
R/U - C. Avenell & P. Bradley.  
3 rd - M. Wilson & G. Hubbard.  
Jackpot (\$420) - No Winner.

Thursday: Triples - Winners - A. Larsen, J. Pursehouse & B. Pursehouse.  
R/U - B. Stafford, V. Fredericks & P. Payne.

3 rd - J. Gemmell, A. Wilkie & D. Wilkins. Jackpot (\$329) - No Winner.

Friday: Pairs - Winners - B. Hill & R. King.

R/U - T. Curtis & B. Curtis. 1 st Rnd - Lucky Draw. 2 nd Rnd - Washed Out.

Saturday: Triples - Winners - D. McKenzie, B. Cameron & A. Thompson.

R/U - N. Smith, R. Tell & R. Harris.

WEEKLY SOCIAL BOWLS - W/E 14/05/2022

Tuesday: Triples - Winners - A. Wyper, F. Tarry & C. Langley.

R/U - J. Harris, V. Paul & R. Harris.  
Remainder of the week was a wash out .



Men's Singles final. Winner - S. Ross  
R/U - R. Zahl

## BRIDGE RESULTS MORETON BRIBIE BRIDGE

CLUB: Sat 30 Apr 1 J Wright & M O'Reilly 2 R & C Cowley 3 M Hardy & P Tipping

Wed 4 May N/S 1 C & S Watson 2 S Pascoe & J Wright 3 A Jones & C McAlister E/W 1 R King & M O'Reilly 2 A Fielding & L Groves 3 D Dowling & H Browne

Sat 7 May N/S 1 L Carr & J Wright 2 S Watson & R Sutton 3 D & D Quinan E/W 1 R Webb & L McLaren 2 M Hardy & P Tipping 3 I Best & B Moxham  
Wed 11 May GNOT 1. 1 Rubin team 2 Sayer team 3 Connell team

Thur 12 May 1 P Edis & C McAlister 2 S Burton & D Brady 3 N Everson & B Connell

BICBC: Mon 2 May N/S 1 M Peterson & D Quinan 2 D Quinan & M Peart 3 H Browne & U Maffey E/W 1 L Wilson & M Hardy 2 R Deacon & L Groves 3 I Best & M Bailey

Mon 9 May N/S 1 M Peart & D Quinan 2 M Peterson & D Quinan 3 S Gurren & D Dowling E/W 1 L Groves & R Deacon 2 L Wilson & M Hardy =3 B & F Van Dongen =3 H Hyde & C Browne



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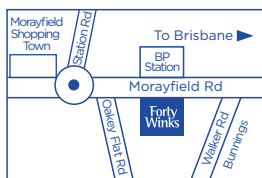
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# UNUSUAL FACTS About Sleep You Didn't Know

By: Himanshu Singh

## PART 1

If sleeping is one of your favourite activities and you've recognised all of its benefits, it's time for you to learn some unusual facts. We spend a third of our life sleeping but we rarely think about sleep-related facts and why some people feel tired all the time or believe they never dream. We've listed some of the facts you'll find unique and interesting.

### Bedroom divorce is a thing

One of the reasons people report having poor sleep is their partner. Either they snore, have different temperature preferences, have different sleep schedules, or even fight over who gets the covers all the time. There are many reasons why people agree to a so-called bedroom divorce. In simple terms, people sit

down and decide not to share the same bed during sleep. It has been reported that approximately 25% of couples agree on sleeping in either separate rooms or separate beds. This helps them improve their sleep and since it's a mutual agreement, it doesn't affect their connection and relationship.

### You have five minutes to write your dreams down

If you've had a particularly eventful dream last night and you want to remember it, you have approximately five minutes to do something about it. You'll forget half of your dream once that time goes by, and in five more minutes, you'll remember just glimpses of your dream. So, if you want to keep a dream journal, make sure to have a notebook and a pen on your nightstand. Once you wake up, try to write down as much as you can in five minutes to remember the entire dream until you start to forget. You'll manage to write the key points with ease, and you'll get better at it with time.

### High earners sleep better

Well, this one is not that unusual or illogical because if you don't have any financial worries, you'll sleep better. Worrying about bills or debt can keep you up at night and ruin your sleep. In general, stress and anxiety and any other financial worries can keep a person on edge and up all night.

If it takes longer than 15 minutes for you to fall asleep, you're too tired

Another sign that you might be sleep deprived is the amount of time needed for you to fall asleep. If it takes you longer than 15 minutes to fall asleep, it might be time to consider working on a better sleep routine. If you have trouble falling asleep at night, try setting up a sleep schedule so you get to bed and wake up at the same time every day. You can also introduce sleep supplements like melatonin or sleepy-time teas into your routine to help your body fall asleep naturally.

### People are not the only species that struggles with sleep

It appears that other species also experience sleep struggles as people do. Researchers are equally interested in animal sleep behaviour, sleep patterns and issues. They've found some evidence that points out that pets go through similar issues to people who suffer from sleep deprivation. Animals that have problems with insomnia also increase their weight and have slower cognitive abilities and issues with balance.

### Bright screens are the enemy of your sleep

Our addiction to electronic devices can disrupt our sleep cycle. The light emitted by screens tricks our body into thinking it's still daytime when it isn't, so we have trouble falling asleep. Not only that, but it also tricks our body into thinking that it isn't as tired as it is, so we end up being sleep deprived. Simply put, our body no longer knows when it's tired and when's the time to go to bed because a device constantly shines the light on our eyes. To keep the enemy at bay and sleep better, limit your daily device use. It would be best if you could put your phone down at least two hours before sleep, but thirty minutes will do the trick as well.

### Naps are good for you

You've probably said something like these – "I'll sleep when I'm dead" or "Sleep is for the weak". Well, you're wrong because a power nap can do wonders for your state of alertness and give you a much-needed energy boost. Anything longer than that will slow you down and cause a feeling of grogginess. Embrace the power of naps and you'll give your body a much-needed energy boost without added calories or guilty consciousness.

**There's one more fact about sleep and it could be considered, the ultimate fact – we need sleep to function properly. Prioritise sleep and make sure you get the ZZ's your body needs.**

# Reasons to live beside the seaside



## GREAT FOR CURING SKIN DISEASES

Going for a quick swim in the salty seawater can be great if you suffer from skin conditions like psoriasis. Sea water is a repository of minerals such as chloride, sodium, iodine, magnesium, sulphur and potassium, many of which have curative effects on the skin. Studies have shown that a combination of seawater and UVB radiation seems to have an ameliorative effect on skin problems such as psoriasis and atopic dermatitis. Many patients have sensed lessening of symptoms after going for a swim in the sea. Old wives tales also prescribe sulphur and iodine rich sea water for its antiseptic properties, which can heal skin lesions.

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**REDUCES RESPIRATORY INFLAMMATION**

The sea air contains mist of saline water, which seems to have a soothing effect on the mucosal lining of the respiratory system. So, people suffering from inflammatory respiratory conditions like sinusitis can benefit from breathing the balmy sea air. Even aspiration of sea spray while swimming can be beneficial for the lungs

Promotes good sleep and good mood

Have you wondered why you feel relaxed when you visit the beach? The sea air is laden with negative ions which can have mood-enhancing properties. Research concluded that negative air ionisation associated with the sea breeze resulted in lower depression scores. The negative ions also help by

improving our oxygen intake and balancing levels of the feel-good hormone serotonin. Higher levels of vitamin D Did you know that vitamin D deficiency can cause horrible health problems like hypertension, diabetes, cardiovascular diseases, anaemia, brain damage, depression, infertility, and cancer? People living in dull and gloomy climes generally face more vitamin D deficiency than those who live close to the coast, according to a study conducted on 7,000 participants. A house by the seaside means you have more of the sunshine vitamin that can ward off some of the most dangerous modern-day diseases.

**GOOD FOR YOUR MIND**

Many people swear by the soothing sounds for nature to

alleviate problems like sleeplessness, anxiety, and depression. It is proven that nature sounds, particularly that of birds, sea, forests, and rain, help in recovery from a psychologically stressful event. Visual impressions of nature combined with its soothing sounds help you heal your mind faster than you can say "beach"! So, if it is mental peace you want, a stay by the beachside, listening to the sound of waves crashing on the shores can help.

**PROTECTS AGAINST CARDIOVASCULAR PROBLEMS**

Deep sea water, or the water obtained from a depth of 200 meters into the sea. This mineral-rich water is known to have a lot of therapeutic benefits, especially for the heart. It helps the heart by decreasing the TC, TG, ath-

erogenic index, and malondialdehyde (MDA) levels, while increasing the serum Trolox equivalent antioxidant capacity. It also reduces the formation of plaque formation in the inner lining of the arteries.

**KEEPS YOU HEALTHIER THAN OTHERS**

A good exercise regimen is important for overall health. But did you know that you can get more benefits out of your exercises if you were to do it close to the sea or any natural environment? Also, a study suggests that coastal proximity, or staying close to the sea, increased your chances of being fitter and healthier than the rest, thanks to the higher level of physical activity among coastal dwellers.



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# What Causes Mould..

## CONDENSATION

The most common cause of mould at home is condensation. When the warm, humid air of the home meets a cold surface, like the wall around windows, for example, it condenses and creates the perfect environment for mould to grow. You can help prevent mould from growing in your window tracks by grabbing an old towel and drying the windowpanes.

## LEAKAGE

Another cause for mould is leaking pipes. They might be concealed inside a wall, and the mould is only a fraction of the problem on the other side of the plaster! In this scenario, enlist the help of a qualified plumber to get to the bottom of the issue.

### Poor ventilation

Let the fresh air circulate through the house as often as you can because poor ventilation keeps the humidity and the mould spores inside. Here is what you can do to improve the air humidity at home:

- Bathroom. Consider installing an exhaust fan in your bathroom to draw the warm, humid air out. When the bathroom is not in use, you can leave the door or window open to let fresh air circulate. That will help dry out the shower cubicle and any other damp areas.

- Kitchen. Install a range hood over the cooktop and use it while cooking to prevent steam building up in the kitchen. If there is already a range hood, make sure it's working properly and that the filters are clean.

- Entire home. If there's a room in your house that regularly retains moisture and there's no way to minimise that,

investing in a moisture absorber might be your best move. Consider installing a ducted ventilation system that circulates dry air throughout your home all year round.

### How to clean mould

When cleaning mould, you should equip yourself with long rubber gloves, preferably with a mask covering your mouth and nose. You can also wear protective eyewear. You don't want the spores near to irritate your eyes or cause you breathing problems or migraines. While cleaning open all windows. If the spores are going anywhere, it should be outside.

For affected areas bigger than a square meter, we recommend you get a professional to clean the mould for you.

### Get rid of mould with baking soda

- Prepare your cleaning solution. Mix baking soda with white vinegar and water, proportions 2:1:1. Stir the mixture until it becomes a thick paste.

- Apply the mixture on the affected surface and leave it like for a few minutes to dry.

- Scrub away the paste and grime and wipe with a clean cloth and water.

### Get rid of mould with vinegar

- Get undiluted white vinegar and pour it in a spray bottle.

- Spray the vinegar on the mould growth and leave for around an hour.

- Wipe away using water and clean cloth.

- Repeat if there is still mould residue.

- Allow the area to dry. The vinegar smell should go away in a few hours.

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Meet Jack Martin, Bribie Islands Area Manager for Coochie Hydrogreen. If you see Jack around the area, be sure to say hello and give him a wave! Feel free to contact Jack & the Coochie Hydrogreen team by calling 1800 245 955. Follow "Coochie Hydrogreen Bribie Island" on Facebook to stay informed with the latest information.



# LAWN CARE PROGRAM

The Coochie Hydrogreen Lawn Care Program (LCP) is a year-round schedule of lawn care treatments. These are positioned throughout the year to ensure optimum lawn results. Keeping your lawns a lush green and weed, disease and pest free from summer through to spring.

As the weather cools down and you spend more time under the blanket than out on your deckchair you may ask yourself, "why am I still getting my lawn looked after?"

## Well here is why.....

1. The LCP is scheduled for 6 treatments each calendar year. These treatments are spread out slightly more during winter and occur more often during spring and summer. We know what your lawn needs and when it needs it.
2. Autumn and winter treatments are packed with pre-emergent herbicides which helps to reduce outbreaks of pesky weeds like bindii.
3. Damp, colder conditions are the perfect environment for fungal diseases to thrive. To avoid dollar spot and moss taking over your lawn, regular treatments are advised but outbreaks can also be treated on the spot.
4. The LCP comes with a warranty, which means if you have all 6 treatments during a calendar year and something in your lawn doesn't look quite right or you're not 100% satisfied then your local Coochie technician will come and spray free-of-charge.

## Preparation For Winter

Keeping your lawn healthy throughout winter starts with good preparation in autumn and there's no better way to prepare than with Coochie HydroGreen.

In many other countries, winter is when lawn care takes a break, for Australian's this is not the

case. Australian lawn owners truly have their work cut out for them during this season. Due to the comparably warm temperatures year-round, with the majority of Australia experiencing a mild winter, lawn care is essential year-round.

It may be tempting to stop lawn care due to the slowed growth and lack lustre look of your lawn, but if you put in the hard work this winter you can have your lawn looking lush and green ready for next Spring.

Follow these 6 tips to have your lawn looking the best it can right through until Spring!

### 1. Get on top of weeds

Weeds take advantage of the low growth rate of your grass during winter and overrun your lawn. Winter weeds germinate at lower soil temperatures and weeds such as Bindi and broad-leafed weeds can be relatively easily controlled with the help of some pre-emergent herbicides.

### 2. Mow higher

During winter set your mower blade to be around 3-4 cm, and never cut lower than 2.5cm. repeated scalping will weaken your lawn and make it more vulnerable to diseases and weeds. Your grass will also be growing at a slower pace, so now is the time to be more relaxed with your mowing regime, and only mow when the turf needs it. Depending on the type of lawn you have you may only need to mow once a month!

### 3. Be wary of frost

It's important to try to keep off your lawn whilst it's covered in frost as walking on the frozen grass blades can cause them to snap and the lawn becomes damaged. Frost occurs when low

temperatures cause morning dew to freeze, this, in turn, can lead to leaf discolouration, stunted growth and sometimes the leaf to snap or break.

### 4. Aerate

Soils often compact during the winter so it is important to aerate as the soil warms up. Compacted soil is more susceptible to diseases, weeds and brown patches due to the lack of nutrients that are able to penetrate the soil.

### 5. Fertilise

Your lawn can and should be fertilised during winter to ensure it has all the appropriate nutrients to keep it green and healthy throughout the colder months. This being said, a different type of fertiliser should be used at this time of year, winter fertilisers typically contain higher levels of iron which will strengthen your lawn and keep the leaves healthy and happy.

### 6. Less water

Overwatering in winter can leave your lawn vulnerable to fungi and diseases. Only water when the lawn is visibly dry, and only water in the early morning until the frost is removed from the leaf. Having too much water in your soil can also lead to compaction, meaning you may need to aerate more frequently.

Jack says "At the end of the day winter lawn care isn't any harder than any other seasons, small adjustments just need to be made to cater for the changing conditions".

## JUST A NICE QUALITY LAWN

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- Grub & pest control to eliminate lawn attack & damage



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## LAWN Care Tips for a Rainy Day

The east coast has received its fair share of rain in the past few weeks. Although rain is fantastic for your lawn, too much water can quickly become a problem, leading to diseases, increased pest activity, and new weeds sprouting up.

Many lawn owners and home gardeners are keen to get out into their gardens and catch up on the gardening they missed due to the rain, but you should be wary of doing more damage to your lawn after the rain has stopped.

Here are some common wet weather lawn mishaps and what they can do to your lawn.



### Avoid Mowing a Wet LAWN

Mowing wet grass can cause more harm than good, it is actually better to let your lawn grow long and shaggy than to mow it while it's wet. This is because mowing your lawn while the grass and soil is still wet can cause soil compaction, ruts, and can stress the grass making growth harder.

### Stay off of Soaked LAWNS

Similar to mowing, using or walking on your lawn before it is dry can lead to soil compaction. It can also pull out roots as the soil is more pliable making roots

unstable. This can lead to dead patches of lawn, diseases, and weeds, and can only be aided by aeration and reseeding.

### Improve the Drainage of Your LAWN

If water pools in certain areas of your lawn, you may have a drainage problem. If there is a drainage problem present, your lawn can become waterlogged. When your lawn is waterlogged less oxygen will be getting to your soil, which when left untreated, can actually kill your lawn. Lawns with poor drainage are also more prone to disease and pests, which can eat away at your lawn and cause long term or irreparable damage.

### Diseases in your LAWN

With high rates of moisture and the evening temperatures starting to drop, there is a high rate of disease starting to pop up in lawns.

If your lawn has started showing strange spots of discoloration, there is a high chance your lawn has developed a disease called Dollar Spot. While it is easy to treat, if left untreated it can have a severe effect on the health of your lawn and leave it exposed to further issues heading into the lawns dormant period of Winter.



Fungal lawn infections are very uncommon in Australian residential lawns, but when they strike, they can be a huge challenge to get rid of. It is important to correctly identify and eradicate the infection quickly to avoid irreversible damage.

Some lawn types are more prone to fungal diseases, but no lawn is immune to them. The most common causes of fungal diseases are humidity, soil compaction, incompatible lawn types for your area, excessive moisture and poor lawn care habits.

Mowing too low, not often enough, over fertilizing, use of incorrect fertilizer, or even watering at the incorrect time of day can all contribute to the development of fungal lawn diseases.

Often fungal diseases will have a visible effect on your lawn. Powdery coatings or discoloration on the blades of your grass, thinned out areas, or wet and slimy looking turf.

Treating fungal infections can be difficult if left too long, and the best method of treating fungal infections is prevention. Through the clearing of thatch, proper irrigation, and regular fertilizing and aeration, you shouldn't ever have any issues with your lawn.

Whether your lawn is inundated with weeds, tired or stressed, disease ridden or destroyed by lawn grubs, Coochie Hydrogreen can help you out.

With over 25 year's experience servicing more than 40,000 customers nationally, our lawn care programs and products are designed to give you the peace of mind of knowing that your lawn will be healthy all year round for little cost and effort. From as little as a \$1.50 a day with no lock in contracts, your lawn can be the envy of the street.

Our services are applied by trained technicians and backed by our full-service warranty. Coupled with this our products are pet friendly, commercial grade and unique to Coochie Hydrogreen.

To get your lawn ready for Spring contact your local technician for your **FREE LAWN ASSESSMENT** on 0438 610 055/ [jackmartin@coochie.com.au](mailto:jackmartin@coochie.com.au).

**For additional information you can visit [www.coochie.com.au](http://www.coochie.com.au) or our Facebook page Coochie Hydrogreen Bribie Island.**



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**“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!”**

### BUSY EASTER WEEKEND



No Easter Bunny Break for the crew of Bribie 2, an early morning assist with a vessel that had dragged her anchor, she was towed to a safer mooring.



All of our volunteers at VMR Bribie are amazing and above is our crew on B2 helping out another boatie in the passage.

### JONKERS BRIBIE 3's NEW COVERS

Jonkers Bribie 3 looking absolutely amazing with her new covers thanks to Swift Marine.



### SANDSTONE POINT HOTEL PARKING

The Red Hot Summer tour had some great names playing such as Hunters & Collectors, James Reyne, The Living End, The Angels, Baby Animals, Killing Heidi and Boom Crash Opera.



Our great parking team of volunteers once again was out at the Sandstone Point Hotel raising much needed funds to ensure our operational needs are met.



Mike Looney with Doug Lythgo towing the trolley.



Parking Team Leader Jim Brown detailing jobs to be done.

### CREW TRAINING

1st May 2022 - Green Sunday got stuck into local knowledge today, introducing new trainees to our local area and knot tying - there is so much to learn.



Noel Wendt and Coxswain Ces Luscombe supervise Robert Taylor and Dale Mullins in knot tying practice.



Coxswain Ces Luscombe demonstrates knot tying to Robert Taylor, whilst Chris Hadlee practices his knots.



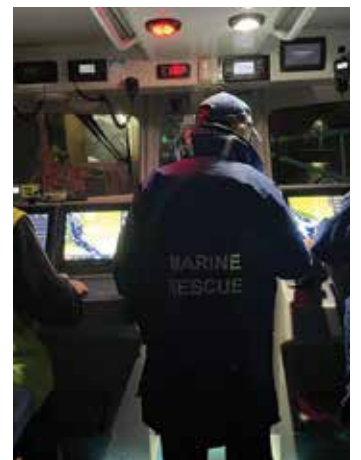
Local area training with Green Sunday Crew, Coxswain Ces Luscombe, Noel Wendt, Dale Mullins, and Jamie Darlington.

### NIGHT TRAINING

Some night training was undertaken last night Tuesday 10th May 2022 by Green Crew. The conditions were less than perfect so this was a great time to go out and brush up on skills..



Noel Wendt, Ces Luscombe and Lindsay Crompton aboard Bribie 2.



Above and below: Bribie 1 set up for night training





Bribie 1 back at the Base Pontoon.

### FIRST AID/CPR TRAINING

First Aid/CPR training over the last 2 nights for crew to ensure we stay up to date to assist those when required. Highly recommended for everyone to learn these skills for everyday use



Steve Williams has immobilization bandages applied by Mike Lucas



Mark Young has successfully applied a restrictive bandage to his patient's arm (Steve Trezise), before splinting his leg.

### MAY 2022 VESSEL ASSISTS:

SUN 01/03 0841am – 4.2m Tinny member with motor issues, required a tow from Deception Bay to Caboolture River.  
 MON 02/05 1313 – paddle board found tasked by Water Police to search between Bridge and Ningi Creek – nothing found.  
 MON 02/05 2132pm – 2m Tender non-member with motor issues required a tow from Ningi Creek to Turners Camp.

SAT 07/05 1241pm – 5m Half Cabin non-member with fuel problems required a tow from Tripcony Bight to Spinnaker Sound Marina.  
 SAT 07/05 1337pm – 6.1m Yacht non-member with propellor problems required a tow from Caboolture River to Bribie Garden.  
 WED 11/05 1048am – MOP reported upturned dinghy near Ningi Creek – Investigated, owner aware no further action required.  
 THU 12/05 1018am – MOP advised

### SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says "Check your safety gear, ensure your flares are in date and dry, that you have a fire extinguisher, torch,



v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life Jackets that we see a lot of on vessels.

A lot of the time these are stashed away in the boat they get wet and sun damaged and forgotten about, these need to be checked annually too.

Check the life jacket for signs of:

- Sun Damage
- Fading
- Rips
- Check the buckle works
- Inspect straps for any deterioration
- If reflective strips are attached make sure they are clean and undamaged.
- Make sure the whistle works.

**Look after the equipment that will look after you.!"**

**"SO PLEASE WEAR YOUR LIFE JACKETS!"**

### YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 12th May 2022:

4,963 Calls, 1,229 vessels logged on,  
 133 Vessel Assists, 625 Sitreps, 354 Requests,  
 18 overdue vessels, 9 Vessel Tracking,  
 547 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: ROBYN @ BRIBIE ISLAND BOAT CHARTERS



Lynn's early season Taylor

but it's enough to slow the fish down. Bream, for instance, tend to be less keen when there is a quick drop in water temperature.

The fishing reports we have date from before this last lot of rain, so it will be difficult to give any useful advice for the next couple of weeks of fishing. But here goes:

Starting with bream – there have been plenty of bream caught, lots of under-sized but good keepers among them. James and Keren were out of the wind, up at Donnybrook boat ramp, and used chicken fillet to take home seven bream.



## FISHING REPORT, MAY 2022,

La Nina weather conditions are continuing to play havoc with boating and fishing around Bribie Island and SE Queensland. We were warned, of course, that it would continue into late Autumn; but the weather over the past couple of weeks has been very un-May-like! Hopefully, by the time this report goes out, the wind and rain will have

settled, but they have already left their mark.

The water clarity of the Pumicestone Passage had gradually improved over the weeks since the February "rain-bomb", but it's a dull, muddy brown again and will take a while to clear. The water temperature has dropped by at least .5 of a degree in the past few days. That doesn't sound like much

Pillies worked for Nick, at Gallagher's Point, as they did at the bridge for Jonah. He fished through the low tide, just south of the seventh pylon out from the mainland and took home a good feed. Annie and crew had five big bream after an afternoon near the oyster beds at the second green marker in Ningi Creek. The best bait for them was squid.

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# TIDE TIMES

Bribie Island & Moreton Bay

<b>FRI 20 May</b> 12:40 am 2.12m 7:25 am 0.56m 12:54 pm 1.32m 6:23 pm 0.49m	<b>SAT 21 May</b> 1:31 am 2.03m 8:27 am 0.59m 1:55 pm 1.29m 7:20 pm 0.58m	<b>SUN 22 May</b> 2:28 am 1.93m 9:30 am 0.59m 3:06 pm 1.31m 8:31 pm 0.66m	<b>MON 23 May</b> 3:31 am 1.83m 10:29 am 0.57m 4:27 pm 1.39m 9:56 pm 0.7m	<b>TUE 24 May</b> 4:41 am 1.75m 11:25 am 0.53m 5:42 pm 1.52m 11:20 pm 0.7m0.81m	<b>WED 25 May</b> 5:48 am 1.7m 12:18 pm 0.47m 6:45 pm 1.67m	<b>THU 26 May</b> 12:37 am 0.66m 6:49 am 1.67m 1:06 pm 0.41m 7:38 pm 1.82m
<b>FRI 27 May</b> 1:42 am 0.61m 7:42 am 1.65m 1:49 pm 0.35m 8:26 pm 1.95m	<b>SAT 28 May</b> 2:36 am 0.56m 8:28 am 1.62m 2:28 pm 0.32m 9:08 pm 2.03m	<b>SUN 29 May</b> 3:22 am 0.53m 9:08 am 1.58m 3:02 pm 0.32m 9:45 pm 2.07m	<b>MON 30 May</b> 4:02 am 0.53m 9:45 am 1.53m 3:34 pm 0.33m 10:20 pm 2.07m	<b>TUE 31 May</b> 4:40 am 0.54m 10:19 am 1.48m 4:06 pm 0.37m 10:53 pm 2.05m	<b>WED 1 Jun</b> 5:17 am 0.56m 10:52 am 1.43m 4:39 pm 0.41m 11:25 pm 2.01m	<b>THU 2 Jun</b> 5:55 am 0.58m 11:28 am 1.38m 5:14 pm 0.47m 11:58 pm 1.96m

Richard and his mate went a little further, fishing out at the Sunken Reef, near Cook's Rocks. It was a beautiful day and there was just one other boat out there, about 1km away – a great day for fishing and about 13 big bream and a couple of even bigger tarwhine topped off their day.

Whiting, flounder and some very nice grunters have been found around the same spots as the bream, especially near Ningi Creek. John caught four bream, a

flounder and two fat whiting, while he sheltered in Ningi Creek. Joey hooked a 40cm small-spotted grunter from west of the Avon wreck.

Flathead have again been the “fish of the month”. Dorji only needed an hour of fishing time to score himself a flathead dinner. Michael and Michelle fished in Ningi Creek with pillies. They reckon they lost five good flathead and a favourite fishing rod, but they did bring in two flathead – 44cm and 60cm, so not all bad news...

A Fishability Qld group spent the day at the Ningi Creek cross-marker and found plenty of flathead, keeping a 47cm bartail, and 47cm, 55cm and 63cm duskies. They used a good variety of baits – prawns, pillies and squid as well as soft plastic lures.

Bram drifted outside Spinnaker Sound Marina, towards the bridge, to hook up a 45cm flathead, using squid for bait. Jacob also used a recent big falling tide and an 80gram metal jig and caught a 50cm flathead. The Pirate Park has been a handy place to cast with lures too, for flathead. A first-choice lure would have to be the Suga-pen MB16, which should work well in the murky water, but even basic soft-plastics are worth a try.

A couple of weeks ago, Lyn caught a fat 44cm tailor on a Gobbler White Magic lure, during a falling tide in Ningi Creek. It's pretty early in the year to be seeing tailor but great news for Lyn, who is currently competing in the Alvey Women's Classic.

Another interesting catch of late has been the pony-fish, not really a saltwater fish but they have probably come down the creeks with the rain, happy enough to spend time in the brackish water. A funny-looking fish, it has a mouth that pops out and hangs down, like a horse muzzle. It's edible but probably muddy to taste. Its big claim to fame is that it glows in the dark!

Lastly, sand crabs are all the go, out on the Passage at the moment. Hauls of 14-15 keepers are not uncommon right now, out of just 3-4 pots. Shane used mullet frames, Kevin used chicken carcasses, but plenty have been catching their sand crabs on the line – so keep the landing nets ready!



Shane and Neilles Flathead



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by David Horrocks

If you look at the attached photo of TC the car that was once my much loved and enjoyed Austin Healey 100/4 you might well ask why in the world was such a small machine called 'a Big Healey'. Well, the nickname had nothing to do with the size of the car itself but referred to the size of the engine.

*But we're getting ahead of the story here, so let's start at the beginning.*

Donald Healey whose brainchild TC and his like were products of was a

Cornishman. He was born just before the very end of the nineteenth century. He lived for 89 years and accomplished much over that time. He studied engineering because of his great interest in all things mechanical and at the end of his schooling his father bought him an apprenticeship with the Sopwith Aeroplane company. He continued his technical studies and worked at Brooklands close to the famous car racing circuit. World War 1 started soon after he arrived in the area and at the tender age of 18 he joined the throng and volunteered for the Royal Flying Corps. He won his wings and started flying duties on anti-Zeppelin patrols and then night bombing raids on the first of which he was shot down by his own over-eager anti-aircraft gunners. This crash was the first of several mostly training flight mishaps which were common in the early days of military flying. Statistics reveal that more flyers were lost in accidents than in combat. I suppose

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LAWYERS



when an aeroplane is made of light timber, fabric, and glue it's not surprising really. He was invalided out of flying in late 1917 and spent the remainder of the war doing air ministry work. When peace came, he returned to Cornwall and took a correspondence course in automobile engineering - he probably thought from experience that flying was the guarantee of a short career.

In 1920 he opened a motor garage back in Perranporth his birthplace and got serious about earning a living. The business was auto repair and car hire and the business prospered. However, the adventure bug had bitten him deeply, so he started to do competition preparation work on cars. Driving these fast cars became imperative so he competed in his first Monte Carlo Rally in 1929 indeed he won the prestigious event in 1931 driving an Invicta and took second place the following year. These results put him in great demand, so he sold the garage to concentrate on the competition scene. He ended up as technical director of Triumph Cars designing many successful models. The lure of speed was deep in his being by this time, so he continued to compete successfully, especially in the Monte Carlo rally, his favourite event. In 1933 yet another dice with death occurred on this rally when a train hit his Triumph

Dolomite on a level crossing one dark foggy night. Miraculously both Donald and his co-driver were spared.

All this fun stuff ended at the outbreak of WW11. He spent the early years of the conflict making aircraft engine carburettors for the Air Ministry, but he later worked on building armoured cars with the Humber company for the British Army.

He dreamed of building his own sports cars and in 1945 together with two colleagues he formed the 'Donald Healey Motor Company' opening a small factory in an ex-RAF hanger in Warwick. To start with they built quite expensive sporting cars which did very well in competition. Wins in two Alpine Rallies and a place in the 1948 Mille Miglia plus the building of the successful Silverstone model in 1948/9 resulted in an agreement with the big American manufacturer Nash Motors. The deal involved Healey building the cars based on his Silverstone design but using Nash engines. Donald together with co-driver Duncan Hamilton still finished 4th overall in the 1950 Le Mans 24-hour race in a Nash Healey despite being hit from behind by another car that had run out of brakes. It seems that the crash bad angel still haunted him but once again he escaped its evil intent. Not to be deterred he continued to compete in motorsport taking class wins and

trophies in the Mille Miglia.



This event was the reason why so many MG cars were painted red. Being a race on closed public roads the very partisan Italian operators of the gated railway level crossings would close the gates to cars painted British Green or French Blue but never to Italian Red ones. MG cottoned on to this hence the paint jobs!

All his work to date had involved building expensive fast cars for the rich and famous but Donald had a dream to build a true 100 MPH sports car that more ordinary people could afford to buy and drive. At the time this speed was a dream target; early MGs the popular racy cars of the time were pretty to look at and interesting to punt around the countryside in, but 100 MPH was pure fantasy for such motors. In the early 1950s, this dream would come to fruition in the design of the Healey100. Donald's flirting with bigger American engines fitted into lightweight British designed chassis was to provide the answer hence the coming of the 'Big Healey' name I referred to at the beginning. Now, this is a whole interesting story in itself so I'll leave it for the next issue. Be patient and look out for the famous Islander landing on your front lawn!

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# LETTERS TO THE EDITOR

**PLEASE KEEP YOUR LETTERS TO NO MORE THAN 300 WORDS OR THEY WILL NOT BE PRINTED, THIS ENABLES US TO SUBMIT 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

Very disappointed when I received the latest edition of the Bribie Islander community magazine.

It is such a shame that you had to politicise this excellent publication. We have been residents on Bribie for just over 4 years and I can honestly say that the Bribie Islander is the best community magazine I've come across. I very much look forward to every issue, to read and learn about the history of this island and also the great information from the other regular contributors.

Regardless of which party you chose to put on the cover, I don't think you should have so blatantly chosen sides. Where is the fairness for the other people hopeful of gaining votes in the upcoming election. I think it will be way too late if you are intending to give the other parties and independents some coverage in your next publication, as a lot of people on Bribie vote early and polling has opened today.

I am a swinging voter, but talking to friends and family (some of them rusted-on Labor voters), they were of the same opinion that the magazine should not have been used for political purposes. If the Labor party want to buy advertising in the magazine that's great, but not a front cover.

Unfortunate for your advertisers, but this issue of the magazine went straight in the bin after a quick flick through to see if there was any explanation for the cover.

Hoping you are able to explain to the people of Bribie why you chose this course of action.

Kind regards  
Trish Williams

The Editor,  
Editor

In 2013 to solve the financial problems of Cyprus the German Govt handed over \$13 billion, all Cyprus had to do was put a one off tax on their citizens bank accounts. This took 6.75 percent from insured deposits of €100,000 (\$129,000) or less, and 9.9 percent from uninsured amounts above €100,000.

In 2017 the Moreton Bay Regional Council put microphones on 330 of its 874 CCTV cameras. The AFP are now using facial recognition cameras.

2020 Covid-19 started, everyone told the Govt via the QR code everywhere they went. A non elected Govt bureaucrat ordered people not to leave their homes, except for exercise and food. Shops started erecting signs "tap and go preferred". Supermarkets limited the amount of curtain products that can be purchased at any one time. A supermarket executive said in an interview that all information on customer loyalty cards is passed to multiple Govt departments. Senior police in Queensland have stated that all police cars with number plate recognition cameras record, place, time and direction of travel, this is transmitted to and stored in the same Govt computer centre as the QR codes.

Banks branches and ATM's that are disappearing across Australia? A recent news report said that there will be no cash within 10 years, every transaction will be electronic.

In 2021 Gunhild Anker Stordalen a Norwegian physician and environmental advocate stated that, she wants people to be limited to eating 14 grams of red meat per day (98 grams per week).

With all the advances in computer technology any Govt can decide, where you go, how much you can spend and what you can buy. They can even take money from your bank account. Some faceless bureaucrat will decide what you can put on your dinner table.

Combine everything and we have an Australian version of the Chinese social credit system.

Regards E. Adams  
Bongaree

Dear Editor,

I have enjoyed reading your magazine over the years, until the latest one arrived with a cover and one whole page promoting the Labor candidate! This magazine should not be a platform for any political party to use to try to win votes. It is a wonderful forum for all things happening in our local area, but this bias has been a very disappointing new direction. I was very shocked to see that use of our community space, and sincerely hope that this does NOT happen ever again.

Yours faithfully  
Barbara Newcomb

Dear Editor,

Why did you allow a paid political advertisement as the front page of the magazine? Absolutely disgusting allowing the magazine to promote your political interests. As an editor you should remain neutral and never allow any political party and or person to be on the front cover. Should be ashamed of yourself. From now on this piece of rubbish goes straight in the garage bin.

Lindsay Croft.

To editor,

Your latest issue is a total disgrace how on earth did a labour so called candidate Rebecca fanny get on your cover a communist labour supporter she is as this is the red colour so you also must be same.

The magazine is for the community maybe you don't think so a lot of people I spoke to are outraged so look out for a lot of shit feedback.

How could you stoop so low as to put this issue in distribution?

Where I live, we have thrown all copies in our recycle bin so wherever I go plus my friends we will collect them and chuck them shame we can't burn the bloody copies

A disgrace to the island to all the people

So, all your advertisers will not get a great deal out of this issue, I am hoping a lot of them feel the same Concerned resident and not a bloody labour supporter.

D. Spies



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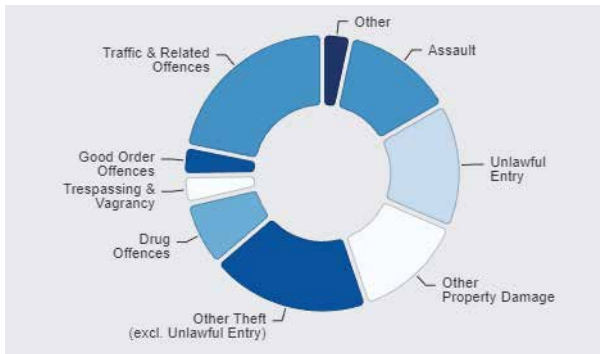
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16 APR 2022 — 15 MAY 2022

- Other 2
- Assault 9
- Unlawful Entry 10
- Other Property Damage 9
- Other Theft (excl. Unlawful Entry) 13
- Drug Offences 5
- Trespassing & Vagrancy 2
- Good Order Offences 2
- Traffic & Related Offences 15



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