



The **Bribie Islander**

AND DISTRICTS
ISSUE 167 June 4, 2022

Reconciliation Week

Your Local Community Magazine

CRISPY FILLET BURGER CHIPS & CAN

375 ml

\$12.95

**NOT AVAILABLE
FOR DELIVERY
COLLECTION ONLY**



**Order online For Pick Up
Check website for Delivery**

www.thefatyowie.com.au



**OPENING HOURS
WED to SUN**

11am - 2pm & 5pm - 7pm

☎ 3408 1858

Shop 2/9 Toorbul Street Bongaree - Bribie Island, QLD

END OF *financial* YEAR CLEARANCE



FORTE ALUMINIUM SHUTTERS



ALTO POLYRESIN SHUTTERS

40% OFF
SHUTTERS

30% OFF

AWNINGS, BLINDS
& CURTAINS!



FOLDING ARM AWNINGS



CURTAINS



ZIPSCREEN



Transform your indoor & outdoor spaces today!

WHY FACTORY DIRECT?

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

Sale ends 30 June 2022.



FACTORYDIRECT
shutters, awnings & blinds

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

TABLE OF CONTENTS

Al Finegan	40-41
Arrival	16-17
Crime Report	70
Fishing Report	64
History	36-37
Isalnd Gardens.....	54
Kids Page	43
Letters To The Editor	68-69
Market Times.....	35
Meet Your Local Tradie	60-61
Nature Page	37
Pet Pics	44-45
Recipe	25
Skies Above Bribie.....	36
Sports Pages	46-47
Trades And Services	72-79
VMR	62-63
Winelander	30-31

ACKNOWLEDGEMENT OF COUNTRY

The Bribie Islander Magazine respectfully acknowledges and recognises Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of the lands, winds, and waters where we live, learn and work. We recognise their connection to land, sea, and community. We pay our respects and acknowledge the important role of Elders past, present and emerging for they hold the memories of the traditions, cultures, and aspirations of Australia's First Nations peoples.

We acknowledge any Sorry Business that may be affecting individuals, families, and communities. We promise to be respectful, take lead from the community and walk together with Aboriginal and Torres Strait Islander peoples, communities, and organisations.

We recognise that Aboriginal and Torres Strait Islander culture is rich and diverse and that we have a responsibility to facilitate efforts that account for this to ensure equity for all.

We celebrate Aboriginal and Torres Strait Islander history, in particular the strength, resilience and courage that has occurred over time and now inspires current and future generations.

NATIONAL RECONCILIATION WEEK

14



FAREWELL NAZ

18



MENS SHED

51



167

June 4, 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

FRONT COVER PHOTO by
Katie Bennett
embelysh.com.au

Welcome

Dear Readers,

Below is the editor's note I had planned to write for the last edition instead of addressing the issues we had with our front cover. So, as they say, better late than never and I have also been able to add more to it.

On the 6th of May, I had a life - threatening family emergency that took me away from the Island for a substantial amount of time.

As you are aware, we are a team of 3, take me out of the equation, that left 2 superstars to pull this magazine together on their own, working their butts off so I didn't have the added stress. This is also while we were getting the nasty calls etc. about the cover which they were dealing with as much as they could. I honestly cannot say how very proud and grateful to have Michele Doran and Debbie Hunter as not only my teammates but my friends. They pulled off the impossible!

I would also like to thank all the contributors and advertisers who got their pieces in early to help as much as they could to make it as easy on the girls as they could. And believe me, these girls worked! I couldn't ask for a better team to work with, they deserve a huge amount of recognition for their outstanding effort!

I would also like to thank my children who kept things running, coming back to Bribie to help my last child at home get to and from school and manage things on the home front, putting their lives on hold to help me as well. Also, my friends who supported me with love and concern.

Finally, the beautiful and positive emails, texts and phone calls from the people who supported us, even if we run a cover that didn't agree with their own opinions but understood our position. You have no idea how very much that means to all of us, especially me.

So, from the bottom of my heart, I wish to thank you all so very much for holding my world together when it felt like it was being torn apart.

My cup runneth over. 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 Scheinpflug

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



How to Motivate Yourself for a Healthier Life

by Himanshu Singh

Living a healthier life is something that most people aspire to, but it's not always easy to stay motivated. today we are going to discuss some ways that you can get and stay motivated for living a healthier and happier life. Formulate Your Own Goals Exercise is popularly viewed as an integral part of a healthy lifestyle, but it is only one piece. Diet

plays just as important of a role in good health, so you should also be concentrating on what types of food you are putting into your body. The first step to living more healthily is coming up with personal goals for both areas. Make them realistic and achievable so that they will work within any schedule changes or life events that may come up.

PODIATRY SERVICE AT BACK IN MOTION

Services now available at Sandstone Point

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



BACK IN
MOTION[®]
HEALTH GROUP

PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

When you come up with small achievable goals, you'll feel like you can accomplish them. The key here is to start by making them small enough so that you know you can achieve them. If you make them too big or out of realistic reach, you won't have any motivation to try.

UNDERSTAND THE BENEFITS OF EXERCISE

When people begin their journey toward better physical fitness, motivation can often come from basic desires like looking better or feeling healthier. For example, knowing that exercise will help you build muscle tissue and improve your cardiovascular system is a great way to stay enthusiastic about your workouts. Make a mental checklist of all the positive affects you can expect from a more active lifestyle and remind yourself of them when motivation starts to waver. Having regular exercise has so many benefits to your overall health. It can reduce stress, improve happiness and sex, as well as help, prevent erectile dysfunction and heart diseases.

TAKE PROGRESS PHOTOS

One of the most difficult parts of improving one's appearance is seeing

the changes in person instead of on paper. By taking photos of yourself before you start working out and checking back in periodically, you can get an idea of your progress. You can take photos at key milestones or set up a point system using your calendar to track how often you're hitting the gym. Seeing small positive changes every few weeks is one of the best ways to stay motivated for permanent lifestyle changes.

MOTIVATE YOURSELF WITH REWARDS

When people talk about motivation, they are usually referring to pushing past difficult emotions that might be holding them back from accomplishing their goals. If this sounds familiar, then it might be time to introduce some self-motivation methods into your life. Another way to do this is by rewarding yourself for reaching certain milestones or goals. The right rewards will depend on what you are trying to accomplish, but it can be anything from buying yourself a small present to taking the day off work so that you have more time to exercise or cook healthy food.

BE ACCOUNTABLE WITH A PARTNER

Spending time with other people who are trying to improve their health and fitness levels is an excellent way to keep your motivation high because there will always be someone around you to push you toward better habits. Plus, working together with a friend or family member makes it even easier for you to stay on track with whatever schedule changes come up in your routines.

This is best when it is done with your partner, but anyone can do it with you!

MAKE FITNESS FUN

Try adding some variety or new gym workouts and nutrition plans whenever possible. If jogging has grown stale, then try going for a swim or going to a yoga class instead. If you've been eating the same three vegetables for dinner every night, then try mixing them up with some new recipes.

Reinvigorate your daily routines by making a point of trying out new things on a regular basis. Even if you don't enjoy those activities as much as your old ones, simply changing yourself from feeling bored with exercise will be enough to motivate you in staying active and healthy.



Detox Style Me Package
Personalised Consultation
Detoxification Shampoo
Deluxe Scalp Massage
Restyle and Blowdry

FROM \$45

Phone for an appointment with one of our stylists

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

PHONE 3408 3269

1/17 First Avenue, Bongaree Bribie



NINGI PHARMACY

\$6⁹⁵ was \$9⁹⁵



SAVE \$3

NOW \$6⁹⁵
WE WILL DELIVER TO YOU
ON BRIBIE AND NINGI

OPEN 7 DAYS

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

CALL US PH 5497 6644
1421 Bribie Island Rd Ningi



DVA Group Classes COMING SOON

BRIBIE ISLAND PHYSIOTHERAPY IS NOW OFFERING DVA GROUP CLASSES. TO JOIN THE CLASS, YOU WILL NEED A VALID DVA EXERCISE PHYSIOLOGY D904 REFERRAL FROM YOUR GP.

The classes will be run on Mondays and Wednesdays at 8:45am until 9:30am by an Exercise Physiologist with a maximum of 12 participants per class.

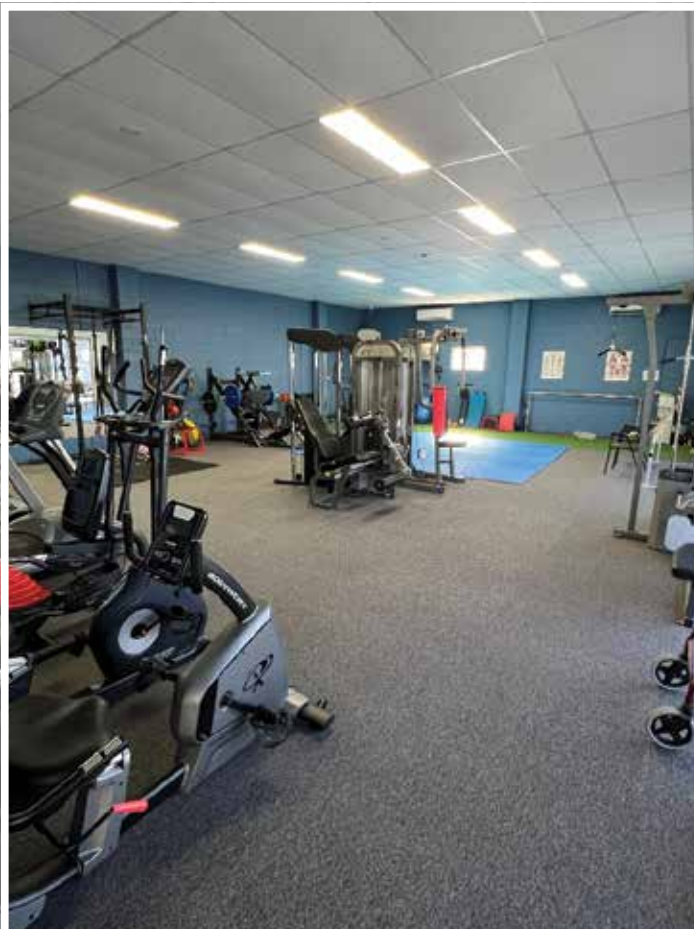
These classes will focus on improving your:


- Strength
- Balance
- Mobility
- Quality of life
- Functional ability
- Social interaction

Whilst in a fun and supportive environment supervised by university qualified health professionals.

Once every 3 months we will hold a morning tea for all participants.

IF YOU ARE INTERESTED, PLEASE CONTACT BRIBIE ISLAND PHYSIOTHERAPY ON (07) 3408 0000 TO SECURE YOUR SPOT OR ANY ENQUIRES.





Bribie Island Physiotherapy & Lifestyle Gym




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


Referrals accepted for
DVA, Workcover, EPC
and NDIS

Ph: 3408 0000

**213 First Av,
Bongaree Qld. 4507**

admin@bribiephysio.com.au





www.bribiephysio.com.au

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

FOR ALL APPOINTMENTS ATTENDED DURING THE MONTH OF JUNE 2022 ONLY, SINGLE SESSION COLONICS WILL ONLY BE **\$100!!!!** THAT IS A SAVING OF \$20!

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

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

WHY ARE WE DOING A SPECIAL IN JUNE?

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

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



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



WHAT CAUSES CONSTIPATION?

Some causes of constipation include:

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

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

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

HOW MANY SESSIONS WILL I NEED?

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

HOW DO I MAKE AN APPOINTMENT?

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

www.calmingcolonics.com

Instagram and Facebook

Or contact us on 0409 752 629.

We look forward to seeing you in the clinic soon.



SERVICES AVAILABLE

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

WHEN YOU LOOK GOOD YOU FEEL GOOD AT AFORDABLE PRICES

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



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

DAVID LARMENT
Denture Clinic



- New Dentures
- Relines
- Repairs

8 Poinciana Street,
Caboolture South
5498 9088

New Local Business in Bellara



Calming COLONICS

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

ph: 0409 752 629



QLD LASER & COSMETIC CLINIC

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

WAXING, TINTING AND MORE!

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




What is Self-Love?

We often talk about love, but what does self-love mean? Before we can practice it, we must understand what it means, as it can be portrayed in many ways...

For me it means feeling good about yourself. Appreciating yourself, with actions that nurture your physical, emotional and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Making your own needs a priority and not sacrificing yourself to please or be accepted by others. Going for what you deserve and not settling for less. We often seek others for validation, though when we love and honour who we are, our own internal compass is enough!

Self-love can be different for each person, as we all have many different ways to take care of ourselves. Working out what it looks like for you is one of the most important and

valuable things you can do for yourself!

SOME WAYS TO EXERCISE SELF LOVE CAN BE:

- Make yourself a priority.
- Positive self-talk, as you would give your best friend.
- Stop judging yourself and being so self-critical.
- Treat yourself with love, kindness and compassion.
- Know that you are enough, as you are!
- Speak your truth, be your authentic self, no matter what others think.
- Set healthy boundaries, this means start saying "no".
- Forgive yourself, know you aren't perfect and you can only do your best.
- Exercise, take care of your body, hydrate and nourish your body with good food.
- Listen to yourself and your body.
- Take time just for yourself away from technology and other people.
- Do things you love each day, like being creative or reading a book.
- Accept everything you are and where you are at this moment in time.
- Allow your emotions, though remember to have a positive outlook about life.
- Be mindful, just be an observer and in the present moment.
- Meditate; it creates a calm mind as well as many other positive benefits.
- Know what you think, feel, and want.
- Ensure your interactions are with those that honour you and lift your spirits.

- Be grateful and stay focused on what you have rather than want.
- Stop comparing yourself to others.
- Watch the negative stories and only accept thoughts from others given with love.
- Pat yourself on the back for all your accomplishments, big or small.

The world will mirror what you give to yourself, so if you are wanting to be loved, it starts with loving yourself first.

The more you love yourself, the happier you will feel, and the more motivated you will be to accomplish what you want in life. Please contact me for a personalised session and upcoming workshops.

Email creativeandhealingtherapies@outlook.com or Facebook: MariaChristina.Love

As always, with love, Maria Christina



EOFY FRAME SALE

30-50% OFF all frames

*Conditions apply

Eye Envy locally owned and operated

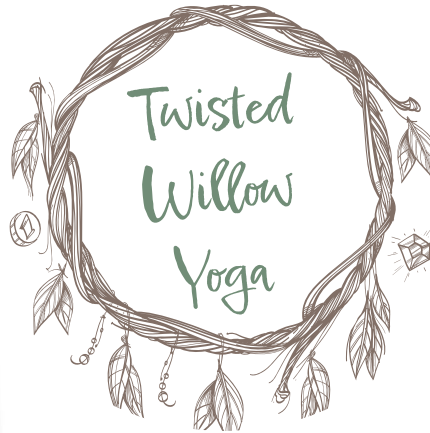
Shop 56A, Morayfield Shopping Centre
171 Morayfield Road
Morayfield QLD 4508

(07) 5432 3077

BOOK ON LINE AT eyeenvyoptometrist.com.au



and supple as they shrink with age and insufficient use. Let's start with the easiest way to stretch, a simple move I call the ragdoll. You simply



bend at the hips, letting your body fall forward, keeping your arms loose and shoulders relaxed. Hold this for as long as you are comfortable and until you feel your muscles relaxing. As you feel yourself relaxing, incorporate some nice deep breaths into this to increase the oxygen flow in your body. I would repeat this three times to begin with.

If mobility is an issue, you can do this in

a chair, while in a seated position, allowing yourself to fall forward, relaxing your arms, neck and head while applying the breathing technique also. This will help with any tightness in your back or shoulders as well as stretch out your calves if you are in the standing position.

A second relaxing stretch while in a standing position, is you twist gently from side to side with your hands hanging loose. This exercise helps to free the lower back and shoulders while giving your intestine and bowel a nice massage. I would recommend 3 mins to start and increase it slowly until you reach 5 mins. Make sure while you do this to incorporate your deep yoga breaths, this will help you gain the most from this exercise.

I hope this helps to get you started on your stretching journey. Remember breathing, stretching and meditation can only improve your life so what have you got to lose?

Namaste.

Hi, Karyn here again from Twisted Willow Yoga, this time to discuss the benefits of stretching. To keep active and mobile we must keep our muscles stretched

SALE - 50% OFF

Conditions Treated Include:

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

Health Fund rebates available (if appropriate coverage)

Traditional Chinese Medical ACUPUNCTURE

50%

OFF THE FIRST 2 SESSIONS!

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



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

BRIBIE VIEW CLUB CELEBRATES 100 YEARS OF THE SMITH FAMILY

On Wednesday 25th June, Bribie Island VIEW Club celebrated 100 years of The Smith Family at a luncheon at Pacific Harbour Golf and Country Club. Several members dressed in a 1920s theme to mark the occasion. Photo shows (L to R) Jennifer Keeley, Di Kennedy and Sue Hodgkinson getting into the spirit of the occasion.

HOW IT ALL BEGAN:

On Christmas eve 1922, five businessmen walked into a Sydney orphanage carrying armfuls of toys and sweets. They walked out inspired by a single goal: to improve the lives of disadvantaged children in Australia.

When asked who the children could thank, one of the men, preferring to remain anonymous, said "Smith". "What about the others?" the matron asked. "They're Smiths too", replied the man. "We're The Smith Family". And so, The Smith Family charity was born.

In 1960 the General Secretary of The

Smith Family, saw the potential for an organisation that allowed women from all walks of life to develop interests outside the home, providing friendship, education, and mental stimulation. At the same time, he hoped to offer these women the means to assist others less fortunate through The Smith Family.

Sixty years later, VIEW remains one of the most recognised and renowned women's organisations with close to 300 clubs and 14,000 members across Australia. VIEW

clubs throughout the country support more than 1,500 disadvantaged students through Learning for Life sponsorships and donate more than \$1.1 million annually to help fund Smith Family learning and mentoring programs.

If you would like to know more about VIEW, check out the website view.org.au, and navigate to Bribie Island VIEW Club. If you are interested in joining our Club, please contact Jennifer on 0402 663867.



BRIBIE MEDICAL EQUIPMENT HIRE AND SALES

**NEW SHOWROOM
OPEN NOW**



WE HAVE MOVED!

197 First Ave, Bongaree

Sarah Adams

PH: 07 3408 0398

197 FIRST AVE, BONGAREE

- Lift Chairs
 - Scooters
 - Adjustable Beds
- PLUS MUCH MORE!**

FREE DELIVERY FOR LOCAL
BRIBIE ISLAND & SANDSTONE POINT

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



SCAN ME

\$100 OFF
LIFT CHAIRS
when you mention this advert
exp 31/6/22

THE PERFECT ISLAND HAVEN FOR YOUR ACTIVE RETIREMENT

Located in a subtropical seaside island paradise, just a leisurely walk from the water's edge, Bribie Cove is an established and welcoming, resort-style retirement community where the climate is mild, there's no through traffic and the living is easy.

Easy independent living

Designed for relaxed and easy living, our beautifully appointed retirement community gives you the freedom to come and go as you please and the flexibility to enjoy life your way.

Our self-contained two- and three-bedroom villas are built to the highest standards of comfort and quality. All are designed for easy, low maintenance living, and set amid beautifully landscaped gardens, with lots of great leisure options for you to enjoy, all supported by friendly staff who will help you make the most every day.

Lovely landscaped gardens, inviting shared spaces and friendly staff and residents make Bribie Cove truly feel like a warm and welcoming waterside home.

There are always lots of great leisure and health options for you to enjoy, and best of all, you'll be part of a friendly, social community, where familiar faces are always close by.

The perfect location for your active retirement

Bribie Cove is perfectly placed for you and your family to make the most of everything the island has to offer.

With everything from abundant wildlife, peaceful walks and unspoilt white-sand beaches to local markets, wonderful golf and bowls clubs, friendly locals, great transport options and a major shopping centre right across the road – Bribie Cove really is the ideal base from which to enjoy your independent and active retirement.

"If you are going to make the move, you would do well to really look at this place. I honestly do think it is the best."

Kathleen Petty - Resident



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

– Judy, daughter of Bribie Cove resident.

Our Local Residences:

Bribie Cove | Bongaree
199–213 Goodwin Drive

Glasshouse Views | Beerwah
96–104 Peachester Road

Buderim Views | Buderim
383 Mooloolaba Road

The Ormsby | Buderim
112 Burnett Street

CapellaBay | Capalaba
260 Old Cleveland Rd East

Seaton Place | Cleveland
111 Smith Street

Seabrook | Deception Bay
15-29 Bonton Avenue



Where Family Matters



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

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

1300 899 222 | mckenzieacg.com

The National Reconciliation Week 2022 theme, ***“Be Brave. Make Change.”***

is a challenge to all Australians—individuals, families, communities, organisations, and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.



This year the Bribie Island Seaside Museum was honoured to welcome the community of Pumicestone Indigenous Education & Employment Council to share culture and stories for National Reconciliation Week. All were welcome to attend for an Acknowledgment of Country, music, dance, a Yarning Circle, and a weaving 'drop by and learn' session.

This theme is a challenge to Be Brave and tackle the unfinished business of reconciliation, change begins with brave actions in your daily life – where you live, work, play and socialise. National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us



can contribute to achieving reconciliation in Australia. The National Reconciliation Week 2022 theme is “Be Brave. Make Change” and tackle the unfinished business of reconciliation.

Bribie Island Seaside Museum and Pumicestone Indigenous Education & Employment Council Inc (PIEEC) launched Reconciliation Week 2022 on Sunday 29 May 2022.

They began the opening with the PIEEC jarjums (Children) and Craig Weribone-Wright who performed a smoking/ cleansing ceremony. The crowd were given clapping sticks to join in the opening. Charlotte Ellis performed the role of MC which she did beautifully.



Moreton Bay Regional Council Mayor Peter Flannery & Councillor Brooke Savage also attended.

Aunty Flo Watson spoke to the audience about Reconciliation Week and this year's theme, “Be Brave, Make Change.” The speech was enlightening and focused on the need to unite as a country.

Craig Weribone-Wright delivered a fantastic and engaging presentation that was both humorous and insightful.

Bruce Phillips from Murri Tukka delivered an informative presentation on native cuisine, providing the opportunity to taste and identify many different types of bush tucka.



Yarning Circles were then led by Aunty Flo Watson, Aunty Liz Broderick and Aunty Lyn Cullinane and were an opportunity for yarns to be shared and relationships formed.

A weaving circle was also delivered by Kristine Ellis with an opportunity to learn coil weaving techniques and to share stories and connect.

The afternoon was a celebration of culture, and it left a lasting impression of joy, peace and a connection to Country for all who attended.

***From Pumicestone Indigenous Education & Employment Council
Kristine Ellis***

A big thank you to Kate Sommerlad, Museum Leader for reaching out to the local Bribie Indigenous community and welcoming us into the museum.”

A BRIEF HISTORY

The dates for NRW are the same each year; 27 May to 3 June.

These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

27 May 1967 On this day, Australia's most successful referendum saw more than 90 per cent of Australians vote to give the Australian Government power to make laws for Aboriginal and Torres Strait Islander people and recognise them in the Census.

National Reconciliation Week. In 2001, Reconciliation Australia was established to continue to provide national leadership on reconciliation.

In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of National Reconciliation Week and subsequently across bridges in cities and towns to show their support for reconciliation.

Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide.

Reconciliation must live in the hearts, minds, and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

Acknowledgement of Country

The Bribie Islander Magazine respectfully acknowledges and recognises Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of the lands, winds, and waters where we live, learn and work. We recognise their connection to land, sea, and community. We pay our respects and acknowledge the important role of Elders past, present and emerging for they hold the memories of the traditions, cultures, and aspirations of Australia's First Nations peoples.

We acknowledge any Sorry Business that may be affecting individuals, families, and communities. We promise to be respectful, take lead from the community and walk together with Aboriginal and Torres Strait Islander peoples, communities, and organisations.

We recognise that Aboriginal and Torres Strait Islander culture is rich and diverse and that we have a responsibility to facilitate efforts that account for this to ensure equity for all.

We celebrate Aboriginal and Torres Strait Islander history, in particular the strength, resilience and courage that has occurred over time and now inspires current and future generations.



3 June 1992 On this day, the Australian High Court delivered the Mabo decision, the culmination of Eddie Koiki Mabo's challenge to the legal fiction of 'terra nullius' (land belonging to no one) and leading to the legal recognition of Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of lands. This decision paved the way for Native Title.

National Reconciliation Week (NRW) started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous Peoples) and was supported by Australia's major faith communities.

In 1996, the Council for Aboriginal Reconciliation launched Australia's first



Photos by Katie Bennett - embelysh.com.au

Arrival

THE Human Pincushion

Never, have we been more aware of being pricked, jabbed, and generally poked about, than now. And a good thing too!

Nowadays, we have needles for the prevention or making milder, of a whole variety of diseases. When I was young, I nearly died from Whooping Cough, ruined a Christmas for all the family by catching Chicken Pox, and caught German Measles (Rubella). Fortunately, I was not pregnant. Neither were my school friends, the daughters of a Professor at Leeds University Medical School, whom he sent around to visit me with instructions that I was to hug, cough, and generally do my best to pass on my spotty infection. I failed but remember their visit with pleasure.

Nowadays, we have more efficient means of immunising against diseases, some of which can lie latent, only to return and

bite the bum, so to speak, like Polio, with its Post-polio Syndrome, or one which many of you will be only too aware of Chickenpox returning as Shingles. (See your doctor now, you might be eligible for a jab, even if you don't remember getting Chicken Pox). What's one more needle?

A little History Lesson. Have you ever wondered why milkmaids were so renowned for their beauty? This was due to their complexion being unblemished, without the common scarring of the few fortunate survivors of Smallpox. Milkmaids did catch Cowpox from the udders of cows, but this was a much milder disease. Mostly, they recovered without permanent damage to their faces and general appearance, further, they seemed then, to be magically protected against contracting Smallpox. This came to the notice of a certain physician of those times, a Dr Edward Jenner, who in 1796 took some material from a sore

ILS INDEPENDENT LIVING SPECIALISTS

Moving Through Life

EARLY INTERVENTION > CHILDHOOD > ADULTHOOD > AGED CARE

10% off
storewide

until 30 June*



Walkers & Accessories



Mobility Scooters



Lift Chairs & Seating



Wheelchairs



Daily Living Aids



Bathroom Aids

NEW MORAYFIELD STORE

Shop 1B, 379 Morayfield Road MORAYFIELD

OPENING HOURS Mon-Fri: 9am-5pm Sat: 9am-2pm

ilsau.com.au | 07 4426 8767

of a Cowpox infected individual and injected it into the arm of a small boy, some say his son. "DO NOT TRY THIS AT HOME!" as they say. Experimenting on small boys is looked upon rather dimly by the General Medical Council of Australia, and they will have you deregistered in a trice! Even if you are not a medical man, you may find yourself held at Her Majesty's Pleasure, but hardly yours. Continuing his immunological game of Russian Roulette, he waited six weeks or so, until his patient had fully recovered, Dr Jenner then inoculated the boy with fluid from Smallpox sores. "WHERE ON EARTH WAS HIS MOTHER?" I hear you cry! Fortunately, for all concerned, the young lad remained free of infection. The social media of the day mocked the procedure, calling it "vaccination", or for those of us who have not had the benefit of a classical education, "encowment". Cartoons of the time showed wicked doctors and small boys sprouting horns.

Dr Jenner was fortunate in two respects, one disease providing protection against another, is rare, and playing with a "live" vaccine is risky. However, the more enlightened society of the time was anxious to protect both their children and themselves from the dreaded Smallpox, and it soon became fashionable, thereby gaining respectability.

To travel forward in time; today, immunisation involves introducing a substance (vaccine) into the body can that can provoke an immune response and the production of memory cells, ready to fight off the real enemy if it should be so bold as to attack the host. Booster shots elicit a secondary response and the production of more memory or soldier cells, thereby increasing the number of defenders in your personal standing army. (Forgive my use of layman's language here, but I am quite sure you do not want an encyclopedic, step-by-step account of the details of the Immune Response.)

Vaccines can be injected into the body or taken orally, a boon in Third World countries where the mass distribution may, by necessity, be undertaken by volunteers. Today's vaccines are produced in laboratories and thoroughly tested and made from killed or weakened (attenuated) pathogens and will not give you the disease itself. The immune response may be a little uncomfortable, but small boys can sleep soundly whilst hugging their teddies, safe from nightmares of evil doctors. Not that our modern social media has not its own form of scaremongering, but really, does the government have the time or money to spare in keeping track of everyone's private doings twenty-four hours a day? Or just because two events occur close together, does this mean there

is a causal relationship between the two. Just because every time you put your washing out, it rains, every woman knows that it was going to rain anyway, nothing to do with a beady-eyed malevolent cloud just waiting to spy dry washing on a line, so it can make it wet again. If this were the case, there are parts of a drought-stricken world that will pay you a fortune to relieve their parched earth.

Finally, due to properly tested vaccines and mass vaccinations, the World Health Organisation was able to declare Smallpox eradicated from the world in 1980, a great public health triumph! Not that long ago, a mere forty years.

The world is well on its way to eliminating Polio, don't just believe me, do your own research from reputable sources such as WHO, but immunisations must continue; Many of my readers will remember young school friends who contracted the disease, along with the closure of swimming pools etc.

Until it goes the way of Smallpox, no one is safe until everyone is safe. If we become neglectful about our immunisations, thinking that Polio was just a relic of the bad old days of the '40s and '50s, it may yet return to bite us on our respective bums.

Elaine Lutton A Rotarian supporter of End Polio Now

DON'T LET

TENDON PAIN

**STOP YOU
IN YOUR TRACKS**

**BOOK YOUR
NO OBLIGATION
FREE
ASSESSMENT**

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

RADIAL / FOCUSED SHOCKWAVE THERAPY

Clinically proven to help these conditions*

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

<https://goodbyepain.com.au>



INTERNATIONALLY ACCREDITED
SHOCKWAVE THERAPIST
AVAILABLE AT THIS CLINIC ONLY.

YOUR HEALTH INVESTMENT

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

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



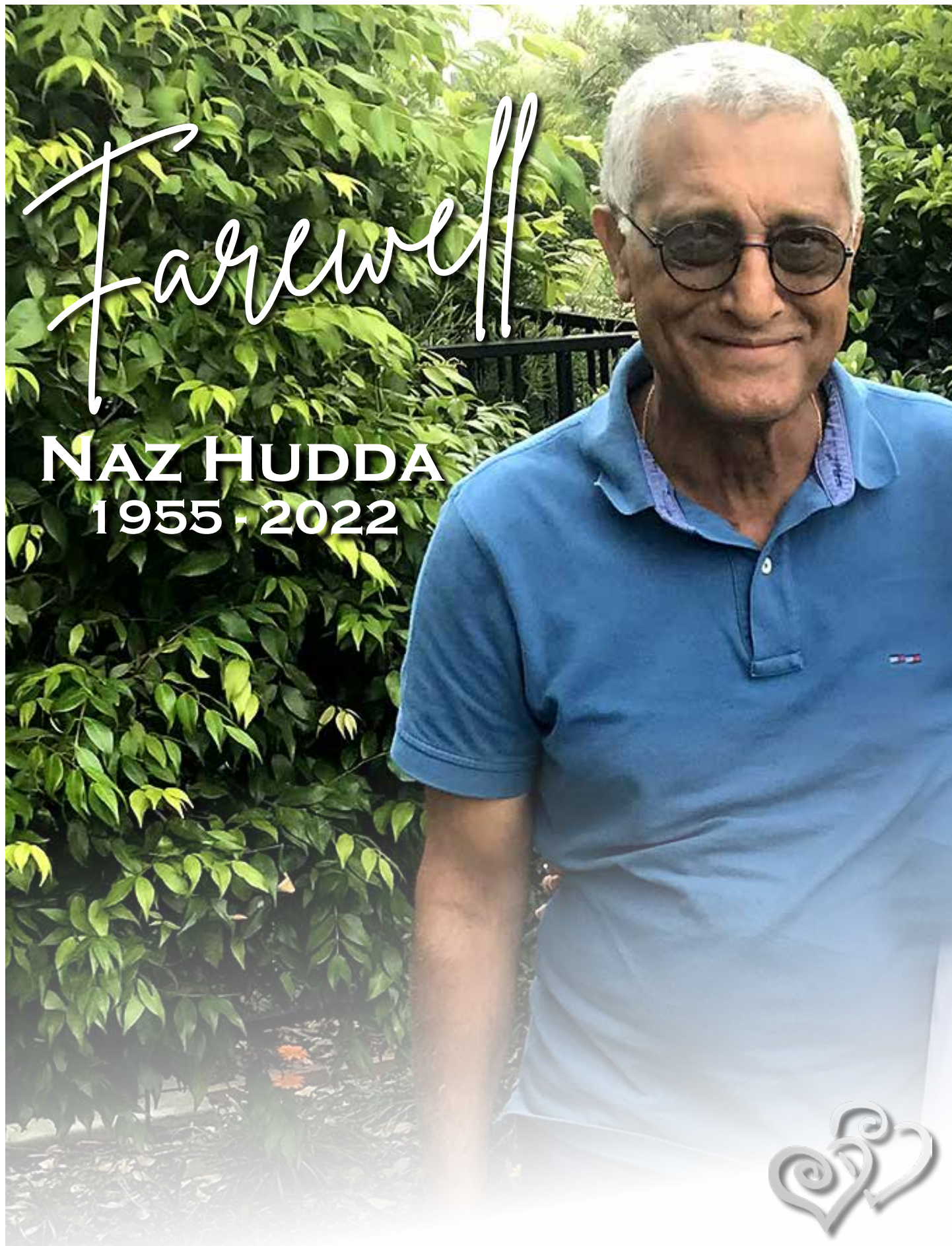
PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIEBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/briebieisland

3408 6608



Naz was one of the most honourable and caring men most have had the privilege to know. His commitment to his family, his faith, friends and local community was outstanding. Naz cherished his time at the pharmacy and his aim was to provide a helpful, friendly, professional service and be part of the Bribie Island Community.

He achieved this goal, retiring in March 2020 after 15 years of being the friendly and much loved face of Moonim Pharmacy. His generosity, kindness and commitment to others, within this community and beyond is enormous and a role model for us all to emulate and admire. His bravery, good spirits and positive attitude during his long illness is an inspiration to us all. Naz will be sadly missed. Our condolences go out to his beautiful wife Sharnim and family. The community has lost a beautiful soul, but now Naz has his Angel wings.



**ELYSIAN MEDICAL
CENTRE
Bribie Island**

3/45 Benabrow Ave
Bellara 4507

**Phone
07 3410 7425**

NEW PATIENTS WELCOME



- ✓ New doctors available : male & female
- ✓ We bulk bill pensioners, health card holders and children under 16 years of age.
- ✓ DVA card holders



Matthew Flinders Art Prize
entry date nears; savings
for early birds

Just weeks to go til entries
close for the 2022 Matthew
Flinders Art Prize event at
Bribie Island Community
Arts Centre.

Artists and creatives are
readying for the signature
art event of the region;
The event, now in its 24th
year, runs from July 16 to
August 6.

Entry forms available now,
with \$9000 prizemoney on
offer.

It's an open competition
for any media (except video).

Entry forms can be

downloaded from the
Bribie Island Community
Arts Centre's website

**www.bribieartscentre.
com.au**

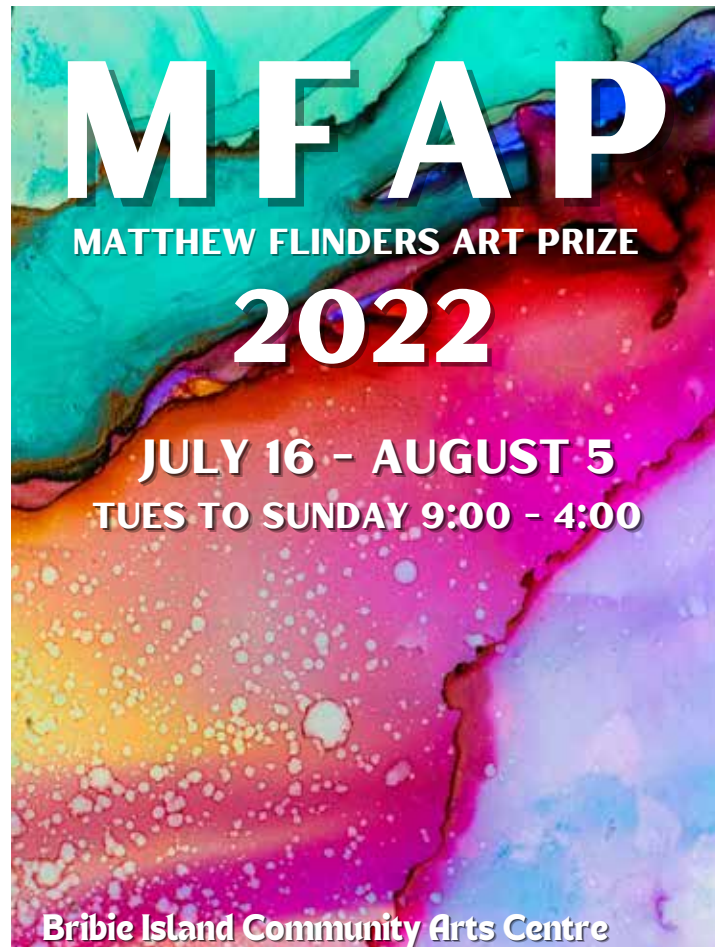
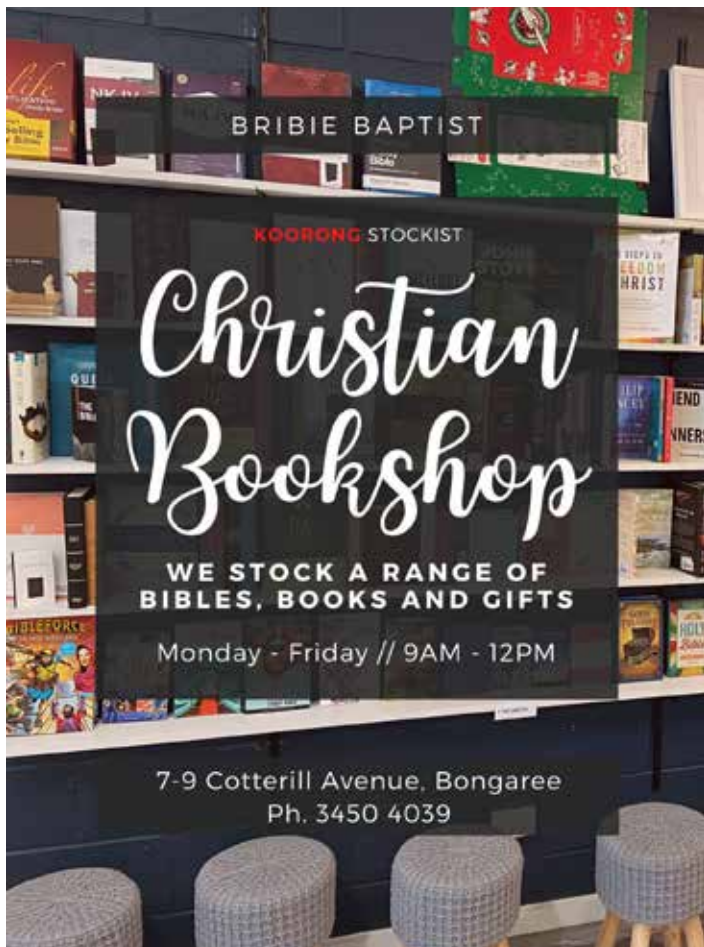
or collected at the
Centre 191 Sunderland
Drive Banksia Beach.

Phone 07 3408 9288.

Early bird entries in by
June 19 save \$5 per
work.

**Entry deadline is June 26.
Art to be in from July 5.**

Matthew Flinders Art Prize organising committee member Sue Gardner,(
left) sorting through entry documents for the event in July with BICAS
volunteers Ann and Robyn



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.

AVAILABLE FOR PURCHASE AT:

The Village Deli

Shop 2-3, 17-19 First Avenue, Bongaree

The Fat Yowie

Toorbil Road, Bongaree

Bongaree News (opp IGA)

Welsby Parade, Bongaree

Ireland Flooring Solutions

126+ Goodwin Dve, Bongaree

Waterama

Shop 7 Bribie Island Shopping Centre
Goodwin Dve, Bongaree

Nextra Newsagency

Bribie Island Shopping Centre
Goodwin Dve, Bongaree



ORIANNA
SANDSTONE POINT

It's time to Break Free

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

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

Call 07 2104 7381

2 Spinnaker Drive, Sandstone Point
hometownaustralia.com.au



A new way of living.

HOMETOWN AUSTRALIA
COMMUNITIES

efvFree Flu Shots until 30 June!

It's already shaping up to be a bad year for flu, with Influenza A cases doubling every week.

Influenza A is serious whether you're young or old, and over 150 Queenslanders are already in hospital.

The Chief Health Officer has also warned of COVID-19 and flu co-infections, which can be even worse.

That's why our Palaszczuk Government has made the 2022 flu shot free for all Queenslanders.

Older and vulnerable Queenslanders may already be eligible for free vaccines under the National Immunisation Program, but for people that aren't covered, we've got you.

The National Immunisation Program (NIP) covers:

- Children from 6 months to less than 5 years of age
- Adults aged 65 years and over

- Aboriginal and Torres Strait Islander people aged 6 months and over
- Pregnant women (during any stage of pregnancy); and
- People aged 6 months and over with medical conditions that increase the risk of complications

So, for people aged 6-64 our free flu shots announcement means you can get your flu shot for free at your local GP or community pharmacy.

Getting a flu shot won't just protect you, it will also protect our hospital system as we hit the peak of flu season.

As with other illnesses, getting a flu shot will reduce your risk of severe symptoms and make it harder to pass flu onto others.

We've done our best to touch base with all the local pharmacies and GPs in our Pumicestone community so we could give your their vaccine availability and eligibility.

GP's:

- National Immunisation Program – All local GPs
- Free QLD vaccine – All local GPs
- Will see new patients? – Bribie Doctors Banksia Beach & Beachmere Medical Centre

Pharmacies:

- National Immunisation Program – Only Woorim Surfside (but not for the senior's enhanced jab*)
- Free Qld Flu Shot – All pharmacies but call ahead to check stock

Stock can fluctuate at GPs and pharmacies so please be patient with the clinic and staff as they book your appointment.

And please do book online if you can – this helps keep phone lines free for other urgent matters.

Have any questions about how to access the free Queensland flu shot? Please reach out to my office at pumicestone@parliament.qld.gov.au or 3474 2100.

Warm regards



* Find out more about the enhanced vaccine for seniors here - <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/service-providers/influenza#restrictions>



**FREE
FLU SHOTS
FOR QLD!**

ALI KING MP
Member for Pumicestone
Working hard for us

QUEENSLAND PARLIAMENT

BallyCara's Bribie Connect

BallyCara's Bribie Connect program offers **FREE** sessions for seniors throughout May and June.

DIGITAL MENTORING SESSIONS

Supporting various technical and digital needs and bridging the digital gap in a safe and supportive environment.



THURSDAY
9th June

10.00 am
Staying Safe On Line

TUESDAY
14th June

10.00 am
Video Conferencing

TUESDAY
21st June

10.00 am
Social Media

Location: Bribie Island Library
Call or Email to reserve your spot 1300 272 222 or
Email: trowe@ballycara.com

Are you looking for support and advice on your HomeCare journey?



- HomeCare delivered the way you choose
- Accredited HomeCare Provider across all 8 Aged Care Quality and Safety Commission Standards
- Responsive and flexible support
- Friendly client-focussed care from highly trained support teams
- Government subsidised and private service options available



Contact our BallyCara team on
1300 272 222 or
Email - homecare@ballycara.com



EMPOWERING Survivors And Educating Youth Against Domestic And Family Violence

Domestic and Family Violence (DFV) is a pervasive community-wide issue, with the Queensland Police Service (QPS) responding to an average of 330 DFV occurrences every day. As well as responding to incidents, protecting victims, and holding perpetrators to account however, the QPS takes an active role in educating young people and empowering survivors to reach out.

DFV requires society, community organisations and government—all of us—to work together to achieve positive change. The QPS works in partnership with PCYC Queensland (PCYC) and Queensland Blue Light to support the delivery of the RUBY and Elevate programs.

RUBY—Rise Up, Be Yourself— was informed by the work of a QPS officer who had personal experience with DFV and discovered that physical fitness was a way to regain confidence and control over her life.

This experience, teamed with the knowledge of program development and delivery, enabled PCYC to create **RUBY**.

RUBY is a free physical fitness program run by selected PCYC clubs across the state for women who are, have been, or are likely to experience DFV.

It is designed to empower women by building physical strength and contributing to general well-being, emotional resilience, self-esteem, and confidence through physical exercise in a safe, violence-free environment.

Sessions are facilitated by a qualified, female personal trainer and a female police officer attends and participates in the sessions.

Sergeant Julia Henderson, Branch Manager of the Emerald PCYC, supported the development of the program and said the benefits were more than just physical fitness.

“RUBY gives participants a different outlet and tools to combat the DFV cycle by fostering connected relationships with other women in a safe, group environment,” Sergeant Henderson said.

“RUBY can be a conduit for the needs of the women, and it helps to create a culture of change and facilitate them to a place of survivorship.

“Through informal discussion during and after the sessions, we can provide support and link participants into existing local services.

Horizon
Funerals

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

“Together Making A Memory”

**Bribie Island
Caboolture
Moreton Bay**

1800 355 830
www.horizonfunerals.com.au

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

"For many, the connection with other women in a supportive environment is a shift from the years of isolation they may have experienced through **DFV**."

Children in the **ELEVATE** program learn to make good choices in their personal relationships

While **RUBY** has been running in **PCYCs** since 2016, Queensland Blue Light's **ELEVATE** program has been developed more recently as a way of connecting with high school students who may be experiencing or witnessing **DFV** in their family or circle of friends.

ELEVATE is a **DFV** primary prevention program designed to educate young people of the social, personal, physical, and emotional harms of **DFV** and empower them to make better life choices in their relationships.

It is targeted to Years 10, 11 and 12, with pilot programs running in four schools in south-east Queensland since late 2020.

The program is delivered in four sessions to groups of up to 25 students, both male and female.

It is run in conjunction with Queensland Blue Light, with a **QPS** officer, a Queensland Blue Light worker and a school staff member attending each session.

Acting Sergeant Cherie McLean, Gold Coast **PCYC** Manager, said the program was developed so police could share their knowledge and experience with students to help them recognise the signs of **DFV** and know where to get help.

"When teenagers become adults, they are somehow expected to know what a healthy relationship looks like and what is not healthy," Acting Sergeant McLean said.

"As police, we have all this experience from responding to and investigating **DFV** and we needed to find a way to increase awareness in young people.

"The more information we can give them, the better informed they'll be and hopefully seek help for themselves or someone close to them.

"They learn what constitutes **DFV** and where to seek help if they, their family members or their friends are experiencing **DFV**."

The four sessions include guest presentations from a police officer working in the **DFV** and Vulnerable Persons Unit as well as from a community member who is a survivor of **DFV**.

ELEVATE is also able to share some of the course content from the highly acclaimed Love Bites program.

RUBY is one program that provides support to women who have been affected by **DFV**.

The **QPS** is committed to protecting and supporting victims of **DFV**.

Collaborating with community organisations to deliver programs such as **RUBY** and **ELEVATE** is helping to empower and encourage victims to reach out for help, as well as educating community members on how to play their part in recognising the signs and preventing **DFV**.

To achieve real and lasting positive cultural change, all levels of society need to be involved and take action against **DFV**. We need to work, all of us, together.

If you or someone you know is being impacted by domestic and family violence, we encourage you to report it to police or access support services.

Don't be a bystander – everyone has a role to play in preventing domestic and family violence.

If you or someone you know is impacted by domestic and family violence, please reach out.

If you or someone you know is experiencing domestic and family violence, you should report it to police.

Support and counselling are available from the following agencies:

- **DVConnect**
Womensline: 1800 811 811
- **DVConnect Mensline:** 1800 600 636
- **1800 RESPECT:** 1800 737 732

More information is also available from the Queensland Government Domestic and Family Violence portal.

CAROLYN'S TAX Update



Your resident Accountant
with over 25yrs experience

Computer software is continually improving all the time.

If you are using an accounting product and are online there have been many enhancements of which you may not be aware.

The ones I know the best are Xero and MYOB. Both these programmes now have a system where your paid expense tax invoice can be uploaded to the software. This means that you don't have to keep the paper copy anymore. Another bonus is for those invoices that fade over time and can't be read later when required.

A measure introduced not so recently is the bank feed. You download your bank statement after pre-arranging online with your bank. Based on set up rules by you, the income and expenses can be identified by the system and entered directly to your file. There will always be some that still have to be identified, but in the majority, it will save you time and energy from not entering every entry. The GST amount is calculated and sent to the GST account. BAS preparation time is shorter and simpler by not having to calculate all the GST components in an expense. The bank account can be reconciled each month with more ease.

Invoices sent to clients can also be saved in the programme so if a customer requests another copy, resending the invoice direct from your computer is basically a couple of clicks away.

Of course, they all have the payroll system helping calculate wages, PAYG withholding tax, STP lodgement and superannuation fund contribution.

If you have connected your ability to pay accounts from your computer, then once you make the decision to pay an invoice, it will go direct to your supplier's bank account from yours.

Computers really can make life easier if used wisely. Except when the power is down.

Let me know if I can assist with any tax or accounting issues you have.

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

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

C M Wheeler and Associates

CERTIFIED PRACTISING ACCOUNTANT & TAX AGENTS

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

Ph 07 5496 1156 M 0428 733 132

email cwheeler@caliph.net.au;
web: www.cmwheeler.com.au and Facebook.





Are you looking for a Financial Adviser?

Your trusted local specialist on Bribie for over 20 years

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



Ken Wicks & Terry Cave

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

**We care about your
financial goals**

**Provide ongoing
support and advice**

**Take the stress out of
financial decisions**

Bribie Island | Caboolture | Caloundra | Chermside | Mt Gravatt

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

Rate rise expected, with Council working to meet community expectations

Moreton Bay Councillors have concluded budget briefings and Council staff are now putting the final measures in place for Budget Day on June 17.

Against the background of a difficult global market with record inflation, Council has worked hard to balance the challenge of meeting community expectations and ongoing cost pressures.

"I want to assure locals that we will maintain or increase service levels," Mayor Peter Flannery said.

"We will provide stability for our community and not cut projects or services; however, this commitment will come at a cost.

"So, I'm not going to mince my words on this: This year's rate rise will be higher than in the past.

"I can't pre-empt the final decision of Council before June 17 but we're expecting the costs of goods and materials for Council to increase by about 14% this financial year, which is almost two and half times CPI.

"Every household knows the impact of skyrocketing fuel costs right now, which is significant for our vehicles, road crews, and mowing.

"Then there's asphalt, cement, labour

costs, and construction materials to continue our maintenance and construction programs.

"I want our community to be aware of this before the Budget comes down, because I know we are entering difficult economic times.

"I know the pressure on household budgets right now, we must weigh up those considerations against all Council's priorities.

"So, I promise Moreton Bay will remain one of the lowest rating Councils in SEQ, and it's thanks to our strong financial position that we will be able to do this.

"That's why Moreton Bay could afford one of the strongest COVID response packages in the country, investing more than \$50 million into the local economy to keep local jobs and rates as low as possible during that uncertain period (2% in 2020-21 and 3.9% in 2021-22).

"I know other Councils are already cutting infrastructure projects or will have to go beyond their debt limit, that's not the approach Moreton Bay will be taking.

"All our Councillors agreed that we need to ramp up infrastructure investment to deliver a full, record capital program of works this financial year.

"We all agreed that now is not the time to slow down investment, with our infrastructure desperately needing to keep

pace with our growing region.

"Councillors also want increased maintenance to improve people's lifestyle, because we've received a lot of feedback about potholes and unmowed grass.

"While most of that is weather-related and we've already implemented a lot of tech innovations to massively improve these services, where we can improve, we will.

"So, I'm proud to say our waste charge is the lowest in SEQ and we still offer free dumping, because we know this is a major point of difference for us in SEQ.

"I also promise that this Budget will see a significant organisational shift, to reprioritise our works program to reflect the feedback you gave us in the feedback from our landmark Moreton Says community survey.

"A whopping 94% of people listed parks and playgrounds as 'extremely important', so we will look at how to invest more in these and activate them more with events and festivals.

"There was also 90% support for stronger environmental protections.

"And we know the need to invest in major road improvements, with 49% of survey respondents saying congestion is the #1 concern for them daily.

"We have listened, so this will be a Budget of delivery. Especially for the environment."

TAX TIPS....

CATCH UP SUPERANNUATION CONTRIBUTIONS ARE A VALUABLE TAX STRATEGY

For taxpayers with a superannuation balance of below \$500,000 they can make additional concessional contributions beyond their \$27,500 concessional contributions cap for the 2022 financial year, IF they did not utilize their available concessional contributions cap in prior years commencing from the 2019 financial year.

For example,

If your concessional super contributions were only \$15,000 in 2019, you can contribute another \$10,000 (as the cap then was \$25,000).

If your concessional super contributions were only \$17,000 in 2020, you can contribute another \$8,000 (as the cap then was \$25,000).

If your concessional super contributions were only \$20,000 in 2021, you can contribute another \$5,000 (as the cap then was \$25,000).

So, that is an additional \$23,000 that you can contribute in 2022 on top of the \$27,500 concessional cap for 2022.

This can reduce your income tax substantially.

Contact us to explore this, or any other tax saving strategy.

**NOELENE LAKE OR
ANGELA DOUGLAS**

62 Cosmos Avenue, Banksia Beach

www.bribieaccounting.com.au

info@bribieaccounting.com.au

PH: 3408 9539

NOELENE LAKE

BRIBIE ACCOUNTING SERVICES





GALLERY SINGERS INC.



Will present a **SUNDAY SERENADE** Concert on June 19th at BRIBIE ISLAND RSL Auditorium at 2:00pm.

Due to COVID lock downs and restrictions last year we had to postpone this coming of age celebration. Come and help us to celebrate our **21st BIRTHDAY + 1** when we will perform nostalgic favourites from our archives as well as some more recent additions to our repertoire from BOB DYLAN, MICHAEL JACKSON and ABBA.

Our guest pianist, Jocelyn Busse, will perform some of her favourite movie themes. Jocelyn has assisted GALLERY SINGERS over a number of years as our rehearsal accompanist for which we are most grateful. The proceeds from this concert will go towards our much needed new equipment for rehearsal and performance new music to increase our repertoire. We also wish to continue our

GALLERY SINGERS INC.



TO CELEBRATE THE OCCASION OF OUR 21ST BIRTHDAY

(WHICH, THANKS TO COVID, IS NOW OUR 21ST +1)

JUNE 19TH, 2PM.

BRIBIE RSL AUDITORIUM

WE INVITE YOU TO JOIN IN THE FUN AT OUR

SUNDAY SERENADE

FEATURING OUR GUEST ARTIST

PIANIST

JOCELYN BUSSE

WE KNOW YOU WILL ENJOY FAVOURITE SONGS FROM OUR ARCHIVES & SOME NEW ADDITIONS TO OUR REPERTOIRE

\$20.00 INCLUDES A CUPPA & CAKE

BOOK YOUR TABLE OF 10

OR

BRING YOUR + 1

TICKETS MAY BE PURCHASED BY CALLING

EILEEN:- 0408 302 889 or fin3954@bigpond.com

tradition of donating to local charities.

GALLERY SINGERS would like to thank the BRIBIE ISLAND RSL AND CITIZENS MEMORIAL CLUB Board for their continued support in making the facilities of the Club available to us for rehearsal and performance.

To join us for **SUNDAY SERENADE** you may book by contacting our President, Eileen Finch, on:- 0408 302 889 or by email:- fin3954@bigpond.com

Tickets are \$20.00 & include a Cuppa & Cake.

For catering purposes, please book by June 10th.



Pie & Coke



\$10⁰⁰

OPENING HOURS:

MON - FRI 6AM - 4PM

SAT & SUN 6.30AM - 2PM

Shop 3/33 Benabrow Ave, Bellara, Bribie Island



The Big Bun Bakery and Takeaway

PH: 3408 7609

Cheeseburger Meatloaf

INGREDIENTS:

- 1 lb lean ground beef
- ¼ cup breadcrumbs or crushed crackers
- ¼ cup finely chopped red onion
- 1 egg
- ¾ teaspoon salt
- ¾ teaspoon ground pepper
- 1½ cups shredded cheddar cheese
- 2 Tablespoons chili sauce
- 2 Tablespoons barbecue sauce

DIRECTIONS:

1. Preheat oven to 180 Celsius
2. In a large bowl combine meat, breadcrumbs, onion,



egg, salt, and pepper.

3. Pat meat out onto a piece of baking paper. Sprinkle cheese over flattened meat mixture making sure to leave about an inch on all sides.

4. Use baking paper to help roll meat up into a pinwheel. Make sure both ends are well sealed to avoid cheese spilling out during baking.

5. Mix chili sauce and barbecue sauce. Place loaf in baking dish and brush sauce on top of meatloaf.

5. Bake for approximately 45 minutes.

Let rest for approximately 5 to 7 minutes to allow juices to settle and cheese to thicken a bit.

This was unbelievably delicious and was even better the following day in a cheeseburger meatloaf sandwich! I will hold on to this recipe and try out some variations (different cheeses, changing up the spices, etc). Enjoy!

Bribie Island
HOTEL

NEW PLAYGROUND

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

+ KIDS EAT FREE EVERY MONDAY!

Bookings essential

What's On

Let us entertain you!

3 JUNE BRAD COX

18 JUNE TEX PERKINS &
MATT WALKER

17 JULY DRAG BINGO

29 JULY WOLFE BROTHERS

5 AUG DIESEL

13 AUG BOB "BONGO" STARKIE

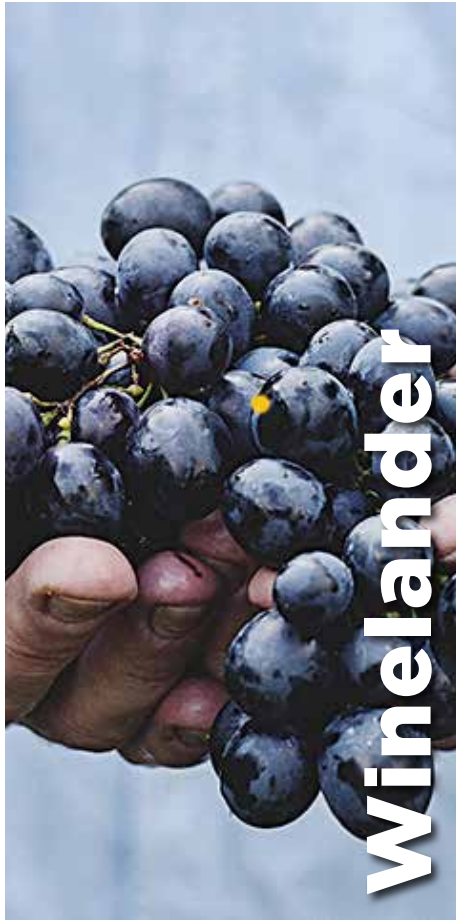
27 AUG SOUL MEN -
BLUES BROS SHOW

10 SEPT SCREAMING JETS

Purchase tickets online

bribieislandhotel.com.au

@bribieislandhotel [fbribie.islandhotel](https://www.facebook.com/bribie.islandhotel)



I decided to treat Shirlene to a bottle of champagne for Mother's Day and after browsing through BWS and Liquorland settled for a bottle of Charles De Cazanove Non-Vintage from Liquorland which was on the shelf at \$40. It was a tight decision between Henri Laurant, which we had for the Night of the Opera at the Bribie Golf Club a few weeks ago and sells for around \$35 and which was very well received on the night or The Charles De Cazanove which was gift boxed and according to the label was established in 1811, and with a desire to try something different settled for the latter. It appears the wine comes from the GH Martel Group, one of the largest producers of Champagne, they have large plantings of both Chardonnay and Pinot Noir grapes, and they are established in Eprenay in Champagne.

GH Martel is a family business owned by the Rapeneau family and most of their wines are produced under the GH Martel label, I have to say the Charles De Cazanove was a delight with a fine bead (bubbles) which released a pleasant yeasty aroma as they broke on the surface of the wine and at the price was excellent value.

On the Opera Night, another winner in the wine department was The Fat Bastard Chardonnay from the Napa Valley in California, a wine I chose for the pleasant buttery aroma and talking to the Liquorland server sales have recently grown which explains why they had sold out, I am sure several of the audience from that night enjoyed the wine as much as I did and have started to buy it, you can normally get 2 bottles for \$30 which for the quality is a good deal.

Continuing our look at wine regions around

Australia an area close to my heart is Margaret River were in the early 1980s was a part of my territory selling Penfolds and Kaiser Stuhl wines, which at that time were the largest selling wines in the area because there weren't many local wineries, and what there were sold their wines mainly at the cellar door and many had a reputation for being very expensive. In those days Margaret River was more known for holidays and surfing which suited the wineries with tourism accounting for most of their sales, it wasn't until the later part of the 1980's that the area suddenly became discovered and new wineries started popping up all over taking advantage of the newfound fame.

Western Australia had wineries established as far back as the early 1800s with vine cuttings such as Chenin Blanc arriving by ships from South Africa

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



TRADING HOURS

Monday - Thursday 10am-7.00pm

Friday - Saturday 10am-7.30pm

Sunday: 10am-7.00pm

Visit us on  facebook

OPEN 7 DAYS



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

and being planted in The Swan Valley, however, in 1955 Howard Olmo a professor of viticulture at the University of Ohio, working in The Swan Valley, wrote a report suggesting the south-west of Western Australia might be better suited to grape growing with its temperature having many similarities to that of the wine-growing areas of the Mediterranean and soils perfect for growing exceptional grapes.

However, it was a decade later that agronomist Dr John Gladstone backed up the opinion of Howard Olmo and what was mainly a dairy producing area was about to become one of the most important regions for the growing of premium wine grapes in Australia producing around 10% of Australia's wine but nearly 30% of the countries premium wine.

The founders of three of the best-known wineries Tom Cullity of Vasse Felix, Bill Pannel of Moss Wood and Kevin Cullity of Cullen Wines were all Doctors something

which has historically seen the creation of wineries around Australia since the very beginning of the industry with Dr Penfold, Dr Lindeman and Dr Angove all pioneers of The Australian Wine industry.

Leeuwin Estate is another of the region's top wineries, but this almost didn't get off the ground. Founders Denis and Trish Horgan bought the land that is now the Leeuwin Estate vineyards as part of a plumbing business in 1969. It was a grazing property and was left untouched for a number of years until a meeting with the legendry Robert Mondavi who suggested the land and its closeness to the sea made the property very suitable for grape growing especially Chardonnay which at that time was not an important variety here in Australia with Murray Tyrell in The Hunter Valley being its main supporter. Following Mondavi's advice Chardonnay was planted and eventually this led to Leeuwin Estate's most iconic wine the 'Art Series' Chardonnay, which showed that Margaret River

could make wines that could rival the world's best, and it still sets the benchmark for Margaret River Chardonnay today.

Today there are basically 6 sub-regions of Margaret River namely: Karridale, Carbanup, Wilyabrup, Treeton, Wallcliffe and Yallingup and more than 200 wineries are occupying this region with operations varying from 3.5 tonnes a year to the largest at around 7,000 tonnes and the principal grape varieties are Sauvignon Blanc, Chardonnay, Cabernet Sauvignon, Semillon, Shiraz, Merlot, Chenin Blanc, and Verdelho.

When we visited the area for my 50th birthday some 25 years ago we had dinner at The Leeuwin Estate vineyard and when head chef Don Hancey heard I was there produced the largest lobster I have ever seen as a birthday present, leaving some very happy memories of the region.

If you are visiting the area there are many wineries with accommodation so it pays to

see what's available, Margaret River itself is a wonderful town full of restaurants, taverns, wine bars and hotels, a great base for exploring the region.

Other important vineyards worth visiting are Brookland Valley Estates, Cape Mentelle, Howard Park, Woodlands Wines, and the magnificent Voyager Estate next door to Leeuwin Estate.

Cheers,
Philip Arlidge
arlidge@bigpond.com.au

Here is a searching question
'how much is too much'?

From Pickwick Papers and who the Dickens was Mr Snodgrass?

"It wasn't the wine" murmured Mr Snodgrass, in a broken voice "It was the Salmon." (of course it's never the wine)

From Samuel Butler an alternative view on not drinking.

Habitual teetotalers, there should be asylums for such people. But they would probably relapse into teetotalism as soon as they came out.

BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise'



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

BRIBIE ISLAND LUNCH CRUISE 2022

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

Buy a GIFT CARD or BOOK Online now at

www.brisbanecruises.com.au

Price Includes BBQ lunch and cruise

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

2022 DATES: Fri 1 July, Tue 16 Aug, Mon 26 Sept, Tue 11 Oct, Mon 31 Oct, Fri 11 Nov, Thu 24 Nov

T: 07 3630 2666

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



Seniors LUNCHES

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

\$12

EVERY TUESDAY TO FRIDAY 12PM TO 3PM

MANGROVES BAND

BOOK NOW 3408 1457

bribieisland golfclub **\$5 ENTRY**

SATURDAY 18TH JUNE 6:30PM

RESTAURANT OPEN

ROCK N ROLL - BLUES

BRIE ISLAND GOLF CLUB
LINKS COURT WOORIM 3408 1457

THURSDAY NIGHTS

Steak and Prawns

250g Rump Steak, garlic prawns, chips and salad

\$23

ALL WELCOME

bribieisland golfclub

RHYTHM RATZ

ENTRY \$15 **DINER MENU AVAILABLE**

INCLUDES FREE DRINK

* GLASS HOUSE WINE • SCHOONER BEER • SOFT DRINK

Saturday 27th August 6:30pm

HAMBURGERS

BRIE ISLAND GOLF CLUB LINKS COURT WOORIM 3408 1457

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



WINTER VEGIES YOU NEED TO EAT!!

BRUSSELS SPROUTS

Brussels sprouts are a member of the nutrient-rich cruciferous vegetable family. The mini, cabbage-like heads of the Brussels sprout plant develop during

the cold weather months. Though small, Brussels sprouts contain an impressive amount of nutrients. They are an excellent source of vitamin K. Vitamin K is critical for bone and heart health and is important for brain function.

Brussels sprouts are also a great source of vitamins A, B and C and the minerals manganese and potassium. Additionally, Brussels sprouts are high in fibre and alpha-lipoic acid, both of which have been proven to help keep blood sugar levels stable. Fibre slows down the digestive process in the body, resulting in a slower release of glucose into the bloodstream. This means that there are fewer spikes in blood sugar after consuming a fibre-rich meal. Alpha-lipoic acid is an antioxidant that may reduce high blood sugar levels and increase the body's sensitivity to insulin.

CARROTS

This crisp vegetable also happens to be highly nutritious. Carrots are an excellent source of beta-carotene, which can be converted to vitamin A in the body. Vitamin A is essential for eye health and is also important for immune function and proper growth and development.

What's more, carrots are loaded with carotenoid antioxidants. These powerful plant pigments give carrots their bright colour and may help reduce the risk of chronic diseases.

Some studies suggest that a diet high in carotenoids may particularly help reduce the risk of certain cancers, including prostate and breast cancer.

RED CABBAGE

Cabbage is a cruciferous vegetable that thrives in cool weather. While both green and red cabbage are extremely healthy, the red variety has a greater nutrient profile.

One cup of raw, red cabbage (89 grams) contains 85% of the daily recommended intake of vitamin C and high amounts of vitamins A and K.

It is also a good source of B vitamins, manganese, and potassium.

However, where red cabbage really shines is in its antioxidant content. The bright colour of this vegetable comes from pigments called anthocyanins.

Anthocyanins belong to the flavonoid family of antioxidants, which have been linked to a number of health benefits.

One of these benefits is the potential to reduce the risk of heart disease.

In a study of 93,600 women, researchers found that women with a higher intake of anthocyanin-rich foods were up to 32% less likely to have heart attacks than women who consumed fewer anthocyanin-rich foods.

In addition, high intakes of anthocyanins have been found to reduce the risk of coronary artery disease.

Wright's **FRUIT BARN**

*To all the wonderful
people of Bribie and our
loyal customers*



WRIGHT'S FRUIT BARN IS MOVING.

WATCH THIS SPACE FOR THE GRAND OPENING.

**LAST DAY
AT OLD
ADDRESS
JUNE 25TH**

P: 3408 1179



We're Back with a New Show

By Anne Matthews

CONFETTI & CHAOS!

Your local Rotary World's Greatest Meal to End Polio team, in partnership with Interactive Theatre International, is proud to present Confetti & Chaos. The one night only performance will be held at the Bribie Island RSL on Wednesday 7 September 2022 at 6.30 pm for a 7.00 pm show.

The WGM Team has arranged this night to raise funds for Rotary's Number One priority - ending Polio. Despite setbacks, wars, and pandemics we are on the final countdown to ending this disease which is now only endemic in Pakistan and Afghanistan.

The cost of \$95.00 per person includes the show a three-course meal and a drink on arrival. This is a great price when compared to similar shows. Our shows sell out very quickly so to avoid disappointment book early.

This is the worst wedding reception you'll ever go to... and everyone is invited!

Strap yourself in for this brand-new comedy brought to you by the people behind the global smash hit, Faulty Towers The Dining Experience.

It was meant to be a surprise party, but it's turned into pandemonium – with secrets spilling out as family members bust in, bust-up and bust a move. Audiences become guests caught in the crossfire in this totally immersive and highly improvised comedy.

"it is impossible not to fall madly in love with this immersive event." ★★★★★

BroadwayWorld

- *'If you ever get an invite, don't turn it down!'*

★★★★ Bournemouth Echo

- *'Perfect comedy timing'* ★★★★★

British Theatre Guide.

This original piece features four phenomenal actors in multiple madcap roles.

The cast for Bribie Island RSL features Monique Lewis-Reynolds, Jack Newell, Liam Seymour and Rebecca Fortuna.

- *'No shortage of laughs... riotous immersive comedy'*
The Stage

For further information please phone Bill Peacock on 07 3410 7927 or Anne Matthews on 0409 244 005. Bookings will open on Monday 6 June 2022 via the Event Booking link: <https://1042411423.eventbookings.com>

it Interactive Theatre From the makers of FAULTY TOWERS THE DINING EXPERIENCE

★★★★★
'A RIOT OF EPIC PROPORTIONS'
BroadwayWorld

★★★★★
'PERFECT COMEDY TIMING'
British Theatre Guide

The most hilarious Wedding Reception ever...

CONFETTI & CHAOS!

Bribie Island RSL Club
99 Toorbul Street, Bongaree, QLD 4507
Wednesday 7 September 2022
Doors open 6:30pm, show starts 7:00pm
\$95.00 pp, includes a 3-course meal and 2-hour interactive show
0403 686 998 | www.1042411423.eventbookings.com
A World's Greatest Meal to End Polio Now.

THE WORST WEDDING RECEPTION YOU'LL EVER GO TO... AND EVERYONE IS INVITED!

It was meant to be a surprise reception for the happy couple but it's turned into pandemonium – with secrets spilling out as family members bust in, bust up and bust a move. This brilliant confetti-fuelled extravaganza has comedy bursting from the seams of a wedding dress. No other wedding invites such charming calamity with a touch of tenderness.

This original show features four performers playing nine characters that promise to remind you of home in a whirlwind of laughter, love and tears. From arrival through to seating, eating and dancing, Confetti & Chaos is a classic take on a wedding reception gone wildly wrong.

★★★★★

'Just when you think it couldn't get any crazier, it does.'
Reviews Hub, Edinburgh Fringe 2019



CONFETTI-CHAOS.COM

f @InteractiveTheatreInternational
t @IntTheatreInt i @IntTheatreInt

MARKETS

Bribie Island BICA Markets

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

Bribie Rotary Markets

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

Queensland Cancer Council Markets

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

The Sylvan Beach Munch Markets

(Farmers Market)

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

The Bribie Lions Club Markets

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

The Bribie Island Comm Plant Nursery

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

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

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



The BIG Queenslander Pie of Origin \$29.95 Pack

normally up to \$45.30

4x Big Qld'er Pies + 6x Snack Pies
(LIMITED TIME ONLY)

\$5 will be donated
to the Qld Children's
Hospital from every
pack sold



20% BIGGER & BEEFIER

Hand in coupon in-store to redeem offer. Not valid
with any other offer. Valid to Thursday 16th June 2022.

est. 1997
BEEFY'S
FAMOUS AUSSIE PIES

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



B160622



seasons
MANGO HILL

Poolside soirée with drinks and live music at Seasons Seniors' Living Mango Hill

Explore our brand-new final stage of our
community, including our luxury display
apartments and stunning pool area.

Enjoy a drink, some nibbles and acoustic
music by the pool.

WHEN:
Wednesday 1st June, 3pm to 5pm

WHERE:
Seasons Mango Hill, Building C,
28 Akuna Way, Mango Hill

RSVP:
To ensure this is a COVID-safe event,
RSVP's to attend are essential.



Please RSVP by 28th May to Julie on **0448 337 932** or scan the QR code and complete our online form.



Skies Above Bribie

BY: Kat Miller

The Carina Nebula

The Dark Wold Nebula

The Running Chicken Nebula

I hope everyone is safe and well after the recent flood and wet weather events. May was a jammed packed month for astronomical observations like planetary alignments, conjunctions, and meteor showers. It is a shame mother nature decided to cover southeast Queensland with a blanket of never-ending clouds. At one point, my Facebook feed was full of beautiful images from the May lunar eclipse. I didn't even realise it was a full moon or that the lunar eclipse was already upon us because I hadn't seen the moon in weeks!

It looks like the clouds will linger through June at this stage. If the weather improves, we may witness the first supermoon of the year on 14 June. A supermoon occurs when the moon's orbit is closest to earth, while it is full, and can appear bigger and brighter than normal. This super full moon is also known as the Strawberry moon.

Mercury reaches its greatest western elongation on 16th June; this is the best

time to view Mercury as it will be at its highest point above the horizon. Look low on the eastern horizon before sunrise.

Comet C2017/K2 Panstarrs has been making its way towards the sun. Its closest earth approach won't be until July. However, on the 20 June, it will be around magnitude 7.5 and near the open cluster IC4665 in the east-northeast. This will be a great photo opportunity for anyone with a telescope.

The winter solstice occurs on 21 June, marking the first day of winter for the southern hemisphere and the first day of summer for the northern.

The new moon will fall on 29 June. This is the best time for observing deep-sky objects.

Despite all this rain, I have captured a couple of new images.

Firstly, an uncommon object referred to as The Dark Wolf Nebula, catalogued as Sandqvist 17, not to be mistaken for Barnard 228, also referred to as the Dark Wolf Nebula. This nebula is near the Prawn Nebula and Fighting Dragons

Nebula in the constellation Scorpius. It is a region of mostly hydrogen with an area of dark dust in the shape of a wolf. This image is around five hours' worth of data.

I have recently invested in a refractor telescope which has been a big learning curve because I have only used a reflector for the past three years since starting my astrophotography journey. While testing my new telescope, I also managed to image the Running Chicken Nebula and the Carina Nebula. The difference between these two types of telescopes, in simple terms, is that a refractor telescope uses glass elements to send light down a tube to your eye or camera sensor. While a reflector uses mirrors to reflect light that has entered the scope to your eye or camera sensor. In my next article, I will go in-depth a little further about the merits and drawbacks of these two types of telescopes. If you have any questions or images, you would like published, email them to astrogirl.au@mail.com.

Clear Skies

Fan-Tailed Cuckoo

ACOMANTUS FLABELLIFORMIS

By: Marj Webber

FAN-TAILED CUCKOOS ARE REASONABLY COMMON ON BRIBIE ISLAND IN EUCALYPTUS BUSHLAND AND HEATHLANDS.

They are slender, medium sized Cuckoos 24-28 cm in length and weighing 42-65 g. Colouring is grey with a buff-coloured breast and belly. Eyes are brown with prominent yellow eye-rings. Tails are heavily barred black and white underneath. Feet are similar to those of parrots with two toes facing forwards and two facing backwards, but unlike parrots they do not hold their food with their feet. Tails tip up when landing. Beaks are curved downwards with raised nostrils. Younger birds and females are duller in colour. They are often seen perched on an exposed perch for long periods

of time but are easily frightened off if approached. Very often you will hear the plaintive, descending trills before you spot the bird. During spring and summer is when you are most likely to hear them calling. Brush-tailed Cuckoos are similar in appearance but have grey eye-rings instead of the yellow.

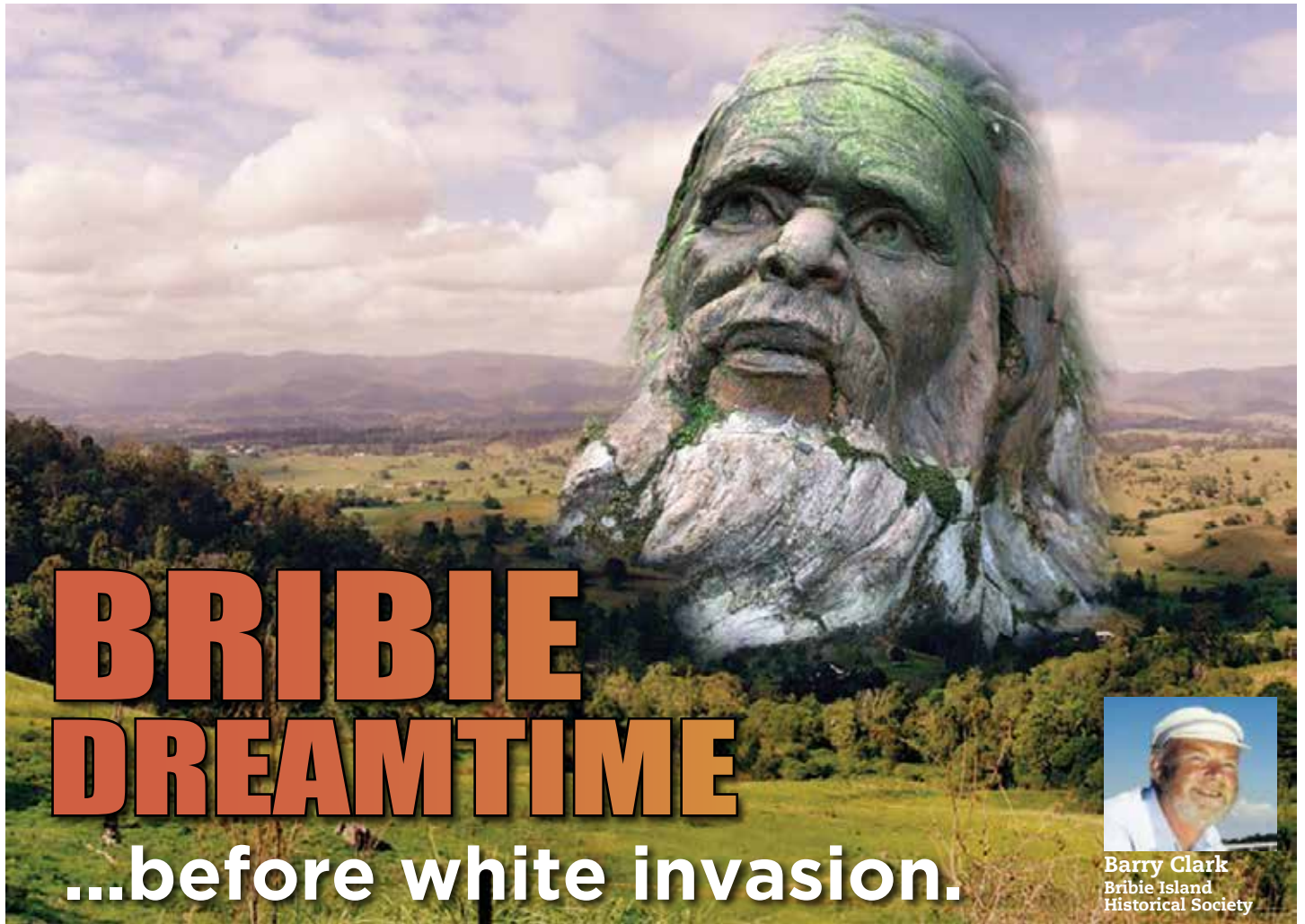
Fan-tailed Cuckoos are found in forests and woodlands in eastern Australia, and south across to Western Australia. Tasmanian birds breed in Tasmania and migrate to the mainland during the winter. Wet eucalypt forests and at the edge of rainforests, preferably with thick undergrowth are their favoured habitats. They can also be found in heathlands and mallee areas. Their range is widespread taking in many of our neighbouring Pacific Islands.

Hairy caterpillars are their favourite food. Other larvae and insects are also part of their diet. Most of their prey is taken from a perch. They sit and wait for a victim to appear, then pounce. Prey is then eaten on the perch. Insects

are often caught in on the wing.

July to February are their favoured breeding months. Cuckoos are not attentive parents and choose other birds such as Flycatchers, Thornbills, Wrens and Warblers to incubate their single spotted mauve, white egg, and raise their one chick to the detriment of their own brood. Host birds seem unaware that their dome-shaped nests have been taken over. When the Cuckoo lays its single egg, it tosses out one of the existing eggs and when the young Cuckoo is hatched (usually before the hosts' eggs) it either ejects the other occupants or starves them to death. Host birds incubate the egg for 15-16 days and the young cuckoos fledge in about 16-17 days. Cuckoo chicks are often much larger than their foster parents.

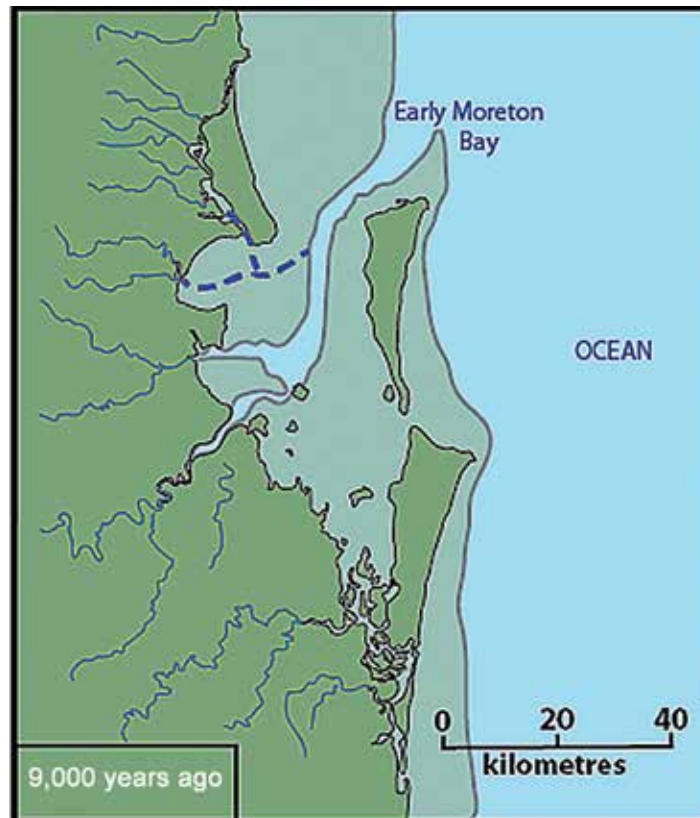
Although Fan-tailed Cuckoos' population is declining they are still rated by Birdlife Australia as secure in all states in Australia where they are present.



Barry Clark
Bribie Island
Historical Society

A boriginal Dreamtime stories tell of man's creation from the earth, and battles between land and sea. Our own religious stories also tell of floods and creation from Adam and Eve in the garden of Eden. However, archaeological evidence shows that the first humans (*Homo Sapiens Sapiens*) arrived on this continent more than 65,000 years ago, when it may have been the first major ocean crossing ever undertaken, without land in sight.

We may never know exactly why or how indigenous people first came to Bribie Island. We do know that they roamed this entire area forty thousand years ago, when Moreton Bay was dry land. The sea level has risen 140 meters in the past twelve thousand years, flooding Moreton Bay and progressively forming islands, including Bribie about 5000 years ago

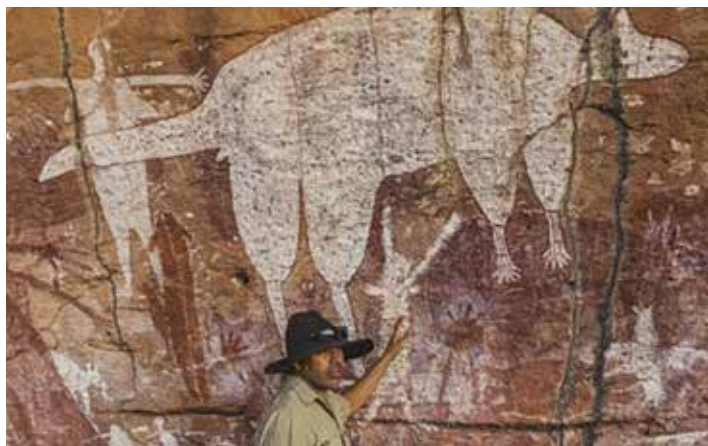


FIRST ARRIVALS

It was initially thought that first nation people came to this continent just a few thousand years ago, but modern archaeology continues to unearth evidence that pushes that date much further back. The burial site of Mungo Man, found in 1974 at Wilandra Lakes in NSW, revealed a ceremonial ritual burial from 42,000 years ago. One of the oldest such example on earth.

When the first people arrived, they shared this continent for 40,000 years with many species of massive Megafauna. These were turbulent times, requiring great adaptation to survive huge changes in climate. There was a 10,000-year period of drought, when the temperature and sea level dropped dramatically. Megafauna died out, but humans adapted to environmental changes, to occupy every part of the continent. The first people

remained largely undisturbed, for tens of thousands of years. Sadly, we know very little about this long period of their history, and little understanding or recognition that Australia has the oldest surviving continuous culture on earth.



FIRST EUROPEANS

Modern tourists travel the world to visit ancient sites like Stonehenge in England and the Pyramids of Egypt, which were built around 5000 years ago. There are several human sites and structures in Australia that are many times older than that.

The first Europeans explorers came to this land they called New Holland just 400 years ago, and all they saw were "Wild cruel black savages" and "Cannibals, the most wretched and poorest creatures I have ever seen". They could not appreciate the complex lifestyle, customs and practices that had enabled people to survive and prosper for over 50,000 years. Explorers saw nothing of commercial value to trade or take away which might justify their claiming the land. Aborigines in some parts of Australia believed they were the only people in existence, which made encounters with invaders very challenging.

WHITE INVASION.

In 1770 James Cook was first to sail and claim the East Coast and name it New Wales. He was not sure it was part of a much larger continent, which had been seen by others many years earlier.

Cook had little contact with the native people, except his time in the tropical north, repairing the Endeavour after it struck the barrier reef. How very lucky

they all were to survive this ordeal and repair the ship, and return safely to England, or the history of Australia would be very different.

When James Cook returned to England, he wrote "The

natives of New Holland may appear to be some of the most wretched people on earth, but they appear to be happier than we Europeans". He could not have known that there were some 700 different tribal and language groups living throughout the continent.

The land was declared by the British to be Terra Nullius (nobody's land) for the purpose of settlement. The first Fleet of convicts arrived in Sydney in January 1788, and thus began many years of conflict, oppression, occupation and destruction of native land and culture. Governor Arthur Phillip wrote in his diary in July 1788, just a few months after arrival "The natives are far more numerous than expected. I recon from 1400 to 1600 in this Harbour and Botany Bay. Once we fell in with 212 men in one party". Within 25 years of white occupation over a third of the indigenous population were dead or had succumbed to introduced diseases.

BRIBIE ISLAND

Matthew Flinders was first to circumnavigate the entire continent in 1803 and gave it the name Australia. Before that he had been the first white man to set foot on Bribie Island in 1799, searching for rivers to the inland. He explored what he named the Pumicestone river, but failed to find the Brisbane River,

or know that Bribie was an island. He observed large and well-constructed bark huts on the island, as well as big strong nets for catching fish and dugong. Neither Flinders, nor any of the explorers and settlers that followed, could appreciate the complex culture and practices developed over thousands of years. Explorers who later sailed the Pumicestone Passage noted that "The natives were too numerous to risk a landing".

Castaway convicts spent many months living among the people of Bribie Island in 1823 experiencing their culture, ceremony and lifestyle, making baskets, nets and canoes. The Joondobarra people of Bribie lived in nature's supermarket knowing the taste and use of everything that grew above or below the ground, and enjoying a rich and varied diet, spending hours of each day gathering. We now believe there may have been about 800 people on Bribie, and many more at times..



INDIGENOUS KNOWLEDGE

There was nothing in nature or the environment that people of Bribie had not discovered. They knew the bounty of each month of the year, how to catch birds, fish, and crabs, and had large social gatherings for seasonal Mullet and Bunya festivals, and used weapons and tools such as Clubs, Boomerang, Spears and Shields made from special trees.

If we had had a better understanding of the delicate

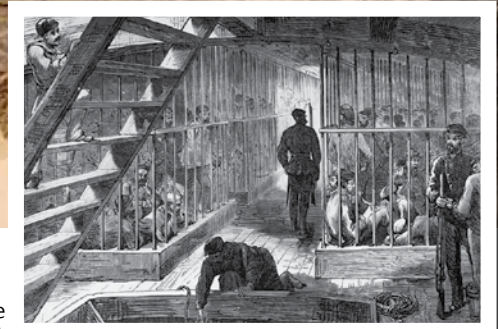
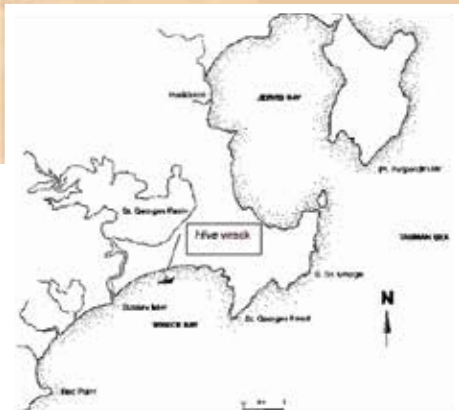
life balance of these people with longest continuous culture on earth, the impact of white settlement would take on a much deeper significance. Within 100 years of settlement, the indigenous people of Bribie Island were a vanished race.

Archibald Meston, a naturalist, explorer, politician and defender of Aborigines visited Bribie in 1891 and declared it to be "the meanest piece of country in Australia ...a howling desert of tee-tree swamps, rank aquatic vegetation, and unimaginable cussedness". Another example of not understanding just how rich and bountiful this land was for generations of indigenous people. Many extensive shell middens sites have been found on Bribie reflecting hundreds of years of feasting. The water tower at Bongaree is reportedly on the site of a large midden. Bribie offered a rich and varied diet of vegetables and fruit, animal protein from Kangaroo, Emu,

Turtle, Dugong, Fruit Bats and the occasional whale stranded on Ocean beach.

MORE BRIBIE HISTORY

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



On 24 August 1835, **Hive** departed for NSW after picking up prisoners in Dublin and Cork. Several times during the voyage, Canney had queried his captain's navigational instructions after doing his own calculations. When he tried to advise Nutting that he was out

When third mate Thomas Morgan took over for the night watch, Canney again expressed concern, but the captain was dismissive. After posting lookouts, he ordered the ship be kept under full sail, then retired to his cabin. At about 9pm, after an ordinary night at sea, 250 convicts were locked, as usual, in their prison deck. Their guard, numbering 29 soldiers from the 28th Regiment, were mostly relaxing below, a lucky few

From a relaxed atmosphere,
the shock of running aground

As dawn began to light the

scene, it was revealed that Canney's attempt to turn **Hive** to starboard had left her sitting parallel to the beach, vertical and stable, with the waves washing against her starboard side. Nutting wandered topside. Canney reported that the longboat was ready for launching. To his dismay Nutting instead ordered the small jolly boat to be lowered from the starboard quarter, the side of the ship that was being lashed by surf. Canney had no choice but to obey. Unable to convince the captain to lower the longboat on the port side, Canney chose to join Ensign Kelly and one of the experienced hands on the jolly.

Predictably, as soon as the jolly touched water, she capsized and was smashed against the ship. Flung into the surf, Canney managed to grab hold of a rope thrown him. Simultaneously, he realized that Kelly, dressed in the heavy red uniform of the British army, was in danger of drowning. Canney somehow got the rope round Kelly and had him hauled on deck, saving his life.

Meanwhile the sailor had surfed to the beach by clinging to the upturned boat. Canney then swam to shore with the hawser line, which he made fast on land before returning to Hive by hauling himself along the rope.

Back on board, he found that the captain intended everyone should make their way individually through the surf by clinging to the hawser. Again, Canney remonstrated, proposing the longboat as a safer way to get them to the beach. Dr Donoghue estimated that at least half the 300 people would have drowned if Nutting's plan had been allowed to stand.

When the captain emphatically refused to use the longboat, the doctor intervened. With the formal support of Lugard, the surgeon deposed Captain Nutting and handed organizational control to Canney.

Canney ordered the longboat to be hoisted out. Her first load was women and children accompanied by some of the guard. Just descending from the ship into the boat was a

challenge for the passengers. Some were loaded, slung over the shoulders of experienced seamen. They had to ride the surf to shore in conditions none had encountered before. Even with the bigger boat, there was a risk of capsizing. Determined to avoid a tragedy, Canney personally escorted boatload after boatload to the beach. On the deck of **Hive**, Lugard watched with admiration. "Thus with almost indescribable difficulties, up to his neck in water all the time, did Mr Edward Canney safely land and save the lives of 300 men, women and children without one single accident," he later reported.

Once safely on the beach, Captain Nutting resumed command as if nothing had happened. Meanwhile Canney walked calmly among the passengers telling them that they were, "... south of Jarvis Bay in a deep bight just to the south of Cape St George," and assured them that he would find a way to get them safely to Sydney. But the vast scrubby wilderness to the west did not reassure them, with many demanding to know, "Just how are we going to get there?". The answer suddenly appeared, walking along the beach towards them.

Emerging at sunrise from their settlement at the northern end of the bay, the Aborigines must have been shocked to see 300 men, women and children milling around on their land. But for nearly 50 years, even in the remote bush, they had become used to Europeans and their strange habits.

Anxiety rose in the Europeans when they first saw the Aborigines. As well as carrying their nets, they carried spears. Fearful soldiers reached for their muskets. Fortunately, Lugard held his nerve until the goodwill of the indigenous people became obvious.

By sign language and broken English, they offered to guide someone to the nearest European who, their gestures indicated was, "... up the hill." There was no way of estimating how far that meant. As the most junior officer, Kelly was again given the hard job.

At about 8am Kelly set out. Two

hours later he was at Erowal, the farm of John Lamb, which spanned the ridge between St George's Basin and Jarvis Bay. Lamb took Kelly 24km north to an estate named Coolangatta on the banks of the Shoalhaven River. It was owned by Alexander Berry, one of the most prominent settlers in the colony. Lamb and Kelly reached it at 8pm, almost exactly 12 hours after Kelly set out.

Berry knew the south coast well. He cross-examined the ensign until he was confident he understood exactly where the ship lay. While an exhausted Kelly slept, Berry wrote to the colonial secretary, Alexander Macleay, giving more precise directions and warning that **Hive** was, "... in a situation of great danger and most likely ... will go to pieces in the first southerly gale". He said that he had been, "... particularly alarmed to learn from Kelly that **Hive** was carrying £40,000 in coins for the colony's treasury". Berry despatched his fastest rider with the message to Sydney Town.

News that **Hive** was wrecked caused a sensation in Sydney. The press competed for every last detail while anxious residents devoured everything the papers could tell them. On Monday morning, 14 December, the Sydney Herald reported, "Orders were immediately given to despatch HM Brig Zebra and the Revenue Cutter to the assistance of the unfortunate people on board. In the course of the afternoon yesterday, the Tamar steam-packet was sent on the same errand."

Tamar returned to Sydney on 16 December with Dr Donoghue, Lt Lugard, some soldiers, and 106 convicts. Zebra returned with the coins, the mail, stores, 94 convicts and 10 soldiers, before returning the next day to pick up the remainder. On return, **Zebra's** Captain reported, "**Hive** is lying near the beach with her keel broken. ... there is no doubt she will break apart in the first big storm".

On 4 January 1836 the Government schooner **Blackbird** was engaged to salvage **Hive's** stores left aboard and onshore. Inexplicably, Nutting was placed in command of the salvage operation. On 11 January, **Blackbird** departed

Sydney, and on arrival, anchored about 3km from the beach. Over the next four days, whaleboats were used to recover the bulk of **Hive's** stores.

On the evening of 15th January, **Blackbird's** crew relaxed on deck, celebrating a successful mission, and looked forward to heading back to Sydney in the morning. Their reverie ceased when the wind suddenly increased in strength, and they felt the anchor dragging. They sprang into action, weighed anchor, and hoisted sail to get **Blackbird** underway. Against a now raging headwind, they could not clear the bay, instead being driven closer to shore. The sails were pulled down and two anchors dropped.

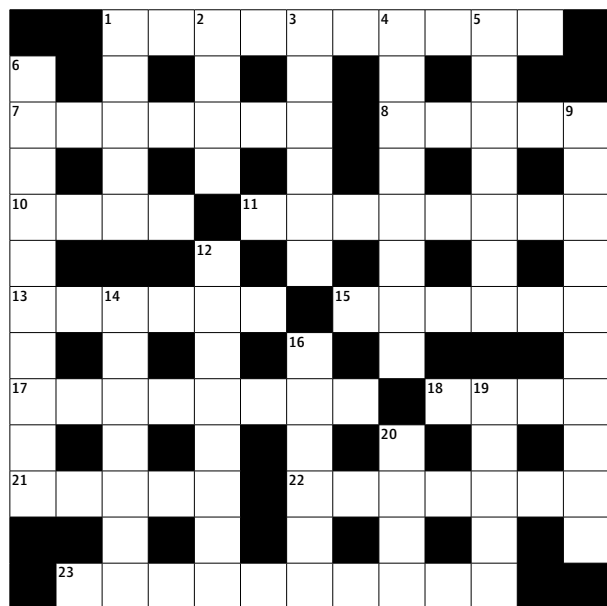
Blackbird continued being battered by howling winds, rain, and lightning, when without warning, both anchor lines snapped. The little vessel was now being tossed uncontrollably towards breaking waves on the beach. Despite Nutting's protestations, the crew jettisoned salvaged cargo to lighten the load, then raised the sails to run the vessel ashore. **Blackbird** struck the sand several times, then skidded up the beach and out of danger, but lost forever.

Dawn found Captain Nutting sitting on the beach, staring at two wrecks, and surrounded by the debris of his ship's stores, now bobbing up and down at the water's edge for hundreds of metres. I wonder if he admitted to himself that he was the root cause of the disaster.

A subsequent official inquiry commended the courage and initiative of both Canney and Kelly, stating that with the assistance of the local Aborigines, they were in large part responsible for saving all **Hive's** passengers.

Conversely, the inquiry left Nutting reeling in disgrace. He fled to England, never to be heard of again. He was probably in a pub somewhere.

Crosswords - QUICK & CRYPTIC



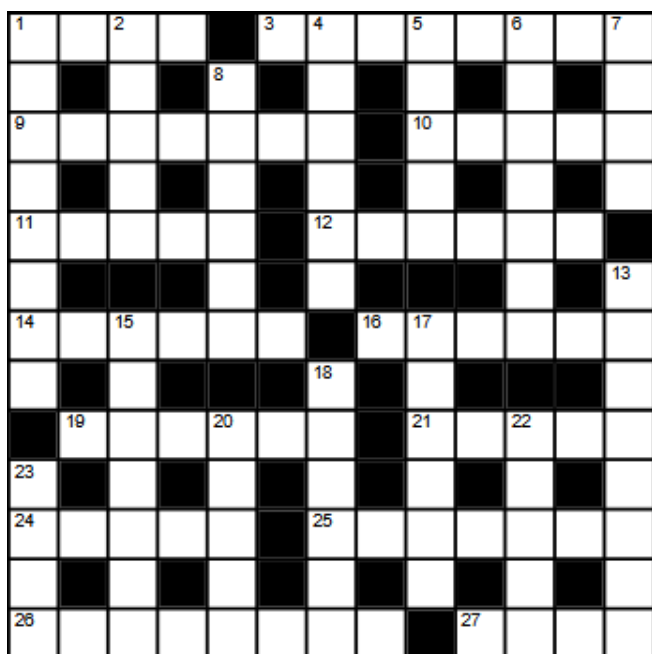
Across

- 1 There for the taking (2,3,5)
 7 England's smallest historic county (7)
 8 Prepare for some future role (5)
 10 Open skin infection (4)
 11 Crushes (like grapes?) underfoot (8)
 13 Pointy-nosed furry creature said to live in London on Wimbledon Common (6)
 15 It's baffling (6)
 17 Machine for separating grain from husks and straw (8)
 18 Affectedly refined (4)
 21 Darling! (5)
 22 Disentangle (7)
 23 Mediaeval poet who wrote and sang verse about courtly love (10)

Down

- 1 Total (5)
 2 Blue-flowered plant cultivated for the textile fibre made from its stalks (4)
 3 Persons on horseback (6)
 4 Military unit (8)
 5 Distribute illegally (7)
 6 An armed timer (10)
 9 In error (10)
 12 Gesundheit! (5,3)
 14 Nasa's 1962-73 programme with 10 robotic probes exploring the solar system (7)
 16 Small northern white whale (6)
 19 Flicker (5)
 20 Animation (4)

SUPPLIED BY CYRUS



Across

- 1 Mickey forgets his last dance with a wry face (4)
 3 Disaster with a student having the morning in, say, London (8)
 9 A sparkle from Gary - note rubbish, too (7)
 10 Subsidise what was once owned (5)
 11 Boredom obviously arising from a drunken nuisance (5)
 12 Activity seen at the front.. (6)
 14 At home, enter receipts (6)
 16 In occupation but no ownership rights (6)
 19 Seeing the relationship in casual work (6)
 21 Discovered nothing in the kitty (5)
 24 Find it the way to contribute (5)
 25 Ring now to fix nail problem (7)
 26 Legacy - the woman has it on time (8)
 27 Remain or holiday? (4)

Down

- 1 Me acting foolishly but attractive in a way (8)
 2 Marriage in another joint? (8)
 4 Sailor hits the road on foreign shores (6)
 5 Prevent a green connection (5)
 6 Within the walls (7)
 7 Scream from an unknown bird (4)
 8 Panel removed in rebuilding planetarium entrance (6)
 13 A penchant toward working contentedly - but not a lot (8)
 15 Plot with the Queen for permission (7)
 17 This dummy holds a fig (6)
 18 Working steadily or quietly reclining (6)
 20 It's all gone and I'm tired (5)
 22 Sinking vessel about to explode (1-4)
 23 Impress with some tomato ketchup (4)

SOLUTIONS

CYRUS
SOLUTION 167



QUICK
SOLUTION 167



Find A Word

EASY MEATLOAF MUFFINS RECIPE



stick cooking spray or melted butter.

- In a medium frypan, heat the olive oil over medium heat. Add the onion to the pan and sauté until lightly browned and tender, about 3 minutes.

Prep:25 mins - Cook:35 mins - Total: 60 mins - Servings:6 servings - Yield:12

Ingredients

- Cooking spray, or melted butter for greasing pan
- 1 tbsn extra-virgin olive oil
- 1/2 cup finely chopped onion, from 1 small onion
- 1 medium clove garlic, finely minced
- 1 1/2 pounds ground beef mince
- 1 cup tomato sauce, divided
- 1/2 cup soft fine breadcrumbs
- 1 large egg, beaten
- 1 tspn Worcestershire sauce
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 tspn dried oregano
- 1/2 tspn dried thyme

Steps to Make It

- Heat the oven to 180 C Lightly spray a 12-cup muffin pan with non-

- Add the finely minced garlic and cook, stirring, for 1 minute longer.
- In a bowl, combine the ground beef with 1/2 cup of tomato sauce, breadcrumbs, beaten egg, Worcestershire sauce, salt, black pepper, oregano, and thyme.
- Add the sautéed vegetables and mix until blended, being careful not to overmix.
- Pack the meat mixture into the prepared muffin tins.
- Bake the meatloaf muffins for 20 minutes.
- Top each meatloaf muffin with about a tablespoon of the remaining sauce. Return to the oven and bake for about 5 to 10 minutes longer.


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

WOMBAT
KANGAROO
TASMANIA
COMMONWEALTH
PERTH
QANTAS

MELBOURNE
ADELAIDE
KOOKABURRA
AYERS ROCK
BARRIER REEF
AUSTRALIA

ULURU
DINGO
KOALA
BRISBANE
SYDNEY

Kids Page



Brooke SAVIGE

A fresh approach for Division 1

MELSA PARK STEAM TRAIN RIDES



EVERYONE MUST HAVE CLOSED IN SHOES

Call Phil for party enquiry 0419757680
Every 3rd Sunday

19th June
17th July

21st August
18th September
16th October

20th November
18th December

@ Bribie
Islander

WE PETS



ODIN



JOLT



HANK



JESSIE



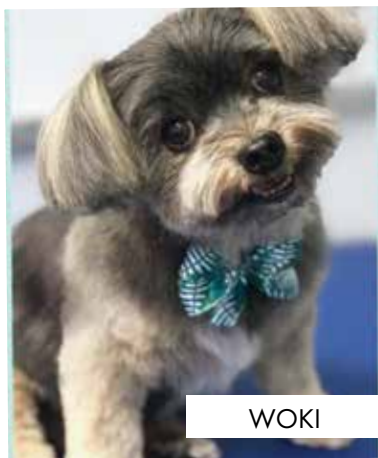
INDY AND SOPHIE



LOLA & BOBBY



MOLLY



WOKI



IRWIN

Gravy for your pet

This gravy is perfect for fussy eaters that struggle with their daily intake of vitality supplements. It's packed with essential nutrients that help promote a healthier skin and coat, improve digestive and joint health and strengthen your pet's immunity.

WHY VITALITY DOG GRAVY?

Most dry foods are complete and balanced but over time become boring to the pet. Most treat-based products are palatable but offer no additional "Better For Them" nutritional opportunity. Our challenge was to come up with a product that delivers additional "Better For Them" ingredients, but also enhances pet enjoyment.

Nutraceuticals in our dog gravy products are designed to give your dog the natural health benefits they need daily for a long, healthy life

What is Earthz Pet Vitality Gravy?

It is a dog gravy that delivers the benefits of New Zealand's best nutraceuticals in a great tasting gravy format. The recipe was developed in conjunction with

Massey University's Companion Animal Department.

This vitality gravy offers your dog a daily dose of nutraceuticals, enhancing your pooches: skin, coat, immunity, and promotes digestive and joint health.

All ingredients are 100% natural and locally sourced in New Zealand, offering a fabulously nutritional daily feast enhancer for your fur friend.

Available in 35ml and 55ml bottles, in two flavours; Free Range Chicken and Hearty Beef.



TRAINING TIPS - WALKIES PART 6

In the last two issues I wrote about walking your dog that acts inappropriate on the lead either being too friendly or reacting badly to dogs. In this issue it won't be about your dog but other dogs you might come across.

It seems to be happening too frequently that when walking your dog that's on a lead you come across either stray dogs or dogs with their owner but off lead. First no matter what you believe it should be under the Local Government Act no dogs are allowed in public off lead unless it's a designated off lead area.

Here you are walking calmly along and a dog runs straight towards you. It is very important that you try and remain calm as panicking can exacerbate the problem. Keep the lead long and relaxed, we tend to shorten and hold the lead in a tight grip – not a good idea. Mainly if there is a problem you can move your dog easier away from the situation. If the loose dog is with their owner, they may yell out "its okay my dog is friendly and just wants to say hello." The problem with that they may not know if your

dog is friendly. Even friendly dogs will react badly to a strange dog rushing up to them. It is no different to a stranger rushing towards you wanting to give you a hug!

If possible turn around and walk calmly away even if the other dog is following and try and get help. Don't shout at the dog, just ignore it or if you have treats throw it towards that dog and hopefully he'll go to that instead. Never pick up your small dog and hold it against you as you may get bitten instead. If you need to pick him up hold him high and away from you. Your dog will be more concerned about his back legs swinging in the air than the other dog. If the other dog tries to grab your dog and if his owner is there, pull the dogs apart by grabbing the base of their tail and lifting their back legs, like a wheelbarrow. If you try and grab their collar you may risk getting bitten even by your own dog. Majority of walks are enjoyable and are trouble free and most dogs love nothing more than to go walkies!

Happy training - Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)

Puppy Classes: 7 wks to 16 wks of age

Canine Good Citizen: Six week course. Private Consultations available

(07) 3408 8011 or 0416 102 071

Bongaree Pet Food



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

PH: 0437 080 752

FOR ALL YOUR PET FOOD NEEDS

CALL IN AND SEE US!

Fresh Food
Frozen Food
Treats
Dry Food
Wet Food

DOGS, CAT, BIRDS, REPTILES, CHICKENS

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



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

WOW! 100 YEARS OF CROQUET AN AMAZING SPORT.

Let me ask you a question.

What sport do you know of where a 92-year-old and an 18-year-old can play in the same team? The answer is.....Croquet.

Croquet has been played for 100 years in Queensland and attracts people of all ages. Why? Because it offers social interaction, mental challenges, and the great experience of being able to participate in sports in the fresh air.

It is so good for your physical health, mental health, social connection, personal development- - new challenges - - new goals.

I read a quote recently that: - "Croquet offers open space in a crowded world" How true is that!

Yes, you will see croquet in the new Downton Abbey film and Bridgeton which shows how long the sport has been played but don't for one minute think this is an old person's game. There are more and more young people playing croquet. You will see from the photos of two of them. I recently had to play against these 17 and 18-year-olds. They play exceptionally well and are winning more and more competitions. They are also trying to encourage more young people to come and play.

Recently the Mayor of Brisbane hosted a reception to celebrate 100 years of croquet. Pat Habner President of Queensland



Croquet gave an address. Bribie President Jan Rees, Vice President Maggie Lawson (not in the photo) Linda Davies-representing Gate ball attended. It was great that one of our lifetime members Florence McLaren could join them. Florence and her husband Ian played an enormous part in developing croquet on Bribie.

So why not come along and have a go at this great sport? Call the clubhouse and leave a message and we will get back to you

3408 6411 See you there. **Kathy Vincent**

BONGAREE LADIES RESULTS

Ladies bowling results
Tues 17 th May
Winners Ken Kajewski, Gary Player
R/U. Jim Warwick, Adam Veen

Friday 20th May
Winners. Jaarpung Blundell, Bob Vonarx

R/U. Billy Moor, Sandy Allan, Ernie Connolly

BRIBIE BOWLS CLUB

Mens Pairs Results Fri 6 May 2022
Highest Margin: W McDougall, L Savige

Runner's Up: C Woollert, J Mercer

Out of Hat Winner: F Grimsey, G Jackson

Out of Hat Winner: G Denkel, D Beadman

Out of Hat Winner: M Durham, G Ackeroyd

Bunny: S Lobo, B Hosie

Social Bowls Saturday 7 May 2022

1st: J Hattie, J Ferguson, S Andrews, C Halley

2nd: R Ghest, W Kelly, R Bickerton

Out of Hat: F Crockett, M Young, P Gee, J Lonsdale

Self-Select Triples Results Tue 10 May

Winners: N Ramage, J Sutherland, G Bentzen

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

Self-Select Triples Results Tue 17 May

Winners: T Turnbull, B Turnbull,

Runners up: J Noonan, M Gittins, L Gilmore

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

Bunny: B Castle, P Patrikeos, J Herbert

S Mitchell

Runners up: G Woollett, F Grimsey, G Jackson

Out of hat winner: M Gittens, L Gilmore

Out of hat winner: L Murphy, E Hooke, G McEniery

Scroungers Results Wed 8 May

1st: M Roberts

2nd: J Muller

3rd R Follett

Self-Select Pairs Results Wed 18 May

Winners: C Chidley, B Meek

Runners up: A Dow, L Freeman

Out of hat winner: A Feighter, D Gibson

Out of hat winner: R Eaton, T Smith

Out of hat winner: D McDougall, W McDougall

Bunny: S Mitchell, A Legosz

Random Select Triples Results Thu 19 May

Out of hat winner: P Ditchburn, W Hoelscher, J Wallis

Out of hat winner: I Gillard, M Andrews, C Hancock

Out of hat winner: I Tyack, C Kelly, L Freeman

Out of hat winner: J Neill, R Leth,

D Draper

BRIDGE MORETON BRIBIE:

Sat 14 May N/S 1 S Watson & R Sutton 2 K Cohen & J Kennedy 3 P Edis & J Medhurst E/W 1F Barkwith & D Quinan 2 L Wilson & I Best 3 L Groves & A Fielding

Thur 19 May 1 S Watson & R Sutton 2 S Burton & D Brady 3 N Everson & B Connell

Sat 21 May 1 S Watson & R Sutton 2 N Everson & J Wright 3 R Medhurst & M O'Reilly

Wed 25 May GNOT 1 Rubin team 2 Carr team 3 Davidson team

BICBC: Mon 16 May N/S 1 H Browne & U Maffey 2 A Jones & M Courtney 3 B King & N Everson

E/W 1 A Fielding & N Denvir 2 S Smith & J Lawson 3 R Deacon & L Groves

Mon 23 May N/S 1 P Edis & C McAlister 2 M Peterson & D Quinan 3 N Everson & B King

E/W 1 L Wilson & P Tipping 2 F McLaren & N Denvir 3 M Bailey & Y Nakamura



Proud Sponsors of
Bribie Island Sport

**Bribie Island
Bowls Club**

11-23 Welsby Parade,
Bongaree.

www.bribiebowls.com

Phone 3408 1018

RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF 12 MAY TO 25 MAY 2022

Queensland Women's Country Women's Championship news. Our ladies returned on Thursday 12 May after attempting to play in extremely wet conditions. Cairns course was closed for the whole event and only 9 "dry holes" were available for play at Half Moon Bay. The Foursomes were held on Monday 9 May, but only Div. 1&2 were able to play. The two day stroke event was held on Tuesday and Wednesday 10 and 11 May. Div. 1&2 played the 9 holes twice on the Tuesday and Div. 3&4 did the same on Wednesday which turned the competition



into an 18-hole event. Our ladies played as well as they could under the extremely wet conditions, but enjoyed their free time exploring Cairns and some of them played some indoor golf. The overall champion was Amber Barker from Atherton. Lesley Foran from Caboolture who was travelling with the group and was "adopted" by BIGC came third in her division. Congratulations Lesley.

Players who travelled were: Nadia Aylott, Mary Barbeler, Di Benghamy, Robyn Harper, Sylvia Kuhbauch, Ailsa Lauchlan, Diane Fitzpatrick, Ann Rogers, and Suzanne Valley. The photo is most of our group at the Presentation evening along with Lesley Foran (Caboolture) and Terry Woodward (Mt Coolum).

16/5/22 Naz Hudda: BIGC lost one of its

most dedicated, members and generous sponsor - Naz Hudda. He and Shamim have specifically sponsored and supported women's golf over many years. Naz, with his jovial personality and encouragement of our golf, will be sadly missed amongst our ladies. Our sympathy is extended to Shamim and family.

19/5/22 Stableford (walking only - no carts)

With walking only there was a limited field of 37 brave women.

Overall Winner: Pauline Grooby 36, 1st R/U Carole Watson 35 c/b, 2nd R/U Abby Driver 35 c/b

NTP: Hole 4 Diane Fitzpatrick, Hole 7 (11a) Jo McCowan Top Shot, Hole 14 Di Benghamy, Hole 16 Suzanne Valley 22/5/22 - mid July 2022 Sunshine Coast Pennant Season

This year we were fortunate to win a competition through Sporte Leisure to allow us to uniform, not only our Women's Pennant Teams, but also our Men's Pennant Teams. Thank you Sporte Leisure.

The Women have managed to put in 4 teams out of the 5 possible. Thank you to all the ladies who have been placed in Teams. This year we have four "shiny" teams: Diamonds Max GA 15, Sapphires Max GA 24 Min Agg 70 to Max 100, Rubies Max GA 32.5 Min Agg 120 to Max 160, Opals (over 65s) Max GA 28.5 Min Agg 808 to 120. Our teams play all over the District on either a Sunday or Monday and represent BIGC Women at the highest team level. Following is a group photo of most of the team players in uniform - thank you again Sporte Leisure.

Unfortunately we have not had a very good start to the Pennant season with all games being cancelled on Sunday 22 and Monday 23 May.

24/5/22 Single Stableford - Cancelled due to wet weather.

Won.

Friday: Pairs - Winners - S. Hillen & M. Power.

R/U - M. Griffiths & A. Griffiths.

1st Rnd - C. Avenell & Pa. Ollier.

2nd Rnd - E. Holliday & R.

Horsfall.

Saturday: Triples - Winners - P.

Bottger, T. Fairman & D. DeGrono.

R/U - R. O'Brien, B. Rudd & T.

Smith.

WEEKLY SOCIAL BOWLS RESULTS

- W/E 21/05/2022

Tuesday: Triples - Winners - B.

Nolan, V. Fredericks & I. James.

R/U - J. Hillen, J. Gill & R.

McLeod.

Wednesday: Pairs - Winners - B.

BRIBIE BOWLS RESULTS

Self Select pairs results Fri 22 Apr

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

Scroungers Results Wed 27 April

1st: R Follett

2nd: C Stroud

Open Pairs Results Wednesday 27 April 2022

Winners: S Swain, J Howarth

Out of Hat Winner: M Mills, T Bennett

Out of Hat Winner: D

McDougall, W McDougall

Winner of Losers: C Thornton, K Thornton

Out of Hat Loser: G Steele, D

Beadman

Random Select Triples Results Thur 28 April

Out of hat: M Cherry, C Kelly, J

Wallace, C Draper

Out of hat: P Ditchburn, P Conn,

S Brown

Out of hat: M Roberts, S Brown, V McDermott

Out of hat: J Neill, C Hamilton, J Herbert

Mens Pairs Results Fri 29 April

Winner: P Adams, W Simmonds

Runners Up: T Dieben, T Erfurth

Out of Hat Winner: A Feichter, D Gibson

Jackson & P. McCarthy.

R/U - B. Harris & K. Tucker.

3rd - G. Jones & D. DeGrono -

Jackpot (\$470) Not won.

Thursday: Pairs - Winners - B.

Cook, L. Neilson & P. McCarthy.

R/U - D. Hill, S. Lupi & R. Stuart.

3rd - C. Langley, V. Fredericks

& B. Stafford. Jackpot - No

Information.

Friday: Pairs - Winners - C.

Jenkins & I. James.

R/U - D. Heilig & R. Bull.

1st Rnd - A. Griffiths & M.

Griffiths.

2nd Rnd - V. Mitchell & B. Curtis.

Saturday: WASHED OUT.

Out of Hat Winner: D McMahon, C Wilkie

Out of Hat Winner: T Dean, I Cooper

Bunny: B Snare, A Kinnear

Social Bowls Results Sat 30 April

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

Self Select Triples Results Tue 3 May

Winners: I M Clelland, V Adams, B Lamb

Runners up: N Ramage, J

Sutherland, G Bentzen

Out of hat winner: C Brayley, V

McDermott, R Davenport

Bunny: J Neill, R Leth, N Smith

Scroungers results Wed 4 May

1st: G Dunning

2nd: A Sturm

Self Select Pairs Results

Wednesday 4 May 2022

Winners: W McDougall, S Root

Runners up: M Prewett, M

Durham

Out of hat winner: D McMahan, R Ferguson

Out of hat winner: K Muller, C Wilson

Out of hat winner: G Teakel, I Cooper

Bunny: K Opray, G Akeroyd

Random Select Triples Results Thu 5 May

Out of hat winner: A Cristie, W Kelly, G Mellors

Out of hat winner: N Smith, G Low, J Wallis

Out of hat winner: P Ditchburn, P Neumann, R Wieckhurst

Out of hat winner: J Neill, R Davenport, C Kelly

SOLANDER LAKE BOWLS CLUB

WEEKLY SOCIAL BOWLS RESULTS - W/E 28/05/2022

Tuesday: WASHED OUT. R/U

Wednesday: Pairs - Winners - V. Jones & G. McCarthy.

R/U - S. Todd & J. Gemmell.

3rd C.I Dann & J. Dann.

Jackpot (\$500) - P. Ollier & P. Hodgson.

Thursday: Triples - Winners - K.

Moore, S. Todd & G. Sorrenson.

R/U - J. Day, T. McCormick & M. Power.

3rd - N. Wrice, S. Vyper & A.

Mehmet. - Jackpot (\$400) Not



Men's Novice championship.

Winner - R. Holliday

R/U - B. Jackson



local **Your best
Real Estate
experience**

PROPERTY PROFESSIONALS

3517 2406

Call us today for your absolute
no-obligation free market appraisal

FOR SALE - CANAL VIEWS
118 Marina Blvd, BANKSIA BEACH



**SELL WITH US
AND SAVE**

1.5%
all inclusive*

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

*No upfront fees - includes all marketing, professional photo shoot, advertising (realestate.com.au and Domain) and more!

M

A

Y

Y

A

D

A

Gifts
to inspire



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

Ph: 3410 0929



SCAN THE QR CODE TO VISIT OUR
WEBSITE AND SHOP ONLINE

FREE Delivery to Local Areas



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

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



MATTREST BEDDING

SLEEP RIGHT, SLEEP TIGHT ...

SALE

UP TO 50% OFF RRP



Open

Mon-Fri: 8:30-4:30

Sat: 9:00-4:00

Bribie Harbour Shopping Village

25 Sunderland Dr, Banksia Beach



dangerous. Coming to the rescue Bribie Island Community Plant Nursery stepped forward to make a huge difference by funding a SawStop Table Saw!

Not all table saws are created equal. Basically, a table saw is designed primarily for cutting thinner boards in very straight lines, along or across the grain. However, this new table saw uses the latest international safety technology.

The SawStop table saw has an amazing blade stop mechanism that provides user safety avoiding serious amputations or cuts if the blade is touched. The blade carries a small electrical signal. If skin contacts the blade, the signal changes because the human body is conductive. The change to the signal activates the safety system. An aluminium brake springs into the path of the blade. The blade comes to a complete stop and power to the motor is shut off. After the blade comes to a stop, the blade's angular momentum drives it beneath the table, removing the risk of subsequent contact. All of this happens in less than 5 milliseconds.

President Derek Patey said, this grant is brilliant, it not only provides a great table saw but also provides a huge step forward in the safety of our members, we are extremely grateful for this generous funding.

(Nursery Volunteers are Andrrew Hopkins & Alex Peerman) - Derek Patey & men's shed crew)



MEN'S SHED

The Bribie Island Community Plant Nursery has recently provided a grant to fund a new saw table for the Community Men's Shed, Bribie Island.

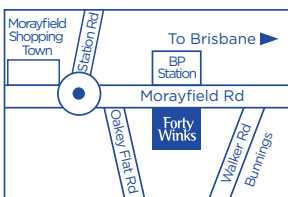
Often called The Heart of the Men's Shed Workshop, the table saw is one of the most versatile and most used pieces of equipment in any workshop. The Men's Shed's existing saw was reaching its use-by date and bordering on becoming

FortyWinks

EOFY SALE

UP
TO **50% OFF**
STOREWIDE

**PLUS EXTRA 10% OFF
HUGE RANGE OF PRODUCTS**



Morayfield

250 Morayfield Road

Ph: 5498 7777

fortywinks.com.au

Locally owned and family operated for over 25 years.



SERIOUS ABOUT SLEEP

Products and savings will vary from store to store. While stocks last. Exclusions apply. At participating stores only. Offer valid until 12/06/2022.

REDUCE MAJOR BREAKDOWNS

I am sure no one likes when your aircon breakdown as it will disrupt your whole schedule and even frustrating you due to the heat. Thus, it is crucial to get your units serviced regularly to prevent any major breakdown or malfunction issues.

Save Cost in the Long Run
A unit without regular maintenance can cost you more such as higher electricity bills, as well as high repair bills if there are major repair required due to poor maintenance. Small issues that are not aware can eventually lead to major issue that leads to breakdown or malfunction problem.

COMPLIANCE WITH MANUFACTURER'S WARRANTY REQUIREMENT

Different manufacturers have different warranty condition. However, some require users to engage regular aircon servicing to maintain the unit in good working condition. Thus, if you want to prevent yourself from voiding the warranty, it is best to check any conditions stated or get your aircon serviced.

STAY HEALTHY

It is important that you and your family to stay healthy as well as breathing clean air. If your air-conditioner is clogged with bacteria, dirt, and dust, it can lead to various health issues, especially if there are existing conditions such as asthma or allergies.

REMOVE SMELLY AIR

Sometimes your aircon unit will emit a foul odour in your home or office. This is often due to mould, bacteria and dirt accumulating in your unit. If you ever smell any unpleasant odour coming out from your units, you should immediately engage a service company to check the condition of your units and get rid of the smell.

AIRCON SERVICINGS ARE OFTEN NEGLECTED BY MOST HOUSEHOLDS, WHICH ARE ESSENTIAL IN KEEP YOUR UNITS IN GOOD CONDITION. BY SKIPPING AIRCON REPAIR OR POORLY MAINTAINED UNITS MAY RESULT IN SERIOUS ISSUE THAT REQUIRE MAJOR REPAIR.

EXTEND LIFESPAN

Aircon units are like most machines where servicing is required to ensure your units is running in top-notch condition. Expensive aircon units are pointless if you fail to maintain it properly. A qualified service technicians will help to check all the parts and ensure they are clean. Thus, this will not only ensure that your units are running in top-notch condition but will also extend the lifespan of the units in the long run.

CLEANER AIR

Do you want fresh air in your home and office? By having your aircon being serviced regularly, you can ensure clean air filters and unit. This will ensure that you are constantly breathing in clean air that are free of dust, bacteria, and pollutants. It will also reduce dirt, dust, and bacteria from accumulating in your unit.



Southern Stars

**AIR CONDITIONING, ELECTRICAL
SOLAR & SMART HOME**

\$99
including GST
AC SERVICE

**June & July only
Conditions Apply**

**VISIT OUR VIRTUAL
SMART HOME
DISPLAY TODAY**

Multiple Services. Two Locations
ONE TEAM. #notjustair



6/95 Lear Jet Dr Caboolture

southernstarsgroup.com.au

PH (07)54 951 827

island gardens

by Peter Schinkel



HELLO THERE GARDENERS. SO HERE WE ARE AGAIN - WINTER! WHILE THERE'S PLENTY OF COOLER WEATHER AHEAD, THE WINTER SOLSTICE ON THE 21ST OF JUNE ALREADY STARTING TO GET LONGER - A NICE REMINDER THAT SPRING ISN'T REALLY THAT FAR AWAY!

Meanwhile, though, what a perfect time to be working outdoors. Physical work is a lot easier in the cool, and our garden's growth has slowed dramatically. This gives us plenty of time to take stock of some changes we might like to make and to keep on top of the new winter weeds. I keep pointing out that with even a

thin layer of sugarcane mulch, I'm weeding nearly 200 square metres of garden at home in five minutes a month - any gardener's dream.

But still - Phew - that's enough talk about work, let's talk about colour! Yes, after the lush summer, there's plenty of winter magic in the garden. We don't need to wait for Spring to have wonderful colourful flowers in our gardens.

So, let's talk about a few winter-flowering plants before we have a look at the beauties pictured here. Firstly, geraniums are so easy to grow and plenty of dwarf varieties are available. Vincas have also been bred to remain compact unlike their prolific pink 'forefathers'. Coneflowers also come in a beautiful range of colours and there are plenty of perennial varieties around. They also self-seed (at a manageable rate) so,

realistically, that equates to free plants. Yay.

If you like annuals, look for ageratums, begonias, carnations, nasturtiums, wallflowers and zinnias among many more. As always, check with our friendly, local market and nursery people for more plants than I've mentioned here today.

For a little extra height, there are some stunning dwarf bougainvilleas (bambinos and babybinos), lavender, Leptospermum and birds of paradise all flowering now and throughout winter.

Pictured here we have a bit of a pink theme going on. At the top is a dwarf poinsettia. How beautiful is this one?

There's also the old favourite red variety, but the pink, lime green, glitter and some other colours remain compact like this one.

Bottom-left is glorious impatiens with its lime-green/

light-green variegation looking amazing with its pink flowers. I used to avoid them for their sensitivity, but modern impatiens can handle shade or sun all day.

Bottom-right we see a dianthus. There are so many varieties around and occasionally a variety comes along that doesn't need constant deadheading. THIS lovely peachy-pink one is a great example of low-maintenance dianthus - a plant that's always worth trialling in our gardens because often enough, we end up with ones that work beautifully like this one.

Thanks again for reading, and I look forward to sharing some more garden magic with you in issue 169 on 1st July. As always, happy gardening :-)



Plants used as foods

Plants used as foods and medicines in Aboriginal cultures

When Europeans arrived in Australia, Aborigines ate a balanced diet made up of seasonal fruits, nuts, roots, vegetables, meat, and fish. Foods varied from area to area depending on availability, season, and the preference of the people. It was the women who collected the plant food. Plants included fruit, seeds, nuts, and the green parts of plants, which were only available at certain times of the year.

Roots, tubers, corms, and bulbs could be dug all year round. Gum was also eaten at any time of the year.

Aboriginal groups in many parts of Australia used fire to keep the bush open and to allow the growth of new seedlings. Many Australian plants re-grow quickly after fire. In Arnhem Land, Queensland and the Kimberleys, many tropical trees bear fruits and seeds, these include Fig (*Ficus* species) and Macadamia nuts. Yams (*Dioscorea* species) were important root vegetables. In central Australia, where water is scarce, there are fewer plants. The Aborigines in these areas harvested seeds of native grasses and wattles such as Mulga (*Acacia aneura*), and the seed of the Coolabah tree (*Eucalyptus microtheca*). Fruits of the variety of 'bush tomatoes' (*Solanum* species), Quandong or Native Peach, Native Plum, and Desert Fig (*Ficus platypoda*) were eaten.

Roots eaten in central Australia included the Desert Yam

(*Ipomoea costata*). Lilly-pilly fruit in the southern parts of Australia the most important foods were roots such as those of the Bracken Fern (*Pteridium esculentum*) which was chewed or beaten to obtain a sticky starch.

Many native lilies such as the Fringe Lily (*Thysanotus tuberosus*) have small tuberous roots which were collected for food. Murnong or Yamdaisy (*Microseris lanceolata*) was a plentiful, favourite food. The fruits of some plants were eaten including the Native Cherry (*Exocarpus cupressiformis*), Geebung (*Persoonia pinifolia*), Wild Raspberry (*Billardiera scandens*) and Alpine Pepper (*Drimys xerophyllia*).

The nectar of certain flowers was sucked or used to make sweet drinks. Flowers used for this purpose included those of *Banksia* species, *Grevillia* species and *Callistemon* species. *Callistemon* flower Wattle seeds in a pod. The seeds of many grasses were ground and baked while the seeds of some wattles were roasted and eaten whole. Plants used as Medicines Many plants provided medicines. Very little preparation was required. Leaves were bruised, roots or bark pounded to use as poultices. To be taken internally the chemical in the plant material were extracted using hot water. Many Australian plants such as teatrees, eucalypts, boronia and mints are rich in aromatic oils. These oils are very useful in treating respiratory illnesses.

Example of plants used in medicine: The juice and crushed leaves of the Australian Bugle (*Ajuga australis*) were

used by Aborigines in northern NSW to cure sores and ulcers. In WA an infusion of the roots of the Prickly Fanflower (*Scaevola spinescens*) was drunk to ease stomach aches. The young leaves of the Broad-leaved Paperbark (*Melaleuca quinquenervia*) were chewed as a treat for head colds. They were brewed in warm water to make a liquid which was helpful in treating headaches and general illness. The leaves of mint bushes (*Prostanthera*

species) were crushed and placed on the temples to relieve headaches. The head could be cleared by inhaling the vapour from crushed Eucalyptus leaves.

The basic pattern of Aboriginal life was similar throughout Australia: small groups of people moved with the seasons over a particular territory. Their knowledge of seasonal changes in the environment and the ecology of plants and animals was very important in the search for food

grow
plant nursery



Plants | Pots | Soils | Gifts

17 First Avenue, Bongaree

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

bongareevillage.com.au/grow-plant-nursery

Garden Centre OPEN 7 DAYS



1800 245 955

www.coochie.com.au

YOU ARE IN GOOD HANDS WITH COOCHIE HYDROGREEN
for a beautiful clean, green, healthy lawn

WHAT DOES OUR LAWN CARE PROGRAM INCLUDE?

- Lifetime service & product warranty
- FREE call back & redo policy
- Pay as you go with no lock in contracts
- Free advice regarding lawn care and maintenance
- Cost effective solution for positive visual results
- Pet friendly products

You don't buy any more products, all you need to do is water and mow!
We take care of the rest!

FROM AS
LITTLE AS
\$150
A DAY

WHY CHOOSE COOCHIE?

- Coochie Hydrogreen services over **30,000** regular clients on our Lawn Care Program Australia Wide
- Our commercial grade lawn products are unique and not available to the public
- Australian owned, home grown business
- No.1 industry leader for over 25 years

**FREE on-site
professional lawn
inspection and advice:**





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

- Have you spent hundreds of dollars on weed control products?
- Are you taking up storage space in your shed with harsh chemicals?
- Have you spent hours applying fertilising and weed control products only to end up pulling the weeds out or killing your grass in the process?

Coochie Hydrogreen can make these dilemmas a thing of the past.

By joining our Lawn Care Program (LCP), you will receive our unique 6-in-1 treatments, designed specifically for your lawn.

Our treatments contain a mixture of liquid fertilisers, organic soil conditioners and soil moisture retainers to encourage strong, healthy growth in your lawn as well as spot treating for weeds, pests and diseases to give your lawn a lush, weed free appearance year-round.

Our Lawn Care Program consists of 6 visits annually every 8-10 weeks. Every other month your local technician will stop by to apply a seasonal mix of our products to give your lawn a boost of nutrients needed to thrive throughout the season. Your local technician will also monitor and treat your lawn for any

weeds, pests, and diseases that may be showing their heads since the last visit.

If you ever have any questions or concerns, call your local area manager Jack Martin and he will pop out to discuss &/or address the concern free of charge.

LAWN GRUB SEASON

Lawn grub is a name that covers a wide variety of creepy crawlies that invade your lawn. Scarab Grubs, Mealy bug, Army Worm and African Black Beetle are just a few of the lawn pests that we see in unprotected lawns each year.

HERE'S SOME SIGNS TO LOOK OUT FOR:

1. BROWN PATCHES IN YOUR LAWN

Lawn grubs feed off the root system of your turf, this prevents all the nutrients in your soil getting to the turf leaf so brown patches in your lawn can indicate that grubs are present. .

2. WASP ACTIVITY

If Army Worm are attacking your lawn, you will notice large orange wasps start to hover around your turf.

They are looking for the Army Worm & Army Worm Pupa to lay their egg's in.

3. MOTH ACTIVITY

When Army Worm mature they turn into moths, these moths then lay eggs in your turf, under your gutters and in every corner of your property, starting the life cycle starts all over again. If you see lots of moths hovering above your lawn it's likely you have had or will have lawn grubs soon.

4. INCREASED BIRD ACTIVITY ON YOUR LAWN

If birds are pecking at your lawn a lot more lately, it's likely there's some juicy grubs in your turf that they're snacking on.

HOW TO STOP LAWN GRUBS

The best way to deal with Lawn Grubs is to apply preventative treatments every 8-10 weeks during the grub season.

Jack says " This has been the worst Lawn Grub season that we have experienced in over a decade. The last season this bad was in 2011 around the time of the last floods. People should know that we are not out of the grub season yet, and given the recent rain and humidity that we have had, we may yet see another surge of lawn grubs this season".

JUST A NICE QUALITY LAWN

Designed to improve and maintain new and existing lawn areas resulting in greener, healthier lawns, our programmed services include:

- Regular liquid fertilising for thicker greener lawns
- Liquid organics for healthier soils
- Broadleaf weed control
- Soil-wetters & moisture retainers to reduce watering & increase drought tolerance
- Grub & pest control to eliminate lawn attack & damage



We offer you –
A Free onsite Lawn Inspection,
Advice & Quotation service

FREECALL 1800 245 955 · www.coochie.com.au



1443 Bribie Island Road, Ningi 3 BED | 2 BATH | 1 CAR

Waterfront road access and main road access, young families, first time buyers, or a home run business needing space and great street advertising position (stca) might look to move in and enjoy this property. On an almost one quarter of an acre waterside block, the choice is yours when it comes to 1443 Bribie Island Rd.

For Sale: Offers Over \$749,000
Land Size: 928m²

Carolyn Drane
0418 283 762



14 Cypress Avenue, Woorim 2 BED | 1 BATH | 2 CAR

Situated in prime Woorim, walking distance to the supermarket, specialty stores, cafe precinct, hotel, surf club, and of course the surf beach. This home is a plethora of opportunities ranging from rejuvenating the home for the next chapter for this character-filled home to removing it to build your dream home on a prime parcel of land.

Auction: Saturday 25th June at 11am
Land Size: 728m²

David, Brianna & Aisha
0409 255 255



103 Moreton Terrace, Beachmere

- High ceilings
- Airconditioned living area
- Separate study nook/office
- Large bonus room downstairs
- Side access
- Polished wood flooring upstairs
- Ceiling fans
- Saltwater swimming pool

4 BED | 2 BATH | 1 CAR

For Sale: Offers Over \$729,000
Land Size: 607m²

John Sulkowski
0414 912 666



18 Voyagers Drive, Banksia Beach

- Large undercover entertainment area.
- In-ground pool with cover and equipment.
- Study area with a view.
- Brand new 700 litre water tank.
- Split system Air conditioned throughout.
- 2kw Solar system.
- Large side access.
- Multiple sheds and greenhouse.

3 BED | 2 BATH | 2 CAR

For Sale: Offers over \$849,000
Land Size: 665m²

Claire Uttley
0413 469 993





197 Moreton Terrace, Beachmere

This beautiful home is situated just 500m from the boat ramp and has scenic views over Moreton Terrace Park. There are two fantastic decks that are just perfect for entertaining or enjoying an afternoon beverage while cooling off in the ocean breeze. The block is high and dry, there is undercover parking for four vehicles plus extra space for a caravan.

3 BED | 2 BATH | 2 CAR

For Sale: Offers Over \$849,000
Land Size: 809m²

John Sulkowski
0414 912 666



RE/MAX Advanced

Average & Lifestyle Property



31 Patrick Street, Beachmere 3 BED | 1 BATH | 2 CAR

The property offers fantastic side access with heaps of room for a large caravan or boat and the bonus of not one, but two 6m x 6m sheds!! One has an office/studio built in, workshop and storage area, the other is airconditioned, partially lined, powered and has two sliding doors and roller door access. This shed would be ideal for a teenage retreat, music studio, home office, or study.

For Sale: Offers over \$575,000
Land Size: 600m²

Carolyn Drane
0418 283 762



FOR RENT

14 Neenuk Street, Bongaree
\$550.00 per week - Available early June

36 Trevor Street, Beachmere
\$515.00 per week - Available late May

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



RE/MAX Advanced

Average & Lifestyle Property



34 Bowsprit Crescent, Banksia Beach

4 BED | 2 BATH | 2 CAR

Serving as the hub of the home is the open-plan and expansive kitchen, dining and lounge room with easy-care tiled floors, soft neutral colour tones and direct access to the covered patio. For the cook, there's ample bench space and plenty of storage. You're also treated to a laundry, with storage, and a double garage with internal access.

For Sale: Contact Agent
Land Size: 777m²

Carolyn Drane
0418 283 762



Fully COVID Compliant

Plumbing BRIBIE IS.

SERVICING
Beachmere, Toorbul,
Donnybrook and Meldale

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

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

BLOCKED DRAINS?

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

CALL BRAD
0478 021 927

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

Spray Pave Systems
Improve your look today

- Local Specialist
- Concrete Resurfacing
- Decorative Concrete
- Epoxy Flooring
- Clear & Colour Seals
- Concrete supply & pour
- Driveways, Garages &
- Outdoor & Pool Areas

Fully Insured, Certified Concreter
CUSTOM QUOTE
spraypavesystems@gmail.com

QBCC Lic 15263652 ABN 302140601743

CALL ANT - 0497 928 961

HYDROGREEN COOCHIE LAWN SERVICES

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

LAWN FEED, WEED & GRUB SPRAY SPECIALISTS
1800 245 955
COOCHIE.COM.AU

AQUA NEO POOL STORE ONLINE

**Pool Services
Pool Chemicals
Pool Equipment**

"Shop Online For **FREE** Home Delivery"
OR "Click and Collect"

www.aquaneo.com.au
PH 1300 279 502
**Shed 6, 179-181 First Ave,
Bongaree**

PLATINUM ELECTRICIANS
MORETON BAY

WE Specialise In
Solar Power
Batteries -
Repairs -
Maintenance

- * Fully Insured
- * Clean Energy
- Council Accredited

EC#72066 - DEC# A9918138 -
ARC# L128591

0419 133 229
moretonbay@platinumbelectricians.com.au

W.J.C. Master Painters

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

All the team are fully Covid Vaccinated.

ABN: 89 183 229 531 QBCC Number 15240645

Adding colour to your world
Pensioner Discounts
KYLE: 0457 066 509
E: k.t-2001@outlook.com

**Local Handyman Beachmere to Bribie Island
Phil Gibbs**
'Fixologist'

Phil 0431 448 982 or Kerryann 0423 856 529

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

QBCC 65701 Police checked | Blue Card holder ACN 651028241

0413 658 177
5 STAR REVIEW RATING

Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqlld

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

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

HOW TO PICK A GOOD 4 TRADIE IN EASY STEPS

Whether you are in the market for a large-scale renovation or some smaller jobs around the house, selecting the right tradesperson can be a difficult and stressful experience. For every positive encounter, many people have had or know someone who has had a negative experience with a tradesperson.

The good news is that there are several things you can do before you commit your job to somebody, which will ultimately help to ensure it is completed on time, on budget and to the right standard.

Step 1: SHOP AROUND BEFORE YOU COMMIT

Treat choosing a tradesperson as you would treat buying a car. It's unlikely you would ever purchase the first car you inspected, and likewise there is no obligation to give your job to the first tradesperson you call. There are several websites offering instant quotes from multiple companies, but it is always best to go directly to the tradesperson. These websites typically charge tradespeople to have their services featured and pass these costs to the customers and speaking to somebody directly will allow you to ask follow-up questions.

Step 2: LISTEN TO WORD OF MOUTH

The internet age means that anybody with a smartphone has access to a myriad review. But while online review can be handy, they aren't the be all and end all. If you have family members, friends or colleagues who have recently had work done around the house, ask them questions about the tradespeople they used. You can't beat old-fashioned word-of-mouth. You are more likely to get an honest answer from somebody you know rather than relying on stranger's opinions online.

Step 3: CHECK ON THEIR CREDENTIALS

Each state and territory have its own laws about licensing. A quick way to ensure the tradesperson you've been speaking with has the right accreditation is to visit licensedtrades.com.au. Australia's only comprehensive license-checking site features an easy-to-use database of more than 1.2 million trade professionals across the country. Another good sign is if your tradesperson is a member of their peak organisation such as the Masters Building Association or Master Plumbers. By going to these peak organisations directly, you will be able to obtain a list of credentialed professionals in your local area.

Step 4: GET A DETAILED QUOTE

It is important that you get a quote with a breakdown of the total figure – how much of the cost relates to materials and relates to labour. All quotes should feature the ABN and/or license number of the tradesperson. The best way to avoid 'bill shock' at the end of the job is to be up-front with your tradesperson throughout the process and ask questions in advance about how they will handle and communicate any unexpected changes to the quote or the timeframe of the job. Communication is key. A lot of the stress involved in hiring a tradesperson can be alleviated if you ask plenty of questions, get everything in writing and make sure your tradesperson knows you expect to be informed as soon as anything changes."

**ALL
ASPECTS
OF
DOMESTIC,
COMMERCIAL
&
INDUSTRIAL
PLUMBING**



OUR SERVICES

- * Plumbing
- * Draining
- * Maintenance
- * Water/Gas Compliance Certs
- * Gas Installations & Servicing
- * TMV & Backflow Testing

* Kitchen/Bathroom/Laundry Renovations

CALL TODAY 0432 674 353
FOR YOUR FREE NO-OBLIGATION QUOTE

Professional Plumbing and gas services offering quality work paired with exceptional service
Fully insured

dteplumbingandgas@gmail.com

<https://dteplumbingandgas.com.au/>

<https://www.facebook.com/dteplumbingandgas>





VMR

BRIBIE ISLAND

John Trail

Public Relations Officer
Volunteer Marine Rescue
Bribie Island

Phone: (07) 5327 2747

Mob: 0407 537 323

publicrelations@vmrbribie.com

CONGRATULATIONS MARK PURTELL

Mark Purtell joined VMR Bribie Island 22nd November 2017, in June 2018 he commenced as Trainee Crew allocated to White Sunday Crew. Mark attained his Crew Rank in August 2018. Mark was promoted to Competent Crew in February 2020, still with White Sunday Crew. Mark took on the extra role of Crew Recruitment Officer on 1st April 2021 and was promoted Senior Crew on 10th March 2022. Thank You Mark for your valuable contribution.



Above and below: 14 May 2022 - A wet day for White Saturday Crew.



Crew Trainee Casey Ramsay manoeuvres around Bribie 1 whilst safely harnessed to the hand rail.



Competent Crew Mike Looney heading back from training.

WHITE SUNDAY

White Sunday 15th May 2022 was out and about on the Bay training and going through with our new trainees performing emergency drills and how to use different equipment on the vessel.

VISITOR TO COMMITTEE MEETING

At the regular VMR Bribie monthly Committee Meeting there was a special guest, Cliff Matfin from VMR Raby Bay who is also the Vice President of the Moreton Bay Zone for VMARQ. Mutual items of interest were discussed and Cliff in his role as Vice President intends to visit all other VMRs in the Moreton Bay Zone to get a greater understanding on how all of them operate.



Mark Purtell is congratulated by White Sunday Skipper and Coxswain Jon Brice on his promotion to Senior Crew.



Crew Trainees Casey Ramsay and Chris Hadley aboard Bribie 1.



"Graham Gibb, Lee Prescott, Allan Tranter, Wayne Sclater, Gary Voss, Vice Commodore Ces Luscombe, seated Cliff Matfin and Commodore Liz Radajewski."



Senior Crew Mark Purtell proudly displaying his new Senior Crew epaulettes.



Crew Leeton Shepherd finds a comfy spot aboard Bribie 1.

"BUT importantly – Always remember if you are heading out on the water LOG ON with your local VMR or Coast Guard, its a free service for everyone, so why wouldn't you! -

It just may save your life!"



SAFETY DAVE THE FRENCHIE'S MESSAGE:

PLBs are smaller and easier to transport than other beacons, and are designed to be worn or carried by individuals these can be used on land, sea and air. There are many different makes on the market so take your time to decide what PLB is the best for you. They are light weight and easy to use in an emergency it literally puts rescue in the palm of your hand.

"For a PLB to be legally acceptable, it needs to abide by all of the following:



1. It must comply with the standard AS/NZS 4280.2
2. The owner or master of the ship must have it registered with the Australian Marine Safety Authority (AMSA).
3. It must have up-

to-date registration.

4. It must be GPS-enabled.

5. It must float, or must be fitted with a pouch or similar item that ensures it will float.

Note: PLBs are not considered a substitute for EPIRBs when adhering to State and Territory marine rules and regulations

Please look after the equipment that will look after you!"

"SO PLEASE WEAR YOUR LIFE JACKETS!"

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 26th May 2022:

5,237 Calls, 1,276 vessels logged on, 136 Vessel Assists, 651 Sitreps, 380 Requests, 18 overdue vessels, 9 Vessel Tracking, 614 Radio Checks, 5 Weather Broadcasts, 126 Securite Broadcasts, 0 Pan Pan 1 Mayday.

VHF 60.1%, 27MHz 0.3%, Phone 17.5%.

MAY 2022 VESSEL ASSISTS:

MAY VESSEL ASSISTS:

SUN 15/05 0825am – 4m Tinny found floating near White Patch, advised Water Police who instructed us to retrieve it as it is stolen, towed to VMR Base.

TUE 17/05 0655am – 9m Sloop member required a tow from Bellara mooring to Monty's Marina on the Caboolture River.

MON 23/05 1033am – MOP reported blue object on sandbar – investigate.

Waterama

POOL & IRRIGATION SERVICES

Call NOW 3408 6246

We Make Pools Fun!

TRADING HOURS:
8:30 AM - 5PM MON - FRI & 8:30 AM - 4PM SAT

INFO.BRIBIE@WATERARMA.COM.AU

Pool Servicing | Irrigation | Pumps | Plumbing

**WE HAVE
MOVED**

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

FISHING REPORT

BY: DOC @ BRIBIE BAIT
TACKLE & BIKES



Hello Anglers,
Wonderful to see sunshine for an entire day, at last. Good catches of the bread-and-butter fish are still being landed throughout the passage. AFAQ fished the weekend with approx. 22kg of bream and other species in the passage and 14kg from inside Tangalooma. We only weighed in before the Westerlies started to get to 30knots.

Cooks' rocks, the ripples and Ningi creek were the main areas for fish catches.

If you are an Alvey fan, get in early to upgrade your reels or I have a great stock of spare parts. For drag washer sets you will need to get orders in fast.

Rich and Fabi from Bribie Island Beach Shack and Offshore Charters report good quantities of quality Mahi Mahi to the East and great mixed reef fish such as Coronation Trout, Venus Tusk fish, Moses Perch, Pearl Perch, and a whole array of estuary cod, golden spotted,

black-spotted Cod and a growing number of Mauri Cod. Yesterday's catch despite the weather and 2-meter swells included good-sized Green Jobfish, Goatfish, Snapper, Kingfish, Golden Spotted Wrasse and Cod. The volumes of larger Snapper are still yet to appear in numbers, but reasonable sized fish are still being caught. last week and the week before catches included good-sized Kingfish, Cobia, Mackerel and Trevally all on quite basic rigs using fresh bait. The massive fish are definitely there though, with several fish yesterday proving difficult to land as they spook near the surface and run, so lost a few even on 50lb X8 Braid, with 2/0



or 3/0 gangs on Pillies or live bait and even snapping a rod here and there. If you have not heard, Alvey is closing down in January next year.



BRIBIE BAIT TACKLE & BIKES

Family owned since the 90's



5/1 Welsby Parade,
Bongaree Qld 4507

3408 1347

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

TRADING HOURS:

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

TIDE TIMES

Bribie Island
&
Moreton Bay



FRI 3 Jun 6:34 am 0.61m 12:05 pm 1.35m 5:51 pm 0.53m	SAT 4 Jun 12:32 am 1.91m 7:16 am 0.63m 12:47 pm 1.32m 6:31 pm 0.58m	SUN 5 Jun 1:12 am 1.86m 8:01 am 0.64m 1:34 pm 1.3m 7:17 pm 0.64m	MON 6 Jun 1:55 am 1.81m 8:50 am 0.63m 2:30 pm 1.3m 8:11 pm 0.69m	TUE 7 Jun 2:44 am 1.77m 9:43 am 0.59m 3:36 pm 1.34m 9:16 pm 0.72m	WED 8 Jun 3:39 am 1.74m 10:34 am 0.54m 4:47 pm 1.43m 10:29 pm 0.72m	THU 9 Jun 4:39 am 1.73m 11:25 am 0.45m 5:53 pm 1.57m 11:38 pm 0.67m
FRI 10 Jun 5:41 am 1.72m 12:13 pm 0.36m 6:50 pm 1.74m	SAT 11 Jun 12:44 am 0.59m 6:40 am 1.71m 12:59 pm 0.27m 7:42 pm 1.93m	SUN 12 Jun 1:45 am 0.51m 7:36 am 1.69m 1:43 pm 0.21m 8:30 pm 2.1m	MON 13 Jun 2:44 am 0.43m 8:29 am 1.65m 2:26 pm 0.17m 9:18 pm 2.22m	TUE 14 Jun 3:39 am 0.39m 9:20 am 1.58m 3:09 pm 0.17m 10:05 pm 2.29m	WED 15 Jun 4:33 am 0.38m 10:11 am 1.51m 3:53 pm 0.19m 10:53 pm 2.3m	THU 16 Jun 5:27 am 0.39m 11:01 am 1.44m 4:39 pm 0.25m 11:41 pm 2.25m

TRADITIONAL Fishing



For many Aboriginal and Torres Strait Islander peoples, fishing is as natural and as necessary as breathing. It forms part of the deep cultural and spiritual connection many communities have with their waters and marine resources. Whether saltwater or freshwater, fishing is a matter of cultural practice and is informed by traditional knowledge.

'Fishing is actually sacred to us; it's really part of our culture. So, if people want to go fishing and if they want to do it our way, then they'll learn the sacredness. You never take more than you need, for a start.'

Sue Haseldine, Kookatha/Mirning woman, 2017

This rule is widespread, and often accompanies two others: don't take undersized or pregnant fish and don't overfish. When fish are allowed to breed and grow, their populations are both sustainable and can sustain a community when taken at the right time.

In Aboriginal communities where cultural fishing practices have been handed down for thousands of years, people express frustration at not seeing commercial and recreational catch and release fishing boats following the same rules, showing respect to the marine environment, and improving their efforts at fishing

sustainability. When people in these communities see examples of bycatch and discarded dead fish, they see this as disrespectful of their culture and their country.

Knowing where and when to fish *'I think Aboriginal people have the common knowledge to know where they can fish and can't fish, it's in their blood, it's in their culture, it's been passed down'*

Sue Stewart, Yuin woman, 2016

Over the generations, Aboriginal and Torres Strait Islander peoples living near the sea have amassed a great deal of traditional knowledge around the best times and places to fish: 'Tides will tell us [when to go out

fishing] ... the weather will tell us. Those balanda [white people], they've got fish radar, but we don't use that one. We know the places to get what we want, it's there. What we don't want, we just leave it.'

Jonathan Yalandhu, Yol u man of the Gupapuy u clan, 2017

This is described as seasonal knowledge. 'Natural instinct' made up of the ability to read the tide, winds, and the moon. They know which season it is from the natural signs around them, different flowers in bloom, changes to the colour of leaves, changes in tides and winds. The signs and seasons tell them which fish and maypal (shellfish) are big and fat, ready to be taken. Changes in the colour and smell of the sea brought by algal blooms tell them when there are yindi maypal (big shellfish). With the advent of new technologies, Aboriginal and Torres Strait Islander peoples' means of engaging in fishing and marine resource management has changed a great deal. But the traditional knowledge of how, where and when to gather marine food resources such as fish and shellfish hasn't changed.

Servicing -

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



Authorised agents for...

KOHLER
IN POWER. SINCE 1920.

YANMAR

VOLVO PENTA

MERCURY

**SOUTHERN FISH
MARINE**

Engine Sales - Inboard & Outboard, Petrol & Diesel.

Boat & Dunbier Trailer Sales & Packages

Mercury Finance & Insurance

Antifouling & PropSpeed - International Paints

Detailing & Polishing

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

Swap & Go Gas - 4kg & 8.6kg

PH 5497 6733

**9/11 Spinnaker Drive,
SANDSTONE POINT**

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



Southern Fish Marine

OPENING HOURS

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

The HEALEY STORY

PART TWO

by David Horrocks

WELL, I TAKE IT THAT YOU'VE READ PART ONE IN THE LAST ISSUE WHICH LED UP TO OUR HERO DONALD HEALEY REACHING THE STAGE IN HIS CAREER WHERE HE WANTED TO REALISE HIS DREAM OF BUILDING A 100 MPH SPORTS CAR FOR 'EVERYMAN', OH, OF COURSE, WE MUST NOW ALSO SAY 'EVERY PERSON' ETC. AS A LITTLE ASIDE HERE, ONE OF THE MOST SUCCESSFUL RALLY DRIVERS OF THE HEALEY WAS SHEILA VAN DAM BUT THAT'S ANOTHER STORY AGAIN; I DIGRESS.

By the time of the 1952 Earls Court London motor show, Donald had designed and built his original machine the Healey 100/4. The numbers behind his name donate firstly a speed capacity of the desired 100 MPH, the second number donates an engine of 4 cylinders. This new car plus several other Healey creations of the time were put onto the exhibition stand ready for the opening day. In shape, it was very low slung and sleek. It's been

said that if you asked any schoolboy of the time to draw a sports car side on, they would invariably trace the low dipping lines that Donald had drawn.

Before the show itself, a couple of the pre-production cars had been taken to Belgium where they were tested to their claimed top speed. Why not do it in the UK? They didn't want to reveal the car to the public before the show - a big dramatic entrance was planned.

The show's opening day dawned, and the car was a sensation. It was a revelation in style and performance and at a price that maybe not everyone could afford but very many could. These were dreary times in Britain rationing was still in place and as bad if not worse than during the war. Everything was pretty downbeat so the sight of this lovely new thing was very uplifting, even for those who could only dream.

Now the morning of the second day saw the creation of a legend. Leonard Lord the head of the British Motor Corporation had on day one seen the



Healey 100/4; had called an emergency board meeting that night and then at the start of day two walked onto the Healey

stand, chequebook in hand.

He proposed that Austin, one of BMC's companies should produce the car and most importantly bankroll the whole project. Now, why do any of you business-minded readers ask would a hard-headed top executive of the time fall for something frivolous like a little sports car? The answer is in one word - export.

By the late 1940s and early fifties, Britain was in dire straits financially. The second world war had all but bankrupted the nation. Export earnings were one of the hopeful saviours and the mighty US dollar was King. The USA was the big winner of the conflict and was now the wealthiest country on earth. What did so many well-off young Americans crave? - a sports car of course. Many of these young people had been in UK and Europe in the services and had seen and liked small British sports cars. Now eight years later they were willing and able to indulge themselves. Leonard Lord was well aware of the market and was astute enough to take a punt on the Healey. Conditions he imposed were that the car should carry the Austin name alongside that of its famous creator and should utilise parts made by BMC. Now Donald had already chosen to use locally available components because the ex-USA engines

in his other large powerful models were far too expensive for the project given the exchange rates of the time. The engine in the Austin A90, the company's biggest car of the period was large enough and importantly was well able to take extra tuning to produce the power required to get the fliver over the magic ton, so Donald had selected this unit anyway. The selected gearbox from BMC was not as successful a choice but more of this later.

Now to help achieve the required performance not only was raw power needed but lightweight was also an ask. It so happened that during this period Aluminium was in plentiful cheap supply, but steel wasn't. In fact, steel was rationed. All the tens of thousands of scrapped aircraft from both sides had produced a glut of the metal with not too many possible uses. So, Donald made use of the material, as did of course Rover in their Landrover models. I believe that the only reason that Rover could get enough steel for their chassis was to propose the new 4 x 4 as an export item.

There is a funny story here; TC was all aluminium except for the boot lid which was steel. Perplexed when I found the part heavier to lift than the bonnet although they were both of similar size


led to the presentation of a magnet that revealed ferrous content. Being curious I researched the matter extensively and finally was told the following story. In the days of shipping prior to containerisation, the exported cars were rolled onto ships and the dangerous petrol fuel was drained. At the receiving terminals in the US, it was not permitted to carry cans of petrol onto the ships so the burly dockers pushed the cars off onto the dock. Now, these guys were not particularly careful so lots of the cars ended up with expensive to repair dented boot lids. The solution was to use steel for this one component.

A note on the none too successful gearbox I mentioned before is that after the A90 engine had been tweaked the poor old gearbox wasn't man enough to handle the extra torque. After quite a number of failures, the solution was to blank off the first gear and use the second as the lowest ratio. To overcome the then lack of gears a Laycock de Normanville electrically operated overdrive which worked on the two top gears in the box was fitted giving the car effectively five gears, a big sales plus at the time.

Well, I've run out of space for more, so I crave your indulgence until next time for part three - watch out for your Islander.


BOOK A SERVICE WITH US

Suppliers of



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

**WE ARE
OPEN
SATURDAYS!**



**BRIBIE
CAR CARE**

**4 ARMITAGE ST
BRIBIE ISLAND
3408 4477**



BRIBIE ISLAND

Dedicated to providing you with the service you want

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

OPEN

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

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

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

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

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,
Having just read your whining editorial excuse for allowing one of the major political parties to near destroy your otherwise proud record is stomach turning. Yes, you may have offered it to Independents and other Parties but of course none could match the union funded campaign of the socialist party.

If you were so reliant on the socialist funded front page, how are you getting by and who paid for the photo of the child on this latest edition's cover.

It is a shame you have damaged what appears to be an other wise spotless record. In closing let me remind you all what Margaret Thatcher said "that the only thing wrong with socialism is that you eventually run out of other people's money"
Thank you.

Trevor Nelson-Jones.

Dear Editor,
In the face of all the criticism you have received regarding your cover on the last issue of your magazine, I would like to express our gratitude on behalf of Bribie Island VIEW Club for the way you support, not only our Club, but other clubs and not-for-profit community organisations on Bribie. Your magazine is one of our major avenues for getting our message about who we are and what we do

across to the public, and your support over the last few years has been invaluable. Please accept our thanks and continue doing what you are doing.
Sincerely,
Kay Benson
President
Bribie Island VIEW Club

Dear Editor,
Your publication is quality plus and I find it disturbing that you have been the subject of so much invective for your last edition. Elections unfortunately bring out the bad traits in some people.

I volunteer at Bribie Island Community Arts Centre so appreciate firsthand the support given by your publication to Community organisations. I must say "The Bribie Islander" is the best area publication I have experienced, and it is a credit to you and your hard working staff and contributors. My very best wishes and congratulations for your excellent publication

**A. Johnston
Sandstone Point**

Dear Editor,
I fully understood why you ran with your front-page edition featuring a political ad. It was a paid space. Any person who has been in business would realize that. Having been in business the majority of my working life, and then after spent a few years as founder of a very worthwhile charity

caring for Socially Isolated Seniors. In the Wide Bay area. I can fully sympathise with you. I know how hurtful it feels when people criticise you for trying to do your best for the community. The trouble is these people exist! People who have had little or no experience running a business or charity. I consider them pretty sad. It's hard not to be upset by them but it's not worth the headspace they take up. Don't let it bother you or your staff. You are doing the community a great service. I am certain the majority of your reader is 100% behind you as I am. Next time you are fortunate enough to sell the front page. Simply just notify the readers in your Dear readers Column. The front page is a paid feature, and if political explain this, and you have no affiliation with any political party. Cherrie Good luck to you, and your staff, for the future.

James Bribie Island.

Dear Editor
Interesting reactions to you putting the Labor candidate on the front cover of a recent issue.

There is a lot of talk on "freedom" at the moment, but it seems that to many of the proponents it is only freedom to agree with them and their ideas. In particular I note one writer's regret that they could not burn copies of the offending edition, an interesting throwback to

Germany of the 1930s. Do we really need such outrage in our lucky democratic country?

Shane Cathcart

Dear Editor,
I am appalled at the abusive emails, texts etc. Etc. you have received about your front page, some people have very little to do. I have never read anything in your magazine that would suggest bias towards any political person or party. I think your magazine is wonderful with lots of information and articles. Please thank Barry Clark for his Bribie Island articles thoroughly enjoyable. I have visited here hundreds of times since the early 1960s and finally moved here permanently in 2014 it has certainly changed over the years. Please ignore the abusers they are just a waste of space and don't seem to understand that you are running a small business and are selling it to cover your overheads as you should.
Kind regards
P. Gamble

Good morning editor,
Bribie Islander team. I just read your editorial and wanted to say I think you guys are amazing you have been so kind and helpful with our start up business. You have assisted us in establishing ourselves in the Bribie Beachmere area.

We think you are terrific Thank you for producing such an incredible product
Kind regards
Kerryann Gibbs

The Editor
The Bribie Islander
As we approach "Global Winter" in Australia, we experience the "Climate Change" from Autumn to Winter- a season where those who can afford a basic commodity, turn on heating appliances and air conditioning for comfort.
During the past fortnight of rain and heavy cloudy skies, my rooftop solar panels have struggled to produce 1-2 kwh. per day.
Will those people and politicians who subscribe to no coal fired generation of electricity now support nuclear generation or have our indigenous brothers and sisters teach them how to maintain wood burning fires for their heating needs.
Perhaps they will secretly continue to use the benefits of coal generation?
Tom (The boy from the bush)

Dear Editor,
I am sorry to realise you got such flak from the paid front cover. At worst, it might be considered an error of judgment. I look forward to your Bribie Islander and will continue to do so. There will always be those who criticise almost anything but I for one reckon you do a great job under very difficult circumstances

and encourage you and your faithful staff to continue on with your good work and excellent publication.

E. Shepard

Hello Editor,
Your editorial in the last magazine prompted me to do something I have been meaning to do for months- let you know I really enjoy your magazine and that you and your contributors do a wonderful job. I have only lived on Bribie for 18 months, but have found the magazine to be well presented, interesting and politically unbiased (unlike the other free magazine). I have lived in a few places over the years and seen several community newspapers, and yours is by far the best I have ever seen. I sent my sister in Victoria a couple of issues, so she could read more about Bribie, and she thought they were excellent too.
The historical articles are interesting, (I ran into Barry Clarke in a shop recently and told I liked his articles) and I particularly enjoy Elaine Lutton's column, as we are of a similar age, so I can relate to her humorous stories. Al Finegan's stories are always fascinating, and I have learnt more about Australian History than I did at school! Please keep going with this wonderful magazine, and I am sure the vast majority of people are happy with whatever choice you make about the front cover.
Best wishes and many thanks
J. Sammons

Hello Editor,

I have just read your editorial, you nailed it, I have only lived on the island for just a tick over 2 years and I look forward to reading The Bribie Islander every fortnight. I have learnt a lot about our wonderful island from your brilliant magazine. I often wonder what drives some people to be so spiteful and narrow minded.
You can hold your head high.
Keep up the good work.

Regards D. Dunn

Dear Editor,

I was recently involved in an unprovoked dog attack outside the RSL at the Translink bus stop. The female bus driver from BI bus lines was first on the scene and if not for her actions, I would have been injured even more severely. As it is, I have just been released from the hospital after having sustained life-altering injuries and a 5-day hospital stay.

While waiting for the QLD Ambulance Service & the police to arrive, workers from the RSL Jodie & Justine, arrived to render assistance to me. They all went above and beyond their call of duty and they will be forever having my sincere gratitude. I can't thank everybody enough; I don't know what the outcome would have been without these 3 wonderful women's interventions.

Regards Allison.



BISHS OPEN DAY

9 • JUNE • 2022

3PM - 6PM

- Live and interactive demonstrations
- CREST Exhibits
- Principal information session
- & much more

Call 07 3400 2444 to register

2023 enrolments open - 20 June 2022



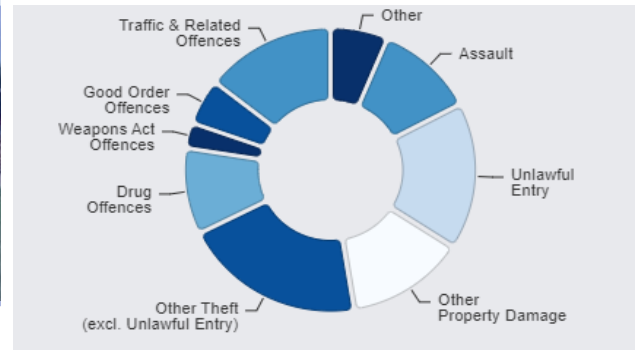


BRIBIE ISLAND WRAP

www.mypolice.qld.gov.au/moreton

The Moreton Prevention team have been out doing letter box drops to remind people to lock their cars and homes and to remove valuables from their vehicles. Help prevent opportunistic crimes by locking up, even if you are home.

For more crime prevention information follow the link. <https://www.police.qld.gov.au/safety-and-preventing-crime>



82 Offences

30 APR 2022 — 30 MAY 2022

Other 5
Assault 9
Unlawful Entry 14
Other Property Damage 11
Other Theft (excl. Unlawful Entry) 17
Drug Offences 8
Weapons Act Offences 2
Good Order Offences 4
Traffic & Related Offences 12

BRIBIE ISLAND POLICE MYTH BUSTING

Bribie Island is policed 24 hours, seven days a week. There is often confusion around the station not being open and available for walk-ins after 4pm. Police are rostered after this time and are most likely out on the road patrolling or attending to your calls.

How are Bribie Island Police contacted after hours?

Like all police stations, if you need to report an emergency call Triple Zero (000). Everything else that you need to report can be done so by calling Policelink on 131 444 or by making a report online. The only time you would need to call your local police station is to speak to a specific officer that may have dealt with your incident or inquiry previously or you have been given the name of an officer to contact. You can attend the station between 8am and 4pm Monday to Friday if you wish to talk to an officer or have an inquiry that can be dealt with by one of the administration staff.

What happens if I call the Bribie Island police station after hours?

Calls will be diverted to Policelink. If you require police

to attend to an incident that is not an emergency, Policelink will take the details and it will be sent to the Police Communications Centre (PCC). The details will then be given to the patrolling vehicles.

Bribie is policed by a Senior Sergeant Officer in Charge, three Sergeants, 18 Senior Constables and Constables and two Administration Officers. We currently have five First Year Constables (FYC's) working on the Island. With two more expected in June. Landsborough Highway Patrol also police the island along with the Caboolture Criminal Investigation Branch, the Moreton Dog Squad and Moreton Tactical Crime Squad. The station is equipped with two four-wheel-drive vehicles, one sedan and an ATV which you will regularly see patrolling the beach and National Park and Recreational area. Your home is their home too, and police are committed to keeping their community safe and working hard for the benefit of those that live, play and work here.

If you have elderly family or friends that live on Bribie Island, we hope that you pass this information onto them. For those who live at Bribie please share this information with your neighbours and friends.



Powered **FREE!** from the **SUN** every day **SKYLIGHTS**

- No restrictions where light is located in the house, shed or garage
- No leaks in roof, common in conventional skylights
- 15W or 25W depending on room size



BEFORE



The room is dark and gloomy, light needs to be switched on in the day which costs money.

AFTER



Transformed into a bright welcoming place for FREE thanks to the sun, works well on cloudy days too!

**No roof hole
needed!**

Bribie Island
SOLAR

CALL NOW on 0425 477 639

OUTDOORS,

Landscaping, Fencing & Concreting



Albie Back Mowing & Gardening

ABN: 77 362 295 879 Family Owned

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

Pressure Washing - Gutter Cleaning

NO JOB TOO SMALL

CRAIG 0405 229 085

TOM THUMBS



TREE WORKS

0439 342 288

ttrees2@gmail.com

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

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



HARDEN UP CONCRETING

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

QBCC Lic. 1502 72 62 Master Builders No. 69759

hardenupconcreting54@hotmail.com

Ph: 0439 500 122

ACE LANDSCAPING

Free Quotes Yard Services & Makeovers

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

CALL DANIEL PH: 0403 094 212

feldt CONSTRUCTIONS

Brick and Blocklaying Retaining Walls

Fences and Entrance

Statements

Tip truck hire - 6L Hino

PH: John Feldt 0408 778 217

QBC: 75707 Fully Insured



EARTH ASPECTS LANDSCAPING

ABN 89 566 312 756
QBCC 1145351

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

JASON WRIGHT
0411 222 349

"Creating Excellence Naturally"



Nickbuilt
Concreting
Contractors



QBCC: 71589

For All Your Concreting Needs

* Plain * Exposed * Stencil * Colour * Covercrete

* Driveways * Patios * Shed Slabs * Paths

Rejuvenate Existing Concrete

HIGH PRESSURE CLEAN AND RE-SEALING AVAILABLE

PH: 0418 989 392

www.nickbuiltconcreting.com.au

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter

Police Clearance Report - Pensioner Discount- QBCC# 707294

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



CALL NOW

0414 656 219

Martin Bartley FENCING

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

E: martinbartley@msn.com



0417 681 231



MORETON BAY CONCRETE CUTTING

→ SOFTCUT → ROADSAWING → COREDRILLING → RINGSAWING

YOUR LOCAL CONCRETE CUTTER

0407 176 568

PROFESSIONAL HIGH PRESSURE CLEANING

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

SOLAR PANEL CLEANS

NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501

LANDSCAPING + POOLS



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

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

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

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

SWIFT installations

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

Chris Holdsworth
0403 817 541
["swiftinstallations.com.au"](http://swiftinstallations.com.au)

AU PEST CONTROL
TERMITES & GENERAL PEST INSPECTIONS & TREATMENTS

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

PH GREG 0417 768 887

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

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

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

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

TV Antenna Specialists
FULLY INSTALLED DIGITAL READY
With 5 Year Full Warranty

Extra Outlets
Free Outlets
TV & DVD tuning
Telephone Points
Insurance Work
Pensioner Discount
Wall Mounting

10% OFF ON MENTION OF THIS AD

0411 638 122
E: tvantennas4u@gmail.com

ABN 7993850565

THINKING PEST CONTROL? THINK ...
ABOLISH
TERMITE & PEST MANAGEMENT

A1 ROOF RESTORATIONS Don't Ignore Restore

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

10 YEAR GUARANTEE
HEAT REFLECTIVE COATINGS

CALL ELVIS
0484 244 435
QBCC 1094638

John THE TV ANTENNA MAN

TV Tuning \$70.00
✓ Australian-Made Digital
✓ TV Aerials, Outlets &
✓ Troubleshooting
✓ EFTPOS AVAILABLE
✓ PENSION DISCOUNTS

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

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

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

\$319 (save \$79)

GENERAL PEST TREATMENT & TERMITE INSPECTION

ABN: 80 601 432 393 QBCC: 13071 24

BOOKING LINE 1300 057 067

Info@abolishpest.com.au www.abolishpest.com.au



Spray Pave Systems

Improve your look today

QBCC Lic 15263652 ABN 302140601743

- Local Specialist
- Concrete Resurfacing
- Epoxy Flooring

- Decorative Concrete
- Driveways, Garages, Outdoor Areas

Fully Insured, Certified Concreter
CUSTOM QUOTE, FREE ADVICE



www.spraypavesystems.com.au

CALL ANT - 0497 928 961

CARPENTRY + FLOOR SANDING + TILING + SANDING & POLISHING + CARPET + WATERPROOFING + HANDYMAN

BUILDING

CARPENTRY and FLOORING



Bathrooms Concreting Painting Rendering
Carpentry Plastering Tiling Decks

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

Find Jason on Facebook "Jas Of All Trades"

TREVOR HOLMAN CARPENTERS

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

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



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

Adonai Tiling
Quality People - Quality Work
Ask us about Tile Injection.

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

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

HIRE A HANDYMAN

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

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

0409 123 342

CARPENTRY

Servicing Bribie Island & Surrounds

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

FREE QUOTES

Contact Henry 0418 325 753
hgraffen@gmail.com

QBCC 15009324

M.E. TILING & RENOVATIONS

COMPLETE BATHROOM, LAUNDRY AND HOUSE RENOVATIONS.

LOCAL 25+ YEARS

ALSO Specialising in Elderly and Disabled Home Remodelling

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



• New Builds
• Project Homes
• Holiday Homes
• Duplexes

We Design & Build Homes to Your Budget

Ph 0410 712 722 QBCC 52656

FAWCETT'S

FLOOR SANDING & POLISHING

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

10 YEARS EXPERIENCE
FREE QUOTES

Matthew Fawcett
0425 625 152

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

SUNCOAST CARPENTRY



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

BRIBIE LOCAL FOR 25 YEARS

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



Bribie Building

DECKS PATIOS
RENOVATIONS & EXTENSIONS
BATHROOMS

QBCC LICENSED 1050259
FULLY INSURED

Servicing Surrounding Areas
Including Woorm, Sandstone Point, Ningi & Beachmere.

Greg 0405 030 071
gregw@bribiebuilding.com.au
www.bribiebuilding.com.au

STENSON'S

FLOOR SANDING & POLISHING

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

LUKE 0428 114 552
MELISSA 0404 304 060



PLUMBING + WATER SERVICES

PLUMBING SERVICES



0411 874 252

QBCC Lic: 1297166

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

Any Plumbing or Gas Problems?



Call Michael Elliot
0408 114 340

- 24hr Emergency Service
- Gas Installations
- Bathrooms
- Gas appliance repairs
- Leaking taps and pipes
- Leaking or blocked gutters
- Hot water install and repairs
- Drainage problems
- Split system installations
- Solar HW install and repairs
- General plumbing

QBCC Lic No. 15117590

ISLAND WATER BORES

QUALITY & RELIABLE SPEAR PUMPS
INSTALLATIONS | SERVICES | REPAIRS

www.islandwaterbores.com.au

CALL WARREN 0412 766 779

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter

Police Clearance Report - Pensioner Discount- QBCC# 707294



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

CALL NOW
0414 656 219



Scan to save my number direct to your phone contact book

BRIBIE ISLAND
PLUMBING & DRAINAGE

0459 920 801

QBCC lic. 1317475

www.bribieislandplumbing.com.au

PROFESSIONAL HIGH PRESSURE CLEANING

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

SOLAR PANEL CLEANS

NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501



"We are fully COVID 19 compliant"

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

CALL BRAD - 0478 021927

Plumbing
BRIBIE Is.

www.plumbingbribieis.com
office@plumbingbribieis.com

BLOCKED DRAIN?

- Fixed Price*
- Drainage Plan Given
- Video of Cleared Drain
- Same day service on Emergency's
- Location of Broken or Damaged Pipes
- All Household Mains cleared to Council Drains
- No Dig Repairs with relining Technology
- Both sewer and Stormwater blockages cleared

*T's and C's Apply

QBCC A21 Lic. 897054

Also Servicing:
Beachmere,
Toorbul,
Donnybrook & Meildale

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

JNR
PLUMBING
Maintenance Specialist

24/7
QBCC 1290418

0448 884 023

QUALITY PLUMBING AT AN AFFORDABLE PRICE

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

ELECTRICIANS and AIR CONDITIONING



ELECTRICIAN

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



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

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

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


**Fastsparks
Electrics**
QLD LIC: 88245

**24HR
EMERGENCY SERVICE.**

**BRIBIE LOCAL.
ELECTRICAL INSTALLATION
& MAINTENANCE.**
CALL PAUL: 0404-757714

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

QBSA No. 1061413
ABN 69 463 499 776
ARCTICK LIC No. L095A03

**24 Hours
7 Days**

**ASK Electrical &
Airconditioning** 24/7
Call Alan
0460662733
Local Bribie Island
Electrician &
Airconditioning

Electrical Lic 86725
Refrigeration Lic L174215


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

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

www.hanselectrical.com.au


**Bribie
Air Conditioning
& Refrigeration**
Domestic Air Conditioning Specialists
QBCC Licence: 15247356

Your local domestic air conditioning specialists Sales, Installations,
Servicing & Repairs
Family owned & run local business
Qualified Refrigeration Engineer
Over 33 years experience
Call Wayne today for a free quote
on 0409 483 796 or 3408 4182

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

 **Electrical &
Air Conditioning**



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

Contact us 0425 058 992
ARC Licence: L087956 Contractor Licence: 85593
travis@antraelectrical.com.au
www.antraelectrical.com.au

PAINTING SERVICES

PAINTING

SERVICES


**HOMEABOUT
DECORATING**

Col Start & Sons.

Established Locally for 25yrs

- Interior / Exterior Painting
- Pensioner Discounts

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

MARK CLARKSON

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

Call or Text for a Quote

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

CLARKSON'S
ROOF RESTORATIONS
ABN: 30474694757

PROFESSIONAL HIGH PRESSURE CLEANING

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


SOLAR PANEL CLEANS

NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501

WJC MASTER PAINTERS

Pensioner Discounts

Servicing the Bribie region

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

All the team are fully Covid Vaccinated.

PH KYLE 0457 066 509

E: k.t-2001@outlook.com

ABN: 89 183 229 531 QBCC Number 15240645



RESIDENTIAL AND COMMERCIAL

- Painting Repaints
- Plaster Repairs
- Rental Property Tidy Ups

Phone Mick
0439708622

ABN 85034310494

QBCC 15097374

**MATT'S QUALITY
PAINT SERVICE**

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

PH 0439 343 723
mattsqualitypainting@outlook.com



Residential & Commercial Painting

Geordan - 0408 236 638

bribiepainting@gmail.com

FULLY INSURED

NO STEPS PAINTING

**RESIDENTIAL & COMMERCIAL
PAINTING**
FULLY LICENSED & INSURED

CALL STUART

PH 0403 153 141

Email: nostepspainting@gmail.com

Lic No: 15047313

BUSY BRUSHES

 PAINTING & DECORATING
SINCE 1999

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

Family business
SINCE 1999
Perfection is
our standard!

CALL WAYNE
FOR A FREE QUOTE
0434 677 476

busybrushes@bigpond.com QBCC Lic. 67239

AUTOMOTIVE and TOWING



Australia's Detailing Group

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

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

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

HYDRAULIC HOSE FIXERS

PARTS - REPAIRS - INSTALLS

07 5428 2246
www.hydraulic hosefixers.com



UltraTune UltraTyres

BRIBIE ISLAND
Dedicated to providing you with the service you want

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

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

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

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

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

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



ULTRACOOL AUTOMOTIVE AIR CONDITIONING

ROOF RACKS 4X4 & SUV TYRE SEALS DISCOUNT SALARIES

FREE QUOTE

177 First Avenue, BONGAREE
Mobile Service Available
0409 336 997 / 3408 0748
www.ultracool.com.au f ultracoolautomotive

AJ SMART MOVE

REMOVALS & STORAGE

TWO MEN & TRUCK FROM \$85 PER HOUR

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

SERVING THE LOCAL COMMUNITY FOR 23 YEARS



ADVERTISE YOUR CAR FOR SALE HERE

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

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

PROFESSIONAL SERVICES



BRIBIE MEDICAL EQUIPMENT HIRE AND SALES



WE HAVE MOVED!
197 First Ave, Bongaree

- Lift Chairs
- Scooters
- Beds

PLUS MUCH MORE!

**NEW SHOWROOM
OPEN NOW**

**197 FIRST AVE,
BONGAREE**



Sarah Adams
PH: 07 3408 0398

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

PRINTER REFILLS OR NEW CARTRIDGES

REFILL for ONLY*

\$5.00

Best quality refills,
best price guaranteed

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



FULL COMPUTER CHECK UP

An essential service for a reliable computer

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

\$45

**WE SELL AND REPAIR
ALL COMPUTER
BRANDS**

Laptop replacement screens & batteries.

PH: 3408 6421

www.theinkshop.com.au
CNR BENABROW & WARANA AVE
FIRST FLOOR ABOUT AFTER THE BRIDGE

The Ink Shop

FETCH A VET

Mobile Vet for Dogs & Cats

We visit Bribie Island on the first
and third Tuesdays of every month.

We come to you, and there's **no**
travel fee for Bribie residents!

Pensioners get 10% off the consult fee.

0448 751 354 / info@fetchavet.com.au



0413 658 177

5 STAR REVIEW RATING

Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqld

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

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



Angela Gibbings
0427 732 547

Elizabeth Cooper
0431 484 230

PH: 3408 9319

attax@bigpond.com

www.attax.com.au

Bribie Dazzler
Cleaning Service

**IS HIRING
RIGHT NOW!**

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

PLEASE CALL CEC on
0434 407 222

officebribiedazzlercs@gmail.com



Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

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

VOLUNTEERS
ALWAYS WELCOME

FREE PICK UP AND LOW
COST DELIVERY

PH 3408 1014

Mon-Fri 8:30-3:30, Sat 8:00-12:00



2 dogs
GRAPHICS & DESIGN

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

• LOGO DESIGN

• SIGNAGE • BANNERS

• TYPESETTING • BUSINESS CARDS

• MENUS • VEHICLE SIGNAGE

• AFFORDABLE WEBSITES

0405 470 630

E: twodogsgraphicsanddesign@yahoo.com

W: www.2dogsgraphicsanddesign.com

*Proudly
Independent*



Celebrating Reconciliation Week

The Story Behind our Beautiful Artwork



This Painting represents the bush to the beach. I was born in Alice Springs and through my travels arrived at beautiful Beachmere in 2003. Beachmere has the most amazing small community feel, which I just love. To come from the desert with the amazing colours and animals to finally arrive in Beachmere with its wonderful beaches and sea life just captured my heart.

The animals running through the painting represent the animals from desert to sea. The track is my travels from the bush to the beach. The circles running through the painting represent the country with its hills, rivers, waterholes, wildflowers, sand, trees and beaches. The last circle I would like to dedicate to our IGA Beachmere.

The heart of our small beachside community is our IGA Beachmere. The staff are the most welcoming people you could ever meet and will help you with anything you need. They make our small community a wonderful place to live.

By Artist Linda Smith Penangke



DELIVERING 7 DAYS



Beachmere IGA

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

Shop online:
IGAshop.com.au

Sandstone Point IGA

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