



*The
Bribie Islander*

AND DISTRICTS
ISSUE 170 July 15, 2022

Your local Community Magazine

DELIVERED FREE FORTNIGHTLY

3 weeks only

MASSIVE ADJUSTABLE BED SALE

- Okin German Brand Motor
- 25 year Guarantee

Save Thousands Don't Miss Out

SAVE OVER 50% OFF



Bribie Island Shopping Centre... (Opposite Flight Centre)

1800 270 935 | www.solacesleep.com.au | support@solacesleep.com.au



SCAN ME FOR PRODUCTS





Thank You
Queensland

OUR INDUSTRY IS A COMPETITIVE ONE AND TO BE VOTED BY QUEENSLANDERS AS THE BEST SHUTTERS AND BLINDS RETAILER IN THE STATE SPEAKS VOLUMES FOR THE QUALITY OF OUR PRODUCTS AND CUSTOMER SERVICE.

FOR VOTING US THE BEST



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 July 2022.



FACTORYDIRECT

shutters, awnings & blinds

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

TABLE OF CONTENTS

Al Finegan 38-39

Arrival 14-16

Crime Report 71

Fishing Report 66-67

History 44-45

Horoscopes..... 36

Kids Page 41

Letters To The Editor 70

Market Times..... 35

Meet Your Local Tradie 62-63

Pet Pics 42-43

Recipe 31

Sports Pages 46-47

Trades And Services 72-79

VMR 64-65



Cignall
SPECIALIST TOBACCONIST

**OPEN 7 DAYS
A WEEK**

SHOP 3/31 Benabrow Ave, Bellara

ARTIST RETURNS HOME 21



VOICES 10TH BIRTHDAY 33



INFLATION BITES 24



170

July 15, 2022

Welcome

Dear Readers

Welcome to edition 170! As per usual we have some great stories in this edition about some fantastic community events we have had happening lately. Voices Choral Group celebrated their 10th anniversary which I was asked to attend. They had a wonderful time, catching up with friends who had moved away, watching clips of their previous shows, but I have to say the best part was when they sang happy birthday! I have never heard it sung so beautifully! I am pleased they had such a lovely turnout and enjoyed themselves.

Sadly, not all the news we have received is joyful, the passing of a long-time Bribie Island resident and frequent contributor to letters to the editor Charlie Frost better known perhaps as Farley has passed away. I will leave you with a lovely tribute from his friend and neighbour Howard Kennedy.

Take care, Stay safe,

Cherrie

VALE - Charlie (Farley)

I heard of Farley's passing from his Bribie Island casting, That he'd joined Eric the emu in that heavenly parade. They have left their suffering and taken up an offering, To join another paradise that's never been displayed.

Photographed with sensitivity and stories of nativity, Yet to the lure of religion, somehow remained immune. I'm sure their pain free presence will forever be an essence

Of their much-loved island home their sunset on a dune!

These two birds of a feather who shared a love for Heather.

Will be eternal beachcombers on this place they called their home.

As I sit here deep in thought, my imagination has been caught.

By a vision of them at sunrise, on a tide they'll ever roam!

Written by
Howard Kennedy
(Neighbour)

THE BRIBIE ISLANDER (Magazine) IS DELIVERED TO HOMES AND BUSINESSES IN THE FOLLOWING AREAS: Bribie Island all suburbs, Sandstone Point, Sandstone Lakes, Spinnaker Marina, Godwin Beach, Ningi, Bribie Pines, Peel Rd and Beachmere. Newsagency's Toorbul, Donnybrook, Bellara, Banksia Beach. You can find the Bribie Islander in Stands at Bongaree Hot Bread Shop, The Bribie Islander Office, Scoopy's, Wrights Fruit Barn, Woorim Meats, Sandstone Point, Bongaree & Beachmere IGA & Woolies Complex on Bribie. **DISCLAIMER & INDEMNITY:** The opinions expressed by contributors to this page are not necessarily those of the Editor and staff of The Bribie Islander and no responsibility is taken for any information contained in this correspondence or any errors or omissions that may occur during publication. The Contributor agrees to indemnify The Bribie Islander and its associates against any claims that may arise from the content of their contribution.

REGULAR CONTRIBUTORS

Anne Matthews

Al Finegan

Barry Clark

Bill Peacock

Bribie Bait & Tackle

Colin Walker

David Horrocks

Elaine Lutton

Joie Scheinpflug

John Traill

Karyn Chalk

Katherine Miller

Kathy Vincent

Maria Christina

Marj Webber

Peter Schinkel

Peter Dallimore

Philip Arlidge

Robyn
- B.I. Boat Charters

Sue Wighton



Cherrie Wilson

EDITOR | GENERAL MANAGER
on 0448 694 507

editor.thebribieislander@gmail.com

Michele Doran

ADVERTISING MANAGER
on 0448 448 457

sales.thebribieislander@gmail.com

Debbie Hunter

GRAPHIC DESIGN

design.thebribieislander@gmail.com



How to Calm Yourself in Stressful Situations: **EFFECTIVE TIPS**



by *Himanshu Singh*

WHEN YOU ARE FEELING STRESSED OR ANXIOUS, IT CAN BE DIFFICULT TO CALM YOURSELF DOWN. THIS IS ESPECIALLY TRUE IF THE SITUATION YOU ARE IN IS STRESSFUL OR CHALLENGING. HOWEVER, WITH A BIT OF PRACTICE, YOU CAN LEARN HOW TO SOOTHE YOURSELF AND REGAIN YOUR COMPOSURE.

WHAT IS STRESS?

Stress is a response to a situation that is perceived as dangerous or challenging. When you are stressed, your body releases hormones like adrenaline and cortisol. These hormones prepare your body to either fight or flee the perceived threat. This is known as the

YOUR LOCAL TRUSTED OPTOMETRIST



- Full Scope Eye Examinations Including Testing For Eye Pathology
- Digital Retinal Imaging
- Myopia Management
- Dry Eye Management
- Contact Lens Fitting
- Ortho K Lenses
- ZEISS Lenses
- Latest Designer Eyewear Styles
- Health Fund Instant Claims

Bribie Island Shopping Centre
Ph. 07 3410 0075



GEORGE & MATILDA
EYECARE

FOR ANDREW LEHMANN OPTOMETRIST

georgeandmatilda.com.au

“fight-or-flight” response. While the stress response can be helpful in some situations, it can also be detrimental to your health if it occurs too often or lasts for too long. Chronic stress can lead to several health problems, including high blood pressure, heart disease, obesity, and diabetes. It can also weaken your immune system and make you more susceptible to infections and illnesses. Therefore, it is important to learn how to calm yourself down when you are feeling stressed. The following tips can help you do just that. Take a few deep breaths. It’s important to take a few deep breaths when you are feeling stressed. This will help to slow down your heart rate and lower your blood pressure. It can also help to clear your mind and allow you to focus on the task at hand.

Try relaxation techniques. There are several different relaxation techniques that you can try in order to calm yourself down. These include progressive muscle relaxation,

guided imagery, and yoga. Relaxation techniques are effective in terms of both short-term and long-term stress management.

Talk to someone you trust. Sometimes, all you need is to talk to someone you trust to feel better. Talking about your stressors can help to put them into perspective and make them seem more manageable. It can also help to release some built-up tension that you are feeling.

GET SOME EXERCISE.

Exercise is a great way to reduce stress. Not only does it release endorphins, which have mood-boosting effects, but it also helps to improve your overall health and well-being. Therefore, you need to make sure that you are getting enough exercise on a regular basis.

TAKE A BREAK.

If you are feeling overwhelmed by stress, it is important to take a break. This can be anything from taking a few minutes to yourself to going on vacation.

Taking a break will give you the time and space you need to relax and rejuvenate. Identify your stressors. One of the best ways to reduce stress is to identify your stressors and find ways to eliminate them from your life. This may not always be possible, but it is important to try. If you can’t eliminate your stressors, try to find ways to minimize their impact on your life.

REMOVE YOURSELF FROM THE SITUATION

If possible, it is best to remove yourself from the situation that is causing you stress. This will allow you to take a break and calm down. Once you have calmed down, you can then decide how to deal with the situation.

FOCUS ON SOMETHING CALMING OR POSITIVE.

Think about a happy memory or place that makes you feel relaxed. Focusing on something calming or positive can help to take your mind off the stressful situation and allow you to relax.

Repeat a calming mantra or affirmation to yourself. Something as simple as “I am safe” or “I am in control” can be helpful in calming your mind. Make sure to always use positive words when repeating your mantra or affirmation.

USE AROMATHERAPY.

Certain essential oils can help to reduce stress and promote relaxation. Some of the best essential oils for stress relief include lavender, chamomile, and ylang-ylang. You can use these oils in an oil diffuser or add them to your bathtub.

You can also add peppermint oil your diffuser. This oil is known for its calming and relaxing effects.

GETTING RID OF STRESS IS IMPORTANT

Remember, the most important thing is to take care of yourself both mentally and physically. If you are feeling overwhelmed by stress, don’t hesitate to reach out to a mental health professional for help.



Phone for an appointment with one of our stylists



MENTION THIS AD WHEN BOOKING

RESTYLE & COLOUR - REGROWTH TREATMENT BLOW DRY FINISH

SPECIAL \$125

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

\$750



SAVE \$145

WAS \$8⁹⁵
 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



Hi, this time we are going to be doing some seated stretches. Firstly, sit on the ground in a cross-legged position. This can be done on a yoga mat or folded towel to give you a bit of cushioning. Now we are going to take three deep yoga breaths all the way into our belly and back out, clearing our minds and concentrating on our breath and movement.

The first stretch is a spinal twist. Look over your left shoulder with your right hand coming over to your left knee and your left hand coming behind you, resting on the ground. Now take three deep breaths relaxing on your out-breath. Then we swap sides looking over our right shoulder with our left hand coming to our right knee and again three deep breaths here. I would repeat this three times for each side. This is good for releasing anger so if you have any unresolved anger, on your out-breath, imagine yourself letting that go.

The next stretch is in the same position, but we are rotating our hips in a clockwise position. Imagine you are a spoon stirring in

a teacup this will help to get the motion correct. Remember our deep breaths and I would do this for a minute and then come to stop for a deep breath then go in an anticlockwise motion again for a minute. This is excellent for releasing blockages both physically and mentally.

The last one is done in the same seated position, and we are bringing our left arm up and over our head stretching to the right side with our right hand gently supporting our right side or you can drop onto the right elbow for a deeper stretch. Again, three deep breaths trying to release on the out-breath. Now repeat on the other side again for three breaths. To finish while in this seated position take a few minutes for yourself to concentrate on your breathing and relax, if you are comfortable, do some meditation. Hope you are feeling relaxed.

Remember to be grateful for the small things in life sending love and light your way.

Karyn, Namaste

Don't let Painful eyes Disrupt your daily life.

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

Protect your eyes with MAUI JIM sunglasses. True COLOUR and true style.

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



Eye Envy locally owned and operated

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



(07) 5432 3077 **BOOK ON LINE AT eyeenvyoptometrist.com.au**

HOW IS YOUR DIGESTIVE HEALTH?

Digestive health can say a lot about your overall health. If you are feeling low on energy or sluggish; if you are having difficulties losing weight, feeling good or getting into shape, your poo may help you understand what is going on. What do you need to do? Take a look at your poo! Take a peek into your toilet and see what it looks like. If your poo could use some improvement, then read on! The good news... Many issues can be improved through your diet, with better nutrition and more consistent healthier habits.

It's no surprise that your poo is a reflection of what you consume. If you have problem poo, then your diet maybe compromising your GI function.

• FIBRE

We need fibre for effective GI function and healthy poo. Fibre helps feed gut bacteria and move the food through

your gut. Fibre helps feed gut bacteria and move food through the gut. Fibre binds to fats and helps excrete some types of hormones (such as estrogens). Fibre ferments in the large intestine, creating short-chain fatty acids, an important source of fuel for the body. Fibre adds bulk and improves regularity, reducing our exposure to potentially dangerous compounds. Finally, the breakdown of fibre regulates pH balance, promoting the optimal environment for beneficial bacteria.

• EAT MORE....

whole, fresh fruits, vegetables, and whole grains. Pay attention to which ones digest best for you, and keep those on the menu.

• EAT LESS....

processed foods, where possible. If you're eating foods that don't

agree with you, or if you are missing key nutrients, your bowel movements (or lack thereof) will reflect that.

• EAT SLOWLY

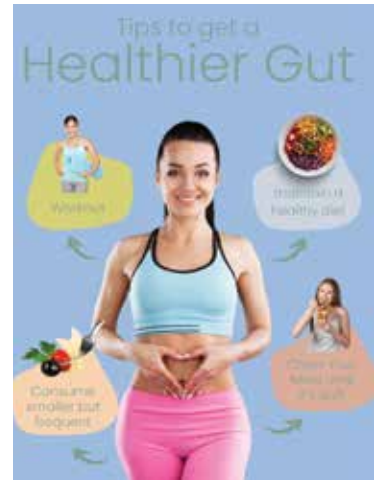
Take your time to taste your food and notice how it makes you feel. Slowing down will help your GI tract do its job (it hates to be rushed). It'll help you eat the right amount for your body. Paying attention to how your food makes you feel can tip you off to any food into! All of these things can help you maintain a healthy weight, healthy gut function and healthy poo.

Suffering from constipation? No matter how hard we try to avoid it, constipation happens to the best of us

Here are some of the most common causes:

- Change in your life or routine (including travel)
- Stress
- Ignoring the urge to go
- Lack of fibre in your diet
- Dehydration
- Not enough exercise
- Some medications
- Certain medical conditions

How can colonics help? Adding colonics to your health routine can result in many positive body changes such as an immediate and positive shift in mood, improved digestion, bowel function, immune function, and better absorption of nutrients. You may notice a decrease in food sensitivities, have better control over weight management, and your skin will be brighter and clearer. Get in contact with Calming Colonics today, and start living a healthier lifestyle.



New Local Business in Bellara

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

ph: 0409 752 629

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

QLD LASER & COSMETIC CLINIC

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

WAXING, TINTING AND MORE!

Bribie Harbour Shopping Village
Shop 14, 25 Sunderland Dv, Banksia Beach
enquiries@qldcosmeticclinic.com.au | www.qldcosmeticclinic.com.au

07 3410 7710 [f](#) facebook.com/QLDcosmeticclinic

LJ AESTHETICS

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

BallyCara's Bribie Connect

BallyCara's Bribie Connect program offers **FREE** sessions for seniors throughout July

FREE

SOCIAL CONNECTIONS MORNING TEA

ARE YOU OVER 60 AND WANT TO CONNECT WITH NEW PEOPLE BUT NOT SURE WHERE TO GO?

BallyCara invites you to join our **FREE** 'Social Connections' Morning tea at Bribie RSL

Date & Time: Wednesday 20th July at 10am.

We understand that the pandemic has left a lot of people feeling very isolated and disconnected from the community and we would love to give you an opportunity to reconnect with those in your area in a safe and inviting environment.

Call 1300 272 222 or email trowe@ballycara.com to reserve a spot



FREE

MINDFULNESS CLASSES

Join BallyCara's mindfulness coach Kylie as she takes you on a journey to relax and unwind. Introduce peace and serenity into your life through relaxation practices.

Kylie will be hosting two classes, the first session she will guide you through a Seated Yoga class and the second will be a Meditation Session.

Both sessions will be suitable for all fitness levels and completely free of charge!

Seated Yoga - Wednesday 27th July, 3pm
Meditation - Wednesday 10th August, 3pm

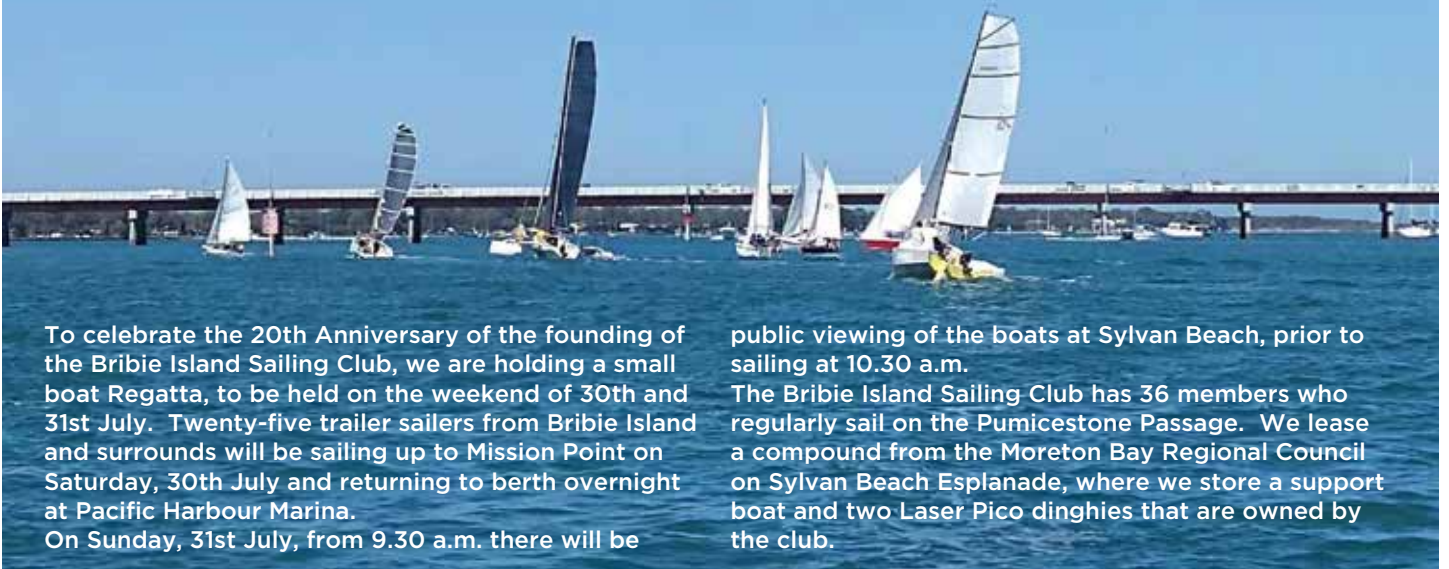
Location to be confirmed

Contact BallyCara on 1300 272 222 or trowe@ballycara.com for information and to reserve a spot.



Bribie Island Sailing Club

SMALL BOAT REGATTA 2022



To celebrate the 20th Anniversary of the founding of the Bribie Island Sailing Club, we are holding a small boat Regatta, to be held on the weekend of 30th and 31st July. Twenty-five trailer sailers from Bribie Island and surrounds will be sailing up to Mission Point on Saturday, 30th July and returning to berth overnight at Pacific Harbour Marina. On Sunday, 31st July, from 9.30 a.m. there will be

public viewing of the boats at Sylvan Beach, prior to sailing at 10.30 a.m.

The Bribie Island Sailing Club has 36 members who regularly sail on the Pumicestone Passage. We lease a compound from the Moreton Bay Regional Council on Sylvan Beach Esplanade, where we store a support boat and two Laser Pico dinghies that are owned by the club.

Suncare Home Care

Located on beautiful Bribie Island, Suncare offers a modern four-bedroom, purpose built home for **short term respite care**.

With its wide corridors, spacious living areas and all-ability bathrooms, Boronia Cottage is the perfect destination for people with care needs.

Our professional and dedicated staff are committed to providing a five-star holiday experience for your loved one whilst you enjoy a well-deserved break.

Our guests can expect nutritious home-cooked meals, daily activities and **24/7 care**.



Live life on your terms

1800 786 227



Suncare
COMMUNITY SERVICES

suncare.org.au



PERIPHERAL NEUROPATHY

Peripheral neuropathy is a disorder of the peripheral nervous system, the vehicle that allows communication from the brain and spinal cord to the rest of the body (arms, legs, face). It often causes weakness, numbness, and pain - usually in the hands or feet. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, and exposure to toxins (including medications). Common conditions that lead to peripheral neuropathy include diabetes and chemotherapy. Regardless of the cause, poor blood circulation and inflammation are factors in all cases of peripheral neuropathy. The symptoms often reported by our peripheral neuropathy clients include burning sensations, feeling of pins and needles, and numbness - particularly in the feet. Those with numbness often describe the feeling to be like wearing a thick pair of socks or walking on sponges. The symptoms alone however are usually not what prompts sufferers to come to our clinic for treatment; they're typically more concerned about the impact neuropathy has on their quality of life, including:

- Difficulty sleeping or engaging in activities due to pain and restlessness
- Fear of losing balance or falling due to numbness
- Reduced confidence while driving (inability to feel the pedals)
- Wanting to dance again

ACUPUNCTURE FOR PERIPHERAL NEUROPATHY

How does Chinese medicine approach peripheral neuropathy if most conventional medicine

in acupuncture's ability to influence blood flow. Blood contains all the nutrients vital to our existence, including oxygen, water, platelets, hormones, etc. If nutrients are not delivered to every cell in our body, the cells lacking nutrition will eventually shrivel up and die - which is what happens in areas affected by peripheral neuropathy; poor circulation, compounded by inflammation starves nerves of nourishment and they begin to degenerate, leading to pain and eventually numbness. Fortunately small fibre nerves can often regenerate with proper nourishment and blood flow. Acupuncture stimulates blood flow and guides blood to areas of our body to nourish cells that have been deprived of nutrition, feeding the nerves so they can begin to repair. Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation.

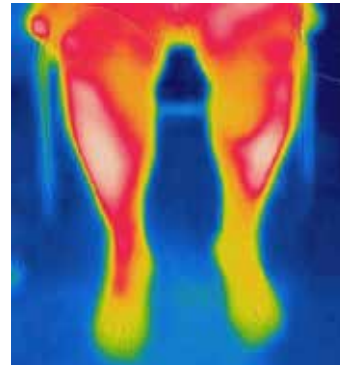
TREATMENT PROGRESS

One of the tools we use in our clinic to measure treatment progress, particularly for peripheral neuropathy, is thermography. Thermography uses an infrared camera to detect heat patterns and blood flow in body tissues by sensing temperature differences. In thermography photos temperatures are represented by a gradient of colours - where red is the warmest (indicating good blood flow), followed by orange, yellow, green, then blue as the coolest (indicating poor blood flow).

The following photos (shared with consent) show the treatment progress of one of our diabetic clients who suffered with peripheral

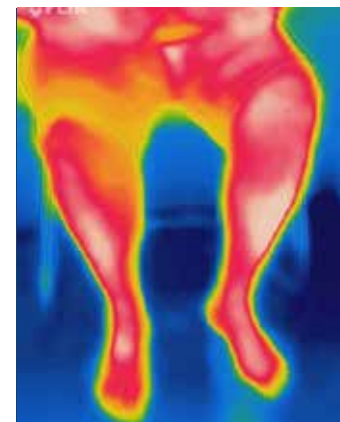


Photo 1 is a "before"



thermography photo taken prior to starting treatment, showing decreased blood flow from her knees and lower legs (indicated in orange and yellow) down to her toes (indicated in green).

Photo 2 is a progress photo



taken after one month of treatment, showing improved blood flow throughout her legs, down to her toes (indicated in red). By increasing the blood circulation in her legs and feet, her nerves are fed the nutrients they need and are able to begin to repair. As her nerves began to regenerate, the numbness in her feet started to lift, the sensation in her feet improved, and most importantly, she was able to start walking more confidently. Behind the scenes, prior to commencing treatment, she was already working hard

her body, was very diligent with her acupuncture treatments, and continued with a series of maintenance treatments to stabilise her results.

We've seen similar results with clients with chemotherapy-induced peripheral neuropathy who, after suffering from numbness, are able to drive again now that they're able to feel the pedals and are able to enjoy walking their dog again without pain.

WILL ACUPUNCTURE WORK FOR YOU?

The short answer is, "it depends". The number of treatments required varies depending on the condition, how long you've had it, your lifestyle, and your individual response to acupuncture - some people respond quickly, others take a bit longer. In general however, the longer you have had the condition, the more treatments are likely necessary. Similarly, numbness tends to require more treatments to resolve than pain. Having said that, we've had several clients who had chemotherapy more than five years ago experience significant improvements in their symptoms and quality of life following treatment.

Sometimes, however, acupuncture might not be the solution for you. If acupuncture will help in your case, we expect to see some benefit within the first series of treatments. We discuss the treatment process and expectations with our clients during their first appointment.

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



“Worthiness!”

Often when seeing clients, I find I go through a period of time where a particular theme comes up repeatedly, at the moment it's "Worthiness!"

Worthiness basically is a result of how you see yourself...so why is it some people feel worthy and others don't? A lot of the time it is based on past conditioning and environments; that also includes our thoughts.

To feel unworthy or to doubt you deserve-ability are just two sides of the same coin. Something interesting I've noticed about worthiness is that we put conditions on our self-worth.

It all comes down to this, how you feel about yourself. The emotion of unworthiness cannot manifest unless you are thinking thoughts that create this feeling.

If you don't want to feel unworthy, then don't think thoughts that create the feeling of unworthiness in you. It can take time to

develop the skills to notice your thoughts, though, with practice, you'll be able to recognise these thoughts in your head and be able to do something about them.

A way to practice this is through meditation which quiets the mind, meaning you've taken your attention from the belief that was causing negative emotion.

So how can you create more feelings of worthiness?

Every time you find yourself feeling that you aren't deserving, observe the thought, reaffirming "that was up until now, that now, you are deserving of everything your heart desires."

Start loving and caring about yourself as we would treat your most cherished friend. Treat yourself as special, and allow yourself to indulge in things that make your heart sing.

Speak positively about yourself, whether it be the spoken word or thoughts as well as positive affirmations.

Acts of love and kindness for yourself. including time

to nourish yourself properly, emotionally, physically and mentally.

Surround yourself with people and situations that make you feel your worth!

Keep a journal celebrating all the wonderful and great things about you and why you are worthy of wonderful things in life.

Care about how you feel, when you do, you are no longer willing to indulge in thinking that causes negative emotions in you.

Think thoughts that create the feeling of worthiness, and that energy will shift.

Value yourself, regardless of what anyone else thinks! Decide you are worthy!!! Make the decision. Choose the belief!!!! You have a choice and there is no upside to deeming yourself unworthy.

"You are worthy, and you are brilliant beyond description"

I can support you in feeling more self-worth and can be contacted on 0405 361 882

***Blessings in Abundance,
Maria Christina x***



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)



Arrival

The Joys of Winter

By: Elaine Lutton

What a marvellous time of year is the Queensland Winter! Gone

is the heat and humidity of Summer, now is the time for blue skies and gentle sunshine during the day,

and cold crisp nights that make cuddling up under the blankets a real delight. Yes, I am aware that this year

we have been troubled by unseasonable rain, causing chaos and distress to so many folks, but it seems that at

DON'T LET

TENDON PAIN

STOP YOU IN YOUR TRACKS

10 years-experience in shockwave therapy.

BOOK YOUR
NO OBLIGATION
FREE
ASSESSMENT



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

RADIAL /FOCUSED SHOCKWAVE THERAPY

Clinically proven to help these conditions*

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

<https://goodbypain.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, Medicare \$65 GAP payment

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



BACK IN MOTION
HEALTH GROUP

PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

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

3408 6608

present we are being given some kind of respite.

At last, Winter has decided to behave itself, and for the last few weeks, at least at the time of writing this, we have had a taste of the glorious weather that makes an ex-Pom, like myself, glad to be alive and full of energy.

In my younger years, my husband and I would walk for miles in the Derbyshire Dales. We would take a bus from Sheffield Central Bus Station and dismount in either Buxton or Bakewell, small rural townships, and head out to the fields and footpaths beyond. Occasionally I would burst into song, so full of joy I was, leading to a cruel criticism from my partner in life who implored me to desist. This was followed by an accusation that I was disturbing his enjoyment of the peace and quiet of the countryside. Incomprehensible! His comment rankles still. Perhaps, to be placed amongst those of present-day friends, who, equally lacking in any appreciation of my skills as a songstress, have, on several occasions, threatened to tie me to the roof racks of their vehicle if I did not cease my renditions of Hymns, Ancient and Modern. Equally mystifying!

Once back in Australia, Don would take me to Stanthorpe for a long Winter weekend, hoping that I might actually

see snow again. We never did, but there was frost aplenty, the temperatures dipping down to those of the proverbial "brass monkey". Oh, how we enjoyed those big open fires in the local pubs, throwing out so much heat that we learnt not to select a table too close to them lest we got roasted. As compensation for any disappointment, I might be feeling about the lack of the white stuff, he told me about the meeting he had with some Australian friends whilst in London, who, on seeing snow for the first time in their lives, asked him, "Are they burning off in Hyde Park?". A memorable phrase indeed!

Nowadays, the years have caught up with me and though I still like to dance in the privacy of my study to the music of my youth, partnered by my office chair, who never utters a word of complaint about my balletic skills, the long healthy walks of my prime seem to be beyond my endurance and comfort zone. I even found keeping up with my very fit twenty-one-year-old grandson as we travelled the length of the Morayfield Shopping Centre and back again, somewhat difficult. Though I blame this on the non-moving escalator that one had to mountaineer up, before the straight run, followed by navigating the steep descent to finish, hopefully in one piece, at the

car park.

If nowadays, I am not quite as spry as once I was, I still find that I will take any excuse to blow the cobwebs away. At night-time, I sleep with my windows wide open, protected from those blood-sucking mosquitoes and other uninvited visitors by the fly screens. During the day, should I find myself feeling less than my usual cheerful self, I leap aboard my motorised scooter and head for the Great Outdoors. Not only do I find the fresh air invigorating, but I see so many of our avian friends. The flocks of Corellas, the Seagulls standing in formation, all pointing in the same direction, so lady-like compared with their greedy larger cousins down South, the Pelicans, Egrets and Spoonbills. The colourful Lorikeets with their constant chatter, yes, and though not everyone's favourite, those snooty billed, scavenging Ibis. The Brush Turkeys appear, seeming to abound at this time of year, and so many more birds that I have no space to mention. And this is the time of year when I used to catch my favourite fish, small, chopper, Tailor!

If Nature was not enough to lift the spirits, one gets to meet such nice people! So different from being enclosed in your own bubble of space in a car.

It would seem that there is an

unofficial social club amongst drivers of mobility scooters. I have yet to meet a grumpy rider, we always acknowledge each other by smiles and waves and sometimes by a brief non-intrusive conversation. We can stop and make friends with dogs and their owners, all seem willing to take a few minutes out of their day, and no one appears to be in a rush, so different from car drivers whose impatience leads one to believe that their very lives depended on everyone travelling at the maximum speed that the law allows. In their defence, however, the sight of a scooter on a Zebra Crossing does seem to bring out the best in them, which I always acknowledge by a courteous thank-you wave.

Pedestrians too, young or old, go out of their way to be helpful, allowing you to overtake them once they are aware of your presence. Ferrari 2 has a very loud horn, which can startle folk, so my usual way of warning that I wish to pass is to gently call out Beep, Beep! Quite sufficient, whilst avoiding any risk of heart attacks.

By the time I reach home any worries I might have had on setting out have been blown away, the Winter winds, having done their job so that I am restored to my usual cool, calm and collected self!



**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



Welcome Dr Arash Mohammadi
now practicing at
Elysian Medical Centre.



TIN CAN BAY REGATTA- Dragons Ahoy!!!

Despite weather predictions, Sunday was a beautiful sunny day for the Tin Can Bay regatta. Our 11 Bribie Dragons dressed in theme, in Pirate mode.

They were excited and encouraged to achieve second and third places, in their Breast Cancer survivors' races. Our supporter paddler was chuffed to compete in a Sports Dragonboat team which came in first.

The carnival atmosphere: catching up with other teams, the fun and camaraderie, and having the chance to compete and paddle with the Redcliffe Pink Dragons made the day particularly special.

The spirit of Bribie is ongoing. We welcome all Survivors of Breast Cancer and their supporters. Bribie Dragons continually "promote awareness of and recovery from breast cancer through the uplifting experience and exercise of dragon boating".

SALE - 50% OFF

**CLINICAL MYOTHERAPIST
AND REMEDIAL MASSAGE
THERAPIST NOW IN CLINIC**

**50%
OFF FOR THE
FIRST SESSION!***

*New or existing BIM client, offer and previous similar offers ONLY valid ONCE. Mention this advert to receive the discount. Single use only.



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BTRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608



The Members and Supporters of the Bribie Island National Servicemen's Association wish to thank all Bribie Islanders who purchased tickets in our recent super raffle conducted at the Bribie Island Mall. The three prizes have been drawn and winners contacted, and prizes delivered. Thanks to everyone who bought tickets and donated towards this raffle. Funds raised will be used to provide on-going support for our veterans and their families.

For any enquiries regarding the Bribie Island Nashos please call John Price – President on 0439 282 640.



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

Better Roads & Public Transport for Bribie!

So much is happening for roads and public transport in this year's budget!

Over \$13 million has been allocated to Bribie Island Road for key improvements. In Ningi at Regina Avenue, we're investing \$3 million to upgrade the intersection of Bribie Island Road.

Locals have been raising their struggles to get to their homes and businesses at Ningi since before I was elected, so I'm delighted the upgrades will help make residents, customers and business owners get in and out more easily.

Last year we saw the completion of the Old Toorbul Point Road and Bribie Island Road intersection, which has improved safety and accessibility for St Michael's College, the Abbey Museum of Art & Archaeology and surrounding properties.

I've heard from so many people that they feel safer driving through the old Toorbul Point Road intersection since the upgrades.

Now I can't wait to see these important works continue with dual laning from Old Toorbul Point Road to Saint Road, connecting the dots and dual laned stretches all the way to Bribie.

Dual laning is also being planned for Bribie Island Road from Hickey Road to King John Creek, with the business case set to be completed by the end of this year.

Last but not least is our Bribie Bridge! We've set aside \$1.5 million in this year's budget for planning the next bridge - with consultancy firm AECOM

securing the contract to develop a business case for the project.

This business case isn't a study - it will build on the existing investigations like the 2014 Bribie Island Bridge Corridor Study and will confirm a preferred option, begin early design activities and consult the community.

These plans and upgrades will help get people home sooner and safer and give Pumicestone some of the best and smoothest roads around.

To make sure residents can get to A to B even if they don't drive, we're conducting a study into our public transport system.

This is specific to Bribie and surrounds and will ask residents what needs improving on our public transport to ensure it is fit-for-purpose and can get you from A to B efficiently.

It's a lot to take in, but there's a lot going on - and I want to ensure everyone in our community knows all about it!

If you've got questions or want to know where you can find more information about the Bribie Island Road upgrades or the Bribie Island Public Transport study, please get in touch with my office on 3474 2100 or at pumicestone@parliament.qld.gov.au

Warm regards

Ali



Roads & transport investments to get you home sooner & safer



ALI KING MP
Member for Pumicestone
Working hard for us



By Col Walker

“SHE’LL BE RIGHT” “LIFE’S GOOD!” .

I don't suggest that we should all look through rose-coloured glasses at what's happening around us - but I'm all for optimism over negativity when it comes to life here in our Brbie Island regional environment.

A Brisbane radio personality (a “shock jock”, to some critics) ends his daily stint on air with his signatory sign-off, “Life's Good” and despite all the things that regularly go wrong around us all (at times), I reckon he's got it right. Good things are around us, too...and happening every day.

If we're so inclined, and looking for it, we can find fault with just about anything, anywhere, and that shouldn't surprise us; after all, we are all human and capable of making mistakes - but that shouldn't (necessarily) shape our view of our world, should it? Gloom-and-doom merchants come out publicly, regularly, knocking Aussies for our “she'll be right” attitude.... a typically weak and irresponsible characteristic in confronting difficult issues (or personal problems), as they claim.

Personally, I see that as a STRONG element of the Australian character, not a weakness...

Aussies seldom “go to water” either, when crises hit...and we have seen numerous examples of that in recent timesfor example, Covid (for a couple of years), massive fires, widespread flooding – and disastrous times for rural producers and their communities,

particularly.

But (as we must) we just get on with doing what has to be done - and we don't lose sight of our goals and aspirations.... our “lights on the hill” (most of us don't, anyway).

Every day over the past couple of years (loosely referred to as “the Covid era”, for good reason) life hasn't been all that normal for many people – and our lives haven't escaped all the disruptions that Covid (and these other negative impacts) have caused.

But doing the rounds of the Island and its environs, regularly, I continue to note (and be impressed by) the efforts of people to make the best of it.

That includes maintaining and improving their homes and businesses to make them more comfortable for their needs, and more “presentable”and continuing with their community efforts to make life better (and easier) for others, too. The Islander plays its part in this whole process, by highlighting these positive efforts, where and when it can (every edition).

That, to me, represents confidence and OPTIMISM not pessimism, and a reflection of the positives of life in this region that we all enjoy, in our very enviable seaside environment.

This all adds weight to the view that I share with the previously mentioned radio “shock jock”.

Give the “knockers” the flick; check out what we DO have around us, and what we are aiming to achieve.... not what we DON'T have. LIFE'S GOOD!



BRIBIE MEDICAL EQUIPMENT HIRE AND SALES

**NEW SHOWROOM
OPEN NOW**



WE HAVE MOVED!
197 First Ave, Bongaree

Sarah Adams

PH: 07 3408 0398 **197 FIRST AVE, BONGAREE**

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

10% DISCOUNT
on **SCOOTERS**
when you mention this advert
exp 15/7/22

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

FREE DELIVERY FOR LOCAL
BRIBIE ISLAND & SANDSTONE POINT



SCAN ME

Busy Fingers



COLD SNAP

It has been a very chilly 2 weeks and the winter clothing we had put on the racks was being sold quite quickly, we will continue to put the winter clothing out for the present time, so if you need a bit of warm stuff please come and look through the racks. We have been picking up a lot of furniture, with beds being sold as soon as they arrive, and the bookshelves have continued to be full, so come and check them out as there is some good reading to be enjoyed on these chilly days, it is great to get a coffee and a comfortable chair and get a few chapters under your belt

REQUEST FOR PRESENTATIONS & DONATIONS

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

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

DONATIONS GIVEN THIS MONTH

With the help of our supporters and the many customers that come through the shop we have been able to assist many associations on the island this month including our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite and Global Care for Foodbank. As the meeting for July is after the deadline for the article, I will let you know next month what we gave away this month. I will also be printing a list of the associations and the grants they have received in this last financial year for you to see. We have given some large grants throughout the year including a bus for the Surf Club, Flooring for the Arts Centre and Indoor Bowls Club, and new Driveway and Carpark for the Scouts, A large carport and a custom-built trailer for storm equipment for the SES, assistance with a new shed for the Amateur Fishing Club. Supporting the BI State School with a new program Blue Edge for 20 Students in life skills. A canoe for Mahalo Outriggers Club and the Aged Care Retirement Village has received several grants to assist staff to maintain a high quality of life for the residents.

VOLUNTEERS

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

SUPPORTING TRADESMEN

As we have come to the end of the financial year, I would like to thank the island tradesmen who have assisted us through the year. For all our electrical issues we can always count on Ron of RJB Electrical to come to the rescue, Scott Baden looks after our plumbing, Thomas of Virtue IT takes care of our computers, and security cameras, Lee from Bribie and District Locksmiths has assisted us many times this year and Wayne of Bribie Air Con and Refrigeration maintains our air-conditioning.

Mark and Kim of Bribie Office Supplies take care of our stationery needs and The Ink Shop looks are our printers and ink supplies. These people also assist us where possible with donation grants as well as Bribie Leading Appliances, who have supplied many white goods to the nursing home and associations. We thank you all.

Once again, I would like to thank all our supporters and customers, and a very special thank you to the Bribie Islander and the staff for their continuing support throughout the year.

I hope to see you in the shop soon. Sandra

Artist Returns To Childhood Home



Artist and author Lyne Marshall recalls her good fortune living as a child on Bribie Island where she would sit on the beach and look across the passage to the Glasshouse Mountains. She was once told the sea runs in her blood and it certainly holds a special place in her heart as she comes from a long line of professional fishermen [Crouch family]. Waiting as she often did for her father's fishing boat to return gave her time to contemplate the natural environment.

There was a great sense of freedom in roaming the island, picking Boronia with her family and watching the visiting tourist boats arrive at a time before the bridge. She recalls the intense sense of homesickness she felt when she eventually left the island to work in Brisbane, returning on weekends, when possible, by bus.

In her head, she has always been an artist. Even during a busy career nursing in hospitals, her destiny was moving towards a more artistic life. Over the years she gained the skills and knowledge to personalise her art, making it uniquely hers.

After completing a Bachelor of Visual Art in 1994, Lyne went on to exhibit in multiple solo and mixed art exhibitions. Exhibiting in Arts Fairs in Australia, China, and Hong Kong and also in shows in Japan, New Zealand and the USA, broadened her horizons and allowed interaction with renowned international artists. In being open to the unexpected and finding meaning in experiences Lyne found her path in life. She can't imagine her future without having taken that adventurous road many years ago. To help document those busy years and share her skills Lyne went on to publish four books on creative thinking, which remain in print and popular with artists. In recollection, this journey seems distant now, however, relocating to her childhood region has allowed her to find that elusive muse and fulfilled a lifelong dream.

On a secluded garden acre in Bribie Pines Estate at Ningi, where she lives with her husband Peter, Lyne has built a dedicated art gallery and studio. If art causes us to question the meaning behind a work and what we are feeling, then the artist has achieved her goals. Lyne's aim is to create and share artwork that can be felt, that reaches out and encircles the viewer.

Having filled these spaces with her art, books and tools of the trade, Lyne works daily in her

studio and, rather than follow the crowd, produces original paintings that stand on their own strength. In the creative flow, Lyne says she seemingly pulls things out of nowhere, but each work is speaking its own language. Experimentation and research allow ideas to be tested, however, her process involves returning in spirit to unexpected encounters with the land experienced during her travels.

Moving from a property at Tallegalla and renovating her new home caused the artist, for a time, to step back from her creative endeavours. There is a renewed energy in the art emerging, responding in part to changes and the challenge of a new studio in such a contrasting environment. Lyne says it has been such a positive experience and expresses great excitement and joy in once again walking the beautiful beaches of Bribie and connecting with family past and present.

Lyne Marshall's charming modern gallery is open to visitors by appointment, or during a special event. An open weekend, planned for the 20th and 21st August, will feature Lyne's new work along with several works from guest artist Cecily Slade. You can contact Lyne on 0418 876 230 or at lyne@artclique.com.au for more information.

Her websites are www.artclique.com.au and www.lynemarshall.com.au

Planning ahead for all the right reasons

There is no doubt that like most other things, cremations will increase in cost as the years roll on, but did you know that you can actually secure your cremation at today's prices with a guaranteed Cremation Deed.

It's a very simple, secure way of saving on a portion of your overall funeral costs and it doesn't matter whether your service is held in your local church or our beautiful chapel, as all you're locking in is the cremation.

And should you want to go one step further, you can even select your memorial at the same time. Great Northern has acres of beautiful gardens, featuring commemorative rose bushes, streams, green lawns and memorial walls, all surrounded by natural bushland.



Secure your memories today by calling
Tony Sargent on **3888 6622**



Great Northern
Garden of Remembrance

Ph 3888 6622 | www.gngor.com.au
31-35 Tallowood Drive, Deception Bay



Visitors to the Bribie Island Community Arts Centre will see the Matthew Flinders Art Prize winners from Saturday, having been judged and awarded on Friday night. You can catch the judges floor talk

in the Gallery at 9.30 on Saturday, 16 July, when they'll explain the processes used in making their selections and some commentary on many of the other entries. And each day of the exhibition, which runs until August 5, you can watch

many varied artists demonstrating in their preferred medium. They are all happy to "show and tell" and inspire you to creativity.. Some of these artists sharing their knowledge and skills are past prize winners of the event.

M F A P
MATTHEW FLINDERS ART PRIZE
2022
JULY 16 - AUGUST 5
TUES TO SUNDAY 9:00 - 4:00
GLORIOUS ART FROM THE CREAM OF SOUTH-EAST QUEENSLAND ARTISTS.
ART DEMONSTRATIONS IN THE GALLERY DAILY DURING THE EXHIBITION..
Bribie Island Community Arts Centre
191 Sunderland Drive, Banksia Beach

Want to be part of Art Trails like these?

BE PART OF AN ART MAP FOR BRIBIE ISLAND
 Take your creative self to a new level. Sell your Artwork from Home! Bribie Island Community Arts Centre is researching the set-up of a permanent Art Trail map which will emanate from the Centre itself to include private studios and places of artistic interest on Bribie. This is a tourist-based incentive. Copies of the map will be available in due course at the Tourist Information Centre, the Moreton Bay Regional Council and businesses. Visitors can tear off a map and indulge themselves for a day, week or however long they choose. You don't have to be open to the public at all times. You may opt for 'by appointment only'.
 To be part of it, you just need a small collection of work that you'd be interested in showing visitors and selling from your home. Further info from Ange Venardos: Ph 0409 055 756 (after 2.30 pm weekdays or weekends) or email avena5@eq.edu.au.



bribiephotographyclub@gmail.com

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

Bribie Island Photography Club;

The Boardroom, Community Arts centre,

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

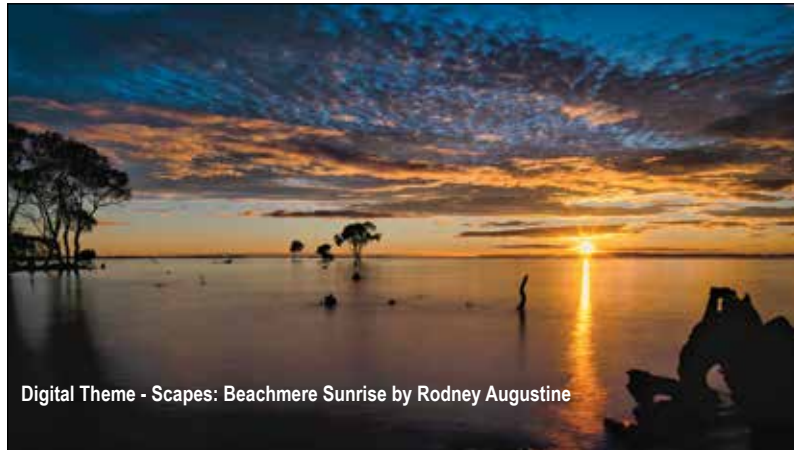
- bribiephotographyclub@gmail.com - <https://sites.google.com/site/bribiephotographyclub/>

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

Bribie Island Photography Club members MAY Competition winners.

Congratulations to our IMAGE OF THE MONTH WINNER;

Digital Image "**Beachmere Sunrise**" by Rodney Augustine



Digital Theme - Scapes: Beachmere Sunrise by Rodney Augustine

The set theme subject for May was: **SCAPES**

BRIBIE ISLAND PHOTOGRAPHY CLUB



Digital Mono: "Bush Portrait" by Mike Ktori



Digital Open: "Wild Rose" by Roger Bawden



Print Mono: "Siblings" by Mike Ktori

Print Theme- Scapes: "Desert Sands" by Paul McKinlay

Print Open: "Basil & Tomato" by Gavin Wright

- Images not available at the time of going to Press

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

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



INFLATION BITES

AS AUSTRALIANS SAY THEY'RE PAYING MORE FOR GROCERIES: NEW SURVEY

Easier home buying is at your fingertips.

With our smart tools and dedicated home lending specialists.

Talk to us today.



Stacey O'Hara
Home Lending Specialist
0468 573 726
stacey.ohara@cba.com.au

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



Things you should know Applications are subject to credit approval. Conditions, fees and charges apply. Commonwealth Bank of Australia ABN 48 123 123 124 Australian credit licence 234945.

Another survey on the cost of living commissioned by Savvy has revealed that half of Australians are paying between 11 and 30% more for their groceries since the start of 2022.

The survey of 1,003 respondents showed that 30% of participants said the cost of their grocery shop has increased by 6-10% since the beginning of this year.

33% say that their grocery bills have increased by 11-20%, while 17% say that their bills have surged by a whopping 21-30%.

21% of women say their grocery shop has increased by between 21%-30%, while only 12% of men reported the same.

The average cost of a weekly grocery shop, when meat, vegetables, dairy, bakery, frozen foods, beverages, and staples such as rice and flour are considered is \$168.50; rising to \$189.10 when alcohol is added to the mix.

Grocery prices have surged amid a general 5.1% inflation in the economy.

Some fruits and vegetable prices have skyrocketed due to a "perfect storm" of low planting rates and frosty temperatures. Heads of iceberg lettuce have been seen to sell for \$11.99 – well above the \$2.80 average.

The peak body for Australian produce AUSVEG says that fruit and vegetable prices have more than doubled due to a similar uptick in the costs of production.

PRICE PAIN TO PERSIST

Prices are set to rise once again from 27th July, prompted by a 50-point inflation rate rise due this week, according to Daily Mail Australia.

- 33% of those surveyed said their grocery bills have increased by between 11-20%
- Average cost of a grocery shop estimated at \$168.50
- 21% of women say their grocery bill has increased by between 21-30%
- Prices set to rise again on 27th of July

This is due to an unprecedented level of price rise requests – five times the usual rate – from suppliers according to Coles Group CEO Steven Cain, as told to the Australian.

Pressure on Australian families is only set to grow as the RBA increased the official cash rate by 0.5%p. a to 1.35%p.a this Tuesday.

Economists have indicated that the cash rate will likely hover around 2.5%p.a. by the end of this year.

More than one million Australians are relying on Foodbank services to feed their families, according to The New Daily.

"These are families with jobs – and they are struggling to get food on the table," says Bill Tsouvalas, CEO of Savvy. "With so many people saying that their grocery bills are rising, the most vulnerable among us no longer have food security. This is unprecedented in a so called 'breadbasket' country such as ours. The worry is that Australians are taking on higher levels of unsustainable debt in the form of payday loans or credit cards, which only serves to kick the can down the road. It's not a long-term solution."



TAX TIPS....

ATO HIT LIST

THE ATO IS FOCUSING ON TAXPAYERS WHO OVERCLAIM THE FOLLOWING DEDUCTIONS:

- Work related expenses
- Rental property deductions
- Capital Gains on the sale of property
- Capital Gains on the sale of shares
- Capital Gains on the sale of cryptocurrencies

There are several ways to legally maximise your tax deductions and increase your tax refund (or decrease your tax payable).

To get the best result for your particular circumstance and to receive proactive advice, please contact us.

Noelene and Anzela

62 Cosmos Avenue, Banksia Beach

www.bribieaccounting.com.au

info@bribieaccounting.com.au

PH: 3408 9539

NOELENE LAKE

BRIBIE ACCOUNTING SERVICES





IT'S ONLY COFFEE

by Sue Wighton,

Accidental Writer - Website and blog: suewightonaccidentalwriter.com

As I write this, I'm enjoying a delicious stove-top coffee at home, and wondering when we became so precious about coffee? When did the humble cup of Joe become a pretentious brat-beverage probably re-named Juan-Carlos?

There are coffee shops (sometimes kiosks) and pop-up coffee vans on every street corner (preferably in an industrial precinct, with upturned milk crates for seating) catering to the modern hipster's serious addiction to what is after all just a hot drink. I can hear the gnashing of urbanites' bespoke veneers from here at that last sentence.

I've been around long enough to remember the brands of instant coffee that used to be prevalent in workplaces. I'm talking International Roast and Pablo. Heresy I know. Back then we were thrilled to have the privilege of a dedicated lunchroom let alone free coffee. No, I didn't live in a shoebox. Thanks for asking.

For me, a rare treat was a cappuccino from a flash café. Something the lady-down-the-road called a 'cup-o-chino'. We then moved on to Nescafe and, wonder of wonders, Moccona.

My, how things have changed. Or have they? Apparently the first 'coffee house' appeared in Mecca sometime in the fifteenth century; the phenomenon then spread to Europe and the Americas. The coffee house was a place where people gossiped, checked the news, exchanged ideas, and just hung about. It seems coffee establishments the world over has always been places where people conducted their daily affairs – signing a new business deal or sussing out a prospective employee. We still do all these things and more at coffee shops, though we might use tablets and iPhones to connect.

The last government office I visited recently sported an enormous Italian coffee machine – all silvery chrome and shiny plastic, matching the sleek functionality of the office decor – dispensing 'real' coffee to bored bureaucrats at any time of the day. Said bureaucrats fill their re-usable, sustainable, biodegradable coffee cups with the brew of their choice (latte, decaf, skinny cappuccino) and return to their sad little sterile cubicles in the faint hope that the coffee will give them the energy they need to populate their latest spreadsheet.

Coffee these days is all about lifestyle. Of course, we couldn't afford a 'lifestyle' back when I was working in offices. In fact, I didn't even know there was such

a thing. We had a boring thing we called 'life'. Far less sexy. Now we are 'woke' to the properties of a perfectly curated coffee. Yes, even a cup of coffee can be curated. OK, boomer?

Remember the 'turmeric latte' from a few years back? This was a trend that I suspect began in Mullumbimby and was designed to rearrange your chakra and adjust your aura. Worked for me!

We bring the same pretentiousness we previously accorded wine to our coffee. And there are decisions to be made, my friend. Will you order a long black, a flat white, or perhaps just a shot of espresso? (And please don't call it ex-presso!) You may even prefer de-caf ('Why?' I ask. 'What's the point?' That's just wrong; like ordering non-alcoholic wine).

Once you've figured out which species of coffee you will order, and rest assured, it will be organic, you then need to decide on the milk. Soy, almond, oat, skim, trim or (if you can withstand the pitying expression and eye rolls from the barista) regular full cream.

And of course, there's the coffee blend itself. If you want to increase your social standing, ask the barista about the 'profile' of the blend and its 'character'. After all you wouldn't want a hook-nosed coffee with a dodgy moral compass, would you?

Just this morning, one of my favourite establishments announced its new autumn blend. Apparently, it tastes like 'orange zest, sweet spices, roasted walnuts with brown sugar sweetness and plum syrup finish'. Ah but does it taste like coffee? I want to ask.

And just when I was getting my head around the whole coffee conundrum, I was recently made aware of 'cold brew' coffee. Apparently, this is made by steeping the coffee beans in cold water for several hours. I'm afraid I'm at the age where time is of the essence, so I won't be waiting around for a cold brew any time soon.

Nope. When it comes to coffee, I'm old fashioned and here's how I like my coffee. I like a blend that's robustly coffee-ish, with a strong taste of coffee, a coffee profile, coffee character and, well, a coffee finish. Though I do like the look on the barista's face when I ask for a large double-shot latte but split with 1½ of normal espresso and ½ decaf and with almond milk.



THE BRIBIE ISLAND ORCHESTRA DIRECTED BY MARTIN WHITE OAM, AND LED BY MARIA BOLAND OAM, HAS PLANNED TO PRESENT ANOTHER CONCERT ON SUNDAY, AUGUST 7TH AT 6.30 PM AT THE CATHOLIC CHURCH OF THE LITTLE FLOWER IN FIRST AVENUE, BRIBIE ISLAND.

This concert will feature the distinguished violinist Brynley White, accompanied by the orchestra. The concert will include a varied programme of popular items ranging from Bach to Bizet. Bookings will be essential so please contact Heather ph 0499 499 276 to reserve your seats.

TRY... QLD'S BEST MEAT PIE

Buy 1 Get 1 FREE

Your tastebuds will thank you...

Buy any lunch size meat pie and receive our multi-award winning Signature Steak Pie FREE!
Valued at \$7.20 FREE!



Hand in coupon in-store to redeem offer. Not valid with any other offer.
HURRY... this offer is valid to Thursday 28th July 2022.



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



BRIBIE ISLAND ORCHESTRA

WINTER CONCERT

GUEST ARTIST

BRYNLEY WHITE
VIOLIN

SUNDAY 7th AUG. 6.30pm. 2022

AT
CATHOLIC CHURCH OF THE LITTLE FLOWER

SUPPER PROVIDED
ADULTS \$20 CHILDREN TICKETS \$5
PH. HEATHER WHITE 5497 5818 or 0499 499 276



Special Seniors Lunches **\$12**

- Northern Rivers Roast Pork / Black Angus Brisket**
w/ roast pumpkin | potato | steamed vegetables | gravy
- Beer Battered Saltwater Fish and Chips**
w/ inhouse salad | tartare sauce | lemon
- Chicken Schnitzel and Chips**
150g inhouse crumbed chicken breast w/ inhouse salad
- Chicken Caesar Salad**
tenderloin | Turkish croutons | coe | bacon | parmesan cheese | in house Caesar dressing
- Seafood Catch**
Battered fish | prawns | crab tails | calamari w/ in house salad | chips | citrus aioli
- Bacon and Mushroom Spaghetti Carbonara**
Pan fried Bacon | mushroom | cream sauce | spaghetti | parmesan cheese
- Ham and Pineapple or Pepperoni Mini Pizza**
Freshly prepared on premise


VERNAZZA
AVAILABLE
TUES TO FRI 11.30AM TO 2.00PM

Saturday Lunch Specials
11.30am - 2.00pm

\$17
includes a beer, wine or soft drink

Menu Changes each week

THURSDAY NIGHTS



Steak and Prawns
250g Rump Steak, garlic prawns, chips and salad

\$23

ALL WELCOME bribieisland golfclub

RHYTHM RATZ
ROCK 'N' LOVE

ENTRY \$15 **DINER MENU AVAILABLE**
INCLUDES FREE DRINK*
*GLASS HOUSE WINE - SCHOONER BEER - SOFT DRINK

Saturday 27th August 6:30pm



BRIBIE 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

ENJOY THE POWER OF MUSIC WITH LOCAL BAND

Moving Parts

The band Moving Parts began forming about a year ago in Bongaree on Bribie, thanks to Richard the bass player who was the catalyst for the rest of the band coming together, till the core of six finally crystalized - featuring horns, percussion and three guitarists. They play a rich melodic mix

of reggae, rock and funky blues with heartfelt lyrics and an upbeat tempo. The band is incredibly diverse and includes an English language teacher and lawyer, and come from diverse countries including Papua New Guinea, England, and South Africa. They write all their own music and lyrics, and the lead guitarist even makes his own guitars (see pic). Juggling work and

family commitments, they try and practice fortnightly - in our garage, and I have been lucky to be there for most practices.

When I'm not dancing around the kitchen, I often pop into the garage to watch or add a bit of percussion, and what I have loved is being exposed to the magic of music. Music lifts your spirits, unites us, and is an incredible force for good.

Experiencing live music is another thing altogether - it is totally entrancing! The sense of joy and unity by being in the same room with musicians and others creates a fabulous feeling of intimacy and affinity with others. ... things we have missed over the last couple of years due to you know what!

So, do yourself a favour, and treat yourself to a special Sunday afternoon at this fundraising event to support Bribie Island Environment Protection Association - proudly supported by the Bribie RSL. It's on Sunday 21st August, tickets are selling fast at only \$20 - buy them here <https://biepa.online/events>. There will also be a raffle with some great prizes, so bring some cash too...

By guest writer Deb Miles





Pie & Coke



\$10⁰⁰

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

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



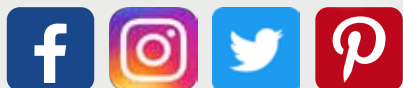
The Big Bun Bakery and Takeaway



HUNGRY?

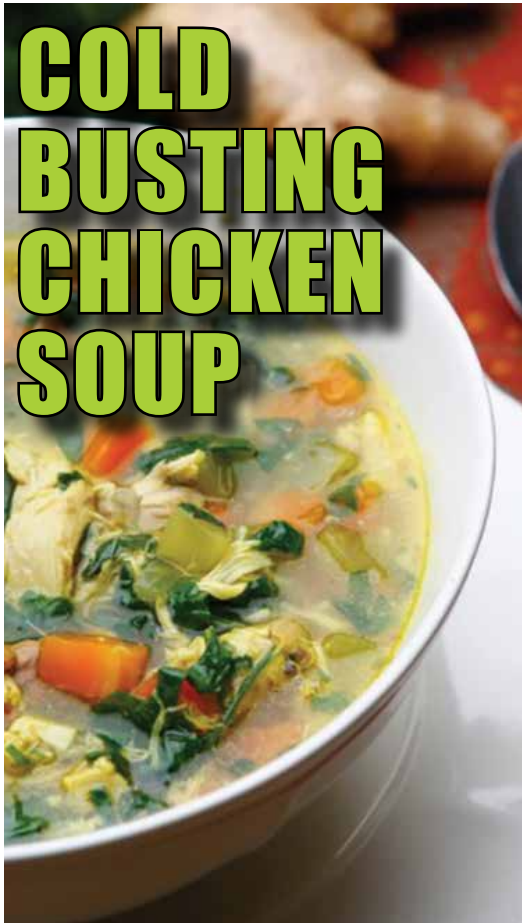
WE'VE GOT YOU

there's something for everyone



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

COLD BUSTING CHICKEN SOUP



INGREDIENTS

For the stock

1 whole, small chicken (roughly 1.2-1.4kg)
2 large onions, finely chopped
1 large carrot
1 large stick of celery
½ tbsp (loosely packed) finely chopped sage
1 tsp (loosely packed) finely chopped thyme
½ tbsp apple cider vinegar

For the soup

2 litres of chicken stock
2 cups shredded chicken meat (extracted from stock making recipe)
1½ cups finely chopped celery
1½ cups finely chopped carrots
2-5 cloves garlic, minced (a garlic crusher works a treat)
1 tbsp finely grated ginger
1 tsp finely grated turmeric
1 cup (loosely packed) finely chopped parsley
½ cup (loosely packed) finely chopped fresh coriander
1 can green lentils, drained and rinsed (optional)
generous seasoning of sea salt

Method

1. To make the stock, prepare the stock by placing the whole chicken in a large stock pot, with the vegetables, herbs and

vinegar. Cover with cold water.

2. Cook at a strong simmer, partially covered, for roughly 90 minutes. The chicken will be ready when the meat starts to separate easily from the bone.
3. Remove the carrots and celery from the cooking pot and discard. Drain liquid from the meat and set aside (you can keep the onions and herbs in the stock).
4. Separate the meat from the bone and set aside 2 cups of shredded chicken for your soup (any leftovers can be used in chicken sandwiches).

5. Measure out your stock – you should have roughly two litres. If you have more, you can reduce the liquid. If you have less, just add extra water. Now you are ready to make your soup.

6. To make the soup, add the finely chopped celery, carrots and a dash of olive oil to the bottom of a cooking pot on a medium heat. Let it sauté for 3-5 minutes or until the vegetables soften.
7. Add your stock to the cooking pot, together with the chicken meat. Bring to a gentle simmer and cook for 5-10 minutes or until vegetables soften further.

8. Add the garlic and spices and simmer for another minute or so. Season generously with sea salt. Remove the pot from the heat and stir through the coriander and parsley. Serve immediately.

*“What are you,
doing this weekend?”*



Savige's
SEAFOOD

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)



Ladies OF THE Links

Elvis—the movie premiered in late June in Australia.

This movie of Elvis Presley, an icon we all know today, takes you on a life journey through his roller coaster ride to rock 'n' roll superstardom, relating details many may not have realised about his life. His tenacity drove him to some strong points—his musical talents and stage presence—supported by his wife, Priscilla. However, his demise was largely due to his manager, Colonel Tom Parker, who formed a deceitful and complicated 20-year relationship with Elvis to the end. An interesting frontline of Tom Hanks playing Colonel Tom Parker and Austin Butler was amazing in this Elvis in this

Warner Bros. production. The rest is a must see!

Charity Opportunity

This international release and event being screened at Bribie Cinema attracted the committee of the Ladies of the Links Dinner Group (a not-for-profit social group), headed by Sharon Sprenger and committee, as a perfect fundraising opportunity for their annual charity. With the support of Bribie Cinema—owner Luke, together with front-lady, Kerrie-Anne—the team catered to our needs well. With a sell-out of 164 people in attendance—filling the two theatres at Bribie Cinema. We were delighted!

Entry was via the red carpet to collect a glass of champagne/soft drink and enjoy the ambience pre-movie music of Elvis's greatest hits!

The fundraising included fantastic donations—the lucky

door prize was donated by an anonymous, warm, and charity-conscious person. Other ticket opportunities and most appreciated prizes were donated by Ali King, Brooke Savage, Island Design Fashion, Cosmos Beauty, Allure Jewellery, Florist Café and Shape up with Sharon Pilates sessions.

The Committee members each wore a red/gold cape with high sequin collars making them very visible to attendees—adding to the fun of the pre-movie segment.

In the 2021/2 financial year we are pleased to have raised funds to have donated \$3,500 to the Bribie Island Kids Educational Support (BIKES) charity that provides support for schoolchildren in need of transport and educational requirements.

Thanks to all for your support!

Ladies of the Links Dinner Club

The objective of Ladies of the Links Dinner Club is to meet new friends and create a community in a relaxed, private setting with dining options created in liaison with the chef and the committee with the emphasis being selections not being offered on the main menus. What makes the club original is that members always sit next to a different attendee each month. Held on the last Thursday of the month the venue alternates between the Pacific Harbour Golf Course and the Bribie RSL.

If you are interested in supporting or joining the Bribie Island based Ladies of the Links Dinner Club, please email ladiesofthelinksbanksiab@gmail.com. The annual membership is just \$10.

Christmas in July
150 HALF HAMS TO BE WON

MONDAY JULY 11TH | MONDAY JULY 18TH | MONDAY JULY 25TH

50 HAMS TO BE WON AT EACH RAFFLE
 TICKETS ON SALE FROM 4.30PM.
 DRAWS FROM 6.30PM

TERMS AND CONDITIONS APPLY. PLEASE SEE STAFF FOR MORE DETAILS.

VOICES 10th ANNIVERSARY



Left to Right: Gerri Marston & Lynette Jackson Founding members of Voices



LEFT TO RIGHT: Jenda Jacobs, Sarah Hutson, Alan Blackman, Joan Blennerhassett, Lynette Jackson, Kneeling Des Peters, Gerri Marston & June Daniell (All members from 2012)



KITCHEN HELPERS LEFT TO RIGHT: Pam White, Jan Curry, Cheryl Rushan, Lyn McMahon, Marjon Robkin, Teri Tann

For those of you who don't know me, my name is Joan Blennerhassett & I was asked by Jenda to say a few words as I am currently one of the longest-serving members of Voices Choral Group.

I joined Voices 10 years ago after attending their first concert on Bribie at the U3A Hall, "MAKE IT BETTER", in which all the proceeds were donated to the Leukemia Foundation.

I thoroughly enjoyed hearing Voices sing and knew right away that I wanted to be a part of this group.

During intermission, I approached Jenda and expressed my interest to join & also told her that I was singing with another choir, to which she replied "Well, you can always sing in two choirs can't you?!" and so here I am 10 years later! I've had so much fun singing with a group of very talented men & women who are contributing to a fun & high-performance choral group. The many concerts I've sung in under the themes of Old Time Music Hall; Reflections, the 50s-60s; That's Entertaining; Broadway Musicals 1 and 2; Razzamatuzz, a variety show; Cabaret Souffle &



The photo below is from the biggest show that Voices Choral Group Inc. has produced since its inception. The show was called "The Toast is ANZAC, Gentlemen" and was supported by the ANZAC 100 Year Commemorative Committee. We had a cast of 50 people including Vietnam veterans, East Timor veterans and veterans from conflicts in Iraq and Afghanistan. Very proud moments. Unfortunately, some of these cast members have passed on to the giant stage in the sky including our main character, Herb Harrold who play the part of the retired veteran Jack Hawkins. The show was produced in 2015 and ran over two weekends (6 performances to full houses).

Yesterday Once More, which was a celebration of 5 years of performances on Bribie. Also, the St. Patrick's Day concerts; the time we did a "Flash Mob" concert at McDonald's in Caboolture; Probus Xmas Luncheons at the RSL & Golf Club; also, Xmas carols outside Woolies in the shopping centre a few times which received excellent feedback & also Australia Day and other community concerts at Brennan Park, Sandstone Point, Nursing homes & ToCH. Gosh, the list goes on, but this is all I can remember! What I DO remember though is a lovely feeling of belonging to the Voices family & the friendships I've made.

Also, 3 years ago, Jenda organized a combined Xmas choirs' concert. She'd often said

that she'd love to do this, so she did. It involved the Gallery Singers, The Bribie Gleemen, The Golden Entertainers & Voices who each sang a few carols & then combined to sing 4 items including the Hallelujah Chorus which was amazing! I'll always remember that. In 2015, Voices also performed a two-act play that Jenda wrote & directed & called "The Toast is ANZAC Gentlemen" to commemorate the landing at Gallipoli. It centred around the Hawkins family, who lived in Kilcoy. After their two sons were sent off to war, it told the story of the mothers, wives, girlfriends, and sisters who were left behind and how they coped.

The Maritime Safety Military Cadets played the parts of the soldiers in the play without whom we wouldn't have had

any soldiers. We also had a hero's line of Vietnam Vets/Afghanistan Vets and East Timor Vets.

Now I couldn't finish without mentioning Sarah, Jenda's daughter, who has done so much behind the scenes for both Jenda & Voices & also Zeik, Sarah's son, who is now in charge of lighting and who began his apprenticeship at aged 9.

Of course, none of this would be possible without our Musical Director, Jenda, whose professionalism, vision, dedication, enthusiasm, sense of fun & laughter is second to none.

So, my journey with Voices during the past 10 years has certainly been a memorable one & I look forward to the next 10 years with much anticipation!

Thank you!



dine in / takeaway
 Mon - Fri 8.30 to 2.00
 Sat 8.30 - 12.00
 Sunday CLOSED

17 First Avenue, Bongaree
 07 3408 4188
 bongareevillage.com.au



**WE ARE NOW OPEN
 FOR DELICIOUS
 SIT-DOWN MEALS
 AND DRINKS
 PRE- ORDER OUR SAVOURY-
 AND SWEET**

Platters for any occasion...

CRISPY FILLET BURGER CHIPS & CAN ^{375 ml}

\$12.95

NOT AVAILABLE
FOR DELIVERY
COLLECTION ONLY



CHICKEN BURGER \$8.50

Order online For Pick Up Check website for Delivery

www.thefatyowie.com.au



OPENING HOURS
MON & TUE 11am to 2pm
WED TO SUN
11am - 2pm & 5pm - 7pm

 **3408 1858**

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

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

Banksia Beach Market

Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 2pm

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



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: 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



Horoscope

Just having faith, and trusting that everything will be okay, isn't always enough. Sometimes we need to be the change we wish to see, and take action to support our vision for the future. This week, as Saturn and Jupiter challenge us in an echo of 2020's Great Conjunction, it's time to define and defend our values. As the Sun and Mercury converge and enter charismatic Leo, charm, passion and generosity are the qualities that will be most effective. Where our hearts lead, others will follow.

CAPRICORN (Dec 22 - Jan 20)

Are we supposed to be happy? Are we born to experience joy? Surely that's why we all seek love and contentment. Why else would we all want to feel good? Of course, sometimes, being bad makes us feel good too! The reality, of life on planet Earth, is that we're an extraordinary mix of different emotions. We get angry, bored, frustrated and frightened, as well as joyful, happy and content. Life's biggest challenges involve choosing between these moods and attitudes. This week, events give you reasons to celebrate.
An amazing service... completely free audio and video forecasts. Go to ozfree.cainer.com



SAGITTARIUS (Nov 23 - Dec 21)

In these strange times, when people in positions of power manipulate facts and blame uncomfortable wrongdoings as 'fake news', truth is a precarious and precious quality. The truth is that it needs to be respected in the same way that we respect sharp knives. They can both cut when not wielded with care. This week, your challenge is to be discreet (but honest). It's a delicate balance to find. If you use truth carefully, and trust that it will be for the good of all, it will help you find your way out of a slightly distorted reality.
Oscar's gift... completely free audio and video forecasts. Go to ozfree.cainer.com



AQUARIUS (Jan 21 - Feb 19)

Mountains in the distance look tiny. They look small respectively too; when we look back at one we've climbed. It's when they're looming before us, and we have no option but to start scaling the rocky passes, that they appear dauntingly huge. And, as we slowly make our way to the top, they still seem massive. After a long and challenging climb, you're reaching the summit of the mountain you're climbing. It's not easy, but the worst is easily over. This week, prepare for a wonderful view of your future. It's going to be spectacular.
Unmissable gift... completely free audio and video forecasts. Go to ozfree.cainer.com



PISCES (Feb 20 - Mar 20)

This week, a series of intense situations might make you feel as if everything you do is 'critical'. As if you've reached a crisis point. It's as if the weight of responsibility lies on your shoulders and you've got no choice but to get it right. No pressure then! The good news is that you've got choice. And power. You don't have to do anything that doesn't feel right. Nor do you have to find a way to resolve everyone else's issues. As long as you take baby steps, and resist the urge to join in any dramas, you'll make excellent progress.
There's more... completely free audio and video forecasts. Go to ozfree.cainer.com



ARIES (Mar 21 - Apr 20)

We don't question good things that happen. We don't even always give thanks for them. We just launch ourselves in, like sunbathers who've spent too long in the sun diving into the sea. Yet as soon as we find ourselves struggling through hot sand dunes, we start wondering what we've done to deserve to be in such a sorry state. This week, you don't have to do anything to deserve the positive change in your circumstances that's coming your way. But remember to be thankful for it! The more grateful you are, the better it will be.
Try this out... completely free audio and video forecasts. Go to ozfree.cainer.com



TAURUS (Apr 21 - May 21)

Our hearts always respond faster than our heads. It doesn't matter how quick thinking we are, nothing's as instantaneous as a gut-reaction. Because they're slower, our minds have time to churn things over, to ponder the different possibilities. Which is why we start questioning our instinctive response. Then, they create complex caveats which confuse us. You can get into a convoluted conversation about the merits of an idea or a suggestion. But this week's cosmic message is clear. If you want to make progress, don't ignore your feelings. Especially for you... completely free audio and video forecasts. Go to ozfree.cainer.com



GEMINI (May 22 - Jun 22)

Why are our dreams so full of hope, while our lives are filled with so many challenges? It's not an easy question to answer. But maybe we find difficulties strangely attractive. Somehow, they suck us in and, once we've become involved, they seem to justify themselves. And the more we expect things to go wrong, the more they do. So this week, if you think positive thoughts, will your dreams come true? You need to put some effort in too. You can't do nothing and expect to triumph. But you can afford to be hopeful.
Right here, right now... completely free audio and video forecasts. Go to ozfree.cainer.com



CANCER (Jun 23 - Jul 23)

How do those intricate model ships ever get into tiny bottles? How do illusionists saw people in two? These, and other mind-boggling things, seem magical... until we realise the method behind the trick. Crime novelists use a similar technique. They start by giving us the murder, then baffle us with curious diversions and interesting information, so that we haven't got a clue 'whodunnit'. This week, a reinvestigation of a mystery in your world will lead to clarity. Once the secret's revealed, you'll be in a much more powerful position.
Discover the inner you... completely free audio and video forecasts. Go to ozfree.cainer.com



LEO (Jul 24 - Aug 23)

Do you realise how lucky you are? Usually, even if we consciously try to count our blessings and are grateful for what we've got, we can't help but think of the challenges we're dealing with too. And, naturally enough, we spend more time and energy focusing on the difficulties. They require effort. Blessings, on the other hand, are things you don't have to do much about - other than count! This week brings a result you've been working hard for. Why has it been such a struggle? Well, it will ensure you don't take it too easily for granted! Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com



VIRGO (Aug 24 - Sept 23)

Can an understanding be reached this week? Considering the complex situation you're dealing with, surely that would be too much to hope for? Although you might be willing to set a bone of contention to one side, just to move things forwards, it's hard to imagine that everyone involved will do the same. And suppose that results in you having to work with a plan you don't believe in? There's always a risk involved. But it's one worth taking. If you find the wisdom to make a conciliatory gesture, a rewarding deal is possible.
Our gift to you... completely free audio and video forecasts. Go to ozfree.cainer.com



LIBRA (Sept 24 - Oct 23)

Every once in a while, we have to summon up our courage and do something that will (we hope) turn a casual relationship into something more significant. And I'm not just talking about romance here. All important alliances need attention if they're going to evolve into meaningful associations. Be they short-term colleagues, or long-term partners, we all need good people to accompany us along life's journey. This week, be ready to be inspired by someone's ideas. And be bold in your response. This alliance has potential.
A brilliant offer... completely free audio and video forecasts. Go to ozfree.cainer.com



SCORPIO (Oct 24 - Nov 22)

Stop. You don't have permission to read this prediction! Someone's not going to approve of you idling your time away reading your horoscope. You're still here! Gosh, you're in a rebellious mood. Okay, I get it. You're tired of conforming to someone's rules and regulations... you want to change the dynamic of this particular relationship. So you're doing little things to claim your independence. This week, implementing change will be easy. But you need to be honest and keep your integrity. Then transformation can take place.
Don't miss out... completely free audio and video forecasts. Go to ozfree.cainer.com



What's ON

Bribie Neighbourhood Centre? July 2022

Bribie Neighbourhood Centre is at
9 Verdoni Street, Bellara.

Reception is open Monday - Thursday 9am - 3 pm.
Ph: 3408 8440.

Covid safety rules apply keep 1.5 m. apart, wash your hands, use hand sanitizer.

- New free course - meet nice people, learn useful things, have fun and a cuppa!! The way we speak to ourselves helps shape our life experiences. Bribie NC is running a fun and informative course to give you the tools to start meeting your goals (be happier, be healthier, save money, be a better parent ... whatever is important to you!). Learn how to make lifestyle and relationship changes by improving your understanding of how you talk to yourself (and others) and practicing ways to make changes through re-framing. Starts Tuesday 26th July, 9.15-11.30 am for 4 weeks. To sign up for 'Re-frame for happiness', please phone us (Monday - Thursday, 9am - 3 pm) on 3408 8440. Free \$25 Target vouchers for the first 10 people to enroll and attend the course (to help you feel good right now!).

- Our free professional COUNSELLING services can help family members to work out how they want to deal with the challenges and stresses that we all face from time to time. Phone us to arrange a confidential appointment.

- We have a FREE COMMUNITY ONE-STOP Information and Referral Service, open to everyone from 9 am - 3 pm, Monday - Thursday. Our friendly volunteers will try to help you find the right services or other answers for your needs.

- Are financial worries causing you stress? If you need to get on top of your finances, our free, professional FINANCIAL COUNSELLING can help you to stretch your budget, deal with debt, learn about bill paying options and reach your financial goals. Call us for an appointment.

- Our free, friendly Multicultural English Conversation Group is a happy, supportive group where you can practise and improve your English language skills. Phone us for more information or to join.

- The centre is a Services Australia Agent. Our volunteers can help with your enquiries and business re: Centrelink, Medicare and Child Support. Operates Monday to Thursday 12 noon to 3pm, Friday 8.30 - 11.30 am. This service can be very busy and waiting times will apply.

- Do you need professional legal advice? Free Legal Advice Clinics are held at the Centre once a month, on the third Thursday. Just phone Pine Rivers Legal Service on 3881 3500 to make an appointment.

- Coming soon - Tax Help. Free help to lodge your tax return for people on \$60,000 or less per year.

- Bribie Neighbourhood Centre is looking for new volunteers who are caring, happy and non-judgmental, and who are able to maintain confidentiality and work respectfully with people attending our services, to train to work on Reception and in our Information, Advice & Referral Service. If you would like to make a positive

difference in your community by joining our friendly, helpful team, please phone us on 3408 8440 (Mon-Thurs 9-3).

- To find out more about all of the services and groups at the Centre, please call in and pick up our free newsletter.

The Neighbourhood Centre is Funded by the State Government's Department of Communities and Housing with funding. Our Counselling and family support service is funded by the Queensland Government's Department of Children, Youth Justice and Multicultural affairs. Our Emergency Relief Service, services Australia Agency and Family and Relationship services are funded by the Australian Government's Department of Social Services.



REBELLION IN EPISODE 3

Australia Series

BY: Al Finegan

BATTLE OF THE EURKA STOCKADE 1854 PART 1



The Eureka Stockade battle was much more than a rebellion of miners against the oppressive tyranny of a corrupt government. It was where Australian Democracy was born. The conflict that occurred in Ballarat in 1854 has also become an important Australian legend, which embodies the Australian people's sense of a national identity. Though the rebellion itself was, for the miners, an unsuccessful battle, their courageous actions led to the laying down of strong foundations for many aspects of the democratic system that Australians enjoy today.

Over two episodes I will present the background and build-up to the battle, and the resulting extensive transformative changes it brought about.

PART 1 - THE PRELUDE

In July 1851 the tiny settlement of Port Phillip achieved separation from NSW, becoming the colony of Victoria. Charles Joseph La Trobe was appointed governor, even though he had little managerial or administrative experience. No sooner had he assumed office than gold was discovered in commercial amounts. He suddenly had to deal with the mass exodus of the population of Melbourne to the gold fields, and the arrival of thousands of immigrants from other Australian colonies

and overseas. In just 5 years the population exploded from 76,000 to 540,000.

La Trobe quickly realised that he was out of his depth, and resigned, but was ordered to wait for his replacement. As the leader, he was generally despised, commonly referred to as "Charley Joe", and by extension, any government officials were called "joes".

A Legislative Council, comprising members elected only by landholders, was the lawmaking body, and was effectively a closed shop, ruling for its own benefit. On 1st September 1851, La Trobe approved an act which placed a mining licence fee of 30 shillings a month on the prospectors. The law stated that the miners had to have the licence on their person at all times and authorised the troopers and police to collect the fee or arrest the culprit to be fined. It was a crushing fee, a huge amount at the time, and relied on the diggers' luck in finding gold.

While the diggers slaved in their mines, troopers, police, and magistrates, under the guidance and authority of the Legislative Council, intensified the licence hunt racket, abusing their powers indiscriminately. They were having a lovely time. A mafia-like protection racket, with little or no redress became the norm, with the troopers going about their business gleefully with threats, then whips, musket butts, boots and bayonets. Huge funds flowed into the

pockets of troopers, police, magistrates, and council members. Little money made its way into Government coffers.

Anger grew over the cost of the licences, and the ever-increasing presence of mounted troopers engaged in "digger hunts". Throughout the goldfields, miners were increasingly being ridden down in front of their comrades. If they weren't carrying a current licence, they were "fined" on the spot. If the digger couldn't pay, they were beaten up, charged, locked up and held until a fine was paid.

At times, the troopers didn't even bother about hunting the diggers without a licence. Instead, they would just target any digger, beat him up, fine him, and if he was broke, prosecute him for assault. To demonstrate their inhuman disdain for the miners, a particularly nasty incident involved a disabled elderly Armenian man who was a servant to a priest. Two troopers told to him produce a licence. The man tried to explain in broken English that he was not a miner. Ignored, knocked down, and beaten, he was dragged to the lockup and charged.

Raffaello Carboni was an Italian writer, composer, and interpreter. Multi-lingual and with revolutionary experience, he was a leader of non-English-speaking miners who would later take part in the rebellion. He later wrote a book in which he described the outcome of the disabled man's trial:

"McGregorius was not charged with being without a licence, but with assaulting the trooper. Lord - ridiculous! The trooper was called and says the old story about the execution of 'dooty,' that is, licence-hunting. A respectable witness took his oath that he saw the trooper strike the foreigner with his clenched fist and knock him down. The end of the story is in the Ballarat tune, then in vogue: 'Fined five pounds; take him away.' "

Finally in August 1854, to La Trobe's relief, a new governor, Sir Charles Hotham, late of the Royal Navy, arrived in Melbourne. He found the colony's finances and administration in chaos. The deficit for the year was £2 million and revenues were falling sharply. He immediately appointed a trusted aide to investigate. A month later, the aide submitted his report. He said that at least half the miners did not buy licences to work their claims, and much of the collected fees and "fines" seemed to disappear before reaching the government treasury. Hotham had a dilemma: to concede to mob rule in the goldfields, or make sweeping reforms to the embedded corruption and collect the legally due revenues which the colony badly needed.

While Hotham pondered his tactics to defeat the corruption, the simmering storm of anti-trooper dissent on the goldfields was reaching boiling point. It was reached on 15th October when a digger, James Scobie, was robbed and murdered. The diggers knew the culprit was the Eureka Hotel publican, James Bentley, a well-known informer. Under huge pressure from the miners, the police charged the publican, then, in what was described as a brief kangaroo court, he was acquitted. A sense of fury enveloped the Eureka. Disgusted mining leaders met, then spread the word that it was time for serious protest.

Two days later, about 10,000 angry miners gathered near the Eureka Hotel. The crowd's mood was ugly. The gold commissioner Robert Rede and deputy, John Green appeared suddenly, surrounded by a security guard of armed troopers. Green called for quiet. Expecting a conciliatory speech, the miners listened, but instead they heard the riot act being read. Amid the responding uproar, Rede was pelted with eggs. The crowd went berserk. The troops were overwhelmed, beaten, and many weapons were seized. The surging mob invaded the hotel, raided the bottle supplies then set the pub alight. The security forces beat a hasty retreat. While the hotel was burning to the ground, the liquor bottles were distributed to the crowd, and drunk in "colonial style." In other words, the mob became rapidly intoxicated.

After their hangovers wore off, the diggers decided that they should formulate some kind of plan that didn't involve throwing eggs and burning down drinking establishments.

Consequently, on 11th November, a crowd of more than 10,000 gathered at Bakery Hill, directly opposite the government encampment. It was agreed to initiate the "Ballarat Reform League" to petition Governor Hotham for redress of their grievances. The diggers proposed a list of changes to the political system and a delegation delivered it to the Governor. Over the next two weeks, the diggers became impatient that their demands had not been implemented, or even acknowledged. Calls for democratic change soon morphed into calls for armed rebellion. Demonstrations and clashes with the troops followed.

When word of the increasing civil disobedience and violence at Ballarat reached Melbourne, a company of the 40th Regiment in Geelong was sent marching to the Eureka. On approach, angry and incensed diggers attacked the troopers with clubs and stones. A drummer boy was shot in the leg. A baggage cart was hijacked, and the driver was badly beaten. An ammunition cart was also stolen. When mounted soldiers tried to retake the ammunition cart, they retreated under fire. A tense and fearful atmosphere enveloped the entire Eureka goldfield.

On 29th November, about 10,000 enraged diggers milled around Bakery Hill at Eureka to hear that Governor Hotham had rebuffed their delegation, demanding they allow him more time for reform. It was not enough. Militant leaders like the Irish engineer Peter Lalor came forward to address the multitudes, expressing disgust at the Governor and his cronies. Captain Charles Ross of Toronto, Canada, produced a flag stitched together by some English women, which they ran up a pole. It was a white cross with a star at the end of each arm on a blue background. They called it the "Southern Cross" and there was much saluting of it and calls to defend any diggers from the troops and abolish licence fees for good. Defiant shots were fired, and licences were burnt.

On the morning of 30th November a large number of troops entered the Eureka and began a concerted digger hunt. The news of the assault spread rapidly through the diggings. Hundreds of miners appeared and rushed the troopers, knocking several from their horses. As more and more diggers charged in, the troopers withdrew in panic, shocked at the opposition they had never before encountered. Six soldiers and police were taken to hospital.

The diggers withdrew to Bakery Hill where the flag was again raised. After a while, they dispersed, having resolved to reassemble that afternoon. At 4pm none of the regular spokesmen were present, so Lalor, "**mounted the stump**" and proclaimed "**Liberty!**". He went on, "**I expected someone who is really well known to come forward and direct our movement. However, if you appoint**

me your commander-in-chief, I shall not shrink. I tell you, gentlemen, if once I pledge my hand to the diggers, I will neither defile it with treachery, nor render it contemptible with cowardice".

In the next two days the diggers threw up a barricade, of which Lalor wrote, "... it was nothing more than an enclosure to keep our own men together and was never erected with an eye to military defence". Clutching a rifle, he called on the diggers to arm themselves and to stand together for their "rights and liberties".

Carboni wrote of the event: "**To prepare, we fenced off an area of land. With a fence built, it was time to raise the flag. The maiden appearance of our standard, in the midst of armed men, sturdy, self-overworking diggers of all languages and colours, was a fascinating object to behold.... Some five hundred armed diggers advanced in real sober earnestness, the captains of each division making the military salute to Lalor, who now knelt down, the head uncovered, and with the right hand pointing towards the standard exclaimed in a firm measured tone:-**

'We swear by the southern cross to stand truly by each other, and fight to defend our rights and liberties.'

A universal well-rounded AMEN was the determined reply. Some five hundred right hands stretched towards our flag. It was one of those grand sights, such as are recorded only in the history of 'the Crusaders in Palestine.'"

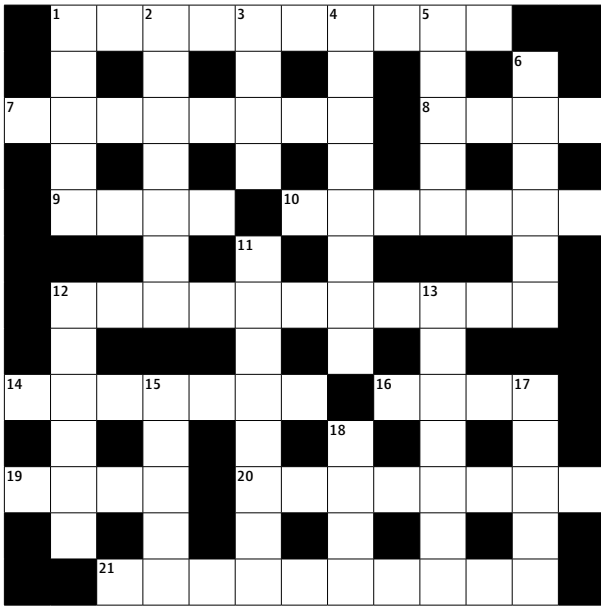
A German blacksmith and a black American hammered out crude pikes. A group of Cornishmen was armed with them. A Prussian organised marching about and drilling. Some reinforcements arrived over the next two days including 300 diggers from the Creswick goldfield.

By Saturday night, 2nd December, only about 150 or more diggers were in the Eureka stockade. The diggers' words were strong, but they were short of weapons and planning. Diggers came and others left, probably to a pub. Most diggers foolishly believed that no attack would occur. The next day, a Sunday, the day of the Sabbath, and went home where free grog had mysteriously appeared amongst the diggers' campsites. Rather than question where it came from or conclude that a sober mind was needed with battle on the cards, the diggers ensured that the grog didn't go to waste.

As midnight ticked over to Sunday 3rd December, the stockade was being defended by less than 100 dozy men. They were oblivious to the cunning and revengeful forces that were gathering nearby and preparing for a murderous assault.

Next Episode: The battle and the aftermath.

Crosswords - QUICK & CRYPTIC



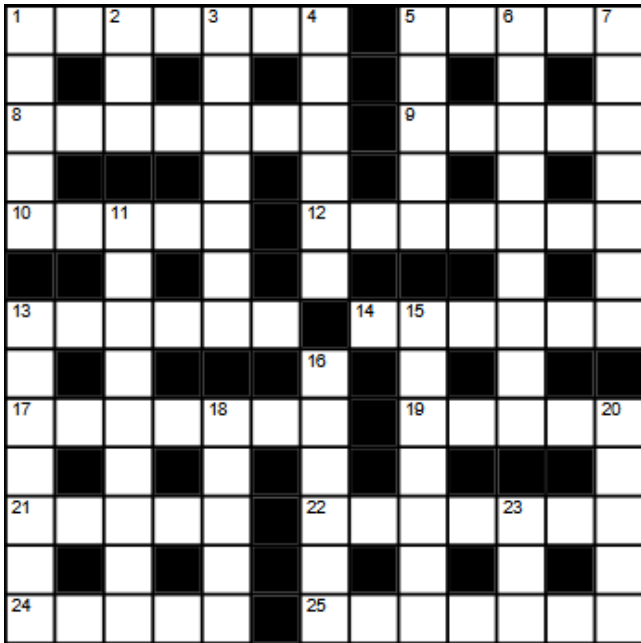
Across

- 5 Foreboding (11)
- 7 That won't happen! (2,2)
- 8 Runaway (8)
- 9 Puzzle (7)
- 11 Exceedingly (5)
- 13 You pay one when you call (5)
- 14 Wake-up time (7)
- 16 Decisive factor (8)
- 17 Take a dip (4)
- 18 Kind (4-7)

Down

- 1 Actors Goldblum or Bridges? (4)
- 2 Garden blazer? (7)
- 3 Door opener (and closer) (5)
- 4 Skiers take aim in this event (8)
- 5 Tree with furry catkins (5,6)
- 6 Incessant (5-6)
- 10 It may be golden, eternal or found around Bermuda (8)
- 12 Periodical devoted to a particular subject (7)
- 15 Fool (informal) (5)
- 17 Things We ___ Today (1964 Beatles song) (4)

SUPPLIED BY CYRUS



Across

- 1 Given from the heart but cautious about it (7)
- 5 Novel - one is usually seen at the front and the back (5)
- 8 Observe a spot of recklessness (7)
- 9 Hi-tec solution to canon (5)
- 10 Rectified leaks appear to satisfy (5)
- 12 Gets under one's feet as you enter... (7)
- 13 Nothing clear upsetting the sage (6)
- 14 Bookie in the Spanish merger for a mineral (6)
- 17 Three times a million was held - shudder (7)
- 19 Nautically, shoulder to shoulder with a bright smile (5)
- 21 Flyer spills beer after losing final (5)
- 22 Fortress came about concerning misgivings (7)
- 24 Fashionable like a non-drinker in New York (5)
- 25 Rent out worker as a competitor (7)

Down

- 1 Strange faces seen socialising, here (5)
- 2 Maturity seen in a general's demeanor (3)
- 3 This needed a monitor in class, once (7)
- 4 Profits from the harvest (6)
- 5 Firm embrace of Russian doctrine (5)
- 6 Fervour is required of active he-men, celebrities et al (9)
- 7 Make it clear - It's telling (7)
- 11 Beat men at wanton moderation (9)
- 13 Figure nothing - can't go wrong (7)
- 15 Compliment - quietly praise it (7)
- 16 Standard expected at Uni (6)
- 18 Obese flyer attracts a heartless first lady (5)
- 20 Hymn broadcast from remote transmitter (5)
- 23 Where "no trumps:" won the day (3)

SOLUTIONS

CYRUS
SOLUTION 170



QUICK
SOLUTION 170



Find A Word

Cookie Lovers Oreos

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



INGREDIENTS

- 2 c. white chocolate chips
- 1 tbsp. coconut oil
- Blue food coloring
- 12 Oreos
- Blue sanding sugar
- 24 candy eyes
- Mini chocolate chips, for garnish

DIRECTIONS

Line a baking sheet with parchment or wax paper. In a medium bowl, combine white chocolate chips, coconut oil and 4 to 5 drops of blue food coloring. Microwave on 50% power in 30 second intervals until the chocolate has melted. Stir until smooth. Toss each Oreo cookie in the blue chocolate mixture until fully coated and transfer to the baking sheet. Sprinkle immediately with sanding sugar then stick two candy eyes on top. Let the chocolate set completely before serving, about 10 minutes.

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



\$2
a train ride

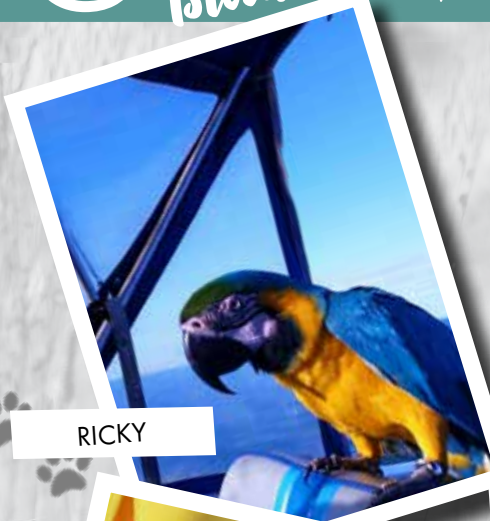
Call Phil for party enquiry 0419757680

TRAINS RUN on 3RD SUNDAY of MONTH
21st August - 18th September - 16th October -
20th November - 18th December
EVERYONE MUST HAVE CLOSED IN SHOES

@ Bribie Islander

WE ♥ PETS

SEND US
PHOTOS
OF YOUR PETS



RICKY



MISS KITTY & ELLA



REEF



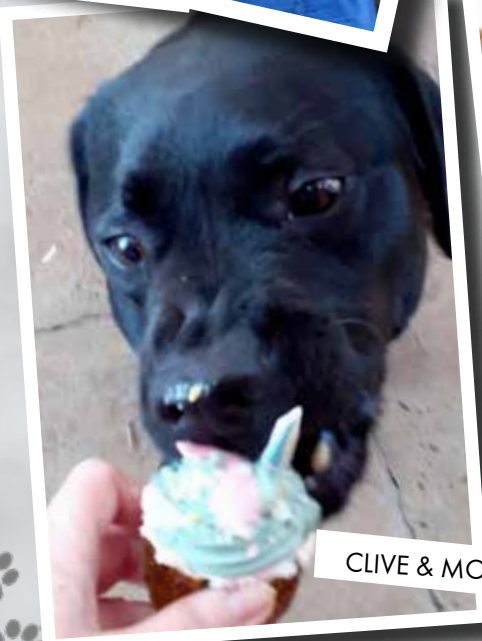
GIDYA



BETTY & BELLA



MISS KIPPA



CLIVE & MORSE



BAXTER



SASHA



AS THE TEMPERATURE DROPS SIGNIFICANTLY, WE NEED TO ENSURE OUR CANINE MEMBERS OF THE FAMILY ARE WELL CARED FOR. JUST LIKE US, OUR DOGS IN WINTER NEED SHELTER, WARMTH, FOOD, AND CARE. IT DOESN'T TAKE MUCH TO KEEP OUR DOGS HEALTHY AND SAFE WHEN IT GETS COOLER.

TIPS ON HOW TO CARE FOR DOGS IN WINTER

Provide choices for sleeping inside – Pets prefer comfortable sleeping places and may change their location based on their need for warmth. Give dogs in winter some safe options to allow them to vary their sleeping place to adjust to their needs

Vulnerable dogs – Keep dogs that are young, old or on medication indoors as much as possible, because they are more vulnerable to the cold. Dogs with diabetes, heart disease, kidney disease, or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their body temperature and may be more susceptible to problems from temperature extremes. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Eat well: A well-nourished dog is better equipped to cope with cold weather. Keep dogs in winter at a healthy weight. Outdoor dogs will require more calories in the winter to generate enough body heat and energy to keep them warm – talk to your veterinarian about your pet's

nutritional needs during cold weather.

Plenty of water – Indoor air tends to be drier in winter. Use a humidifier and provide plenty of drinking water so he stays well-hydrated.

Grooming – Bathe your pet less frequently and make sure to completely dry them after baths. Brushing their coat stimulates blood circulation and can help improve the overall condition of their skin. Leave your dog's fur longer during the winter to keep them warm.

Keep your dog active – According to the Humane Society, the happiest dogs in winter are taken out frequently for walks and exercise but kept inside the rest of the time. And, if your dog begins to shiver when you're out for a walk, bring it inside immediately. You can keep your dog active and have fun together inside with games such as hide and seek using dog treats – start by keeping your dog in one room while you hide treats in another. Then let him loose to find all the hidden treats. Make the dog treats obvious to find in the beginning so he understands the game, and then work up to more elaborate hiding places. Other games you can play with your dog are fetch and tug-of-war.



Caboolture and District

Est. 1990



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

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

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

If you would like to know more go to our website:
www.caboolturebribieanimalwelfare.com.au

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

Bongaree Pet Food



2/75 Cotterill Ave,
Bongaree
(Next To Red Rooster)
PH: 0437 080 752

FOR ALL YOUR PET FOOD NEEDS

CALL IN AND SEE US!

Fresh Food
Frozen Food
Treats
Dry Food
Wet Food

DOGS, CAT, BIRDS, REPTILES, CHICKENS

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

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





NEW HERITAGE SIGNS ERECTED



Barry Clark
Bribie Island
Historical Society

MORE BRIBIE HISTORY

The next Historical Society meeting is Wednesday 10 AUG at 6:30 pm at the RSL Club.

which will be the Annual General Meeting. You can see more Bribie history on our new Web Site bribiehistoricalsociety.org.au and our Blog Site <http://bribieislandhistory.blogspot.com> or contact us on bribiehistoricalsociety@gmail.com

WHEN I MADE MY FIRST VISIT TO BRIBIE 20 YEARS AGO, I IMMEDIATELY FELT A STRONG SENSE OF COMMUNITY SPIRIT. WE MADE A DECISION TO SELL OUR HOUSE IN SYDNEY AND RETIRE TO LIVE HERE. I HAD NO REAL INTEREST IN HISTORY, DESPITE HAVING LIVED IN SOME OF THE WORLD'S MOST HISTORIC PLACES OVER THE YEARS, BUT I DID WANT TO KNOW MORE ABOUT THE UNIQUE HISTORICAL BACKGROUND TO OUR NEW LOCATION.

There were few books written about Bribie Island and its history back then, but I saw a quote in the Caboolture Centenary book "Spear & Musket" which said.

Bribie Island has more history, written and unwritten, than any other place in Queensland.

This remarkable statement sparked my interest and within a few months I was amazed by what I found. I met and interviewed many long term residents, saw their memorabilia and wrote their stories, installed bronze plaques along the Bongaree foreshore, erected a pioneer sign in Brennan Park and established the Historical Society. This soon led to an extensive and ongoing research project, gathering and creating a Database of local history, giving talks to many local Clubs and Groups, and becoming a Tutor in Bribie history at U3A.

I was invited to give talks at local schools to introduce children to some fascinating people and places on the island, and take them on walks to places of interest. People are always fascinated to see photos like this one of Bongaree in 1920, and hear stories of the people and the lifestyle here on Bribie 100 years ago.

upcoming Olympic Games in Brisbane will provide an opportunity to showcase Bribie Island as the “Cradle Site of Queensland”, the place where explorer Matthew Flinders first landed in what is now Queensland, before going on to circumnavigate and map the entire continent and give it the name Australia.



Bongaree Foreshore 1920

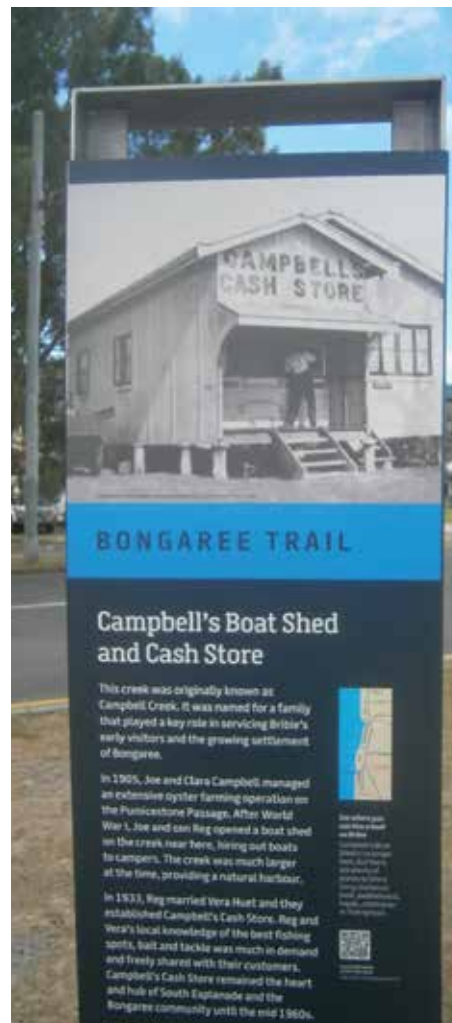
The Historical Society have done much to showcase local history over the past 14 years, including writing regular articles for this magazine and a recent publication of a book of selected articles. Twelve new Heritage Signs have just been installed along Bongaree Trail, telling more fascinating stories of the people and events that make Bribie such a unique location.

Hundreds of residents and visitors enjoy the wonderful foreshore walk every day and the new informative signs, which spread from IGA to the end of South Esplanade, will greatly improve the knowledge and enjoyment of all.

This Bongaree Trail sign project has taken a long time to achieve as a collaboration between the Historical Society and the Council, initiated by Past Presidents Lynne Hooper and Graham Mills back in 2017. The 12 signs tell a range of interesting stories of people, places and events with words and photos involving extensive research.. We believe that the more people know and appreciate the unique events and people that have shaped this island community, the more it will be respected.

BONGAREE TRAIL

The new Bongaree Trail signs complement existing information and bronze plaques already along the foreshore, and we plan to produce a new free publication that incorporates all this information for the guidance and enjoyment of the increasing numbers of residents and visitors. The



The Bongaree Trail signs tell stories of a creek called Shirley, a dog named Ranger, Bribie's old Coungeau house, Australia's first Opera, and the fascinating people behind the names of streets like Hall and Cotterill. Next time you walk the Bongaree foreshore you can read about Thomas Welsby, and the legend of Bribie, Campbells Boat Shed, Sarah Balls fish cannery, a large Fish collection and catching some very big fish.

The Historical Society are committed to raising public awareness and showcasing the unique history of the island. They have published three brochures that are available free at the Seaside Museum and Visitor Centre showing walks to key sites in Bongaree and the World War 2 military remains at Woorim.



FREE HERITAGE WALKS

The Historical Society also conduct free guided Heritage walks for the public in conjunction with Councils “Healthy & Active” program throughout the year.

The next free walks are at end July and early August. Numbers are limited and bookings are essential and must be made online at web site mbrc.qld.gov.au/healthy-active.

Bongaree Heritage walk - THURSDAY 28 July.

World War 2 History walk - THURSDAY 4 August.

The walks start at 9:30 am and are a gentle stroll for about 90 minutes, and all details are provided when you book online at mbrc.qld.gov.au/healthy-active

BRIBIE BOWLS CLUB

Men's Pairs Friday 24 June 2022

Winners: W Feichter, Brad

Runners Up: M Durham, I Cooper

Out of Hat Winner: Z Elmore, K Ford

Out of Hat Winner: L Savige, J Jones

Out of Hat Winner: S Root, B Priest

Random Fours Saturday 25 June 2022

Highest Margin: K Thornton, W Kelly, F Grimsey, S. Hutchinson

Lowest Margin: H Anderson, R Davenport, T Erfurth, R Bickerton

Out of Hat Winner: S Lonsdale, B Kelly, W Heischer

Out of Hat Winner: W McDougall, M Young, M Carlyon

Self Select Triples Results Tuesday 28 June 2022

Winners: Z Elmore, E Bateman, R Garfield

Runners up: J Noonan, M Gittens, L Gilmore

Out of hat winner: R Hunter, J Ferguson, C Kelly

Out of hat winner: L Deakins, E Deakins, R Brinton

Out of hat winner: C Wilson, M Andrews, J Studd

Bunny: R McDermott, P Mannion, J Lonsdale

Scroungers Results Wednesday 29 June 2022

1st: R Eaton

2nd: N Gray

3rd: J Smith

Self Select Pairs Results Wednesday 29 June 2022

Winners: M Prewett, M Durham

Out of hat winner: G Denkel, C Wilson

Out of hat winner: P Patrikeos, J Newcomb

Winners of losers: I Cooper, S Lobo

Out of hat loser: L Tweddle, W Ritchie

Random Select Triples Results Thursday 30 June 2022

Out of hat winner: C Christiansen, G Twigg, W Hoelscher

Out of hat winner: C Sambaher, M Roberts, G Low

Out of hat winner: I Gillard, P Neumann, C Hancock

Bunny: P Boyland, P Campbell, L Stanford

Self Select Pairs Results Wednesday 6 July 2022

Winners: S Root, C Hayles

Runners up: G Teakel, I Cooper

Out of hat winner: P Ryan, B Doe

Out of hat winner: C Perkins, R Elmore

Out of hat winner: G Dieben, T Erfurth

Bunny: W Broad, R Williams

Random Select Triples Results Thursday 7 July 2022

Out of hat winner: R Follett, G Low, D Groves

Out of hat winner: C Stroud, J Smith, M Roberts

Out of hat winner: D Frick, K Muller, G Shaw

Out of hat winner: M Cherry, G Woollett, M

Young

Solander Lake Bowls Club**WEEKLY SOCIAL BOWLS RESULTS - W/E 09/07/2022**

Tuesday: Triples - WASHED OUT.

Wednesday: Pairs - Winners - B. Harris & K. Tucker.

R/U - G. Jones & M. Power.

3 rd - P. Neilson & G.

McCarthy. Jackpot (\$498) - T. O'Neill & B. Curtis.

Thursday: Triples - Winners - D. Wilkins, J. Gemmell & A. Wilkie.

R/U - K. Zipf, R. Griffin & J. Farmer.

3 rd - M. Whiteside, V. Paul & M. Adams. Jackpot (\$750) - No Winner.

Friday: Pairs - Winners - P. Hourigan & H. Taylor.

R/U - P. Dixon & R. Stumbles.

1 st Rnd - P. Neilson & G. McCarthy.

2 nd Rnd - P. Bradley & B. Harris.

Saturday: Triples - Winners - J. Wall, R. Stuart & R. McLeod.

R/U - C. Winton & C.

Cummins.

WEEKLY SOCIAL BOWLS RESULTS - W/E 02/07/2022

Tuesday: Triples - Winners - S. Jeffrey, D. McKenzie & M. Whiteside.

R/U - K. Fox, M. Fitzpatrick & A. Mehmet.

Wednesday: Pairs - Winners - V. Mitchell & C. Jenkins.

R/U - A. Lavender & R. Wales.

3 rd - P. Dixon & B. Hill.

Jackpot (\$) - No Winner.

Thursday: Triples - Winners

- J. Gemmell, A. Wilkie & D. Wilkins.

R/U - C. Cummins, K.

Reithmuller & B. Hill.

3 rd - M. Dawson, P. Hodgson & P. Ollier. Jackpot (\$) - No information.

Friday: Pairs - WASHED OUT.



Saturday: WASHED OUT. R/U

Photo: Ladies Vets Final. Winner - C. Dann R/U - A. Hennessy

BONGAREE BOWLS MEN'S RESULTS

Sat June 25th Scroungers

1st Allan Dow, 2nd Linda Freeman, 3rd Jayne Wales

Wed June 29th Open 4's

Winner Pauline Biggs, Mal Spence, Rob McClaren, Bob Thirwell.

Runners Up Sue Alexander, Bruce Rodger, Marilyn

Weston, Richie Ferguson

Wed July 7th Open 4's

Winners Ray Black, Ian Virgen, Jim Irvine, Gordon Pitts

Runners Up Pat Warwick,

Rhonda Warwick, Roger

Brooks, Mary Doorley

Thurs July 7th Jackpot

pairs Winners Tim Carlton,

Jaarpung Blundell

Runners Up Mick Falvey, Tony

Jericevich



Photo Congratulations to Arne Jensen who def. Ian Paterson in the men's B final.

**BONGAREE LADIES BOWLS**

Friday 24th June

Winners: Bob Vonarx, Steve Mogan, Ken Wales and Jewel Walker

R/U: Wendy Rollason, Sandra Scott, Carolyn Merritt and Carol Oates

Tuesday 28th June

Winners: Bob Vonarx,

Sandra Scott

R/U: Brenda Hutchinson,

Doreen O'Halloren



Winners Beryl Moor, Di Davidson, Pam Walker



Finalists Elna Jensen, Kim Hagan, Doreen O'Halloren, Beryl Moor, Di Davidson, Pam Walker

Bribie Islander: Results for Bribie Island Women's Golf 23 June to 6 July 2022

23/6/22 4BBB Stroke, Committee Cup Qualifier, Best 8 Scores for Handicap Matchplay

Winners: Anna de Bondt & Maureen Bailey 68, 1st R/U Marg Parkinson & Vivienne Learoyd 70 c/b, 2nd R/U Stina Barnulf & Toni Grossmann 70
NTP: Hole 4 Judy Graham, Hole 7 Rox Gardiner, Hole 14 Charmaine Price, Hole 16 Open Second Shot Gwen Clutterback, Hole 4 Div 3 2nd Shot Angela Jordan

23/6/22 Committee Cup Match Play Qualifiers: Anna de Bondt & Maureen Bailey, Marg Parkinson & Vivienne Learoyd, Stina Barnulf and Toni Grossmann, Ailsa Lauchlan & Bibby Davies, Paula McKenzie & Lesley Heap, Suzanne Valley and Ann Rogers, Di Croft and Gaby Bennett, Vivi Lloyd and Roslyn Crossley.

26/6/22 Sunday Pennant

Diamonds: Bribie Island played Noosa Springs at Beerwah. Result 3.5/1.5 to Noosa Springs

27/6/22 Monday Pennant

Sapphires B: Bribie Island played Caloundra at Noosa Springs. Result: 4/1 to Caloundra

Rubies A: No game scheduled.

Opals: Bribie Island played Caloundra at Caloundra. Result: 3/2 to Caloundra

28/6/22 Single Stableford, Committee Cup Match Qtr Final

Winner: Caroline Melville 34, 1st R/U Sylvia White 33 c/b, 2nd R/U Vicki Jones 33 c/b

NTP: Hole 4 Vicki Jones, Hole 7 Suzanne Fowler, Hole 14 Barbara Newcomb, Hole 16 Open 2nd Shot Fitzie Jackson, Hole 4 Div 3 2nd Shot Angela Jordan

28/6/22 Committee Cup Qtr

Final Results: Anna de Bondt & Maureen Bailey defeated Vivi Lloyd & Roslyn Crossley (1 up). Marg Parkinson & Vivienne Learoyd defeated Di Croft & Gaby Bennett (5/4). Stina Barnulf & Toni Grossmann defeated Suzanne Valley & Ann Rogers (2/1). Ailsa Lauchlan & Bibby Davies defeated Paula McKenzie and Lesley Heap (3/2).

30/6/22 Single Stroke, Gertrude McLeod (Rd 3); Order of Merit

Winner A Grade: Ros Gardiner 75, 1st R/U Myra Dickson 77 c/b, 2nd R/U Carole Watson 77

Winner B Grade: Angela Claxton 75, 1st R/U Jody Bedson 77, 2nd R/U Marlene Evans (Coolangatta) 79

NTP: Hole 4 Kate Wilson, Hole

7 Angela Claxton, Hole 16 Open 2nd Shot Ros Gardiner, Hole 4 Div 3 2nd Shot Val Miller

3/7/22 Sunday Pennant

Diamonds: Bribie Island played Beerwah Composite at Maleny. Result 4/1 to Beerwah Composite.

4/7/22 Monday Pennant

Sapphires B: Bribie Island played Caboolture at Twin Waters. Result: 3/2 to Caboolture

Rubies A: Bribie Island played Beerwah at Bribie Island. Result: 4.5/1/5 to Bribie Island.

Opals: No game scheduled.

This is the end of our Pennant Season. Thank you to all the players and caddies for fighting through a very wet and troublesome season.

But wait there's more: Bribie Island Rubies A, are the overall winners in their Category.

They will now have a play-off against Rubies B on a date, and at a place, to be decided. Winners are gridders - as seen below - the complete team.

Rubies A Team (left to right) Jacquie Perkins, Jennifer Mckay, Stina Barnulf, Marg Parkinson, Angie Claxton (Captain), Vivienne Learoyd, Lulu Drew, Ros Crossley
Congratulations and GO BRIBIE!!



Pictured above are most of the Diamonds Team (left to right) Vicki Jones (Captain) Di Bingham, Suzanne Valley, Gwen Clutterback (Vice Captain) and Abby Driver. Those missing are Linda Urquhart and Vicki Carius.



Pictured above are most of the Rubies Team with our Bribie Island Golf Club Bus which the pennant teams use to travel to events. Thank you BIGC. Pictured (left to right) are Angie Claxton (Captain), Jacquie Perkins, Ros Crossley, Marg Parkinson, Vivienne Learoyd, (Mary Carruthers - Caddy) and Lulu Drew. Those missing are Stina Barnulf and Jennifer Mckay.



Pictured above are most of the Rubies Team with our Bribie Island Golf Club Bus which the pennant teams use to travel to events. Thank you BIGC. Pictured (left to right) are Angie Claxton (Captain), Jacquie Perkins, Ros Crossley, Marg Parkinson, Vivienne Learoyd, (Mary Carruthers - Caddy) and Lulu Drew. Those missing are Stina Barnulf and Jennifer Mckay.

Support Bribie District Little Athletics



SIGN ON

6TH & 7TH AUGUST

Sandstone Point Sports Complex

Your One-Stop Shop, Right Here On The Island



Mattresses
Adjustable Beds
Bed Heads
Sheet Sets
Bases
Pillows
& More . . .



MATTREST BEDDING

SLEEP RIGHT, SLEEP TIGHT . . .

Bribie Harbour Shopping Village
25 Sunderland Dr, Banksia Beach

Not sure why you should get your car detailed?

Professional detailing goes far beyond a car wash. Although the first step is to wash the car, the next few steps delve into the “details” of your car’s appearance.

This includes getting rid of embedded contaminants, microscopic scratches, bug splatter, and other elements that make your car look old or damaged. Detailing also protects your vehicle from those types of damages.

But apart from keeping your car clean and sleek, here are four other reasons you should get your car detailed:

PROTECT YOUR INVESTMENT

There’s no doubt that cars are costly, and people often have to save up for years to get their dream car. As a result, it’s entirely understandable to ensure your vehicle is well-maintained. This way, you can protect your investment. Fortunately, detailing can save your car’s paint job, prevent plastics from degrading prematurely, minimize interior damage, and remove stains and grime. Getting your car detailed will also boost the longevity of your vehicle and improve its appearance.

RESALE VALUE

Auto detailing can also boost your car’s resale value. When it comes to selling a vehicle,

dealerships and buyers are more likely to purchase a car that looks well-maintained. A car in good condition gives potential buyers confidence in the purchase.

This will also help prevent tire kickers and lowballing regarding price discussions since it’s clear that you’ve cared for the vehicle, and it’s in better condition than other cars on the market.

PROFESSIONAL USE

If you use your car for professional reasons, you need to ensure it is clean and well-maintained. Your car is the first thing customers will see when you arrive to pick them up.

A detailed car makes a great impression on your clients. Additionally, it can boost the customers’ experience and make them feel more important since they can sit in a spotless vehicle with a refreshing scent. And your customers will know you care about them.

MENTAL CLARITY

Stepping into a clean car to travel to an interview or any other important event can help you feel less stressed. In fact, studies have shown that people who spend time or work in clean and de-cluttered environments often produce less cortisol – the “stress hormone.”



A clean and tidy environment also reduces fatigue and depression.

Another benefit of clean space is that it can boost your productivity levels. Research has shown that people tend to get distracted when they’re surrounded by clutter, whether it’s your personal belongings lying around your house, stationery all over your desk, or junk in your car.

Moreover, the less distracted you are while driving, the better.

FOR SALE Bribie Island Car Detailing Business



ALL Reasonable Offers Considered sold as WIWO

A well established business with a solid client base and good growth potential Situated in a busy business complex

Excellent turnover, figures will be available to serious potential buyers A permanent client list will be provided and training if required

**For information and further details
contact 0418987060**



ALL ASPECTS OF
DOMESTIC,
COMMERCIAL &
INDUSTRIAL PLUMBING

SPECIALISING IN:

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

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

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

0432 674 353

dteplumbingandgas@gmail.com
www.dteplumbingandgas.com.au
www.facebook.com/dteplumbingandgas

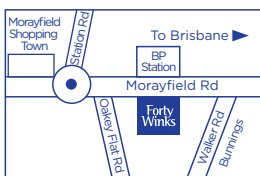
Limited time only

FortyWinks

ANY SIZE FOR THE PRICE OF A SINGLE



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



Morayfield
250 Morayfield Road
Ph: 5498 7777

Locally owned and family operated for over 25 years.



SERIOUS ABOUT SLEEP

The Any Size for a single offer must be completed in the original transaction, during the promotional period. The upsized mattress will be the same brand and model as the original mattress chosen. Selected brands only. Mattress only. Exclusions apply. Super King not available on all mattresses. Terms and conditions apply, see in store for details. Valid from 4/07/22 - 31/07/22.

J599AU-1

EVERY DAY IS A CREATIVE DAY

SOUTHERN STARS IS A 100% LOCALLY OWNED AND OPERATED BUSINESS BY DIRECTOR DARREN BENNETT,

Darren started Southern Stars Air Conditioning Pty Ltd from his home in 2009 and has grown the business into the reputable home Services business it is today. Darren dedicates success and growth to all of his staff, past, and present.

"As the owner of a business, I get very frustrated when I request a quote to have services outside of my business completed at my home, only to either not hear back from the supplier, or don't receive the customer service I would like as a consumer. Therefore, I endeavour to ensure we go the extra mile to provide the high level of service I would expect. We might not always get it right, and if we don't, then we work towards improving the client's experience and improving our procedures to ensure it doesn't reoccur. Our team works tirelessly towards achieving the goal of 100% customer satisfaction and quality workmanship while maintaining a safe, enjoyable workplace always focusing on the client."

Darren Bennett - Director / Owner - Southern Stars Group

Southern Stars Air Conditioning, Electrical, Solar and Smart Home is registered with the Australian Refrigeration Council (ARCTick) the QBCC (Queensland Building Services Authority), Master Electricians, The Clean Energy Council, and are members of Master Builders and HIA.

At Southern Stars, we give you the confidence you deserve when deciding on the right application for your needs. The big retailers can offer great deals but usually leave it up to you to find an installer who most likely isn't the warranty agent for the product purchased.

We stand behind the products we Supply / Install / Warrant and don't believe in changing our Dealer Brands to suit better deals for us, our policy is to provide a product to our customers that we not only believe is the best product on the market, but we can also provide after-sales service as a

warranty agent.

Southern Stars Air Conditioning DO NOT use Sub Contractors to carry out or complete our installations / Breakdowns or Preventative Maintenance. All Southern Stars Installations are carried out by Tradesman employed by Southern Stars. This is to guarantee our customers that they are getting the high-quality workmanship we offer and base our installations on. All Field Technicians at Southern Stars are Fully Qualified or are undergoing an apprenticeship in their respective trades, all jobs from Breakdowns / Preventative Maintenances and Installations will always have a Fully Qualified Technician on-site and no Apprentices left onsite to complete jobs.

Not only does Southern Stars warrant all products we supply and install, but we also give our customers confidence in the Workmanship we carry out with a 5yr Installation Warranty on all our installations.

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

Your best *local* Real Estate experience



4 2 2

FOR SALE

170 Freshwater Dr Banksia Beach

Golf Front Living



Sally Grant, Owner
Bribie Island - Greater Region Leading Sales Agent[^]

SELL WITH US AND SAVE

Be seen on realestate.com.au[^]
with our **Premiere Plus Feature Listing**
+ **Domain** + **ALL THIS**

Professional Photography

Aerial Drone Photography

3D Virtual Online Tour

COMPARE YOUR SAVINGS

*Based on standard agency commission of 2.6%

LISTING PRICE	STANDARD 2.6%*	OURS 1.5%	YOUR SAVINGS
\$400,000	\$10,400	\$6,000	\$4,400
\$500,000	\$13,000	\$7,500	\$5,500
\$600,000	\$15,600	\$9,000	\$6,600
\$700,000	\$18,200	\$10,500	\$7,700
\$800,000	\$20,800	\$12,000	\$8,800
\$900,000	\$23,400	\$13,500	\$9,900
\$1,000,000	\$26,000	\$15,000	\$11,000

1.5% ALL INCLUSIVE MARKETING

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

CALL US **3517 2406** FREE MARKET APPRAISAL CONSULTATION

VISIT US: WWW.WILSONCO.COM.AU

EMAIL US: SALES@WILSONCO.COM.AU

[^]Source: <https://www.realestate.com.au/find-agent/bribie-island---greater-region-qld>

Caravan Industry continues to weather COVID storm with record activity

Caravan Industry Association of Australia is excited to announce the release of the latest Caravan and Camping State of Industry report. After a tough year for the tourism industry caused by changing border restrictions and recent weather events - the caravan and camping industry has yet again exceeded expectations. 2021 was a year of record highs throughout various sectors of the industry with an astonishing \$23.8B impact on the Australian economy annually. Despite the fluctuating economic challenges, the caravan and camping industry continues to thrive.

"While the broader tourism industry remained constrained due to international border closures and global travel restrictions, the caravan and camping visitor economy strongly rebounded from 2020, generating 12.6 million trips, over 50 million nights, and \$7.4 billion in visitor expenditure."

"The industry achieved record heights under a backdrop of Covid-19 travel restrictions, state border closures, business lockdowns, international supply chain disruptions and a reduced labour force."

"This highlights the resilience of the industry in times of crisis and the importance the sector has in helping to support Australia's economy when other sectors falter," said Stuart Lamont, Chief Executive Officer of Caravan Industry Association of Australia.

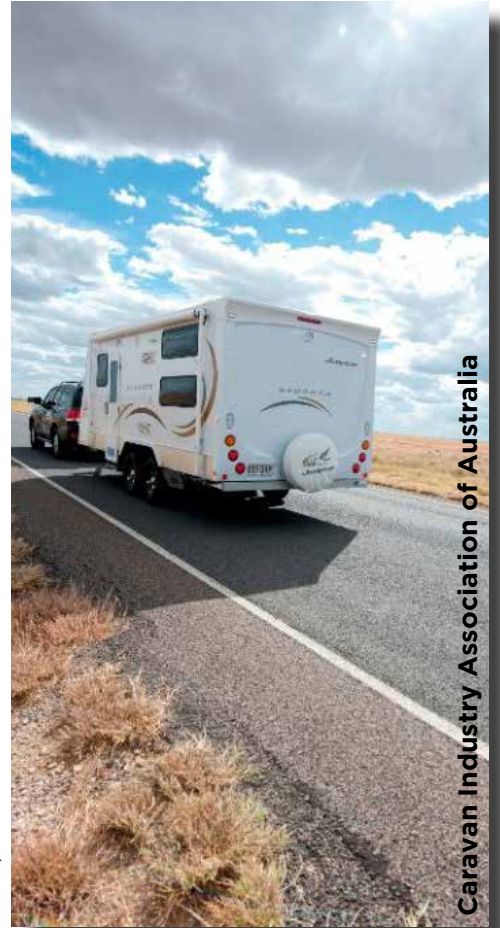
Not only have we seen an increase in tourism but the supply of RVs to the market have reached

record levels, with over 42,000 units supplied to market, 14% above previous records captured back in the 1970's. With over 55% of all RVs supplied to market proudly manufactured here in Australia.

This is despite the supply and labour challenges in market which could have seen even greater activity than that recorded.

The industry continues to work hard to satisfy the continued strong demand for the caravan and camping lifestyle.

"The dream remains very much alive for Australians looking for a safe and affordable holiday experience. Despite headwinds in market, we continue to remain very optimistic about the future of the industry, and the contribution that it makes to the health and wellbeing of Australians, and the economies of many regional and rural communities around the country," said Mr Lamont.



Caravan Industry Association of Australia

Asbestos Diseases Work Place Injuries

Turn to Turner Freeman.

You may be able to claim a TPD* payment
*Total and Permanent Disablement

3482 8500
turnerfreeman.com.au
Unit 1/9 Gregor Street West
NORTH LAKES

**Turner
Freeman**
LAWYERS

Spend your money
AT HOME!
Install now and **SAVE!**

- Bushfire rated gutter guard!
- Stop Snakes, Rats & Possums!
- Protect against Jacarandas and Pine Needles!
- Bird proofing!
- Stop leaves from blocking your gutters!
- Improve the quality of your tank water!

Up to
20%
OFF
*At time of quoting only.
Expires 16.07.22

+ **FREE**
GUTTER CLEAN WITH
EVERY INSTALLATION



Choose from UV treated Poly or Aluminium and Stainless Steel Gutter guards.

FREE QUOTE ALL SUBURBS
1300 362 246



Manufactured for
Australian Conditions

Leaf Shield
GUTTER PROTECTION
Specialists

leafshield.net.au
Installing since 1995

**BUY ONE
GET ONE FREE**

WE COME TO YOU

ONCE A YEAR

Sale



Plantation Shutters
*INFINITY RANGE

**U BLINDS
PRICE PROMISE**

*We will beat
any written price
by 10%*

*for any comparable
product

BUY ONE GET ONE FREE



Security Products
*SECUREFORCE RANGE

BUY ONE GET ONE FREE



Roller Blinds
*INFINITY RANGE

BUY ONE GET ONE FREE



Curtains
*INFINITY RANGE

BUY ONE GET ONE FREE



Zipscreens
*INFINITY RANGE

BUY ONE GET ONE FREE



Roller Shutters
*INFINITY RANGE

BUY ONE GET ONE FREE



All Venetians
*INFINITY RANGE

BUY ONE GET ONE FREE

call **1300 303 391**
for a complimentary measure and quote

**SERVICING BRIBIE ISLAND AND
SURROUNDING SUBURBS**

SCAN FOR A FREE
MEASURE AND QUOTE



U Blinds Australia
blindsshuttersawnings



www.ublinds.com.au

*Conditions apply, selected materials and fabrics. Offer ends 31/07/2022 or while stocks last. Electrician and Installation not included.



As you would all remember, Melsa Train Park had a wonderful makeover thanks to a lot of help from local businesses and the community, now it's time for the team to have one!

Bribie Island Community Nursery kindly donated Melsa's team new uniforms! The boys are looking snappy now with new indigo chambray shirts that Dynamic Dave and his team commissioned from **Bribie Island Signs** who I have to say, did a wonderful job on these very stylish shirts. We are also very proud to have our logo on the shirts as well and thank the **Bribie Island Community Nursery** for the privilege.

Our team attended the meeting when the shirts were presented to the club and of course, we

made them try them on immediately and much to our amusement they did it in style, bringing tears of laughter to our team.

Dynamic Dave and his team from **Bribie Island Community Nursery** do a fantastic job keeping so many local clubs and groups going, we take our hats off to you! They do an amazing job supporting the community so please support them as the nursery uses all funds raised to aid many local causes and with friendly helpful staff and lovely healthy plants at good prices, you can't go wrong!

So go and check out the **Bribie Island Community Nursery** for some wonderful plants and make sure you pop into the **Melsa Train Park** on the next run day to see the boys in their new stylish shirts!

Bromeliads **SALE**

July Sale of Bromeliads starting from

\$2.00

There is a large range of assorted colours to choose from ending 31st July

BRIBIE'S HIDDEN GEM WITH OVER 10,000 PLANTS IN STOCK



Bribie Island Community Plant Nursery
Wallum Action Group Inc.

Located at 208 First Avenue, Bongaree
between the SES & Orchid House

OPEN: Tuesday to Saturday 8am to 12pm



Climate Change: Myths and Misconceptions

by Philip Williams

Philip Williams is a retired civil and environmental engineer. He points out that he is not a climate scientist but does follow the science keenly.

Climate change science is settled but the controversy is not. This article looks at claims often used by sceptics. It is not disputed that the climate changes. It is the unprecedented rate of change of global warming (and the effect on climate) that is the key issue. Human activity such as the use of fossil fuels is a significant contributor. Scientists expect events such as droughts, floods and bushfires will become more frequent and severe.

Climate change should be a straightforward scientific issue. Contrast the heated climate change debate with the public's acceptance of scientists' concerns decades ago about the hole in the ozone layer. This was an equally complex scientific issue. So why is climate change different? It's mainly because the science has been muddied by powerful and rich vested interests, namely the fossil fuel industry with their effective misinformation campaigns and support for any scientist with an alternate stance.

Many people confuse weather and climate. For example, a sudden cold snap is a weather event, not proof climate change is wrong. Weather relates to the short term, climate is longer term. Conversely, a few days of extreme heat doesn't prove global warming, but many years of above average temperatures does start to show a trend. Sceptics say, "The climate has always changed, it has been much hotter in

the past, CO2 levels have been higher previously". All of these statements are true. Climate scientists study past climate periods through fossil records. Past changes occurred over very long time frames not the unprecedented rapid changes over the past hundred years or so. Some even say "Of course the climate has always changed - it's called spring, summer, autumn and winter". These seasonal changes are due to the tilt in the earth's axis and nothing to do with climate change concerns.

Natural cycles is another suggestion. Yes, our planet is subject to climate cycles of varying time scales from a few years to tens of thousands. Factors such as the earth's orbit, sun intensity and ocean circulation cause these. Examples are the Medieval Warm Period (900-1300 AD) and the Little Ice Age (1450-1900 AD). On a shorter time frame from years to decades, ocean and atmosphere interactions cause cycles such as the "El Nino (less rainfall in Eastern Australia) and the converse wetter La Nina' periods. All these cycles are very well known by climate scientists. Climate change concern is extra to these. Also, some cycles don't necessarily affect the whole planet whereas the current warming is worldwide.

Dorothea Mackellar's mention of "droughts and flooding rains" in her beautiful poem "My Country" is just stating the obvious. Yes, Australia is a land of droughts and floods, it has been for millennia and will be in the future. Every school kid knows this, but it is not proof that climate science is wrong. The cycle of droughts and floods is related to those natural climate cycles eg the El Nino / La Nina dry and wet periods.

The small fraction of CO2 in earth's

atmosphere at around 400 parts per million or 0.04% may also cause scepticism. However, atmospheric CO2 is in a delicate balance with the land, vegetation and the oceans and even small changes can upset these systems. Changes in CO2 can exacerbate the so called greenhouse effect which increases warming.

No, climate scientists are not paid to promote climate change. Scientists work in many different sectors eg government, semi government, universities, private etc. It is ludicrous to think there is a worldwide conspiracy between tens of thousands of dishonest climate scientists, somehow all paid by a mysterious entity, colluding to promote false views.

Sceptics will often not accept irrefutable facts, e.g., volcanoes on average, produce about 1% of the CO2 that human activity does (US Geological Survey). The USGS is one of the oldest, most respected scientific bodies, yet their monitoring and calculation of volcanic CO2 are often dismissed by sceptical opinions, that somehow volcanoes must be the culprit.

In summary, sceptics' arguments do not stand up to scrutiny. The key overall message is the unprecedented rate of change of our climate is the problem.

Still unconvinced? Then follow the big players: government at all levels, business, the insurance industry, superannuation funds, defence department, medical organisations, architecture and engineering professions etc. They are all taking climate change seriously and implementing policies. They can't all be wrong.

BEACHMERE COMMUNITY GARDEN INC

BEACHMERE COMMUNITY GARDEN INC. HAS STARTED A SERIES OF ARTICLES HIGHLIGHTING LOCAL RESIDENT'S GARDENS OR SPECIAL GARDEN MEMORIES THAT THEY WOULD LIKE TO SHARE. IF YOU KNOW ANYONE THAT HAS A SPECIAL GARDEN THAT WOULD LIKE TO BE SHARED, PLEASE CONTACT THE GARDEN: beachmerecommunitygarden@outlook.com

"NOWRA GARDEN" BY BCGI MEMBER DARLA.

"We had the choice between a nice house overlooking Jervis Bay, or a humble, ageing cottage near the centre of town. A two-year transfer to Nowra! We chose the old cottage, overgrown as it was with shrubs, vines, weeds galore... a veritable nightmare, but somewhere beneath all that chaos, we felt there was something rather special lurking, waiting to be liberated. My work schedule was all-consuming, but at every chance, we got stuck in clearing the mess. Gradually old paths appeared, winding through what once must have been formal garden beds. Heritage rose bushes gasping for the light of day manifested. An old trellis with a wizened grapevine was freed from an overgrown and unidentifiable vine stretching from the fence. This garden had once had structure, dignity and a lot of loving planting of so many different shrubs. And

bulbs! Having lived in the tropics for many years, one can never adequately describe the joy of a jonquil appearing on a winter morning. And snowdrops!

One day, a disembodied voice boomed out: I've been watching you! It was an elderly lady from the house behind ours. We could only see her head and shoulders, but she had an imposing presence and a kindly face. It turned out that her family had formerly owned various houses on this street, and this cottage had been shared by her and her sisters. They loved the garden. She said when it was sold, she couldn't bear to look at the decline of their precious place over the years. She had some valuable advice to share about rehabilitating the fruit trees, and as the months went by, under her guidance, treasures appeared: lemons, grapes, and lemonade trees. She gave us flower seeds saved over the years, so the Spring brought masses of colour. But the best thing, the very best treasure was the Moonflower vine, growing on a trellis out the back. At 5 pm every afternoon we watched the large white flowers open, exude perfume, glow briefly in the evening, and then gently close. A benediction of sorts.

There is hope and renewal. We just need the right people to recognise the possibilities. Where better to learn life's lessons than in a garden?"



Waterama

POOL & IRRIGATION SERVICES

Call NOW 3408 6246

We Make Pools Fun!

INFO.BRIBIE@WATERARMA.COM.AU

Pool Servicing | Irrigation | Pumps | Plumbing

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

WE HAVE MOVED

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

Property Talks!

Victoria Nicholson



Did you know? "Recent figures from EBM RentCover revealed that in the past 12 months, "straight loss of rent" made up more than half of insurance claims it has received from landlords."

As Principals, we do our utmost to minimise the risk of landlords suffering rental arrears. If landlords have to make an unfortunate insurance claim, the agency's property manager should be there to help with the process.

Before it gets to that stage though, here are some of the preventative strategies a property management agency should have in place:

Screening tenants – Finding the 'right' tenant is more important than finding the first tenant. The property manager takes care of this process on the landlords' behalf to flag any potential risk of tenants defaulting.

By the book – Maintaining correct procedures and documentation not only ensures responsibility by law but serves to identify any potential 'red flags' or suggestions of things that may turn sour. Procedures for tenant issues should include eviction processes and be in place to ensure the situation is navigated effectively and dealt with promptly.

Systems and routines – Serves to ensure all parties have a clear understanding from the beginning of the expectation around paying/receiving rent (how much and when payment will be made) to help remove any grey areas.

Insights, tips & trends

Avoiding Rental Arrears

Unfortunately, life can sometimes catch people by surprise, resulting in circumstances beyond their control. Neither landlord nor agent rents a property with the expectation that tenants will fall behind on their payments, but if this does occur, managing the situation promptly and effectively will help get things back on track.



A diligent agency Adopts a zero-tolerance policy from the start to reduce the likelihood of problems turning into long-term issues.

If there is a need to change initial agreements for payments, the agency will need to consider if/how this will affect tenants and ensure adequate notification is given.

Managing relationships – Having a good rapport with tenants is important. A disgruntled tenant is more likely to break agreements and miss rent payments, whereas a happy tenant is more likely to have on-time payments and treat your property as their own.

Good agency practice is to provide a 24/7 platform for tenants and landlords to lodge instant notifications, maintenance concerns and feedback directly to the manager for prompt attention and solution.

Considering why – If a tenant misses a rental payment, there may well be a valid reason why, such as job loss, sickness or unforeseen expenses. It is important for agencies to follow all procedures to reduce the likelihood of it reoccurring.

VICTORIA NICHOLSON REAL ESTATE
Victoria Nicholson 0404 720 859 Principal
Tania Meany 0467 220 351 Business Development
Manager

SALES & RENTALS

07 3410 0691

www.lovingbribie.com

Nobody can sell your home for more... Nobody!

Victoria Nicholson Real Estate



**FOR
SALE**

Offers
over
\$799,000

4 

2 

2 

52 Voyagers Drive Banksia Beach

Located in a highly desirable location, this immaculate double-fronted brick veneer home, sitting on a generous size block of land measuring 677m² (approx.) is a tailored option for the discerning family wanting a little more space and room to move.



0467 220 351

www.lovinggbribie.com

0404 720 859



Tarek Noble

Victoria Nicholson

Did you just check
your bank
balance...and
whoa...!?



WHY DON'T TENANTS PAY THEIR RENT ON TIME?

- Agents let rent fall behind
- Agent has lost control of the Tenancy
- Tenant is not made aware of rent arrears procedure by Agent

**CALL US FOR
PEACE OF MIND!**

**VICTORIA NICHOLSON
REAL ESTATE**

07 3410 0691

www.lovinggbribie.com

Property Management

Tania Meany



IN A CHANGING PROPERTY MARKET, YOU NEED A STRONG AGENT.

Call me to see what your home could achieve with myself and a great team working for you.



Karl Osswald
0407 836 508
 karl.osswald@remax.com.au

RE/MAX Advanced



38 Carmichael Court, D'Aguilar

4 BED | 2 BATH | 6 CAR

This is what lifestyle is all about. The kids will love the outdoors and the massive under cover pool area and the boys and girls will LOVE the shed space, ideal for the favourite cars, motorbikes or hobbies. There is enough room for a pony or other pets, or simply just enjoy the beautiful surroundings and clam with whistling ducks and other bird life.

For Sale: Offers over \$1,395,000
Land Size: 1.4 HA

Carolyn Drane
 0429 164 556



82 Eucalypt Street, Bellara

4 BED | 2 BATH | 2 CAR

Life does not get much better than this when your home is a stylish, character filled, recently refurbished property that gives you a relaxed beach lifestyle without missing any of life's luxuries. The bedrooms are all generously sized with the master featuring a classy ensuite. The landscaping is tropical and there is the perfect combination of garden beds and grass, ideal for family relaxation.

For Sale: Contact Agent
Land Size: 607m².

David, Brianna & Aisha
 0409 255 255



FOR RENT

36 Trevor Street, Beachmere
 \$525.00 per week - Available Now

16 Quail Street, Bellara
 \$490.00 per week - Available Early July

2/14 Boyd Street, Woorim
 \$450.00 per week - Available Late July

102 Biggs Avenue, Beachmere
 \$600.00 per week - Available Late August

31 Vanillalily Close, Banksia Beach
 \$875.00 per week - Available Late July





13 The Landing, Banksia Beach 5 BED | 4 BATH | 2 CAR

- Incredible North facing Porter Davis quality build based on the Marriott 47 plan
- Downstairs guest bedroom with water views, ensuite and walk through robes.
- Impressive master suite with luxuriously large ensuite and dressing room
- In ground self cleaning sparkling swimming pool
- 10kw solar system
- Quality plantation shutters and custom-made curtains throughout the entire home.
- Smart reticulation watering system that knows when it has rained so does not turn on.
- Spectacular Central open plan kitchen, with double butlers pantry

For Sale: Contact Agent
Land Size: 900m2

Claire Uttley & Kris Burley
0413 469 993
David, Brianna & Aisha
0409 255 255





- 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".



1800 245 955

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

**LAWN FEED, WEED & GRUB
SPRAY SPECIALISTS**

COOCHIE.COM.AU



VMR

BRIBIE ISLAND

John Traill
 Public Relations Officer
 Volunteer Marine Rescue
 Bribie Island
 Phone: (07) 5327 2747
 Mob: 0407 537 323
 publicrelations@vmrbribie.com

HAPPY HOUR

Friday 24th June 2022 – 25 active members and partners attended this impromptu Happy Hour as temporary repairs have made the facilities useable again for limited numbers. The sunset was wonderful as was the get together with our fellow volunteer



Brenda Allardyce and Chris with John Burdinat enjoying the sunset on the balcony.



Robyn Young and Ron Burrett.



Linda and John Burdinat.



Betty Snell, Sheryl Traill, Gwen McNamara, Sue Sclater, and Cheryl Robinson catch up.



Coxswains Graham Parker and Jon Brice catch up on recent events



Coxswain Ian Grimes dropped in briefly after his long day spent on the Bay with an assist and a SAR, chatting here with John Burdinat and Wayne Sclater.

BOAT RAMP INITIATIVE

25th June 2022 - RAMP DAY at the Spinnaker Sound Boat Ramp - Safety Boating information was given out by VMR Members, they also had a free sausage sizzle on offer, -and you could also get a free COFFEE WITH A COP where boaties could ask members of the Water Police for any advice - and Maritime Safety Queensland, and Marine Parks were on hand also giving advice on boating safety and green zones - the non-fishing areas.



Spinnaker Sound Marina already busy at 6am.



The line-up for the ramp, some were a bit hesitant with Water Police, Maritime Safety Queensland, and Parks and Wildlife conducting checks and giving advice..



Ces Luscombe supervising Graham and Leona Patrick.



Water Police, Maritime Safety, and VMR members assist with launching vessels.



John Traill VMR's Public Relations Officer and Senior Radio Operator taking a group Photo of the Dragons Abreast before they went out for their morning training session on their return, they enjoyed a free sausage sizzle from VMR.

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 7th July 2022:

7,039 Calls, 1,819 vessels logged on, 165 Vessel Assists, 852 Sitreps, 458 Requests,

25 overdue vessels, 21 Vessel Tracking, 866 Radio Checks, 5 Weather Broadcasts, 128 Securite Broadcasts, 0 Pan Pan 1 Mayday.

VHF 61.7%, 27MHz 0.3%, Phone 17.4%.

"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!"



Group photo of most of the participants of the Ramp Safety Morning, Parks and Wildlife, Coffee Van Operators, VMR's Gary Voss, Maritime Safety Queensland, Water Police, VMR's Lee Prescott, Leona Patrick, Ces Luscombe, John Trall, Jon Brice, and Peter McNamara behind the lens.



The Bribie Dragons ladies checking out the VMR merchandise and put their order in for sausages on completion of their paddle.



Coxswain Ian Grimes and his crew called in with Bribie 1, to see if there were any sausages left!!!



CONGRATULATIONS WAYNE SCLATER

Sunday 26th June 2022 - Congratulations Wayne Sclater in becoming an unrestricted Coxswain with VMR Bribie Island; - now the fun begins. Very well deserved. Wayne is also a committee member, our Operations Manager, and our Workplace Health and Safety Officer.



Bribie 1 located the yacht drifting without steering with the assistance of the Rescue 500 helicopter.

ASSIST OFF CAPE MORETON

Tuesday 28th June 2022 at 7:33pm VMR Bribie responded to a MAYDAY call received by the Water Police. A 14m Yacht had lost steering and was drifting toward Smiths Rocks, with assistance of the Rescue 500 helicopter the vessel was located, and Bribie 1 towed her under very rough conditions to safe anchorage at Cowan Cowan overnight. Bribie 1 towed her to Manly on the following day in slightly better conditions.



SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

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

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

Beyond Moreton Bay an EPIRB is also required.

For full details visit the MSQ Website:
<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>.

"SO PLEASE WEAR YOUR LIFE JACKETS!"

JUNE 2022 VESSEL ASSISTS:

- JUNE/JULY VESSEL ASSISTS:**
- FRI 24/06 0831am – 6m Half Cabin member has lost steering at Hutchison Shoal, required a tow to Spinnaker Sound Marina.
 - FRI 24/06 1158am – Tasked by Water Police to conduct a search North of Comboyuro Point, as an unmanned Kayak had been discovered off Comboyuro Point. Nothing found – search called off around 1730.
 - SAT 25/06 0915am – 3m Jet Ski non-member with motor issues required a tow from between Bribie and Moreton Island to Bellara Boat Ramp.
 - SAT 25/06 1125am – 5.75m Half Cabin member with fuel issues 1km North of Flinders Reef, required a tow back to Bongaree Boat Ramp.
 - SAT 25/06 1504pm – 14m Cruiser member taking on water at Pacific Harbour requiring assistance to pump out – members pumps insufficient.
 - SUN 26/06 0839am – 5.8m Centre Console non-member with motor issues required a tow from Wild Banks Artificial Reef to Bellara Boat Ramp.
 - SUN 26/06 0958am – 6m Cuddy Cabin non-member with starter motor issues required a tow from Caloundra Wide to Spinnaker Sound Marina.
 - SUN 26/06 1503pm – 4.75m Runabout non-member with motor issues required a tow from White Patch to Bongaree Boat Ramp.
 - TUE 28/06 1933pm – 14m Yacht non-member lost steering and drifting toward Smiths Rocks, request from Water Police answering MAYDAY call to assist. With assistance of helicopter Rescue 500 located and towed under very rough conditions to safe anchorage at Cowan Cowan.
 - WED 29/06 0838am – 14m Yacht non-member which was assisted last night was towed from Cowan Cowan to Manly Harbour, completed around 1700pm.
 - SUN 03/07 0754am – 7m Sports Cruiser member with motor issues required a tow from front of VMR Base to Spinnaker Sound Marina.
 - SUN 03/07 1208pm – 8.3m Cruiser non-member with motor issues off Red Beach, required a tow to Redcliffe.

FISHING REPORT

BY: ROBYN @ BRIBIE ISLAND BOAT CHARTERS



July 2022 Fishing Report

The real winter fishing has started in earnest, at least until this last lot of unseasonal rains. The water turbidity had cleared nicely, right through the Passage and those steady days that are typical of SE Qld winter were encouraging lots of hopefuls to throw a line in. The good news is that the water is still fairly clear, but its temperature has certainly dropped, currently around 19-20 degrees, which is a good sign for a few fish species.

Reporting on fishing in the Pumicestone Passage is always a bit like telling two different stories, depending on the side of the Passage, but even more so this month. The mainland is all about flathead and the Bribie side story features whiting and lots of them.

From the second green marker south of the bridge and right



up through the Passage, at least as far as Lime Pocket, there have been good Flathead catches. Most of the bigger catches have been on Pilchards or Prawns. Sarah used pillies near the bridge on a falling tide, and caught two Flatheads, 45 and 50cm; her friend Emma had a 60cm Flatty and Jo had a

couple of 32cm Bream. A night-fishing session from the shore, between Spinnaker Marina and the bridge, landed a couple of 30+cm Breams for Reggie and Levi.

Shane, Nev and Brent have also been scoring well with prawns and pillies. They've been fishing a few times

out at their "special spot", somewhere not far north of the Ningi Creek marker, and consistently get onto big Flathead. They've also been bringing in a few Flounder, the occasional Bream, and some winter Whiting. Brendan went into Ningi Creek, to escape the chilly winds and caught five Flatheads, 40-55cm, using soft plastic Squidgees.

Dave and Amanda were keen to get something for the Everton Park Fishing Comp, so they headed to Ningi Creek and used worms to land a potentially prize-winning Flathead and seven Whiting around 30-31cm. There have been some winter Whiting and Sand Whiting showing up along the mainland side, but along the shore of Bribie has been much more consistent.

The sandflats of Banksia Beach are an easy place to get to, to target Whiting – a rising tide, light winds, pleasant weather and the right gear make a sure-fire combination. It might also be a good idea to gather up a

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



FRI 15 Jul	SAT 16 Jul	SUN 17 Jul	MON 18 Jul	TUE 19 Jul	WED 20 Jul	THU 21 Jul
5:15 am	6:03 am	12:15 am	1:00 am	1:42 am	2:24 am	3:10 am
0.32m	0.34m	2.14m	2.01m	1.86m	1.69m	1.53m
10:54 am	11:44 am	6:49 am	7:32 am	8:13 am	8:54 am	9:38 am
1.47m	1.47m	0.36m	0.38m	0.39m	0.4m	0.41m
4:34 pm	5:23 pm	12:33 pm	1:25 pm	2:18 pm	3:17 pm	4:22 pm
0.15m	0.21m	1.48m	1.49m	1.52m	1.55m	1.6m
11:30 pm		6:12 pm	7:02 pm	7:58 pm	9:02 pm	10:17 pm
2.24m		0.3m	0.41m	0.53m	0.65m	0.73m

FRI 22 Jul	SAT 23 Jul	SUN 24 Jul	MON 25 Jul	TUE 26 Jul	WED 27 Jul	THU 28 Jul
4:06 am	5:15 am	1:11 am	2:18 am	3:06 am	3:45 am	4:15 am
1.39m	1.28m	0.71m	0.63m	0.56m	0.51m	0.49m
10:29 am	11:25 am	6:31 am	7:39 am	8:31 am	9:14 am	9:46 am
0.43m	0.44m	1.24m	1.25m	1.29m	1.33m	1.36m
5:30 pm	6:36 pm	12:24 pm	1:20 pm	2:11 pm	2:52 pm	3:28 pm
1.66m	1.74m	0.43m	0.4m	0.37m	0.33m	0.3m
11:43 pm		7:35 pm	8:26 pm	9:08 pm	9:44 pm	10:15 pm
0.76m		1.82mm	1.89m	1.93m	1.96m	1.96m

few soldier crabs or yabbies – live bait is definitely the best for Whiting. Not always necessary though - Lyn, Paul and a friend caught 30 Whiting's (15 worth keeping), over the top of the tide at Banksia, with prawns or little strips of squid on very small hooks. Deb fished the ripples on the rising tide, with prawns for bait, and kept 12 Whiting for her morning's effort.

Another crew of three went chasing fish all over the Passage but only got lucky near the ripples, with reasonable catches of Whiting as well as Tailor – although they said: “there was nothing really exciting, especially after the wind picked up over 20 knots”. The Tailor has certainly started up through the Passage and the cold snap will help draw them in.

South of the bridge on the Bribie side is sometimes working well for Whiting, too. King and his mate had 10 Whiting in their bag, as well as a Mackerel, after a drift towards Bongaree Jetty. He was after Squid but was still happy enough. Squid are another species that should really pick up with the drop in water temperature, so King will probably back out there soon.



Further afield, Caleb was in the Caboolture River, drifting over Baker's Flat and trying Swimmerz and Minnowz lures. Swimmerz scored zero but the Pink Glow Minnowz nabbed ten legal Flatheads and he kept three of them, one 45cm, two 65cm. Leroy fished the “prawn farm beacon” (wherever that is) and caught three longtail Tuna with live Herring. Michael and Scotty said there was “a heap of Sea Bream at the Barwon Banks”, which they didn't want; they did get some good Cod, Mangrove Jack and a couple of Parrot Fish. Scotty's mate, Rob, was out the same day, at the yellow Fad off Cape Moreton, where he hooked up 6 Dolphin Fish. A few days later, Will and Lachie were at Scarborough Reef, using fresh prawns for bait and caught ten fish, including Snapper, Bream and Whiting, but no keepers.

Lastly, a reminder that the Snapper closed season is about to start up – July 15 to August 15. That doesn't mean that you won't catch the odd Snapper – it means you have to put it back!

Photo 1: and these whiting came from the Bribie side, along the sand banks of Banksia Beach.

Photo 2: This is the sort of catch you can expect from the mainland side of the Passage.

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

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

Authorised agents for...

KOHLER
IN POWER. SINCE 1920.

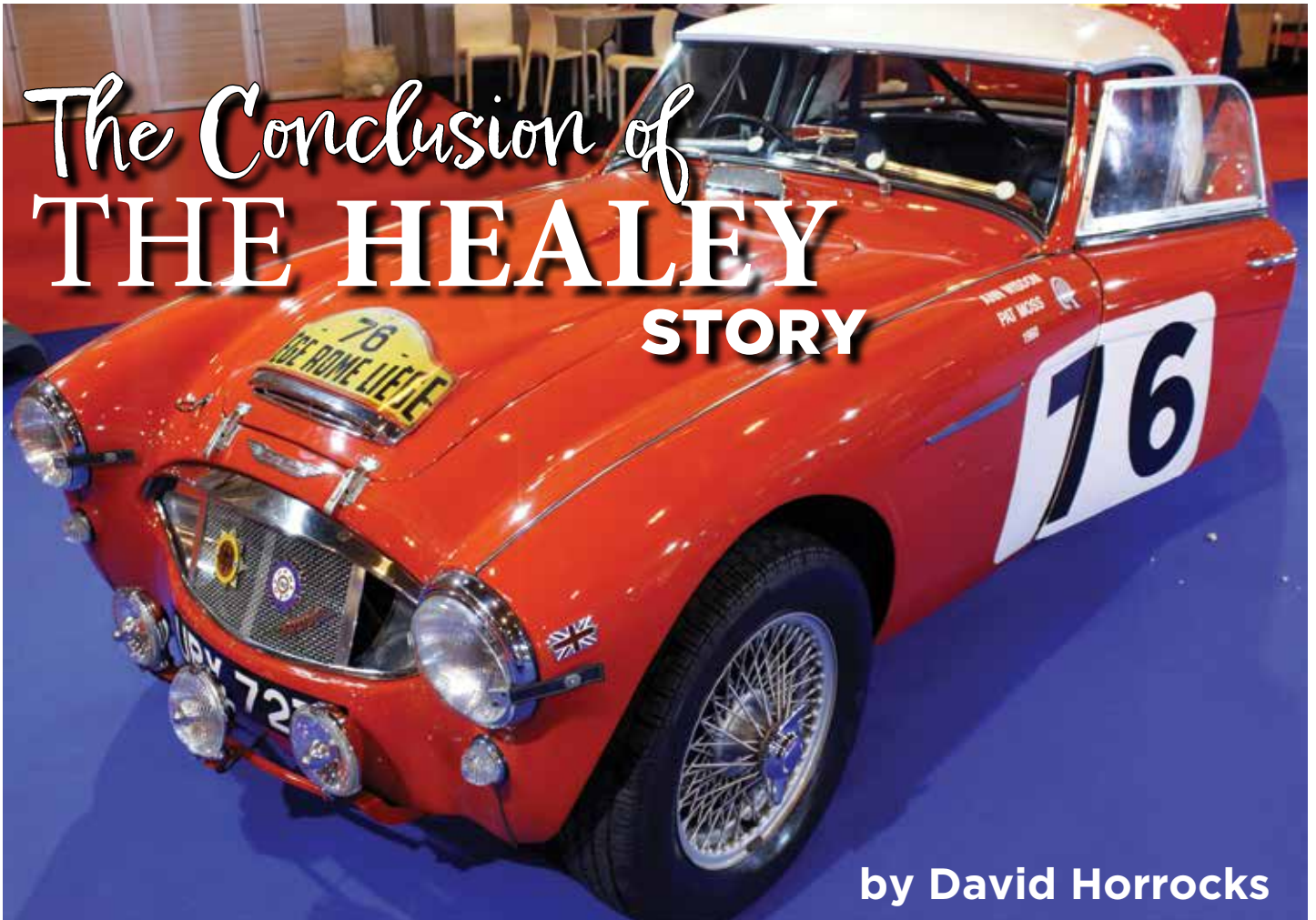
YANMAR

VOLVO PENTA

MERCURY

SOUTHERN FISH MARINE

The Conclusion of THE HEALEY STORY



by David Horrocks

MORE RESULTS, MORE SUCCESS.

The Healey story moves on as changes start to occur in design. In September of 1956, the model 100/6 was introduced to replace the 100/4. The main reason for the change was because the A90 engine had been superseded by a six-cylinder unit of actually slightly smaller capacity at 2.6 litres but with very similar power output to the A90 four cylinder. The result of this changeover of power plant didn't improve the performance mainly because the new engine was no more powerful but was in fact heavier than its predecessor; also, the overall balance of the car was disturbed by the

increased weight towards the front of the machine. The other change made was a slight increase in wheelbase and an overall length which allowed for the fitting of two of what were described as 'occasional seats' in the rear. These were really only fit for children to sit in a fore and aft manner. I once rode in the rear of a later model fitted thus but it was only possible to do so by actually sitting across the car, no seat belts of course in those days.

The 100/6 was a moderately successful competitor in international car rallies and brought into the limelight a person with the famous name of Moss. No, not the so-named Stirling who I have mentioned in previous episodes but his younger sister Pat. In the Liege - Rome - Liege rally of 1958 she took fourth place overall to win the first of her five European Ladies' rally championships. But more on Pat Moss as we move onto later Healey models.

Production of the 100/6 continued until 1959 when the more famous and what became the last production model of Big Healey the 3000 model was introduced. I'm told that both Donald and son Geoffrey Healey were much happier when the six-cylinder engine of the 100/6 was increased in size to almost 3 litres in the following model and when triple carburettors became the norm. Later models did revert to a twin set-up for normal road use as distinct from competition models which kept the triples, some say because the triple set-up was too difficult to keep in tune. The fitting of

this even larger engine and its accompanying carburettor system made it necessary to fit a hump into the bonnet to be able to accommodate all the gubbins. This 'hump' gave the car its unofficial nickname of 'The Camel'.

I'm told that Donald was not a lover of the later folding hood on the 3000 which although

more weatherproof than the earlier models was bulky and ugly when stowed prompting him to remark 'what have they done to my beautiful car?' However, the new fitting of front disc brakes with servo assistance was worthy of compliment.

From the driving and owning experience perspective, I can quote a knowledgeable friend who owned one. He told me that the car was indeed a beautiful thing to behold but that it was hard work to drive over long distances and was very hot inside the cabin due to the exhaust being so close to the passenger floor. The heavy engine made steering (no power assistance in those days) and braking hard work so rallying the car must have been a real challenge. More on these issues and the Pat Moss success story to follow.

As mentioned earlier Pat started her association with Austin Healey in the late 1950s but in 1960, she won outright the Liege - Rome - Liege in a

Healey 3000 and finished second overall in the Coupes des Alpes. In the following year, she finished 2nd at the RAC rally a result which she repeated the following year. In confirmation of the opinions expressed earlier in this story she once in an interview described the Healey 3000 as a 'beast'. She married another driver, Eric Carlsson a Swede with whom she partnered driving Saab cars and later other marques. Her biggest achievement however was winning the Netherlands Tulip Rally in a Mini Cooper that she describes as being 'twitchy and pretty unruly'. She was probably the most successful woman rally driver of all time being able to better the efforts of all other competitor's male or female. Pat sadly died of cancer in 2008, aged 73.



for the 'new' MGs which declare 'since 1924' I cannot help but feel anger.

Not to despair, I can tell you that there is the only Austin Healey Museum in the world located near Amsterdam which a friend visited recently. There you can see one of the only three AH 4000s ever built. they had fitted the Rolls Royce designed 4-litre engine as used in the up-market Austin Princess R model. This

As a business proposition for Donald Healey himself and Leonard Lord of BMC, the car was a huge success. It achieved the original idea of winning

export orders, especially in the USA where 90% of the sales deliveries were made. The Healey boasted a whole plethora of celebrity owners and fans including such Hollywood luminaries as Clint Eastwood, Steve McQueen, Harrison Ford, Joanne Woodward and even Princess Grace of

Monaco. So, if you have dreams of driving in the sunshine you'll be in famous company if you chose to drive a Healey.



There is a sad tale to relate now in that the business name 'Austin' is now owned by the Chinese company Nanjing which bought the assets of MG Rover Group out of bankruptcy in 2005. The name of Healey Automotive Consultants went to HFI Automotive who in 2007 signed a collaborative agreement with Nanjing with the intention to recreate the marque along with the MG branded products we now see on our roads. Whenever I see the TV ads

was to be more of a Grand Tourer than an outright sports car with auto transmission and other 'modern' comforts. However, all the plans of the time came to naught. Also, to be seen there is Donald Healey's personal car of twelve years, a fixed head coupe.

Hope you enjoyed reading about this famous marque and will look out for Healey's on the road - be sure to give them a wave.


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

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

OPEN

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

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

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

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

LETTERS TO THE EDITOR

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

Dear Editor,
Maybe, it's time to introduce speed limits on Bribie Island that are in keeping with its seaside lifestyle and its status as an internationally protected fauna and flora sanctuary. Bribie is essentially a residential neighbourhood surrounded by National and Marine Parks and Conservation Areas. Residential neighbourhoods usually have a speed limit of 50km with 40km in school zones. There are no highways on Bribie Island to justify speed limits above 60km. Sunderland Drive, Banksia Beach - from Avon Ave to the Woolies roundabout at Goodwin Drive and Benabrow Ave - is a stretch of road with multiple roundabouts and two sensitive zones needing careful and attentive drivers. Drivers need to be alert to the unpredictable movements of children and wildlife. The school zone has a speed limit of 40km and pedestrian controls to protect children. The National Park zone has a speed limit of 70km and nothing but signage to protect its wildlife. Sadly, not only wildlife can't interpret nor read the signage (Bribie Islander "letters" Issue 168 17/6/22), but many drivers can't either. Since the optimum speed to negotiate roundabouts is 40km, it makes sense to lower the speed limit along this section of Sunderland Drive to 50km. That could prevent drivers from accelerating to reach a maximum speed of

70km and then braking to safely negotiate roundabouts. The outcome could be that we avoid the carnage of our wonderful wildlife, such as this wallaby mother and baby some driver ploughed into, early morning of 5th July 2022 (Cnr Sunderland/Marina). The force of the collision ejected the joey from its mother's pouch. Please take care in sensitive areas and consider Wildlife Carers and Council Crews who deal with recording and removing this upsetting carnage from your sight. Diane
D.Oxenford



During a press conference, Greens leader Adam Bandt's Australian flag "stunt" where he refused to stand in front of the national emblem, arguing the symbol is hurtful to First Peoples, has been branded as "virtue signalling" and "highly insulting." Jim Wilson from 2GB said "We had a Royal Commission into Veteran Suicide resume

in Townsville yesterday - men and women who fought under the Australian flag. On the same day, you have this peanut who goes on and removes the Australian flag. I find it deeply offensive and not the Australia we want to embrace. Have all three flags, but don't remove the national flag."
Dear Editor,
I sent an email to Adam Bandt {Greens Leader} to say over 100,000 men and women, soldiers, sailors, airmen etc. had died under the Australian flag and he (I used many other words I can't repeat here) won't even stand up to honour the flag. As a Vietnam veteran, I say we vets fought under that flag, some died, some were wounded, and some still carry scars of the war experience. This so-called citizen (being kind there) does not honour the Australian flag but will honour the indigenous flag. Do you know how hurtful and disgusting that is to a serving veteran, war widow etc? It's the worst insult from a so-called minister of the Crown. The crown he should wear is the clown crown. *(Editor changed the crown name to one that could be printed.)
Anyway, that's me with my thoughts and those of many service people on the island

P. White



Dear Editor,
From your ever-so-slightly Irritated contributor, re Ciao;
1] Sack your autocorrect! The muffled laughter was not emanating from balloons filled with hot air but from, as you well know, that twinning of a bedroom and garage, hence, 'berage'. I have written about this hybrid cross before, in glowing terms, and now have to deal with sulks emanating from all in this superior room. (PS, I have double-checked that I sent you the correct spelling.)
2] Just how do you suggest that I explain to my travelling circus tent, Ferrari 2, that his handsome profile has been omitted, only to be replaced with that of a non-renewable-energy-consuming distant cousin?
Did you not receive my photo of him, standing in all his glory? I have checked that it was sent, after many difficulties transferring his photo from my phone to my computer and then again to your esteemed publication. Ferrari 2 has been deeply hurt! I have had to spend all morning mopping up his tears and soothing his Latin temperament.
Elaine Lutton



CRIME REPORT



BRIBIE ISLAND WRAP

www.mypolice.qld.gov.au/moreton

Marking and recording your property helps deter theft and provides proof of ownership. By marking and recording your property, you will also assist police in identifying and returning stolen property to its rightful owner. Offenders usually steal items of value which can be quickly converted to cash. Consider these steps to protect your property and valuables:

- Engrave your belongings
 - however seek advice from your District Crime Prevention Coordinator before using an engraver as not all items are suitable for engraving.
- Mark your property with a unique personal code in the top right-hand corner of the item or near to the manufacturer's serial number.
- Use identification (ID) warning stickers on personal property, windows and doors to deter potential offenders. ID stickers are available from your local Neighbourhood Watch Group or District Crime Prevention Coordinator.
- Keep photographic records of your property which cannot be engraved such as jewellery, art, collectables, silverware and stamp and coin collections. When taking photos, use a ruler or matchbox

beside the item to help identify size.

- Maintain an inventory list of all serial numbers, model numbers and specific features of your personal property and keep the list and any valuation certificates in a safe place.
- Consider providing your details and personal codes to your local police.

Property you should identify inside your home

- Televisions
- Audio and stereo equipment
- Computers/laptops/printers/personal devices
- Cameras
- Musical equipment
- Kitchen appliances
- Sporting goods
- Furniture

Property you should identify outside your home

- Bikes and scooters
- Power tools and toolboxes
- Garden tools
- Lawn mowers and edge-trimmers
- Trailers
- Camping equipment

Property you should identify in your vehicle

- Stereo system
- Speakers
- Navigation devices
- Tools and toolboxes
- Mag wheels

Other 1	Unlawful Use of Motor Vehicle 3
Assault 3	Other Theft (excl. Unlawful Entry) 23
Unlawful Entry 2	Drug Offences 14
Robbery 2	Trespassing & Vagrancy 2
Other Offences against the person 2	Weapons Act Offences 3
Unlawful Entry 14	Good Order Offences 9
Arson 2	Traffic & Related Offences 9
Other Property Damage 10	

97 Offences
12 JUN - 11 JUL 2022



Files Stibbe
Lawyers

Come and see the professional team at Files Stibbe Lawyers for all your legal and business needs.

Phone (07) 3408 0999 or

email us at info@filesstibbe.com.au

www.filesstibbe.com.au

FENCING + LANDSCAPING + HORTICULTURE + TREE WORKS

OUTDOORS,

Landscaping, Fencing & Concreting

MINIEXCAVATIONS

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

ABN - 33 680 067 873



Kerryn Hickland
 Mob: 0438 332 367
 khickland@hotmail.com



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
 tttrees2@gmail.com

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

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



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 YARD SERVICES AND MAKEOVERS

- TREE REMOVAL
- TURFING
- LAWN MOWING
- HEDGING
- LAWN TREATMENTS
- RUBBISH REMOVALS
- YARD MAKEOVERS
- HIGH PRESSURE CLEANING
- STUMP GRINDING
- TOP SOIL

CALL FOR A FREE QUOTE : 0403 094 212



EARTH ASPECTS LANDSCAPING

ABN 89 586 312 756
 GST 1146357

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

JASON WRIGHT
 0411 222 349

"Creating Excellence Naturally"

feldt CONSTRUCTIONS

Brick and Blocklaying Retaining Walls

Fences and Entrance Statements

Tip truck hire - 6T Hino
PH: John Feldt 0408 778 217
QBCC: 75707 Fully Insured



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 → ROADSAWLING → 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 Instalation

Chris Holdsworth
0403 817 541
"swiftinstallations.com.au"

AU PEST CONTROL
TERMITES & GENERAL PEST INSPECTIONS & TREATMENTS

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

PH GREG 0417 768 887

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

- 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

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!!

Spray Pave Systems

Improve your look today

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

QBCC Lic 15263652 ABN 302140601743
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 & Waterproofing
Quality People - Quality Work
Ask us about Tile Injection.

Qualified & Licensed Tiler & Waterproofer
20 YEARS EXPERIENCE Long Time Bribe 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
Bribe local for over
35 years*

0409 123 342

CARPENTRY
Servicing Bribe 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.
ALSO Specialising in Eldery and Disabled Home Remodelling

LOCAL 25+ YEARS
BRIBE ISLAND & SURROUNDS

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

PROVIDENCE CUSTOM HOMES

- 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

BRIBE LOCAL FOR 25 YEARS
Pergolas, decks, fencing, concreting, tiling, renovations, repairs and maintenance

Bribe 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@bribebuilding.com.au
www.bribebuilding.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



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

0411 874 252
QBCC Lic: 1297166

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

CALL NOW
0414 656 219



Scan to save my number direct to your phone contact book



BRIEBIE ISLAND PLUMBING & DRAINAGE

0459 920 801

QBCC lic. 1317475

www.briebieislandplumbing.com.au

PROFESSIONAL HIGH PRESSURE CLEANING

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

SOLAR PANEL CLEAN!
NO OBLIGATION FREE QUOTE
CALL MIKE on **0400 849 501**

"Give us a call"

BRIEBIE

Master Plumbers QBCC Lic. 129 4969

- Backflow Prevention Equipment Installation & Maintenance
- Water Temperature Control Devices
- HWS & Gas Repairs & Replacement
- Drainage Repairs And Replacement



PLUMBERS - GASFITTERS - DRAINERS
24 HR EMERGENCY SERVICE PH: 0448 448 975



"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

QBCC Act Lic. 897054



Also Servicing:
Beachmere,
Toorbul,
Donnybrook &
Meldale

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

JNR PLUMBING
Maintenance Specialist

24/7
QBCC 1290418

0448 884 023

QUALITY PLUMBING AT AN AFFORDABLE PRICE

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

REFRIGERATION + ELECTRICAL + AIR CONDITIONING



ELECTRICIANS and AIR CONDITIONING



ELECTRICIAN
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



Bribie
PAINTING SERVICES

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 + TOWING + HYDRAULIC + DETAILING + AIR + SUSPENSION & BRAKES

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



BRIBIE ISLAND
Dedicated to providing you with the service you want

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

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

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

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

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

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



**ULTRACOOL AUTOMOTIVE
AIR CONDITIONING**

ROOF RACKS 4X4 & 4WD UTE'S & VANS DISCOUNT SALES

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



BTRIBIE 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

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

FULL COMPUTER CHECK UP

An essential service for a reliable computer

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

\$45

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

PH: 3408 6421 **The Ink Shop**
www.theinkshop.com.au
CNR BENABROW & WARANA AVE
FIRST FLOOR - ABOUT 100M AFTER THE BRIDGE



0413 658 177

5 STAR REVIEW RATING

Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqld

BRIBIE LOCAL **3 rooms \$100**
each additional room \$20.

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

Attax
Tax Accounting & Bookkeeping

Angela Gibbings
0427 732 547

Elizabeth Cooper
0431 484 230

PH: 3408 9319

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

2 dogs
GRAPHICS & DESIGN

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

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

0405 470 630

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

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

ALLSTAR BATTERIES

BATTERY CHECKLIST

Car/Automotive ✓ Caravan/Camping ✓ Motorcycle ✓ Deep Cycle ✓
Lawn Mower ✓ Marine - Boat/Jetski ✓ Truck/Commercial ✓
Performance & Racing ✓ General ✓ Golf Cart ✓ Lithium ✓
Battery Chargers/Accessories ✓

Deep Cycle



105ah **Only \$299**
(While Stocks Last)

125ah **Only \$329**
(While Stocks Last)

4x4 / Truck



It's BACK! AC Delco "Advantage"
4x4 Sealed Maintenance Free
Batteries **Only \$199** (While Stocks Last)

Did you know we offer FREE...

- Battery Testing
- New Battery Installation
- Disposal of old batteries
- Information and advice



Find us on Facebook...
Search for **Allstar Batteries**

**UNIT 6 / 106 Learjet Drive,
CABOOLTURE, PH: 0413 430 218**

Unit 12 / 88 Flinders Pde, NORTH LAKES | PH: 0423 369 353

12 Garret Street, BRENDALE | PH: 0413 692 236

www.allstarbatteries.com.au