

# The Bribie Islander

AND DISTRICTS

ISSUE 172  
Aug 12, 2022



See page 11  
for more info.

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### ACKNOWLEDGEMENT OF COUNTRY

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

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

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

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

# 172

Aug 12, 2022

## Welcome

Dear Readers,

Welcome to edition 172! I don't know how you are all feeling, but this year is flying by so quickly, that I feel like it was fast-forwarded substantially! All the things I have put off because I will "get to it later" are now rearing their ugly head saying, "Christmas will be here soon, are you ready?" No, I most certainly am not. Every year I promise myself that I will be more organised next year. However, I think that may be a bit optimistic, as things always seem to pop up just as you start getting ahead.

This time I am going to try a new plan of attack! Deal with things as they arise and stop putting pressure on myself to achieve things that really, in the scheme of life, really are not important at all.

I was watching some family movies with my children {who are all grown up but one} on the weekend from when they were babies. What I became aware of, was I wasn't looking to see if the house was clean, there was a perfect cake, everything in its place. I was watching my family, the joy of a piggyback ride from my father, my mother continually doing laps walking my little 9-month-old daughter as she had decided sitting down was not an option, the cake smeared across happy little faces and the angelic looks of worn-out, tired, and happy children who finally passed out.

So, I am urging you all to stop and smell the roses, the important things are going way too quickly and before you know it, they won't be there anymore. But you will have the memories of those precious moments and that is what you remember, not how clean your home is, what possessions you own, or what other people think of you, {after all, that's their opinions, not yours.}

Well, that is all from me this edition, {Thank goodness, I can hear you say, or next minute she will start singing Glory Days.}

Until next time,

Take care, Stay safe,

*Cherrie*

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 it's 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





# 5 WAYS TO RELIEVE SOME ANXIETY AFTER A LONG DAY

By Himanshu singh

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**A LONG DAY CAN LEAVE YOU FEELING STRESSED. IT'S IMPORTANT TO RELIEVE SOME OF THE ANXIETY, SO WE HAVE MORE ENERGY LEFT FOR FRIENDS AND FAMILY WHEN WE GET HOME FROM WORK OR SCHOOL. THIS ARTICLE WILL PROVIDE 5 DIFFERENT STRATEGIES TO HELP YOU RELAX AND FEEL BETTER AFTER A LONG DAY: EXERCISE**

One of the best ways to release endorphins in your body is through physical activity. Even if it's 10 minutes of walking around your office building, taking a walk outside, or doing stretches at your desk, this small amount of time will help reduce stress levels significantly.

Also, you can lie down on the floor and take deep breaths, focusing on

each part of your body, relaxing with every breath you exhale. Try not to let any thoughts enter your mind while doing this exercise. Focus on breathing until you feel less stressed out than when you started. While it might seem impossible at first, one or two sessions will help you notice how much easier it is to relax when things get tough. Give yourself time if this feels like an impossible task.

**TAKE CARE OF YOURSELF**

It's essential to take care of yourself and your body after a long day. This means eating healthy, getting enough sleep, and staying hydrated, so you don't feel as tired throughout the day.

If drinking water seems too much effort, consider investing in an infuser or blender bottle with fruit pieces inside. This way, you can blend it up at work or school and have delicious tasting water whenever you want. A great tip is to make the night before if possible. You'll be able to grab it on your way out of the door in the morning with no fussing around necessary when you're feeling stressed from a long day.

Another option is teatime! Drinking tea has many benefits, including

improved focus and concentration, more energy, and better moods. It's also great for your teeth because of its antibacterial properties.

**RELAXATION**

Relieving some stress and anxiety at the end of a long day is not always easy. But there are many relaxation strategies you can experiment with to find what works best for you. This may include reading before bed, practicing yoga in your bedroom, taking warm baths, or even meditating.

The important thing is to take time out of your busy schedule every day to dedicate 15-20 minutes for yourself. This way, you'll be able to recharge after a long day without being tired from lack of sleep.

**SPEND TIME WITH LOVED ONES**

For many people, one of the best ways to relieve stress after a long day is to spend quality time with friends and family. Busy schedules can make life difficult. But there's no better feeling than coming home from work or school knowing that you will spend some time together with your loved ones.

Even slight gestures go a long way in showing how much you care

about the surrounding people. This includes calling them to check-in, simply asking how their day was, or sharing funny videos when we meet up.

It's important not to underestimate these simple acts of kindness. After all, spending quality time together is one of the best ways to relieve anxiety after a long day

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**FINAL THOUGHT**

By practicing these relaxation methods and spending quality time with loved ones, you can improve your mental health, naturally reducing stress after a long day.



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# Be grateful!!!

We often hear the phrase "be grateful" or "have gratitude." What does it really mean?

Gratitude is a feeling or showing appreciation for something done or received. For me it is most sincere when felt from the heart, not just words spoken... though how often are we really grateful???

I remember as a child sitting at the dinner table playing with my food and my mother would say, "Eat up, think of how fortunate you are and of all the starving children that haven't got any food." I couldn't really fathom either. Now as an adult, having gratitude is integrated into most of my day. I find it hard to understand how one can't be aware of being grateful.

Recently, I had the experience of being with someone who I found difficult to be around. Normally it's brief encounters,

this time I knew it would be longer. I had a feeling of dread before I got there but was determined to go with an attitude of love. What I found when the event was over is that I had more gratitude for this person being in my life, it had given me the opportunity to be more open, more tolerant and have more patience.

We often appreciate and have thanks for the good things that happen to us, though what about appreciating the not-so-good and looking for the gratefulness in those moments?

For myself having gratitude is a part of life, it makes life easier, better and brighter! It really can change things for the better and once you get started you may also begin to wonder how you lived without it!

Here are three ideas on how to get started:

v Everything you do, see or feel, have thanks for, really feel it! Think about why

you are grateful for it.

v Instead of talking to others about lack of something, express your gratitude for all the wonderful things you do have!

v Keep a gratitude journal or jar and in times when you don't feel don't so fortunate, reread what you have written.

Gratefulness, like mindfulness, is an awareness exercise and a way of training, deepening, and directing our attention. Like other forms of practice, gratefulness makes us more resilient and flexible, and also offers a way to frame and learn from everything that unfolds in our lives.

I can support you in finding more gratitude in life so you can find inner peace and joy. I can be contacted on 0405 361 882 or on Facebook: MariaChristina.

Blessings in Abundance,  
Maria Christina x

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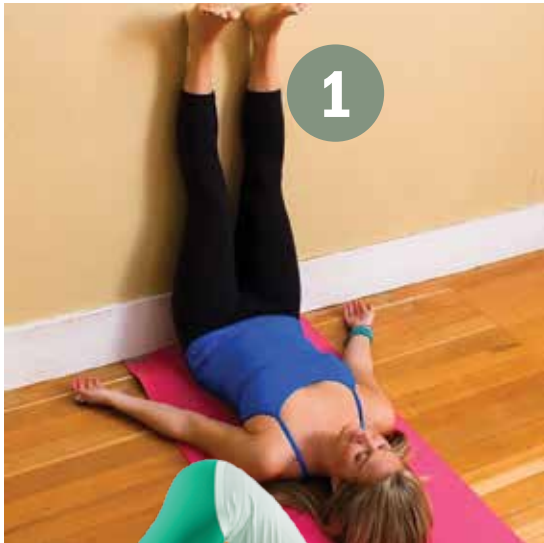
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HI EVERYONE, I HOPE YOU HAVE BEEN PRACTICING YOUR YOGA AND ARE SEEING SOME OF THE BENEFITS BEGIN TO SHOW THEMSELVES! THIS EDITION I AM GOING TO GO THROUGH TWO POSES THAT WILL BENEFIT YOUR ENTIRE HEALTH AND ARE QUITE EASY.

As always start with three warm-up deep yoga breaths all the way to your belly and exhale gently. Bringing your arms up when inhaling and back down on exhaling.

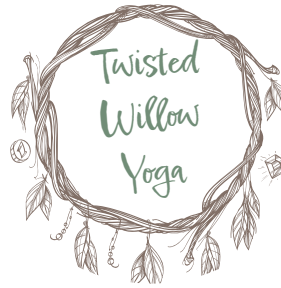
**THE FIRST ONE IS LEG ELEVATION.**

Now lay on your yoga mat flat on your back with your legs up the wall like an L position. Hold these there for 3 mins breathing deeply the whole time. Focus on your breathing and with each breath release any stress or anxiety, starting from your feet and down through your body. Stay in this pose for a maximum of 15 minutes.

The main benefits are deep relaxation, reduced knee pain alleviates neck pain and relieves swelling. This pose is most recommended for people who use their legs actively. Even people who experience swelling in their legs or must sit for long

hours can greatly benefit from this pose. **THE SECOND POSE** I am going to go through is called Downward Facing Dog and will help to stretch out all your body. Firstly, stand with your feet shoulder-width apart and then bend at the hips

until your hands touch the floor in front of your feet. Bend your knees to make this easier. Now walk your hands out keeping them the same width apart as your feet, until you are in an inverted V position, pushing your hands away and hips up and back.



Keep your knees bent or you can bend and straighten them on the spot. Don't forget your deep breaths and hold this position for 5 seconds. This is a wonderful all-over stretch.

Stretching and breathing are wonderful for your body and mind. Remember you can all start somewhere, and little movement is better than none.

Until next time sending love and light your way.

Namaste Karyn.life as well. Sending love and light your way. **Namaste Karyn**



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# Come and Try Paddling with the Bribie Pink Dragons

We are a motivated group of paddling breast cancer survivors who have been united in paddling for around 15 years. We and our supporters are the 'Bribie Pink Dragons' (formally known as Dragons Abreast Bribie Island). We paddle in our dragon boats on our very own beautiful, Pumicestone Passage, often with dolphins, dugongs, turtles, and amazing bird life to keep us company. One of the most devastating threats to strike an otherwise healthy woman, or man, of any age is the sudden and unexpected diagnosis of breast cancer. We know only too well, that it is life-changing, forcing us to face the prospect of immediate painful surgery, chemotherapy, radiation, and hormone treatments. It also has an immediate bearing on both family and professional relationships.

**'PINKABOUTIT'**



Newer members of our club have said in retrospect, that they found themselves amongst an amazing group of women, from all walks of life. This has been the silver lining in a very black cloud, we are now their "New Tribe". We support each other through our individual ups and downs. We provide frequent social and sporting contact as well as transport and physical assistance to those in need. We have many social events, but our principle activity is the sport of dragon boating, regardless of age or level of fitness. It has been medically proven that paddling helps improve health and the effects of Lymphoedema, while drawing out qualities of hope, inspiration, excitement, fun, and determination to beat this dreaded disease. Bribie Pink Dragons are holding a **"Come and Try Day" 18th September**. This is a free event where you can have a paddle and experience this wonderful sport. However, if you can't wait for this day and wish to join us during one of our paddling sessions, you will be most welcome.

We paddle three times a week: Monday, Thursday, and Saturday mornings. After arriving at our shed at the Marina in Kal-Ma-Kuta Drive, Sandstone Point at 6.30am, we paddle for an hour from 7 to-8am, then it's coffee and a few laughs together at the Bribie Shack, we call the "Dragons Lair".

If you and your supporter family member or friend, think you would like to paddle with us, or if you require more information, you can contact:

President, Maree - 0405 550 960

Coach Judy, 3408 0051 or 0488 199 556.

*We would love to meet you*



**B**ribie Island Mahalo Outrigger Canoe Club (BIMOCC) is part of the South Queensland Zone of the Australian Outrigger Canoe Racing Association and has been running for just over 5 years, next door to the VMR.

We have grown to over 60 members ranging from social paddlers to racing crews.

SQ Zone has just organised the first 'safari' paddle departing Woorim Beach on Saturday 30th July and heading to Bulwer at the Northern end of Moreton Island. Spots were limited due to the capacity of Moreton Island Wilderness Camp where we would be spending the night. BIMOCC was quick to register 2 crews (12 people) – we didn't want to miss out when it was on our turf!

12 other crews of 6 also took part – 3 from Noosa, 4 from Gold Coast,

2 from Outrigger Australia (Currumbin) and 3 from Coffs Coast.

As the day approached, the excitement started to build.

While our crews are used to competing at regattas and have paddled this distance (17km) before, we hadn't crossed such exposed, open water and who knew what the weather conditions would be like.

Departure morning arrived and the SE wind was around 20kph with stronger gusts while the tide was incoming. To say it was choppy was an understatement! However, the paddle was well supported by 5 capable support boats (carrying our overnight bags) and a jet ski as well as a representative, Adam, from the Australian Watercraft Registry. Rory and Dave from BIMOCC provided our support boat and our coach Endeavour travelled with them. I think they had a rougher ride than we did in the canoes!

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All paddlers coped admirably with the conditions and while 3 crews huli'd (capsized), we managed to stay upright! However, we did have to negotiate 2 huge container ships.

Adam was in radio contact with the skippers as we neared the shipping channel and we waited for them both to pass (in opposite directions) before we negotiated the enormous 2.5m swell/chop which seemed to come at us from all directions!

What a sense of achievement and elation we felt as we pulled onto the shore at Moreton! Wow, we had done it in around 2 hours! Canoes were secured above the high tide mark, the support boat was unloaded and anchored for the night, and we made our way to camp for a well-earned hot drink and lunch.

If you wanted a hot shower, you had to collect a bucket, fill it with hot water from the well-stoked donkey boiler, then take it to the shower block and tip it into another

bucket with a shower head at the bottom which was then hoisted above your head – well worth the effort!

Craig who runs Moreton Island Wilderness Camp was fantastic. Nothing was too much trouble. The accommodation was in covered tents, the dining area was a huge undercover area where the meals served were hot, hearty and plentiful.

There was an optional 4WD bus tour of the northern part of Moreton Island in the afternoon which was well worth it. Craig took us to all the points of interest (Champagne Pools, the lighthouse – where we saw whales, Blue Lagoon and Honeymoon Bay) and was very informative. Others chose to explore around camp and check out the wrecks on the beach.

SQ Zone had organised live entertainment during dinner – a great duo singing and playing Hawaiian-type music to maintain that 'island' feel. Then we chilled with a few

drinks by the campfire.

After a 'good' night's sleep, we were up for a full cooked breakfast at 7 am, packed up, support boats loaded and on our way home by 8.30 am. Fortunately, conditions for the return journey were a little kinder. An easterly wind pushed us from behind and the swell was not as big. It was still a tough paddle though for tired bodies and we were all very happy to catch a wave back onto Woorim beach.

The buzz around our club has been amazing since, and feedback from other clubs has been nothing but positive. I'm sure this will become an annual event, and we'll certainly be first on the list.

If you'd like to give outrigger canoeing a go, we have a **Fun Day Sunday** on the first Sunday of each month when you can come and try: all ages and fitness levels welcome. Email [bribieoutriggers@gmail.com](mailto:bribieoutriggers@gmail.com) for further details. We'd love to meet you!

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# THE BRIBIE ISLAND HEALTHY SLIMMERS FELLOWSHIP SUPPORT GROUP

The Bribie Island Healthy Slimmers Fellowship Support Group was formally the Weight Watchers Club of Queensland which was formed in 1978. Members of the Mitchelton Evening Healthy Slimmers retired to Bribie and founded Bribie Island Healthy Slimmers Day Club on 6th June 1982. On 12th May 1986, the Bribie Island Evening Club was formed this club closed in 2014 with members transferring to the day

club. Today Bribie Island Healthy Slimmers has 65 members who meet weekly. The Bribie Island Healthy Slimmers Fellowship celebrate their successful efforts annually at a graduation lunch where weight loss efforts throughout the year are rewarded and encouraged. This year the event was held in the Bribie Island RSL Club's Auditorium on Saturday 23rd July. Our theme was Ebony and Ivory which was a hit

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

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Our Graduation event is held as a way of recognising the efforts of those members who have lost weight and also for those who had reached their goal weight to graduate. The slimmer who loses the most weight within the year is crowned Queen and the one with the nearest weight loss to the Queen receives the title of Princess. This year's graduation Queen was Lesley Miller with a weight loss of 13.7kgs, the title of Princess went to Jane McKinlay who lost 8.9kgs, runner up was Delma Fleay losing 7.9kgs.

Lesley Miller and Dawn Ryan having achieved their goal weight and maintained it for 13 weeks before Graduation made graduates and Diane Firth, Eileen Harber, Lorraine Daniels, Margaret Banham, Sandra Webb and Sue Jackson were all made Postgraduates having maintained their goal weight for 1 year since becoming graduates. The club has 27 graduates and the award for the best postgraduate was awarded to Margaret King.

The overall net weight loss within the club this year was 42.6kgs. Once the member's goal weight has been reached there is an ongoing commitment toward maintaining that goal by remaining within a range of 2kgs above and 4 kgs below. To maintain their goal weights members are encouraged to remain with the club, some have been there for over 30 years!

Encouragement awards went to Bev

Sheean, Kaye Darr and Pam Camarsh who have really been trying to reach their goal weights. The President's award for our outstanding service to our club went to Lorraine Daniels

Losing weight can be difficult but keeping it off long-term can for some people be problematic. This is where being a member of the Healthy Slimmers can be an advantage. Weights are recorded weekly, and members are there to support each other in a non-judgmental way. Our club is all about being healthy and motivated.

Bribie Island Healthy Slimmers is also a very friendly and sociable organization. We have bi-monthly morning tea with a 'Bring and Buy' sale. We also have guest speakers. Parties at Easter, Mother's Day, Melbourne Cup Day and at Christmas time.

If you have been struggling with those covid kilos, why not join us, new members are always welcome. What have you got to lose?

Bribie Island Healthy Slimmers Fellowship meets every Tuesday in the Toc H Congeau House Hall at 36 Banyan Street, Bongaree Weigh-in is from 8:00 am-8:50 am with a meeting following concluding at 10 am

For more information,

email [bribieislandhealthyslimmers@gmail.com](mailto:bribieislandhealthyslimmers@gmail.com) or find us on Facebook

song in 1982, and symbolizes harmony, with Ruby for our 40th Anniversary Year.

When new members join our club, they are asked to discuss a suitable goal weight with their doctor before commencing. The club advocates a sensible eating plan, not fad diets, as we acknowledge the value of a healthy lifestyle.



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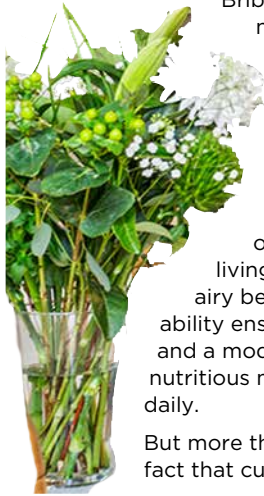


A new way of living.

**HOMETOWN AUSTRALIA**  
COMMUNITIES

# Suncare Boronia Cottage

"Sometimes everyone needs a break and at Boronia Cottage, we love to help make that special. There are times when a carer or family member needs some time. At Suncare, we can step in and look after your loved one. Or maybe you are looking for a little holiday away - at Boronia Cottage we ensure that our guests are well looked after, comfortable, entertained and safe." says Nikki, activities coordinator at the Cottage.



Bribie Island is a naturally beautiful location surrounded by pristine coastline. Custom built for respite care, Boronia Cottage offers spacious living areas, light and airy bedrooms with all-ability ensuite bathrooms, and a modern kitchen where nutritious meals are prepared daily.

But more than that is the fact that customers can plan

their own day.... breakfast in bed, coffee overlooking the sea or a freshly-baked cake for morning tea in the gardens of the Cottage. For the adventurous, social outings can include fishing, drives in the country, or a visit to Mt Mee. James Frew, a Suncare customer since 2019, thoroughly enjoys his visits to Boronia Cottage. The retired jeweller lives with his granddaughter in Brisbane but fondly calls Boronia Cottage his 'home away from home'. He says his time there feels like a holiday with the qualified staff always up for an easy conversation, an outing and a good meal.

Suncare's Boronia Cottage would like to thank all those who help us to make people's lives better. Recently, a visit to Boronia Cottage by MP Terry Young (Member for Longman) allowed Suncare to purchase two new fridges and replace floodlights and internal lights with energy efficient lights from the Powering Communities Grant handed over by the Federal MP.

Boronia Cottage was also able to purchase a new dishwasher thanks to the grant from the Bribie Island Community Arts Society. Local Charity, Busy Fingers



Fundraisers Inc., a not-for-profit second-hand shop operating on Bribie Island for over 30 years, ensures that Suncare customers at Boronia are entertained in style and comfort by donating generously to the Cottage. From a large television to a comfortable recliner chair, these continuing donations are so much appreciated.

For more information on enjoying a stay at Boronia Cottage, please contact Suncare on 1800 786 227 or visit Community Connections - Suncare Community Services

# Suncare Boronia Cottage

A modern, purpose-built home for short-term respite care.

Plan your own day, from breakfast in bed to watching television in a comfortable recliner or going fishing. Dedicated staff are at the Cottage 24/7, giving carers peace of mind that visitors are well looked after.

At Boronia Cottage, all you need to do is soak up the holiday feeling and enjoy the peace and tranquillity of Bribie Island.

Visit [suncare.org.au/community-connections/](http://suncare.org.au/community-connections/) or contact Suncare at 1800 786 227 for more information.



**"Your Home Away from Home"**

*Making people's lives better*







## ABORIGINAL AND TORRES STRAIT ISLANDER WOMEN AND COMMUNITY LEADERS FROM QUEENSLAND HEAD TO CANBERRA FOR STRAIGHT TALK

**A** boriginal and Torres Strait Islander women and community leaders from Queensland head to Canberra for Straight Talk Five First Nations women from Queensland will soon travel from all corners of the state—such as Townsville and Yam Island—to Canberra to learn about the federal political system while forming powerful networks at Oxfam Australia's Straight Talk National Summit.

Kicking off on August 14, the five-day summit will see more than 50 women from across the country gain invaluable insights into political processes and build on their skills to create positive change in their communities. Executive Lead of Oxfam's First Peoples Program and proud Wamba Wamba, Yorta Yorta, Dhudhuroa and Dja Dja Wurrung woman Ngarra Murray said

the return of the summit after a three-year hiatus represented so much to First Nations women and communities and is especially significant given Linda Burney's appointment as the first Aboriginal woman Minister for Indigenous Affairs.

"Soon, Aboriginal and Torres Strait Islander women from across the country will again gather on Ngunnawal and Ngambri Country for Straight Talk; bound by a mutual commitment to empower their communities and to contribute to real, positive change for generations to come," she said. "The women will get the chance to sit down with Parliamentarians, develop more tools to engage with the political system and establish lifelong relationships. Most importantly, Straight Talk supports Aboriginal and Torres Strait Islander women to amplify their voices and realise their right to self-determination — ensuring that they have a seat at the table to make decisions about the things that directly affect their lives and communities."

The women represent many different nations and language groups, range in age from 20s up to 60s, and have a wealth of life experience that has contributed

to their collective passion, drive and commitment to their communities. They will attend the summit's official opening ceremony at Parliament House, to be hosted by the Minister for Indigenous Australians Linda Burney.

Led by Kuka Yulanji woman and NAIDOC Scholar of the Year 2015, Michelle Deshong, the women will take part in small group meetings with politicians at Parliament House, participate in a Senate role play and have the chance to hear from MPs such as Yamatji-Noongar woman and WA Senator Dorinda Cox and Senate President Sue Lines. Guest speakers include Jody Broun, a proud Yinjibarndi woman from the Pilbara in WA and Chief Executive Officer of the National Indigenous Australians Agency, and Karen Diver, who was US President Barack Obama's Special Assistant to the President for Native American Affairs.

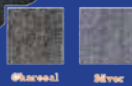
Since its inception in 2009, the Straight Talk program has brought together more than 950 Aboriginal and Torres Strait Islander women, many of whom have ascended into change-making roles within their communities and beyond.



## BRIBIE MEDICAL EQUIPMENT HIRE AND SALES



Sarah Adams



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

## ACUPUNCTURE FOR SCIATICA

One of the main nerves in our legs is called the sciatic nerve which traverses from the lower back, through the buttock and down the leg. When the nerve is inflamed, pain, numbness, and/or weakness is often felt in the buttock and upper leg - in some cases the pain can travel down to the feet, down the back or side of the leg. Sciatica can literally be a big pain in the butt!

It is estimated that up to 40% of people experience sciatica at some point during their lives, most commonly in people in their 40's or 50's, and more commonly in men than women. Sciatic pain may be constant or it may be felt as a sudden pinching sensation. Oftentimes sciatica cannot be blamed on a specific trauma - sometimes simply bending, lifting, or straining may aggravate it. Even sitting for extended periods, such as during long car rides, may be the culprit. Pain is triggered when pressure is put on the sciatic nerve such as from the spinal discs or tight muscles, or more seriously spinal disc herniation, when a portion of the spinal disc bulges out of the spinal column and pushes on the sciatic nerve, or spinal stenosis, a narrowing of the spinal canal.

Fortunately tight muscles or spasms are the most common cause of sciatica, which can be treated more easily. Often the root cause is a tight piriformis muscle in the buttocks, but other muscles in the lower back and pelvic region often contribute to sciatic pain. Acupuncture has been shown to be an effective treatment for sciatica, eliminating or significantly decreasing pain and increasing quality of life. Research has shown acupuncture to be successful in treating back pain and sciatica through the following mechanisms:

- Stimulating nerves located in muscles and other tissues, leading to the release of endorphins which relieves stress and pain
  - Reducing inflammation and muscle stiffness and increasing joint mobility by increasing blood circulation in the affected area
  - Promoting regeneration of the sciatic nerve.
- Acupuncture is a popular and effective treatment for sciatica which is without the side effects of prescription pain medications like NSAIDs and muscle relaxers. Clinical guidelines for low back pain in the United States are now almost universally recommending acupuncture for low back pain over previously-favoured pharmaceutical and surgical options. The American College of Physicians, Medicare/Medicaid and the Joint Commission (which establishes criteria for hospital accreditation) have all



recommended acupuncture for low back pain.

## NEW TO ACUPUNCTURE

We treat a wide range of conditions and clients at our clinic - so far the youngest client we've had was 4 years old and our oldest was 91! For many, acupuncture is their go-to treatment but we also see many new clients each week that have never had acupuncture before but are keen for a different approach for their health.

So what happens at your first acupuncture appointment? During your first appointment we like to get a thorough understanding of your condition, the severity, how long you've had it, and how it impacts your quality of life. Where applicable, we will also perform a physical assessment and discuss your health goals. We develop an initial treatment plan which will allow us to better understand your individual response to acupuncture, as some people respond quickly, while others take a bit longer. This will help us determine how many treatments you may require. Where do the needles go? Well, it depends! Both Jessica and Wendy have studied a number of acupuncture styles (there are many!), so we customise the treatment for the client based on our assessment and your requirements. For some, climbing on top of a treatment table is one of the last things they want to do, so we're happy to treat clients whilst they are seated in a chair with just their shirt sleeves and pant legs

rolled up. We in fact have many clients that have restricted mobility come for treatment. Sometimes acupuncture needles are placed at the site of concern, for example on the back for back pain, where other times we use the body's internal wiring and put needles in the arm, for example, to treat the back. The needles are about the thickness of two human hairs and are one-time use. Many of our clients fall asleep during treatment and all leave very relaxed.

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

**bribie acupuncture**

Peripheral Neuropathy • Pain  
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Menopause • Hormonal Health  
Digestive Issues • Insomnia  
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**Jessica Yung**  
Registered Acupuncturist, BHSc. Acup.  
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@bribieacupuncture

**4/29 Benabrow Avenue, Bellara**  
(behind the James Moore law office)

# KHAI CARERS

I used to hate this nursing home; my life was such a drudge.  
 The food was just plain awful, so my bowels would hardly budge.  
 The inmates? Uninspiring (I shouldn't be so trite).  
 The conversation? Limited (and that would be polite).  
 The staff? They tried their darndest (despite their meagre wage),  
 Amidst the wafts of urine (which never smells like sage)!  
 The Matron? Grim demeanour (which camouflaged a smile)  
 And should diarrhoea "runneth", she's first to flee a mile.  
 The euphemistic title of this lifeless, tawdry scene,  
 Is to paint a vibrant picture with the name of "Eden's Green"!  
 But Covid struck us residents (and carers lost their pride)  
 As all of us were locked down, just like hermit crabs; inside.

One bleak day, the air was rent by choppers overhead;  
 The S.A.S. did abseil down to attend to us, in bed.  
 It seems a bit dramatic when a hand grenade explodes.  
 But then I guess, they didn't know, the secret front door code!  
 Well, now the place is hopping with the forces taking charge,  
 There's no more slip shod antics when your nurse is now called  
 "Sarge"!  
 The wakeup call is wonderous from the Andrews Sisters - three;  
 Their Boogie Woogie Bugle Boy from Company called "B"!  
 It's played so loud, the staff do jump, clear off their nurse's  
 station,  
 The side effect? Remedial, for any constipation!

We have to make our army cots before the first inspection,  
 The slothful ones are sent to sweep the main road's intersection.

Chow time is pure wonder; we line up straight as dies,  
 The cook provides the rations; Bully Beef with sauteed flies!  
 There's order in the day room; no dribbling of the nose,  
 And all the wheelie walkers are arranged in rigid rows.  
 The tele has been outlawed for it clouds the aging mind,  
 The Calisthenic Corporal takes us through a sweat soaked grind.

And mindless games of dominoes? Deported off to heaven,  
 Replaced by fun tutorials on AK-47's!  
 With military precision, we are marched off to the loo,  
 Then Private Partz examines us, to ensure no poo's on view!  
 The sanitation protocols improve with leaps and bounds;  
 No self-respecting virus, on a surface, can be found.

The discipline is fabulous; no trivial dissent,  
 A whinging, whining miscreant is to the "cooler", sent.  
 That Gladys and her gossip was soon silenced; she was made,  
 To clean the gluey ear wax from the others' hearing aids.  
 And Arnold as the "Wanderer", was put to better use,  
 By trudging through the vat that makes a Tinea - Prune Juice!  
 Maisie took a shine towards Lieutenant Fauntleroy  
 And flashed a puffy ankle from her hot pink Lazy Boy.  
 The Colonel had the best of it (said rumours 'round the base)  
 He wooed the wicked Matron; put a grin upon her face.

Our visitors are speechless as they view our presentation,  
 With gleaming leather slippers, we're the pride of our fine nation.

Dementia has been cured (a court martial type event).  
 Our "Dressing Gown Militia" is now seen as service bent.  
 For most of us had suffered through some horrifying wars,  
 Our aging scars had morphed into a clutch of ripe bed sores.  
 But this renewed initiative has raised our proud morale,  
 We march as ANZAC's one and all, around our fresh locale.  
 The rocks throughout the gardens are now freshly painted white,  
 The doorknobs too, are polished; they reflect a blinding light.  
 The army boys and girls have given back our will to live,  
 No longer here abandoned with our recall like a sieve.  
 This life of milk and honey is a dream like chips and gravy,  
 And bath time should be thrilling when they next send in the Navy!  
 Phil A. Mignon

## The most outstanding funeral venue in the Moreton region



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With our light-filled chapel and refreshment lounge, appointed to overlook our beautiful gardens and surrounding National Park, it is no wonder Great Northern Garden of Remembrance is the Moreton Bay Region's most outstanding funeral venue.

The facility provides families with a peaceful, prestigious funeral setting complemented by beautiful memorial gardens and a fully-catered refreshments lounge to gather socially and reflect on a life well-lived.

**When your funeral director asks which venue, make Great Northern Garden of Remembrance your answer.**

# Upcoming health activities



## Tai Chi (2535)

Enjoy gentle exercise for complete fitness in a beautiful outside setting.

This safe and easy-to-learn program helps to relieve pain and reduce stiffness, improve balance and reduce falls. Boost your muscular strength, increase joint flexibility and improve flow of Qi (life energy). Suitable for anyone wishing to improve their health and fitness.

**Note:** Wear enclosed shoes and suitable clothing. Bring your own towel and water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

- Tuesday, 16 August 2022 | 11:30 AM - 12:30 PM
- Tuesday, 23 August 2022 | 11:30 AM - 12:30 PM
- Tuesday, 30 August 2022 | 11:30 AM - 12:30 PM
- Tuesday, 06 September 2022 | 11:30 AM - 12:30 PM
- Tuesday, 13 September 2022 | 11:30 AM - 12:30 PM

Gary Parsons Park (near the gym equipment), South Esplanade, Bongaree 4507  
Contact Australian Academy of Tai Chi 414569492  
[jemcgaw@iprimus.com.au](mailto:jemcgaw@iprimus.com.au)

## Mindfulness and Movement Workshops for Children (2537)

These workshops promote mindfulness, breathing, meditation and movement activities such as Tai Chi and creative activities.

**Note:** Wear enclosed shoes, comfortable clothing and bring a water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

### When

- Tuesday, 16 August 2022 | 03:30 PM - 04:30 PM
- Tuesday, 23 August 2022 | 03:30 PM - 04:30 PM

- Tuesday, 30 August 2022 | 03:30 PM - 04:30 PM
- Tuesday, 06 September 2022 | 03:30 PM - 04:30 PM
- Tuesday, 13 September 2022 | 03:30 PM - 04:30 PM

### Contact

Relaxing Rainbows  
407048420  
[relaxingrainbows@outlook.com](mailto:relaxingrainbows@outlook.com)

## Pilates Matwork (2548)

Mat Pilates incorporates strength, balance and flexibility movements to improve core muscles, posture and spinal alignment.

**Note:** Participants under 18 years can attend but must be accompanied by an adult. Wear enclosed shoes and suitable clothing. Bring your own mat, towel and water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

### When

- Wednesday, 17 August 2022 | 09:00 AM - 10:00 AM
- Wednesday, 24 August 2022 | 09:00 AM - 10:00 AM
- Wednesday, 31 August 2022 | 09:00 AM - 10:00 AM
- Wednesday, 07 September 2022 | 09:00 AM - 10:00 AM
- Wednesday, 14 September 2022 | 09:00 AM - 10:00 AM

Beachmere Community Hall, 5 Progress Avenue, Beachmere 4510  
Contact Karen Harris 0402 114 201  
[karenharriscelebrates@bigpond.com](mailto:karenharriscelebrates@bigpond.com)

## Adults Dance and Wellness Program (2557)

Love to dance but never get the chance? These classes are designed especially for older adults as we focus on improving memory and mood as well as strength, balance and joint mobility.

You will learn the steps for an easy jazz routine, which means we get some brain training as well as gently exercise the whole body. We work in 2 levels, so beginners are welcome.

**Note:** Wear non-slip shoes and

suitable clothing. BYO towel and water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

### When:

- Wednesday, 17 August 2022 | 10:30 AM - 11:30 AM
- Wednesday, 24 August 2022 | 10:30 AM - 11:30 AM
- Wednesday, 31 August 2022 | 10:30 AM - 11:30 AM
- Wednesday, 07 September 2022 | 10:30 AM - 11:30 AM
- Wednesday, 14 September 2022 | 10:30 AM - 11:30 AM

Beachmere Community Hall,  
5 Progress Avenue, Beachmere  
Contact Dance and Wellness  
412534777

[leisa141@gmail.com](mailto:leisa141@gmail.com)



## Fitness for Older Adults (2568)

Weekly group fitness classes using your own body weight and equipment such as kettle bells, dumbbells, and resistance bands. Focused on low impact movement, reduced reps and weight, no running, jumping or other plyometric exercise. Suitable for those who have conditions that are worsened by high impact exercise, are aged over 55 or want to improve mobility. Ideal for people who are new or returning to exercise after a long break.

**Note:** All participants are required to complete a pre-exercise screening and assessment that takes approx. 20 minutes. Wear enclosed shoes, a hat and wear suitable clothing. BYO towel and water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

### When

- Thursday, 18 August 2022 | 07:30 AM - 08:30 AM
- Thursday, 25 August 2022 | 07:30 AM - 08:30 AM
- Thursday, 01 September 2022 | 07:30 AM - 08:30 AM

• Thursday, 08 September 2022 | 07:30 AM - 08:30 AM

• Thursday, 15 September 2022 | 07:30 AM - 08:30 AM

Banksia Beach Park, 20-35 Solander Esplanade, Banksia Beach 4507  
Cost \$4.00

Contact All Inclusive Fitness  
0488 994 432

[lisa@allinclusivefitness.com.au](mailto:lisa@allinclusivefitness.com.au)

## Self Defence for Women (2583)

Anyone can be targeted by an attacker, so everyone deserves the ability to improve their defences.

You will develop the ultimate mindset for real world self-defence and the physical skills needed to defend yourself.

The session includes verbal strategies, scenario's and physical

techniques. Prior experience isn't necessary.

**Note:** Participants under 18 must have an adult guardian on the mat with them or a suitable prior arrangement. Wear a loose-fitting plain t-shirt and unrestrictive pants. Bring your own water bottle.

The delivery mode, conditions or rules for this activity may have been modified in accordance with State Government regulations for COVID-19.

### When

- Thursday, 18 August 2022 | 06:00 PM - 07:00 PM
- Thursday, 25 August 2022 | 06:00 PM - 07:00 PM
- Thursday, 01 September 2022 | 06:00 PM - 07:00 PM
- Thursday, 08 September 2022 | 06:00 PM - 07:00 PM
- Thursday, 15 September 2022 | 06:00 PM - 07:00 PM
- Thursday, 22 September 2022 | 06:00 PM - 07:00 PM

Bribie Island Sports Complex - AFL Clubhouse, First Avenue, Bongaree 4507  
Cost \$4.00

Contact Bribie Martial Arts  
0450 883 369

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

# THE IMPORTANCE OF CELEBRATING LIFE MILESTONES

We cherish special life milestones like birthdays and anniversaries for a reason. They represent continuity and growth, the unbroken threads that shape a person's life.

## **Physical Health.**

Celebrating is good for people. It's an opportunity for activity, conversation, laughter and excitement. Parties can mean games and singing and even dancing. Laughter opens airways, lowers blood pressure and relaxes tight muscles. People eat more when they're celebrating together, and they perceive less pain.

## **Mental Health.**

This is the key to the importance of celebrating life. We are social creatures, and we're happier when we connect with each other. Multiple generations of family come together at birthdays

and anniversaries, to think about their shared history, to tell familiar stories and unveil new ones, to enjoy seeing how the children have grown, and to feel close to people they've known their whole lives. Celebrating these events allows people the chance to feel like they've achieved something significant, and that their commitment to each other has value in the eyes of their family and friends.

## **Family relationships.**

Families bond together because of the years of experience they have shared. Celebrations are an opportunity to deepen these bonds by bringing people together who see each other only rarely. Special events become reunions, allowing far-flung family members to see each other in the context of celebrating their loved ones. These moments reinforce the continuity and endurance of family ties, another important source of strength and peace when challenges arise.

## **Community relationships.**

Family bonds aren't the only ones that

help us stay connected. When a person has worked and lived in a community for years, long-standing friendships are often the result. Relationships of parents who raised their children together, professionals who worked together, people who shopped at the same stores, sent their children to the same schools and doctors and baseball practices, are also important to celebrate on special occasions.

Celebrations can be easy to postpone or ignore as we get older. Maybe it's hard to think about how many birthdays have passed, or how many anniversaries. Maybe it's hard to celebrate without worrying about being a burden on family and friends. Maybe there are painful memories or unhealed grief that make celebrating difficult. In all these cases, the answer is to stay focused on the importance of celebrating life. Don't skip the party. Instead, adjust your plans so that your celebration fits your mood.

Everyone has a story worth sharing  
a life worth celebrating - especially you!



A priceless gift for yourself, your loved ones and generations to come.

If we don't share today...tomorrow it is lost forever...

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Let us write your life of stories, experiences and reflections in a personal memoir.

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.....  
Contact Caroline - 0401 544 153



I have confessed to this before, but I will say it again. I possess not one skerrick of Spatial Intelligence!

This has proved to be a trial throughout my life and has led me into so many distressing situations, perhaps the chief amongst them is that of getting lost! I now factor the inevitable “loss of way” into the time it takes me for a journey, no matter how many times I have made it before, or how simple and straightforward the trip would be for those fortunate beings possessing a full complement of brain power.

In those halcyon days when I drove a car, I could travel for hours in the wrong direction, heading for the Gold Coast instead of the Sunshine Coast, even finishing up in Caboolture, worse, Wamuran and thence to Woodford, before realising I was lost. In my days, we did not have robotic ladies or gentlemen telling us to turn left at the next intersection or saying in kindly tones, “wrong way, turn around at the next roundabout”. Whether they would have been of assistance, I am unsure. Which way should I turn off the roundabout? I could be heading for God-knows-where if I made a mistake.

Mercifully, my motorised mobility scooters, Ferrari 1 and now 2, understanding the frailties of their rider, have steadfastly refused to

cross the bridge, and so I am now confined to the relative geographical safety of this small island. Even so, I always allow a good half hour extra to the length of time it would take a competent navigator to travel from A to B.

***To give you an example of my ineptitude, consider the following.***

The other day, I took it into my head to visit some friends on Bribie. I had made the excursion several times before with very minor problems and felt reasonably confident that I would find their address without too many hassles. Nevertheless, I did allow myself that extra margin of time that I knew, from bitter experience, might be called upon. A wise move. Yes, I became totally lost. What to do? The wise words of my mother came flooding back into my befuddled brain. “Elaine, you have a tongue in your head, use it!”. My present incompetence cannot be blamed on my advancing years, for I was ever thus.

I stopped beside a work truck, full of young men in bright yellow safety vests, and asked for directions. “One minute”, they said, and proceeded to consult their smartphones, those contraptions that are so infinitely smarter than I am. Directions were given, and to my relief I found that I was only a few streets away from my desired destination, even arriving a full four minutes early.

The visit, being satisfactorily completed, it was time to make my next foray into the unknown. Dangerous territory indeed!

I asked for further directions. Perhaps I did not listen carefully enough, but I definitely heard that I should turn left, so on leaving I did as I had been instructed, only to be confronted by an End of Road sign.

There was nothing for it but to turn around, accelerating past the home of my friends, lest they should witness my incompetence and disobedience, until I spied the name of a road I vaguely remembered in the instructions I had been given.

Taking a wild “punt”, I turned left and proceeded along the pavement of the very long road that stretched in both directions. Was I heading closer to my desired endpoint, or travelling further away? I was unsure.

Then I remembered the map of the Island in the capacious black bag at the rear of my scooter. I unfolded it and squinted. Now, map reading has never been my forte unless the map, the road and I, are all pointing in the same direction. Since I was unsure whether I was coming or going, this presented one problem, added to which I had neglected to bring my reading glasses, presenting yet another. Once again, I had to call upon the wisdom of my deceased mother.

A pleasant-looking lady was in her garden, attending to her flowers. Using my very best manners, I politely asked her if I was heading in the correct direction to reach the Woolworth’s Shopping Centre.

To a mixture of both my amazement and relief, she assured me that this was the case. Past the big roundabout I travelled and on to the Podiatrist where, again, I managed to arrive for my appointment on time.

I decided not to visit Woollies on this occasion, lest by pushing my luck I should find myself forever wandering through their vast aisles like some kind of ghostly spectre. The journey home was without incident, an unusual but blessed relief!

The above is just one example of my wanderings. I could recount many more: how I lost my way whilst driving to school, arriving very late; losing an entire class of students whom I was supposed to be supervising in a game of Soccer, and so many more painful memories that I really have no wish to resurrect.

Being without any sense of direction can best be compared with colour blindness in a multi-hued world, or being tone-deaf in a universe full of music, but, as yet, I have found nothing that will rescue me from such mindless meanderings.

***Elaine Lutton.***

## We did it - GP Priority Status Delivered for Pumicestone!

### Dear Pumicestone

Since before I was elected, people have been telling me how hard it is to find and get in to see a GP in Pumicestone.

One of the comments that stuck with me was "You can't plan when you're going to get sick."

People in our community were left waiting 4-6 weeks for an appointment, waiting lists were months long, clinics closed their books and some closed altogether when they couldn't recruit doctors.

Most illnesses can't wait 4 weeks. You can't sit around waiting for a phone call when you're sick. New residents shouldn't have to travel to old suburbs just to get healthcare.

Yet all of this happened and was only going to get worse, without lasting changes.

So I worked hard to get our area more GP access and now it's about to get easier, with GP priority status restored for all of Pumicestone.

Under the new Federal Government, Bribie-Beachmere and Caboolture have been made Distribution Priority Areas once more.

Having our GP priority status restored allows local medical practices to recruit doctors from a bigger pool, including rurally bonded doctors and overseas trained doctors.

With many elderly people as well as young families in our area, I want to make sure you can see a doctor when you need to.

This has been a long fight for our community.

1,176 local people signed my petition calling on the Federal Government to make these changes so people in Pumicestone could access essential healthcare.

Following on from our campaign came Federal Labor's GP Inquiry and our Queensland's Primary Care Inquiry. And it worked! When the Albanese Government was elected, they gave back our GP priority status.

I am so grateful that Prime Minister Anthony Albanese and our new Federal Government listened to our community and our fight for access to essential healthcare.

The whole of Pumicestone including all of Bribie, Sandstone Point, Ningi, Beachmere, Toorbul, Donnybrook, Meldale, Elimbah and Caboolture, now have GP priority status.

We're already seeing the benefits of Pumicestone being back on the DPA list, with new clinics opening with more doctors and extra appointments available in local clinics regularly.

Well done to everyone in our community who raised this issue, shared their experiences and worked hard with me to get this over the line.

Thank you!  
Warmly



Ali

Have something you'd like to raise as an issue? Please get in touch with my office by calling 3474 2100 or by emailing [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au)





bribiephotographyclub@gmail.com

# BRIBIE ISLAND PHOTOGRAPHY CLUB

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

**Bribie Island Photography Club;**

**The Boardroom, Community Arts centre, 191 Sunderland Drive, Banksia Beach, Bribie Island, Queensland, Australia**

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

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

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



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





We welcome you to visit this two-day, one off art exhibition, featuring the artwork of two artists, Lyne Marshall and Cecily Slade. The gallery in Bribie Pines Estate at Ningi, normally only open by appointment, is situated on a garden acre and offers a unique experience to meet the artists in a working environment. Lyne Marshall is a contemporary painter of emotive landscapes and the author of four art related books. Cecily Slade is the painter of translucent light and its effect on nature. She offers originals and reproductions of her work.

Using a variety of materials and processes, Lyne predominantly uses acrylics. Travelling helps the artist find examples of the unexpected in all corners of Australia. Her art is not about localities but rather about the emotional experiences

encountered. Guest artist Cecily has had a long career in design and her focus now is to capture the beauty of flowers using oil paint.

Lyne's art will be displayed in her dedicated gallery and visitors who have an interest can also step into her studio where she works most days. Weather permitting Cecily's flower paintings will be displayed through-out the garden grove with places to sit and contemplate. Her work will also be in undercover spaces. Cecily has her own studio at her home in the Moreton Bay Region.

For more information phone Lyne on 0418 876 230 or visit the websites. The artists will be onsite both days and look forward to meeting you.



Clarity 76 x 76 oil on canvas

## *Living in the Light*

**Weekend Art Exhibition Event**  
9am - 5pm 20th - 21st August 2022

**CECILY SLADE**  
**LYNE MARSHALL**

The gallery is situated on a garden acre offering an overall unique art experience. Otherwise by Appointment only

10 Gunsynd Court Ningi 4511 Qld  
Bribie Pines Estate M 0418 876 230

[www.artclique.com.au](http://www.artclique.com.au) - [www.cecilyslade.com](http://www.cecilyslade.com)



Red Heart 90 x 90cm acrylic on canvas



Bribie Island Community Arts Centre  
191 Sunderland Drive Banksia Beach

Ph 3408 9288;

Tuesday to Saturdays 9am - 4pm; Sundays 9am - 1pm.

# YOUNG ARTISTS

**IF YOU ARE - OR KNOW - A YOUNG ARTIST, THE NEXT GENERATION ART PRIZE 2022 AT BRIBIE ISLAND COMMUNITY ARTS CENTRE IS CALLING YOU.**

**Open to entrants aged 7 to 18, it runs across five age groups. Judges will pick a 2D and 3D winner and a Highly Commended award in each group for prizes totalling more than \$4000.**

There's also a prize for a work made from recycled materials, sponsored by the Bribie Island Environmental Protection Association.

Enter online at the Bribie Island Community Arts Centre website, <https://www.bribieartscentre.com.au/copy-of-next-generation-art-prize-2022>, at the Centre or ph 3408 9288.

Entries must be lodged by **Sunday August 14**, with works delivered to the Arts Centre **August 20 and 21**.

**Exhibition of all entries runs August 24 to September 11**, with opening night and prize giving on Saturday evening **August 27**.

**Next Gen** organising committee members Sarah Cave, Angela Venardos and Stacey Bennett are excited the competition is returned to its original form after two years where it was absent and then open to online entries only.

They say they're delighted and surprised at the range and talent of creative youngsters in the shire and surrounds and look forward to seeing what the **2022** event brings.

"It's a thrill for young and emerging artists to see their work hung in a prestigious space like the **Matthew Flinders Gallery at the Bribie island Community Arts Centre** and it's our thrill to put them there," Sarah says.



# Bribie Island VIEW Club

**A**t our July luncheon, we were fortunate enough to have Professor Roly Sussex as our guest speaker. Roly is an Emeritus Professor of Applied Language Studies at UQ and spoke to our group about the evolution of Australian English. Roly is a very entertaining speaker and has had a programme on ABC radio for over twenty years. We certainly learned a lot about how our language has changed, particularly since the 1950s, and whether or not Australian idioms are actually going to survive. The attached picture shows Roly being presented with a Certificate of Appreciation from our President Kay Benson.

Our September luncheon will

be a special fundraising effort for The Smith Family Learning for Life programme and will be held at Pacific Harbour Golf and Country Club on 28th September where we will be entertained by Retro Revival singing hits from the 60s, 70s and 80s. The cost is \$30. This is an open function; anybody is invited to attend. It looks like being a lot of fun, so get together as a group and secure a table. Tickets must be pre-booked - contact Stella 0419 796 476.

**If you are interested in finding out more about VIEW Club activities, contact Julie at 0412 913 636 or Jennifer at 0402 663 867.**



## TAX TIPS....

### CLAIM EVERYTHING YOU CAN

Listed below are some possible tax deductions that you may have overlooked:

Investment expenses, charity donations, Accountant's fees, travel to and from Accountant, phone calls to Accountant, motor vehicle expenses (work related but not usually to and for work unless tool carrying), course fees, seminar fees, self-education related to your work, sunscreen, protective clothing, eye protection, work boots, laundry, dry cleaning, books and journals, briefcase, home office electricity, printer ink, copy paper, stationery, subscriptions, salary package fees, income protection insurance, newspapers, personal contributions to superannuation, computer expenses, mobile phone use, internet use, overtime meal costs, tools, equipment, union fees.

To claim a tax deduction, you must have incurred the expenses, it must be necessary to do your job and you need evidence to substantiate it (receipts).

To maximise your tax deductions, please contact me.

*Noelene and Angela*

62 Cosmos Avenue, Banksia Beach

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

[info@bribieaccounting.com.au](mailto:info@bribieaccounting.com.au)

**PH: 3408 9539**

## NOELENE LAKE

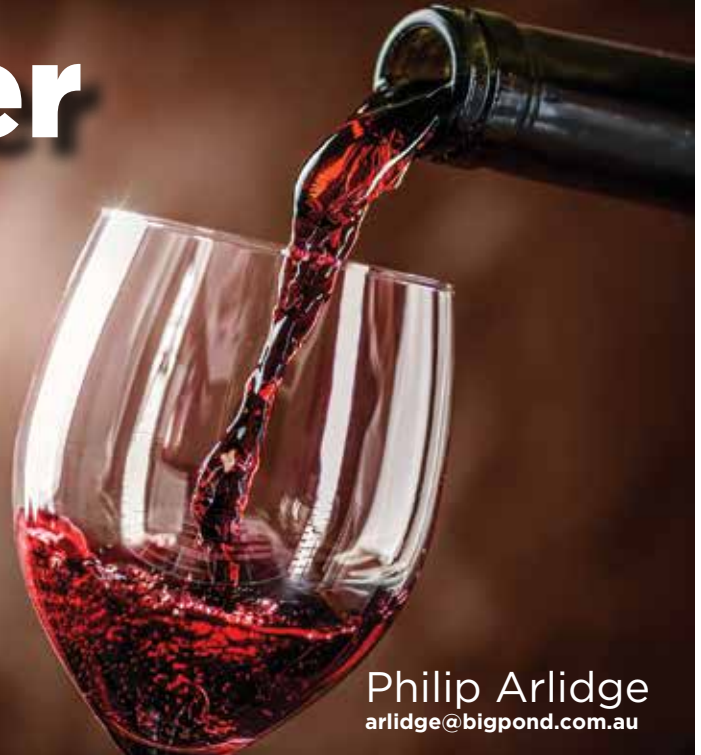
### BRIBIE ACCOUNTING SERVICES



# Winelander

*W.C. Fields*  
*I enjoy cooking with wine*  
*sometimes I even add it*  
*to the food*

*Ernest Hemingway*  
*The only regret in life is that I*  
*didn't drink more wine.*



Philip Arlidge  
 arlidge@bigpond.com.au

I have to make an apology for the last issue to both you the reader and The Islander because whilst Shingleback makes outstanding wines it seems Liquorland have decided in their wisdom to delete several of the Shingleback products, one being The Bio Project which the guys at The Islander did a wonderful label copy for the story and The Davey Estate range. When I bought the Tempranillo blend off the shelf a few weeks ago I omitted to read the offer caption which read 'whilst stocks last' meaning when it's gone it's gone, sorry about that. I only found out about this when I bought some of the excellent Houghton Margaret River Chardonnay the other week for \$8 when last year it was \$13 and two years ago \$20, when I tried to buy more, I was told about the phrase 'while stocks last' anyway I shall pay more attention in future.

Talking of Houghton, I have always been a big fan of their wines as we hail from The West and historically, they are one of the oldest wine producers from Western Australia, founded in 1859 on the banks of the Swan River in The Swan Valley. Unfortunately, they have now become victims of being tied to one of the largest wine operations in the world namely Accolade which market a massive range of products and where history takes a back seat to profit and a couple of years ago the famous Houghton Winery in the Swan Valley was sold to their neighbours Oakover Estate.

Two wine operations control a massive share of the market Accolade and Treasury Wines Estates and I would suspect that their combined sales would be in excess of 60% of the Australian market and running

historical Estates such as Houghton and Seppeltsfield is more of a hindrance than a benefit, the problem I have with this current situation is that along with the buildings that are sold off so are the vineyards which then leads one to wonder exactly where do the grapes for the favourite labels such as Wolf Blass, Rosemount, Houghton, Lindeman's, Hardy's Grant Burge etc. etc. come from and of course this has also led to the destruction of many famous Australian labels such as Kaiser Stuhl, Seaview and others.

Using my Naked wines account I bought a selection of wines a few weeks back which included wine from a winemaker called Daryl Groom, a winemaker I remember from my Kaiser Stuhl days. I contacted him because one of his wines was made from Zinfandel grapes and was excellent, this is a grape variety that is grown widely in California and is the third widest planted behind Cabernet Sauvignon and Chardonnay, however, there are not many plantings here in Australia. Darryl explained that when Kaiser Stuhl was taken over by Penfolds he became a Penfolds winemaker and eventually made a few vintages of Grange before being transferred to California where Penfolds was getting involved with several vineyards over there. Darryl discovered an affection for Zinfandel and upon setting up his own winery in the Barossa tried planting some vines, however, it took several attempts before he got it right with the soil and weather not what the grapes wanted; however, he found a patch of land that suited the grape variety, and the result is an outstanding wine.

I first came across Zinfandel whilst visiting The U.S.A. on the shelves of a supermarket

chain called Safeway and the brand was Joel Gott who has a winery in The Napa Valley and really took to the style as an alternative to Cabernet Sauvignon and Shiraz. I remember Cape Mentelle from Margaret River introduced it in the mid-1980s and notice it is on sale in Dan Murphy's at \$50 a bottle, it would be interesting to see how this wine shapes up as Margaret River has many of the characteristics that The Napa Valley has which is why the two top grape varieties there are also Cabernet Sauvignon and Chardonnay. Some BWS stores sell Zinfandel, Kedall-Jackson from The Napa Valley at \$34 a bottle and Gallo Family Winemakers also from The Napa do a white Zinfandel at \$13 a bottle, the Zinfandel red is a terrific alternative to Cabernet Sauvignon and Shiraz and goes very well with a hearty steak or mature cheese, you can now find Joel Gott wines and Napa Valley Estate at some speciality stores, these are really worth seeking out as they are outstanding wines, Nicks Wine Merchants and Carboot sales in Victoria both carry the wines and offer online sales.

Wine tastes have certainly changed over the last 40 years or so, when I started in the industry it was hard to believe that less than 5% of wine drinkers bought bottled red wine and most wine drinkers enjoyed sweeter white wine styles such as Bodega, Summer Wine, Cold and White Duck, Ben Ean, Black Forrest, Porphyry Pearl and most anything with the words Moselle on the label, also 4-litre casks were sold by the pallet everywhere and again it was the sweeter styles that made up most of the pallet, also there was a large demand for fortified wines, how times have changed.

Cheers Philip Arlidge



## AVO GREAT DAY WITH AUSTRALIAN AVOCADO RECIPES & IDEAS!

Avocados first arrived in Australia in 1840 in seed form and were planted in the Royal Botanical Gardens in Sydney. Further commercial imports of seed and plants continued over the next 110 years until by the late 1960's when a developing Australian industry began to take shape.

Currently avocado orchards are found in Queensland, New South Wales, South Australia, Victoria, Western Australia and Tasmania. Avocados are a perennial fruit and Australian premium produce is available all year round because of the widespread and climatically diverse growing regions. The highest volume of fruit is available between March and November.

Avocados are known to have existed from as far back as 291 BC. They originally took root in the highlands of Central America and Mexico and the lowlands of Colombia in South America, where they grew wild. This exotic fruit was first transported to Europe in the 16th century, after the Spanish conquistadors invaded Mexico and Peru. When the Aztecs discovered the unique greenish

coloured fruit with a seed in the centre, they dubbed it 'ahuacatl', which has evolved over the centuries into the word avocado.

The two main varieties of avocados grown in Australia are Hass and Shepard. Hass are in season from May through to January and Shepard's are in season from February through to May.

*Australian Avocados Recipes (Kristen Beck - Registered Nutritionist)*

### AVOCADO, BANANA CHOCOLATE MOUSSE

A deliciously thick, creamy and healthy dessert or sweet treat that will satisfy a sweet craving in an instant.

**Serves: 3**

**Preparation: 10 minutes**

**Cooks in: minimum 1 hour refrigeration time**

#### INGREDIENTS:

- 1 x large ripe Australian avocado
- 2 x medium ripe bananas
- 25 grams (¼cup) unsweetened cocoa powder
- 1 x teaspoon vanilla extract
- 4-5 large medjool dates (pitted) (these can be replaced with dried dates soaked in boiling water).
- Large pinch sea salt
- Optional: chopped roasted mixed nuts to serve on top

#### Method:

1. Place avocado, bananas, cocoa powder, vanilla extract, dates and salt into a food processor or blender and

blend until completely smooth and combined.

2. Divide the mixture into 3 small serving bowls or glasses then refrigerate for at least one hour.

3. Optional: Sprinkle finely chopped mixed dried nuts over the top before serving.

#### Nutrition:

You can enjoy the nutrition, health and taste benefits of avocados in this healthy dessert that uses the natural sweetness from bananas and dates (rather than the artificial sugars, syrups and intense sweeteners in so many so-called "healthy" desserts). This delicious mousse not only contains healthy monounsaturated fats, vitamins, minerals and antioxidants from Australian avocados, it also provides a stack of healthy dietary fibre which is so important for gut health, digestion and body weight management.

### AVOCADO BAKED EGGS WITH CHILI, LIME AND CORIANDER

This easy, delicious and spicy recipe is a nutritionally complete, balanced meal perfect for breakfast, lunch or dinner.

**Serves: 2**

**Preparation: 10 minutes**

**Cooks in: 10 minutes**

#### Ingredients:

- 1 x ripe avocado
- 1/2 tablespoon extra-virgin olive oil
- 4 x large eggs
- 1 tsp red chili paste
- 1/2 fresh lemon or lime
- 2 sprigs fresh coriander
- Sea salt and black pepper

#### Method:

1. Preheat oven to its highest temperature.

2. Grease a small round baking dish with olive oil and crushed red chili paste.

3. Crack whole eggs into the greased baking dish.

4. First cut avocado into quarters, peel and remove seed then slice the avocado quarters into thin slices and arrange them around the egg yolks in the baking dish.

5. Season dish with sea salt and black pepper.

6. Place in oven for 8-10 minutes or until egg whites are no longer clear but still have a runny consistency.

7. Sprinkle with roughly chopped fresh coriander and serve with fresh lime quarters to squeeze over the top. Serve with crusty whole grain sourdough toast.

#### Nutrition:

This easy, quick recipe is a nutrition powerhouse, providing a balanced range of high-quality protein for muscle growth and weight maintenance, healthy monounsaturated fats both from Australian avocados, as well as slow-burning, healthy carbohydrates for energy, fibre for gut health and balanced blood sugars and energy levels.



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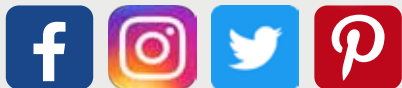
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**A** full eight years before the shootings at Columbine High School resulted in the deaths of 13 students in Littleton, Colorado, well before school shootings became tragically passe, and before online bullying even existed, Pearl Jam released their 1991 masterpiece "Jeremy." The video for the song, featuring cuts of a young man seething with rage, misunderstood, backed by flames and ostracized by family and school alike, shocked viewers into a stunned silence as still as the video's final, blood-splattered shot. In that scene, Jeremy's white-shirted classmates shield their faces from his blood, but can't look away from the sight of their peer now dead from a self-inflicted gunshot wound to the head. The vid-eo, which won four MTV music video awards in 1993, combined with the song's lyrics, offers no doubt regarding what the track is about: bullying and child neglect, and their resultant violence.

"Jeremy" is track six on Pearl Jam's stellar debut album, *Ten*, and it showcases the already-mature musicianship and lyricism of a band that, in the intervening years, has done little but continue to explore and evolve its sound. "Jeremy's" instantly recognizable, ominous opening bassline serves as a prelude to the building menace of the story to come, full of vivid lines such as the first verse's *Lemon yellow sun / Arms raised in a V / And the dead lay / In pools of maroon below*. Jeremy, the young man por-trayed in the song, imagines himself as a wicked ruler of an equally wicked world in response to the dismissiveness he's been subjected to his entire life. In the end, he "spoke in class today," as the song says, through the only means left to him. Many have speculated whether or not "Jeremy" was inspired by some real-life event. As it turns out, the answer is yes: singer Eddie Vedder was inspired by a story he read in the *Dallas Morning News* about a nearly-16 year

old young man named Jeremy Delle who committed suicide on January 8, 1991, at Richardson High School in Richardson, Texas. Delle, an artist by nature, had been told by the teacher of his second-period English class to get an admission slip from the school office because he missed class. As reported in *Songfacts*, he returned to class, gun in hand, and said, 'Miss, I got what I really went for,' before putting the barrel of the gun in his mouth and pulling the trigger. He was one of three students in the school that year to commit suicide.

In an interview with *Billboard*, Vedder says that he knew a kid in seventh grade with similar difficulties, who came into school one day with a gun and shot a fish tank. The two incidents combined led him to try and write a song not meant to factually track the events of Jeremy Delle's life, but rather provide a portrait of his emotional state, and create a story that was universal in its message and sentiment. In 2018, Jeremy

Delle's mother, Wanda Crane, spoke up for the first time about her son's death, and her feelings towards the song, as described in *Ultimate Classic Rock*. Crane, who helped herself cope by starting a grief support group, spoke to *Dallas* news outlet *WFAA*, stating that her son's death "did not define his life."

In 1993, the "Jeremy" video won four MTV Video Music Awards: Video of the Year, Best Group Video, Best Metal/Hard Rock Video, and Best Director. In accepting the Video of the Year trophy, Eddie Vedder said: "If it weren't for music, I think I would have shot myself in the front of the classroom. It really is what kept me alive, so this is kind of full circle. So to the power of music, thanks."

Regardless of the accuracy of the story of "Jeremy," its portrayal has doubtlessly helped countless others cope with trying times.

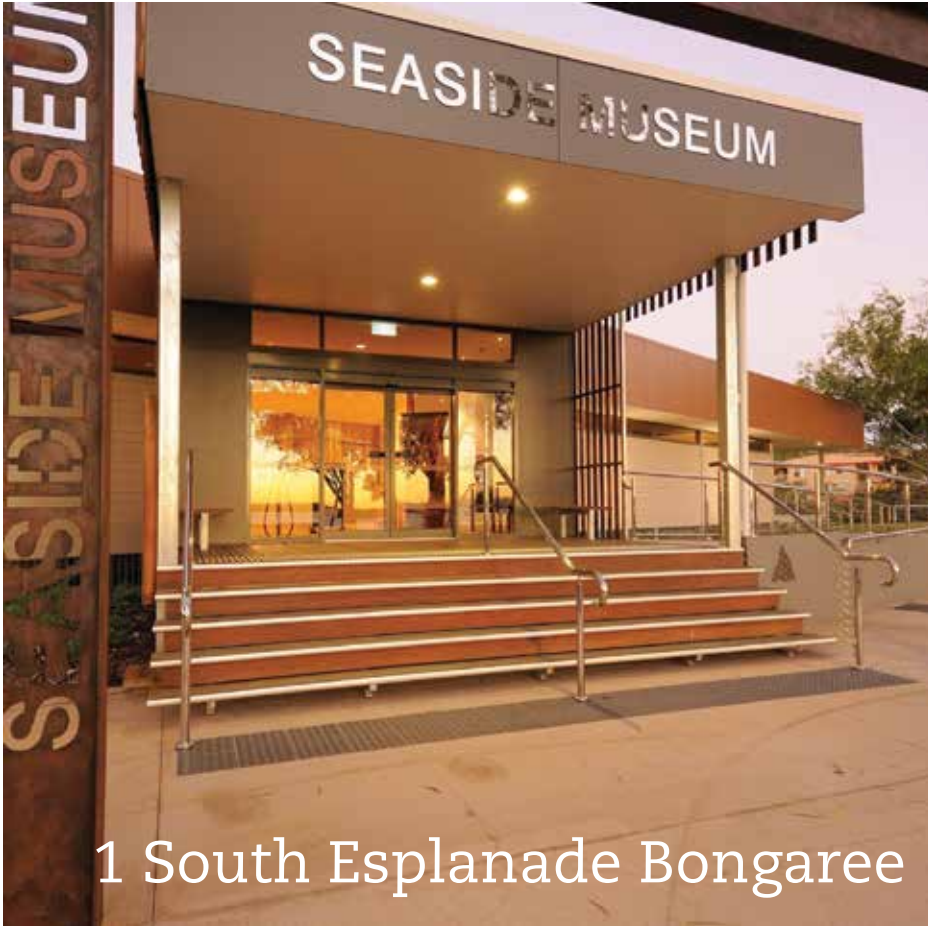


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I AM A COLLECTOR - OF SO MANY THINGS - AND I FIND THAT WHEN YOU DIG DEEPER, MANY PEOPLE COLLECT SOMETHING OR OTHER ... THEY JUST MIGHT NOT CALL IT A COLLECTION AS SUCH. BUT THE QUESTION IS - WHEN DO A FEW THINGS BECOME A COLLECTION? TWO OR THREE? TEN OR TWENTY ... OR HUNDREDS? AND WHEN DOES IT BECOME HOARDING?

A new exhibition at Bribie Museum celebrates and showcases nine very different

*“What are you, doing this weekend?”*



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local collectors and their collections which include uranium glass, tattoos, baskets, stamps, animal salt and pepper shakers, Korean sewing, Holden memorabilia and ornamental dogs.

The collectors in the exhibition tell us that they collect for many reasons - from connecting to precious memories to belonging to a community, learning, or preserving the past. They collect from many different places including garage sales, online, swap meets, antique shops, markets, op shops, and wrecking yards - along with donations from family and friends.

Some of these collectors are always on the hunt for that unique or super rare piece, whilst some say they collect because the items are just cute or quirky. Collecting can turn a hobby into a lifetime obsession - there's nothing like the thrill of the chase, finding that special item that you have never seen before.

Some of the things I collect include daggy Australiana, animal salt and pepper shakers, fruit forks, toothpick holders, blue glass - the list goes on... I love the challenge of finding a new treasure in an op shop or garage sale - it gives me great pleasure to look at some of my weird things and wonder - why on earth would you make (or buy) that? Yes, collecting can be a bit of an addiction but for me, it's a fun and cheap hobby!

So come to the Bribie Island Seaside Museum from 5 August to 13 November and check out this exhibition - The Keeper: collectors and their collections.

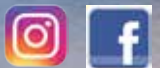


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# Creamy ASPARAGUS and Spinach Soup



## NUTRITION PER SERVING

- 301 calories
- 8g net carbs
- 11g protein
- 25g fat

## INGREDIENTS

Makes 4 servings

- 1 - Onion
- 3 cup - Chicken Broth
- 4 cup - Asparagus, chopped
- 8 oz - Spinach
- 4 tbsp - Parmesan Cheese, grated
- 1/2 tsp - Oregano
- 1 tsp - Garlic
- 7 oz - Cream Cheese
- 2 tbsp - Butter
- to taste - Salt and Pepper

## DIRECTIONS

1. Place a nonstick pan over medium heat and melt butter.
2. Add diced onions, salt, oregano and garlic to pan.
3. Cook for 5 minutes, stirring occasionally.
4. Mix in spinach, cream cheese and chopped asparagus.
5. Stir until cheese is melt and spinach is wilted.
6. Pour in stock and continue to cook for 10 minutes over medium-low heat.
7. Garnish with black pepper and parmesan cheese.



# Pie & Coke

## OPENING HOURS:

MON - FRI 6AM - 4PM

SAT & SUN 6.30AM - 2.PM



**\$10<sup>00</sup>**

Shop 3/33 Benabrow Ave, Bellara, Bribie Island

 The Big Bun Bakery and Takeaway

PH: 3408 7609



### CAPRICORN (Dec 22 - Jan 20)

We can all be our own best friend, and our own worst enemy. This is true for everyone. I'm not mentioning it because you fall into one or either category, but because you're not quite sure which of these you're being! Don't, this week, fall into the trap of over-congratulating yourself for something that isn't particularly clever, or of blaming yourself for something that isn't your fault. With Mars moving into Gemini, it will be easy to go to extremes. With insight, you can find a moderate path. That's the kindest and best one to follow.

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# Horoscope

People say that 'talk is cheap'. Yet as dynamic Mars moves into communicative Gemini (where it remains until 2023) the value of words gains more importance. We're entering an era where what we say and write have even greater impact and more powerful consequences. Mercury's trine to Pluto enables us to take advantage of this celestial communication booster. With an intelligent combination of passion and persuasion, ideas pursued this week will turn out to be worthy investments.

### SAGITTARIUS (Nov 23 - Dec 21)

Even the best-prepared and most well-thought-through plans leave room for errors. Mistakes can find their way into anything. You know how you want something to be, and you've done everything to make it error-proof. But you haven't quite managed to match the reality with your expectations. And the harder you try, the messier it gets. The good news is that with power planet Mars moving into your opposite sign, if you set out to do the best you can do, you'll fix the obvious mistakes, and find a way to live happily with the rest. Oscar's gift... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### AQUARIUS (Jan 21 - Feb 19)

We're unnerved by the unknown. That's why we stick with what we're used to (even if doesn't make us especially happy). This week, as Mars moves into thoughtful Gemini, you become aware of the fact that you're missing an essential piece of information. To add insult to injury, it's the kind of thing you 'should' know. What's more, the person who has it is someone who you normally give information to. It's role-reversal time! To get your hands on the missing piece of the puzzle, you need to swallow your pride. It's worth it. Unmissable gift... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### PISCES (Feb 20 - Mar 20)

Since we're not physically present on this ball of rock forever, we need to make the most of every moment. Of course, we all know this. So why are we so quick to forget? We get involved in elaborate missions. We think that we have 'as long as it takes'. And, since in essence, we're eternal spiritual beings, maybe we do! This week, your perception of the future, and the possibilities it holds, gains new perspective. You'll realise that you have time to achieve what you want to achieve, and to enjoy the step-by-step process. There's more... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### ARIES (Mar 21 - Apr 20)

If you're feeling resistant to change, you can overcome it. If a sense of reluctance is preventing you from taking action, you can replace it with enthusiasm. As your ruler, Mars, moves into the sector of the sky representing intelligence, it enables you to evaluate your moods and transform them. Our feelings depend on our attitude. If we're willing to alter the way we see a situation, it can make a huge difference to how we feel about it. You can move past an emotional obstacle this week. Then, the changes ahead will be exciting. Try this out... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### TAURUS (Apr 21 - May 21)

We've all had sleepless nights when we can't get comfy. We switch from side to side. We pump up the pillows and rearrange the duvet. Yet no matter what we do, it doesn't feel right. You're going through a similar experience in your waking life. You can't seem to settle into a particular arrangement. It just doesn't feel comfortable. Which is frustrating because you can't think of an alternative. But there's nothing wrong with feeling unsettled. It may feel awkward, but it's just part of the process towards finding the perfect solution. Especially for you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### GEMINI (May 22 - Jun 22)

It's hard to know what to give someone who has everything. But I've got the solution! Don't give them anything. 'Nothing' is the one thing they don't have! With powerful Mars moving into your sign for a long residency, you have the ability to draw everything you need into your life. But, in order to make this ability work in your favour, you have to think positive thoughts. Even if you find yourself going it alone without the support you'd like, you can help yourself this week. And that's not 'nothing'. It's 'everything' you need. Right here, right now... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### CANCER (Jun 23 - Jul 23)

A decision needs to be made. The pressure's on and you're trying to make your mind up. But every time you think you know what you're going to do, you discover a new piece of information - or you realise that you've seen the situation from a limited perspective. This is because the idea of taking a broader view makes you feel nervous - you don't want to see anything that will force you to think it through again. The arrival of Mars in Gemini brings the courage to make an accurate assessment. The truth will inspire you onwards. Our gift to you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### LEO (Jul 24 - Aug 23)

If pearls of wisdom are priceless, why don't we spend more time trying to find them? Maybe it's because wisdom is a hidden treasure: it's only when we possess it that we realise its value. Maybe too, finding it takes resolve, maturity and self-sacrifice - none of which are easy to summon. To find these qualities we need the confidence to dig deep and to balance our passions with those of other people's. As Mars, the planet of passion, moves into Gemini, which represents the intellect, you can make a wise decision this week. Ready now... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### VIRGO (Aug 24 - Sept 23)

Unless we're put to the test, how do we know what we're capable of achieving? But suppose we don't come up to the mark? Well... it's not a reason to stop testing ourselves. We all experience times when we feel powerful and capable. And we all know moments when we feel overwhelmed. You've been feeling out of sorts recently... it's as if you're not quite firing on all cylinders. This week, with the Sun moving into your sign, it's time to reset your expectations. Your engine is about to be kick-started. Get ready to feel good! A brilliant offer... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### LIBRA (Sept 24 - Oct 23)

We know that patience is a virtue. But lazily sitting around waiting for something to happen doesn't get anyone anywhere. And it's not easy to know the difference between the two. Although it would be wise to allow a situation to develop without pushing for a specific outcome, don't ease off to the extent that you stop caring. Your concerns are valid and important. Just because things aren't happening at the speed you'd like doesn't mean you should turn your attention elsewhere. The solution is gradually unfolding. Discover the inner you... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



### SCORPIO (Oct 24 - Nov 22)

The best leaders focus on solutions rather than problems. They express confidence in a good idea, and try to encourage people to support them. Actually, bad leaders follow a similar strategy. But they'll happily distort the truth in order to get others to back up their plans. Sometimes, a difficulty is so obvious that denying its existence makes us look silly. This week, as Mars moves into Gemini, if you're brave and honest enough to acknowledge where a situation's going wrong, you'll win the support to put it right. Don't miss out... completely free audio and video forecasts. Go to [ozfree.cainer.com](http://ozfree.cainer.com)



# 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

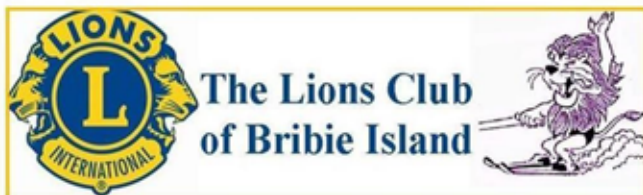
Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 2pm

## 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



## COMMUNITY MARKETS

Sat 13th August      Sat 10th September  
Sat 8th October      Sat 12th November  
Sat 10th December



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# WHY COME TO BRIBIE?

...early tourist attractions



Bribie Fishing Competition 1950



Barry Clark  
Bribie Island  
Historical Society

## MORE BRIBIE HISTORY

The next Historical Society meeting is Wednesday 14 September at 6:30 pm at the RSL Club when our guest speaker will be Al Finegan, who also writes Australian history articles for this magazine. You can see more Bribie history on our new Web Site [bribiehistoricalsociety.org.au](http://bribiehistoricalsociety.org.au) and our Blog Site <http://bribieislandhistory.blogspot.com> or contact us on [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)

When the first Jetty was built at Bongaree in 1912 Steamships brought thousands of visitors on day trips and camping holidays. Life was very basic and offered cheap healthy holidays on an island described as *"A Zoo without a Fence"*.

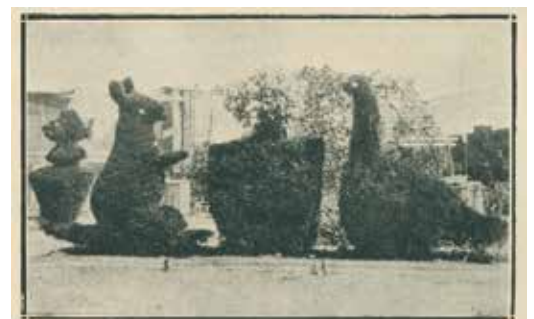
Hundreds of white canvas tents were pitched along the Bongaree foreshore and on the Hill where the library stands today, while others stayed in basic holiday huts or Guest houses that were built soon after. The beach at Woorim was the closest Surf beach to Brisbane, even after a three-hour boat trip and a long walk or rough ride on a sand track to the Ocean beach. People made their own entertainment with beach sports and games, dancing and singing, and big fishing competitions with many small boats towed out to location, as shown in the title photo.

## NOVELTY GARDENS

An early tourist attraction from 1915 were the *"Novelty Gardens"* "around a Guest House with the delightful Welsh name *"Glan-Y-Mor"* owned by the Davies family who also had a café at the jetty. Their twin daughters, Rose and Lil, met visitors arriving on the steamship *"Koopaa"* and encouraged them to enjoy a fresh fish meal, or carry their bags to the Guest House over long hot sand tracks from the jetty to the corner of Banya and Campbell street.

The attraction of *"Novelty Gardens"* were many trees cleverly cut and trimmed into attractive topiary shapes, with images of a Kangaroo, Steam Engine, Australian Coat of Arms, Steam train and many others in the shady Tea Garden.

The Davies family were enterprising, as many pioneer families were, always looking for imaginative ways to serve the visitors and make a living. Their son Bob pushed his home-made food cart around the hundreds of camper's tents along the foreshore at Bongaree, offering freshly cooked bacon and egg breakfast.



Australian Coat of Arms—one of the many designs seen at the Novelty Gardens.

It was a long day on the steamship from Brisbane to Bribie via Redcliffe, walking to Novelty Gardens, lunch, catch a fish and walk or swim before the boat trip home, with drinks and a singalong. No evidence of the *Glan-y-Mor* Guest House or gardens remains today, other than a few stunted pine trees near the street corner.

The comings and goings of Steamships was always a great social event, with crowds coming to wave their welcome or goodbye. With live music and entertainment on board, the bar

of the Steamship Koppa was always a popular watering hole for residents and travellers.

It was not until 1939 that the islands first Hotel was built at Woorim, but the threats of World War 2 soon transformed Bribie Island into a defence fortress with limited access for some years. The new modern attraction of Sandstone Point Tavern stands on the site of a large military training camp for Australian and American troops.

### BRIDGE BRINGS ATTRACTIONS

After the War the island slowly reopened to residents and visitors, but it was the announcement of a plan to build a bridge to Bribie that initiated several new attractions in the 1960's.

What is now the Baptist Church in Cotterill Avenue was built as Hendon Hall **Roller-Skating Rink** and dance hall in 1962, and later became a Cinema and then Busy Fingers for 20 years, before it became the Baptist Church. The Baptists will soon build a new Church on First Avenue, so who knows what the future holds for that interesting historic building.

The **"Squatters Craft Homestead"** log cabin was located on First Avenue, opposite the sports fields, run by Don Buckley and family, offering Pottery, Gemstones, Leather work and Art & Craft



of all kinds, as well as rides in small carts pulled by goats.

A fun-land **Waterslide** stood for a while on the corner of Goodwin Drive and Kangaroo Avenue, and a **Crazy Putt**

course once operated in First Ave opposite the Jetty.

These attractions are long gone, but the remains of one early tourist attraction can still be found in the bush at Red Beach, if you know where to look.

### MARINE AQUARIUM

When the Bribie Island Bridge was being built in 1961 and a significant increase in visitor numbers was anticipated, Government incentives were offered to establish new tourist attractions.

Long before any Sea World attractions, a new technique was developed by the Aquarium Society of NSW for keeping marine fish in aquariums using a **"nature system"**. An alternative to the traditional approach of filtration, vacuuming and frequent manual cleaning of tanks to remove impurities. The technique was developed in Sydney by Keith and Ruth Inglis using marine snail scavengers and appropriate plants to maintain a balanced tank environment for marine life.

Fellow enthusiast Bill Stewart suggested Bribie Island as a suitable location to establish a full-scale nature system marine aquarium, as Moreton Bay offered excellent clean salt water and a wide variety of marine fish, plants, and shellfish

With Government and Council support Bill was offered a lease on 2 acres of beachfront

bush at Red Beach on Bribie Island to construct a Marine Aquarium. The Bribie bridge would soon be completed, and with Government incentives, the timing seemed perfect

Bill came Bribie Island in 1963, cleared the bush and build 12 large concrete glass-fronted tanks, tropical fish houses, shade covers and pathways. He completed the basic bush setting Aquarium which was opened in August 1964 to a crowd of 300 people plus politicians and Councillors. Bill then spent most of his time diving in the bay to collect fish specimens for display, and it seems that he soon lost interest in this great idea when visitor numbers did not live up to expectation.



Initial thoughts of building his basic on-site accommodation did not eventuate and Bill soon handed it over to Ken Gauld to manage. Sadly, in November 1966 a kerosene fridge caught fire and destroyed many of the structures. Maintenance stopped, the bush quickly encroached on the tanks, fish stocks diminished, and the enterprise was abandoned.

Within three years of being opened vandals had damaged many of the Tanks and undergrowth overtook the place. Ruth and Keith Inglis who had pioneered this new technique never got to see the Bribie marine aquarium operational.

However, the story does not end there. Ruth & Keith Inglis whose technique was now in use in marine aquariums around the world, retired from their Pet Shop business in Sydney 1990, and came to live on Bribie. After much searching through 24 years of dense overgrown bush, they eventually found the vandalised remains of concrete fish tanks.

I had the pleasure of meeting Keith and Ruth in 2007 who told me this story and took me

to see the marine aquarium remains at Red beach, and I also tracked down Bill Stewart who was living on his boat on the Caboolture River. I suggested to the State Government that a suitable sign be erected to explain the interesting but mysterious concrete tank remains to interested residents and visitors.

You can now see the remains of this 1960's attempt at a tourist marine aquarium attraction, and a sign that tells this story, by going to the north end of the car park at Red Beach, and walking a short distance through the bush towards the sea.



# EPISODE 5

BY: Al Finegan



## The Great Depression And Near Civil War

The horrors of WW1 left Australians reeling in grief, as almost all families had suffered the loss or mutilation of loved ones. Despite there being no threat to Australia, 416,809 men enlisted from a population of fewer than 5 million. Tragically, 60,284 were killed and 155,133 were wounded. As the 1920s progressed, optimism for the future slowly overtook the grief. The "Roaring Twenties" as they were to be known, saw a new breed of woman strive for independence. New dancing crazes and dress styles combined with motor cars and fast music swept the nation into a frenzy of exuberance. It wasn't to last long. A new threat was emerging, and coming like a runaway train - The Great Depression.

It was the Wall Street crash of October 1929 that signalled the beginning of a time of extreme hardship for Australia, as the whole industrialised world plunged into a severe economic depression. From feast to famine, we reeled in shock as the apparently buoyant economy nose-dived, changing

lives forever. After the crash, employment in Australia dropped 21%, and by mid-1930 reached its lowest point, with one in three previously employed people out of work.

The cruellest fact of all for the depression hitting us so hard was the huge loan repayments being made to Britain by the Federal Government. What was even harder to bear was the fact that these loans were made during WW1 to finance the massive war effort made by Australians, specifically aimed at assisting Britain. Thanks to these loan repayments, the English were able to weather the depression much better than we did, but we had brought it on ourselves.

We had some of the best economic brains in the world, yet incredibly, we asked Britain to send over an economic expert to advise us on how to manage our way out of the depression. It was a disastrous decision. Britain couldn't believe their luck, and gleefully sent over Sir Otto Niemeyer from the Bank of England to "advise" our governments how to implement

a "deflationary" policy. On arrival, he was critical of our overconfidence, and with a hint of contempt, said that Australia was, "living beyond its means", and had become prosperous through "mistakes". He said that we would have to accept a lower standard of living, and that Australia should continue to exist only as a means to supply Britain with goods. He immediately recommended savage cuts in all existing social services. But not surprisingly, he also demanded that Australia not default on her international loan obligations to Britain. According to Niemeyer, our living standards were "artificial in nature" and trade was the secret to recovery. He contended that wages must be depressed, ie cut, to make our exports more competitive and to raise profits. Indeed, he stated, our current international trade strategy was at the root of the depression. Incredibly, on Niemeyer's advice, our leaders cancelled profitable trade deals with the United States and Japan in favour of Britain.

With pressure tactics and careful diplomacy, Niemeyer sold his sorcery to Australian State and Federal politicians. The social consequences of the Niemeyer policies were immeasurable, and the hardest hit were our war widows, disabled servicemen and their

families.

Working class children were consistently leaving school at 13 or 14 years old. Married women were carrying a greater domestic burden as housework was still considered to be a woman's role. Even if she had worked all day scrubbing floors to bring in some money, her unemployed husband would still expect her to cook dinner and keep their home in order. Hard manual work was easier to find for young people, but the work had little future career prospects, as many young workers were sacked when they turned sixteen, by employers who wanted to avoid paying the age increment.

People were forced into all sorts of tricks and expedencies to survive, using shabby and humiliating compromises to social norms. In thousands and thousands of homes, fathers deserted the family and went "on the track" to become itinerant workers, or worse, took to drink. Grown children took to the streets to engage in petty crime. Mothers searched for male boarders who were in work, offering sex as an inducement, anything to support her family. Many wives and daughters turned to prostitution, often with the approval of fathers and husbands. The women would go to brothels where they



would get paid about five to ten shillings for fifteen minutes. Normally they would service ten to fifteen customers a day or night, with half their earnings going to the Madam.

Those without an income, legitimate or dodgy, had no hope. Bailiffs, supported by police equipped with batons and sledgehammers, forced families from slum homes into the streets, leaving them with nothing, and nowhere to go. Malnourished bare-foot children in rags stood forlornly with their parents in long queues at soup kitchens. The War Service Homes Commission was, "as ruthless as the banks in evicting those unable to keep up their rent payments". The promise of, "a land fit for heroes" proved to be no more than idle rhetoric as misery upon misery was heaped upon a great majority of the working class.

The nation collectively wept as so many people lost their homes, their dignity, and were forced to live in makeshift dwellings, or tents with no heating or sanitation.

This was just too much to bear for ordinary Australians, and many lost confidence in the abilities of their government representatives. As a result of this large-scale public dissatisfaction, several radical organisations gathered strength and popularity, splitting the population down the middle, with a large gap between them. On the political left, communist socialist workers and unemployed organisations actively opposed forced house evictions, while nationalistic and fascist-style groups like the New Guard enjoyed increased membership on the right of politics.

In 1930, Jack Lang was returned overwhelmingly as Premier of New South Wales. He rejected the Niemeyer plan immediately. His first government (1925-1927) had introduced comprehensive systems of widow's pensions, child endowment, and worker's compensation. His second government pledged itself to maintain these hard-won gains and steer the state out of the depression. Lang proclaimed his plan to fight the depression by suspending all loan payments to overseas creditors, particularly Britain, reduction of interest



on all government debts to Australians, the expansion of the public works program, and bank funding of government works through controlled credit expansion. His plan was put into action immediately as he withheld interest payments on British loans in open defiance of the federal government.

In late 1931, Joseph Lyons led his United Australia Party to victory. He was sworn in as Prime Minister and remained in power until his death in 1939. On assuming office he immediately ordered his Treasurer to pay the interest owing to Britain, then passed a bill to recover the money owed by NSW. Lang refused to conform, ordering his state public servants to ignore their demands. The "Conservatives" immediately equated the Lang plan with communism, condemned his nationalism as "anti-British" and mobilised against him. Lang persisted. He held public meetings in 1931 and 1932 and these were the largest ever seen in Australia. On one occasion, Sydney's Moore Park was tightly packed and included folk who had walked to Sydney from Bathurst. The slogan "Lang is right" had become the watchword of Sydney's unemployed. From the podium, Lang declared, "... The same people who marched our sons to slaughter and laid them in Flanders' fields... Now demand more blood, the interest on their lives...". The meeting ended in a mass clamour for the principle of Australian Nationalism - Australia First!

The New Guard decided they had to smash the Lang government by any means necessary - including direct threats of force and manipulating press hysteria. Both sides started private

military training with diggers from WW1 leading the training. Thousands of men kept WW1 rifles at their homes and secretly trained together. The New Guard had brought NSW to the brink of civil war.

In 1932 the New Guard boasted a membership of over 50,000. Their slogan was, "... to crush communism and to pledge unwavering loyalty to the British Empire". Many New Guard branches flew the red swastika flag of Nazi Germany and some members even saw fit to don the garb of the Ku Klux Klan. One senior member of the New Guard was Captain Francis Edward De Groot. He had served in the 15th Hussars on the western front in WW1, where he was decorated and awarded a ceremonial sword. After the war he emigrated to Australia.

Construction had begun on the Sydney Harbour Bridge in 1924 employing 1,400 workers. The deep waters of Sydney Harbour made temporary supports impractical, so the steel arch was assembled by building out from each bank. The two sides met in the middle in 1930, and the bridge was set to be officially opened with an elaborate ceremony on 19th March 1932. It also meant that 1400 more workers would be out of work. The event was an auspicious, much anticipated occasion with a crowd estimated at up to 500,000 at the opening ceremony. Thousands had travelled from all over Australia to witness the spectacle. On the big day, just as Lang was about to cut the official ribbon, Francis Edward De Groot charged in on horseback in full military regalia and slashed the ribbon with his ceremonial sword, declaring it open in the name of "decent citizens of New South Wales". De Groot was unceremoniously knocked off his mount by a policeman and arrested. After deafening booing and cheering, someone repaired the ribbon so that Lang, in somewhat of an anticlimax, snipped it, and declared the bridge open - again. De Groot was hauled off and swiftly deposited in the Lunatic Reception House in Darlinghurst, the assumption being that he must have been unhinged to perform such a dastardly deed. But after examinations by at least three psychiatrists, and

to Premier Lang's chagrin, he was deemed to be sane. He was subsequently found guilty of offensive behaviour in a public place and fined £5 and £4 in costs. He later sued for wrongful arrest - arguing that a policeman had no right to arrest a Hussar officer. Astonishingly, he received a substantial out of court settlement and had his sword returned.

While the Bridge workers joined the ranks of the unemployed in NSW, now with the worst level of unemployment in Australia, Lang maintained his policies of support for the poor, steadfastly refusing to bend to Federal Government demands. Something had to give.

On 13th May 1932, Sir Philip Game, the Governor of NSW, determined that Lang was acting unconstitutionally, and dismissed his government. The Opposition Leader, Bertram Stevens, was appointed as Premier and an election was called which Stevens won. He immediately complied with the Federal Government laws and paid the outstanding loan interest, leaving the working-class people of NSW in despair.

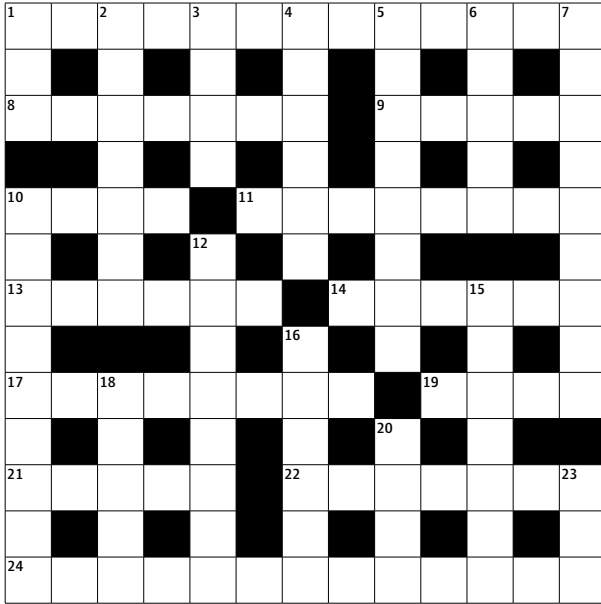
Recovery in Australia was now at a standstill. Families continued to suffer terrible hardships for the next eight years. Incomprehensible to us now, the Federal Government under Lyons continued to put its trust in the "Mother Country", re-affirming its ties with Britain, determined to follow its lead in solving the economic problem.

It wasn't until WW2 and subsequent full employment that Australia finally shook off the deprivations of the depression. Australia had endured the dreadful effects of the Great Depression more than any other nation around the world.

Why Australia supported Britain's policy of appeasement to prevent war with Germany, then repeat the same disastrous policies of WW1, defies common sense. Without a second thought, we committed our defence forces to the mercy of Britain - again!

Despite our independence in 1901, it wasn't till after WW2 that we found our own voice in international affairs.

# Crosswords - QUICK & CRYPTIC



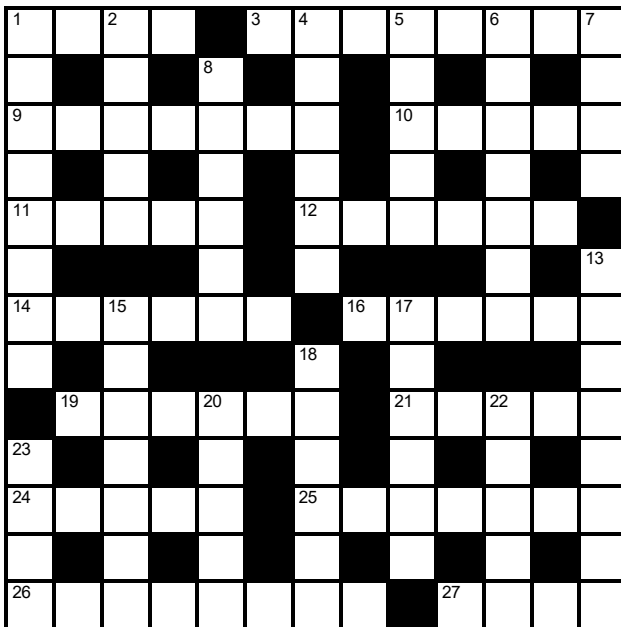
Across

- 1 Open to doubt (13)
- 8 Sturdy broad-chested British icon (7)
- 9 Ritziness (5)
- 10 Brother (4)
- 11 Iron— wedge (4,4)
- 13 Back scrubber (6)
- 14 Republic of China (6)
- 17 French posterior (8)
- 19 Light glancing touch (4)
- 21 Song or film from the past, perhaps golden (5)
- 22 Extensive landed property — needs me (anag) (7)
- 24 Begin to get better (4,3,6)

Down

- 1 'Rose and Crown' or 'Dog and Duck'? (3)
- 2 Virginia Woolf novel — Kathleen Hale's Marmalade Cat (7)
- 3 Island that hosts the annual Venice Film Festival (4)
- 4 Fly larva (6)
- 5 It involves a rope and two teams (3,2,3)
- 6 Cool down (5)
- 7 Couch potato (9)
- 10 Bungling (9)
- 12 Obvious (8)
- 15 Pentecost (7)
- 16 Walk wearily (6)
- 18 Cyclist (5)
- 20 Bullets (4)
- 23 Fruiting part of corn (3)

## SUPPLIED BY CYRUS



Across

- 1 Broken chest? (4)
- 3 Celebration marks the beginning - hard hit by eruption (8)
- 9 Officer broke collarbone skipping bar (7)
- 10 Writer goes to New York for the money (5)
- 11 Observe more in the next race? (5)
- 12 Direction caught first sailor in the drink (6)
- 14 Some feet found in cabin chest? (6)
- 16 Baby needs forty winks with the family (6)
- 19 Her, it'd worry so, be in two minds (6)
- 21 Busybody spoken of an award (5)
- 24 A scrap cut off (5)
- 25 Lady ran riot holding a whistle (7)
- 26 Yes! a dust bowl during the week (8)
- 27 British rule with state opening brings shocks (4)

Down

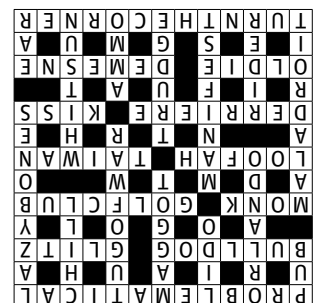
- 1 I ate crab - cooked - this caused sickness (8)
- 2 Bookie kindled separation (5)
- 4 Bribie, maybe, is 50 plus...? (6)
- 5 Get to pick some issue (5)
- 6 Men out in the dark land. (7)
- 7 This plaything has its' ups and downs (2-2)
- 8 Jail, for him, is home friend? (6)
- 13 Involves uncle's spirit shattered (8)
- 15 Sounds like a challenge to a mountaineer, weatherwise (7)
- 17 Intending to sight the quarry (6)
- 18 Raised against the elements (6)
- 20 Despised bowler and journalist getting together (5)
- 22 Serious entertainment... (5)
- 23 Require for Northern Territory after Western Australia paved the way (4)

# SOLUTIONS

CYRUS  
SOLUTION 172



QUICK  
SOLUTION 172



# Find A Word

# jokes

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

**Q: What do you call cheese that's not yours?**  
A: Nacho cheese!

**Q: What do elves learn in school?**  
A: The elf-abet.

**Q: Where do pencils go for vacation?**  
A: Pencil-vania.

**Q: Why did the girl smear peanut butter on the road?**  
A: To go with the traffic jam!

**Q: How do you make a tissue dance?**  
A: You put a little boogie in it

**Q: Which flower talks the most?**  
A: Tulips, of course, because they have two lips!

**Q: What did the mushroom say to the fungus?**  
A: You're a fun guy [fungi].

**Q: How much does it cost a pirate to get an earring?**  
A: About a buck an ear [buccaneer]!

**Q: What do you call a fake noodle?**  
A: An impasta!

**Q: Why couldn't the pony sing himself a lullaby?**  
A: He was a little hoarse.

**Q: What kind of lion never roars?**  
A: A dandelion!

**Q: What's a pirate's favorite letter?**  
A: Arrrrrr!

**Q: What musical instrument is found in the bathroom?**  
A: A tuba toothpaste.

**Q: What time do you go to the dentist?**  
A: At tooth-hurty!

- |         |             |        |
|---------|-------------|--------|
| PEAR    | KUMQUAT     | CHERRY |
| GUAVA   | POMEGRANATE | PLUM   |
| POMELO  | STRAWBERRY  | TOMATO |
| MANGO   | DATE        | ORANGE |
| COCONUT | MELON       | LIME   |
| LYCHEE  | GRAPE       | APPLE  |
| BANANA  | LEMON       |        |

# 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

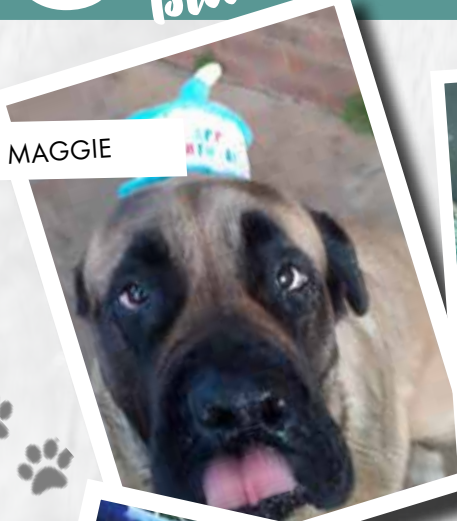
**EVERYONE MUST HAVE CLOSED IN SHOES**

@ Bribie Islander

# WE ♥ PETS

SEND US  
PHOTOS  
OF YOUR PETS

MAGGIE



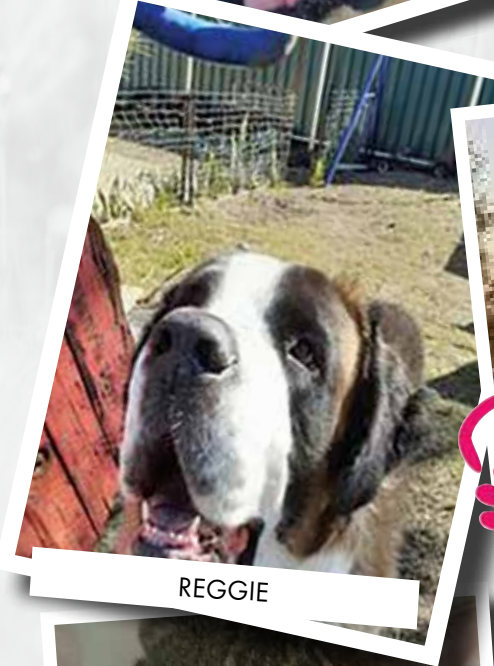
TINY



FREDDIE



REGGIE



HANK



PIXIE GLITTER BUM



MOKEY



RUBY





## AN ADULT CAT WILL LOVE YOU ENDLESSLY

Mature cats will love you endlessly. Studies have shown that after being adopted, mature cats will show their adopter eternal love and gratitude.

People who are thinking of adopting an animal should weigh up the advantages of maturity and consider opening their hearts and their doors to a mature cat. They have lived with humans before in their homes and are experienced in using their litterbox. They will keep you company and are happy to be on their own when you are not at home.

Adult cats sleep a lot, look dreamily through windows and like to relax a lot. They won't be running around chasing imaginary mice. Mature cats are:

- Calm • Wise • Experienced

## KITTENS ARE BETTER FOR CHILDREN THAN ADULT CATS. MYTH BUSTED!

Little people are growing their fine motor skills



and won't be able to be gentle with a cat, no matter how much you tell your child to behave when handling a cat. Mature cats are up to a little more overzealous loving by the little ones more than a kitten might be. Kittens may react with biting or scratching. An adult cat will more likely cope with its tail being yanked and still love the child.



Of course little furry kittens are cute BUT they can be exhausting and not always user friendly as they find their way in the world. With a mature cat, their days of training are long behind them, and they are settled in their ways, love cuddles and radiate tranquillity. In saying that, adult cats are still young at heart.

## A GREAT FIT FOR A SENIOR WANTING COMPANY.

Older cats are ideal for a senior person wanting company. They are calmer and less destructive than kittens. People with mobility issues do not want to be having to play with a kitten all the time, as it is too taxing.

Remember, adopting a mature or senior cat will enrich your life with the company of a devoted pet who will never forget your kindness. CADAWI is dedicated to the foster care and rehoming of cats and dogs. They live in our volunteer foster homes until we find permanent loving adoptive homes for them. Our foster carers will have learned about their behaviour, including how they are with other pets and children. Importantly, they will know how they react to environmental changes. Therefore, when adopting an adult cat, you know what you are getting.



### Caboolture and District



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

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

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 (Next To Red Rooster)

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Advance - IAMS - Black Hawk - Ivory Coat - Ziwipeak - Vetalogi-  
 ca - 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



## AUSTRALIA V NEW ZEALAND AT BONGAREE BOWLS CLUB ON SUNDAY 24TH JULY,

Bongaree Bowls Club held its annual Australia vs New Zealand Day. A total of 72 players from local and invited visiting clubs competed for the prestigious trophy. The day was generously sponsored by Wilson & Co Real Estate Bribie Island.



Team with highest winning margin was New Zealand team - Pat Clancy, Ian Paterson, Max Nganeko.



Team with second highest winning margin was Australian team - Ellen Corrick, Jim Irvine, Judy Irvine



Team with lowest winning margin was New Zealand team - Ron Corrick, Gaynor Johnson, Robert Johnson

## BONGAREE BOWLS MEN'S RESULTS

Scroungers July 23rd 1st J Woods, 2nd Yuki King, 3rd D Morrison  
Wed 4's July 27th Winners Col Valentine, Bruce Rawson, Billy Bradshaw, Glenn Merrin,  
Runners Up Wayne Munn, Mike Giles, Sandi Hodges, Ellen Corrick  
Thurs Jackpot pairs July 28th Winners Judy Irvine, Ellen Corrick  
Runners Up Mal Curnow, Joan Wilson  
Scroungers July 30th 1st John Bell, Mike Roberts, 2nd Mike Jones.  
Wed 4's Aug 3rd Winners Tony Jericevich, Jim Irvine, Gordon Pitts, Ray Horne  
Runners Up Doreen Pennery, Ken Kajewski, Morris Huddleston, Wayne Baker  
Thurs Jackpot pairs Aug 4th Winners David Vaughan, Brien Skerten, Runners Up Neil Owen, Graham Malcolm



PHOTO Congratulations to Gary McCarthy, Mick Falvey and John Morrison who def. Peter Higgins, Paul Hill, Ray Huggins in the Bongaree club triples men's finals.

## BONGAREE LADIES BOWLS

**Tuesday 26th July, 2022**  
Winners: Jen Hadley, Errol Fender  
R/U Sandra Scott, Bob Vonarx

**Friday 29th July**  
Winners: Lyn Southall, Sandy Allan, Peter Vlajic  
R/U Tracey Pugliano, Bob Vonarx, Col Hodges

**Tuesday 2nd Aug** Winners: Colin Erhardt, Neville Graham  
R/U: Errol Fender, Neil Wagstaff  
Bonus draw: Elna and Arne Jensen

## BRIBIE ISLAND BOWLS CLUB

Mens Pairs Results Fri 15 July  
Highest Margin: P Gray, J Oliver  
Runners Up: B Snare, A Kinnear  
Out of Hat Winner: N Holsbergler, Bob Priest  
Out of Hat Winner: D Beadman, J Ferguson  
Out of Hat Winner: C Chidley, B Meek  
Bunny: R Ferguson, J Hattie

**Random Fours Results Sat 16 July**  
Highest Margin: J Neill, L Godfrey, B Tanner, W Hoelscher  
Lowest Margin: R Dougherty, P Conn, R Hunter, L Gilmour  
Out of Hat Winner: I McLaren, G Olson, C Monk, L Tebbutt  
Out of Hat Winner: H Anderson, W Kelly, G Reily, R Hotchem  
Self Select Triples Results Tue 19 July  
Highest margin: B Lingley, G Lingley, P McMullen  
Lowest margin: I McClelland, A Baker, V Adams  
Out of hat winner: W Clarke, S Guant, G Guant  
Out of hat winner: J Oliver, B Castle, P Patrikeos  
Out of hat winner: B Wood, G Corry, F Corry  
Bunny: C Wilkie, V LeLeivre, R

LeLeivre  
Self Select Pairs Results  
Wednesday 20 July  
Winners: G Hayles, G Ackroyd  
Runners up: P Patrikeos, J Newcomb  
Out of hat winner: P Gray, J Oliver  
Out of hat winner: E Bateman, M Garfield  
Bunny: N Smith, R Eaton  
**Random Select Fours Results Saturday 23 July 2022**  
Highest Margin: N Gray, D Frick, I Smith, W Hoelscher  
Lowest Margin: M Drought, C Kelly, L DeRoule  
**Self Select Triples Results Tuesday 26 July 2022**  
Highest Margin: D Collard, J Tennonl, M Ball  
Lowest Margin: N Gray, G Hose, E Hookey  
Out of hat winner: I McClelland, V Adams, B Garfield  
Out of hat winner: W Kelly, I Smith, B Polunson  
Out of hat winner: B Allen, P Smart, D Wilkinson  
Bunny: R Ghest, M Young, I Finlay  
Scroungers Results Wed 27 July  
1st: R Eaton  
2nd: G Gunter  
**Self Select Pairs Results Wed 27 July**

Winners: K Ford, R Elmore  
Runners up: T Smith, W Kelly  
Out of hat winner: I Smith, H Aderson  
Out of hat winner: J Falroy, C Wilkie  
Out of hat winner: L Mather, T Dean  
Bunny: M McIntyre, I McLaren  
**Self Select Pairs results Friday 29 July 2022**  
Winners: N Holzberger, W McDougall  
Highest margin: C Wilson, M Johnston  
Out of hat winner: J Fennitt, P Coulthard  
Out of hat winner: K Smith, W Simmons  
Out of hat winner: P Mann, P Phelps  
Bunny: P McMahon, D Gibson  
Random Select Fours Saturday 30 July 2022  
Highest Margin: P Andrews, G McEniery, L De-Roule  
Lowest Margin: K Byford, I Smith, P Mannion, W Hoelscher  
Out of hat winner: B Doe, A Sturm, L Wood, W Follett  
**Self Select Triples results Tuesday 2 August 2022**  
Highest Margin: Z Elmore, E Bateman, B Garfield  
Runners up: J Oliver, B Castle, B Hamer

Out of hat winner: K Piva, P Campbell, S Hobo  
Out of hat winner: C Wilson, M Adnrews, J Studd  
Out of hat winner: L Mather, L Mather, T Dean  
Out of hat winner: G Woollett, G Jackson, F Grimsey  
Bunny: R Hunter, J Ferguson, C Kelly  
**Scroungers Results Wednesday 3 August 2022**  
1st: M Nganeko  
2nd: M Roberts  
**Self Select Pairs Results Wednesday 3 August 2022**  
Winners: C Chidley, B Meek  
Runners up: G Miles, R Miles  
Out of hat winner: S Hose, N Gray  
Out of hat winner: E Bateman, Z Elmore  
Out of hat winner: M Durham, C Fowler  
Bunny: W Kelly, C Kelly  
**Random Select Triples results Thursday 4 August 2022**  
Out of hat winner: M Hannan, W Follett, B Milstead, L Sharman  
Out of hat winner: R Cox, M Young, C Hancock  
Out of hat winner: C Stroud, G Low, L Broomhead  
Out of hat winner: A Christie, S Brown, A Sturm

## RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF

21 JULY TO 3 AUGUST

18-23 July Go Golfing  
Sanctuary Cove 4BBB

Gwen Clutterbuck from Bribie Island Golf Club teamed up with a friend Jenny Brooks from La Trobe Golf Club in Victoria and won the 4BBB event at Sanctuary Cove. Well done you two. (Left to right Gwen and Jenny with Trophy.)



19/7/22 Single Stableford - Sponsor Naz and Shamim Hudda Trophy Round 3 of 4  
A Grade Winner: Barbara Newcomb 37, 1st R/U Di Benghamy 35 c/b 2nd R/U Ros Gardiner 35

B Grade Winner: Myra Dickson 38, 1st R/U Robyn Harper 34 c/b Fitzie Jackson 34  
C Grade Winner: Ann Mitchell 34 c/b, 1st R/U Vicki Lawrence 34, 2nd R/U Sylvia Kuhbauch 33 c/b

NTP: Hole 4 Judy Graham, Hole 7 Barbara Newcomb, Hole 14 Wendy Robinson, Hole 16 Open 2nd Shot Ros Gardiner, Hole 14 Div 3 2nd Shot Laureen Healey  
21/7/22 Competition cancelled due to rain. The Women's Foursomes Championship has been moved to Thursday 28 July.

26/7/22 Single Stableford and Committee Cup Match Play Final

A Grade Winner: Kate Wilson 37, 1st R/U Desley Neilson 34 c/b, 2nd R/U Vicki Jones 34 c/b  
B Grade Winner: Anna de Bondt 33, 1st R/U Robyn Harper 31 c/b Suzanne Fowler 31 c/b

C Grade Winner: Vicki Butcher 33 c/b, 1st R/U Margaret Peterson 33, 2nd R/U Val Miller 31  
NTP: Hole 4 Myra Dickson, Hole 7 Carole Watson, Hole 14 Judy Umlauf, Hole 16 Open 2nd Shot Judy Umlauf, Hole

16 Div 3 2nd Shot Margaret Peterson  
26/7/22 Committee Cup Match Play Final was won by Vivienne Learoyd and Marg Parkinson from Ailsa Lauchlan and Bibby Davies on the 20th hole. What a match. Well done to all the competitors. (Left to right Ailsa Lauchlan, Bibby Davies, Vivienne Learoyd and Marg Parkinson.)  
28/7/22 Women's Foursomes



Championships - Sponsor Seasons Living Mango Hill  
Our Foursomes Champions for 2022 are Vicki Jones and Di Benghamy with a gross score of 122

Daily Overall Winners: Vicki Jones & Di Benghamy 108.5, 1st R/U Vicki Lawrence & Diane Fitzpatrick 113.5, 2nd R/U Ros

Gardiner & Dianne Hayward 114.5. (It almost appears your name needs to be Di or Vicki for this event!) (Left to right Julie Newhousen, Sales Consultant Seasons Living Mango Hill, Di Benghamy and Vicki Jones.)



2/8/22 Single Stableford - Sponsor Team Girls (Leonie Buxton, Roz Crossley, Mary Barbeler and Kris Tomalin)  
A Grade Winner: Abby Driver 38, 1st R/U Pauline Grooby 35, 2nd R/U Gillian Lawrence (Mornington GC Vic) 33  
B Grade Winner: Maree Bailey 34 c/b, 1st R/U Bibby Davies 34, 2nd R/U Ailsa Lauchlan 33 c/b

NTP: Hole 4 Bibby Davies, Hole 7 Kate Brown, Hole 14 Di Benghamy, Hole 16 Open 2nd Shot Sheryl Nicolson

## MCKENZIE BRIBIE COVE CHALLENGE TOURNAMENT - 2ND & 3RD JULY 2022

We were ever-so-lucky with the weather for this postponed tournament, in the teeth of very worrying weather forecasts. The sun even shone for us on the Sunday. It was unfortunate that there were injuries to two players just prior to the weekend which meant that we ended up with two byes in Block A and one bye in Block B, but that is the nature of sport.

Everything seemed to proceed smoothly thanks in the main to the huge help from Jan and Dick with the entry of scores into the Easyscores programme and online into Croquet Scores. We had a full contingent of sharp-eyed referees under the guidance of Tournament Referee, Deirdre Giles, who kept the players on their toes. We had many compliments from players about the organisation and comments about their enjoyment of the weekend.

Winner: Geoff Hull from Twin Rivers Croquet Club

Runner-up: Casey de-Vene from Merthyr Croquet Club



There were lots of hard-fought games over the two days, with so many ending in 7:6 - a joy to watch. The Final was particularly thrilling with some amazing roquets, but eventually all those years of experience won out!! We were very pleased to have Louise Thorneycroft from the McKenzie Group to watch and final and to present the prizes.



## SOLANDER LAKE BOWLS CLUB

### WEEKLY SOCIAL BOWLS

RESULTS - W/E 06/08/2022

Tuesday: Triples - Winners - J. Day & C. Langley. R/U - J. Harris, T. McCormick & T. Doe.

Wednesday: Pairs - Winners - N. Anderson & R. Weir.

R/U - D. Brown & G. Caplick. 3 rd - M. Zahl & R. Zahl. Jackpot (\$?) - Not won.

Thursday: Triples - Winners - D. Wilkins, J. Gemmell & A. Wilkie. R/U - N. Anderson, R. Ryan & R. Weir.

3 rd - M. Whiteside, V. P. & M. Adams. Jackpot (\$?) Not won.

Friday: Pairs - Winners - G. Jones & R. Weir. R/U - S. Hillen & M. Power. 1st Rnd - P. Bradley & B. Harris.

2nd Rnd - J. Farmer & K. Tucker.

Saturday: Triples - Winners - J. Wall, S. Jeffrey & R. Harris. R/U - R. Tell, J. Sanderson & D Hogan.

### WEEKLY SOCIAL BOWLS

## RESULTS - W/E 30/07/2022

Tuesday: Triples - Winners - M. Boike, L. Pettigrew & C. Langley.

R/U - J. Curtis, S. Whitehall & R. McLeod

Wednesday: Pairs - Winners - M. Wilson & G. Hubbard.

R/U - M. Wendt & M Wilson. 3 rd - B. Stuart & G. Caplick. Jackpot (\$58) - Not won.

Thursday: Triples - Winners - A. Hennessy, M. Torrington & T. Rolfe.

R/U - M. Jones, J. Gemmell & D. Wilkins.

3 rd - K. Zipf, R. Griffin & J. Farmer. Jackpot (\$?) Not Won.

Friday: Pairs - Winners - P. Neilson & G. McCarthy.

R/U - P. Hourigan & H. Taylor. 1st Rnd - N. Williams & V. Dean.

2nd Rnd - S. Todd & J. Gemmell.

Saturday: Triples - Winners - A. Ives, M. Whiteside & B. Craitem.

R/U - J. Wall, S. Jeffrey & R. McLeod



# This years donations by **BICPN**

Caboolture Hospital	B.I.K.E.S.
Bribie Islander	House of Happiness
Neighbourhood Centre	Qld. Wildlife Rescue
Smart Pup - In conjunction with	Little Flower Church Bribie Island
Lions of Sandstone Point	Fishability Qld.
Melsa Park	Men's Shed
Bribie Island Soccer Club	Beachmere State School
Bribie Island Swimming Club	Chaplaincy Program
T.S. Koopa	Little Athletics
Boomborra Club	Orchid House
S.E.S.	Bribie Island Library
Camp Quality	Beachmere Community Garden

Thank you to all our valued customers for their continued support, your purchases allowed us to donate to all these organisations.

*Supporting us to support our community.*

Located at 208 First Avenue, Bongaree  
between the SES & Orchid House  
**OPEN: Tuesday to Saturday 8am to 12pm**





# Marys Backyard

by Darla from Beachmere Community Garden INC

If you ask Mary how her garden grows, she will cheerfully tell you - it thrives on neglect. And thrive it does. While some of us are coping with bizarre and unpredictable conditions of excessive heat, lashings of rain, and bitter cold, watching our carefully nurtured plants fry, freeze or drown, in Mary's garden, plants of all types are happily adjusting to whatever Nature hurls at them. Why is this?

Many years ago, this area was mostly sand. There were a few native shrubs and trees and not much else. Mary set out, in a practical way, laying a foundation starting with asking people for their old newspapers to spread over the sand, followed by a layer of small pebbles and topped up with soil and mulch. A spear pump completed the groundwork.

Then cuttings from her previous garden were introduced here and there. Mary knew from observation which plants would probably survive the tough times, and from then on it was "sink or swim" for the growing shrubs. Resilience was the key, as well as ensuring that the native plants were allowed plenty of space to flourish alongside fruit trees and old favourites.

Somehow a place grew that takes one back to the storybook gardens of childhood. It has paths winding through tall trees, rustic seats placed here and there for quiet reflection, and it seems to have no boundaries... no sense of being fenced in... more like a small park

than a suburban backyard. And it is also a source of food - fruit trees, a banana palm, hanging baskets of tomatoes, every kind of herb, and a passion fruit vine growing from a window box.

This "plant and forget" garden is a lesson in drought tolerant plants, something we should all be contemplating. There are many and varied shrubs and trees here that benefit from "benign neglect" such as lavender, geraniums, rosemary, verbena, buddleia, to name a few, and of course the essential and beautiful natives. Helpful insects and birds are attracted to this garden bursting with diversity. And a bonus! Not a patch of lawn to be seen anywhere, just lush ground cover fed by tall trees providing the bounty of falling leaves. . At the moment the garden is a palette of greens, highlighted by filtered sunlight. It is alive with birdsong. Nasturtiums are

starting to appear, and pale

pink geraniums are flowering. A dragon fruit vine looks close to blooming one night soon. You don't look AT this garden... you look into it. Far from "neglected", it has grown through thoughtful preparation and observation of conditions and now requires minimal maintenance... the hard work is done. And at the centre is a hardy perennial... Mary herself. Her vitality and joy in living are an integral part of this ecology. And the plants reflect her indomitable spirit as they harmoniously co-exist and flourish in this peaceful place. What a great story! And so many lessons for the community garden and our own gardens. Thank you, Mary, for sharing them with us.

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# WINTER POOL MAINTENANCE

Depending on the region you live in, ongoing pool care can be a year-round requirement.

Yes, the water temperatures are cold, UV ray angles are low, and your pool might not have any bather load; however, your pump, filter, heater and other pool equipment are functional and need to be watched.

When it's finally the warm pool opening season, you don't want to find that your pool surfaces and equipment damaged and unusable. By doing small, weekly pool care tasks, like balancing your water chemistry, you can save yourself from large, time-consuming repairs and replacements.

To avoid unexpected problems when it's time to open your pool for the summer, follow these seven off season pool care tips this winter:

## Keep an eye on your pool

If your pool is covered, remember to periodically remove any debris above the cover and check underneath it to ensure you have no unwanted surprises down there.

In addition, the winter-induced wind or snow can put stress on your cover, so make sure that your cover, attachments, water bags and lawn anchors are securely attached so they don't come loose.

## Balance your water chemistry

Water chemistry balancing is not as demanding as it may seem, but it is a crucial part of protecting your pool or spa investment. If pH, alkalinity, cyanuric acid and calcium hardness are out of standard ranges for an extended period of time, it can wreak havoc on your pool equipment and surfacing.

In the winter, you should balance your pH, pool water weekly at a minimum; spa users are recommended to check their water

chemistry every two to three days. In addition, use an algacide to kill any existing algae and prevent new blooms during the winter. Your sanitizer levels can be reduced during the winter months, while still maintaining the proper water chemistry balance.

## Check on your equipment

Even when your pool is covered and not in use, dirt, pollen and other contaminants can still enter the water. So, remember to keep an eye on the filter gauge, perform backwashing and clean your filter per the manufacturer's recommendations.

Additionally, don't forget to check your pool pump, heater and exposed plumbing to make sure everything is functioning properly and there are no leaks.

## Clear out unwanted debris

As debris builds up, remember to empty your skimmer baskets, pump baskets, floor cleaner containers and cleaner bags. This will keep your water and equipment cleaner, while also making your life easier in the spring.

## Clean your pool surfaces

Maintaining clean walls, floors and other pool surfaces will prevent algae growth. Skimming, vacuuming and brushing organic debris on a weekly basis is a great off season pool care habit that will save you time dealing with a green, dirty water in the spring.

Tip: Don't forget to brush the hard-to-get areas, including behind ladders, steps and corners.

## Monitor your water level

Always make sure your pool's water level is correctly topped off to protect your pump and keep the pool primed. The right pool water level can depend on the climate you live in. If you live in a warmer environment, that doesn't experience freezing temperatures, your pool water should almost be filled to the top during the winter.

Spending a little time each week on your off-season pool care will make a big positive impact on opening your pool this spring and summer.



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# Queensland rental hotspots

## REVEALED FOR HOMELESSNESS WEEK

### EVERYBODY'S HOME

A new analysis of rental data by the Everybody's Home campaign to coincide with Homelessness Week reveals the Queensland regions where renters are hardest hit by the toxic combination of surging increases and stagnant wages.

The three-year analysis cross references SQM rental data with wage growth for workers in retail or health care and social assistance and rental increases. Workers in those occupations saw average wages increase only 2.3 per cent annually over three years.

But over the three years leading up to 22 July 2022, rents surged by the following average amounts each year

West Queensland	15.8%	\$270.16
Gold Coast North	15.1%	\$835.50
Gold Coast Main	15%	\$771.17
Gold Coast South	15%	\$826.65
Gold Coast West	13.5%	\$772.14
G.C. H'land	13.4%	\$654.21
Sunshine Coast	12.1%	\$641.01

Everybody's Home national spokesperson, Kate Colvin, said the compounding impact of spiking rents and stagnant wages was smashing living standards and putting people at risk of homelessness.

"We know that rental stress is the gateway to homelessness," Kate Colvin said. "When you combine surging rents with flat wages you put people in a financial vice. For the past three years that vice has been tightening.

"Homelessness providers are reporting stories of families with full time breadwinners being forced to live in tents. In a wealthy nation like Australia this is nothing short of a national disgrace.

"The recent change of Government represents an opportunity for a reset. For a decade

Qld Central Coast	11.6%	\$413.91
Beenleigh Corridor	11.3%	\$559.74 East
Brisbane	10.9%	\$654.57
Sth East Brisbane	10%	\$596.90
Sthn Brisbane	9.8%	\$521.31
Cairns	9.4%	\$462.42
Ipswich	9.3%	\$426.21

construction of new social and affordable housing has withered. Now is the time to get moving and give people on low and modest incomes genuine choice.

"Jim Chalmers and Anthony Albanese have been clear that public spending should expand the economy and improve productivity. Social housing meets those objectives better than almost anything. There really is no better return on the taxpayer's dollar than providing the homes Australian families need to be healthy, productive workers, and to raise their families with the stability and security of a decent home."

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### 32 Nulu Street, Bongaree

3 BED | 2 BATH | 6 CAR

- Formal sunken lounge with open fire place
- Meals area
- Rumpus room with bar and fire place
- Huge kitchen
- A/C to Master
- Ceiling Fans throughout
- Covered outdoor entertainment area
- Fully fenced
- 9m by 9m triple door shed

**For Sale:** Contact Agent  
**Land Size:** 1,012m<sup>2</sup>

**Karl Osswald**  
0407 836 508



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### 103 Hall Road, Elimbah

5 BED | 3 BATH | 6 CAR

Spreading across nearly 2 acres, this property backs onto a large parkland reserve with pathways and skatepark for the kids and plenty of walking areas for the dogs and humans. There is so much here you don't need to leave home!! The house has sprawling verandah's on 3 sides with the front and rear spacious enough for extra living and entertaining, pool table, bar and sitting areas.

**For Sale:** Contact Agent  
**Land Size:** 8,001m<sup>2</sup>

**Carolyn Drane**  
0429 164 556



### 42/52 Bestman Avenue, Bongaree

3 BED | 2 BATH | 2 CAR

Are you dreaming of waking up to sounds, smells and sparkling sight of the sensational Pumicestone passage? This impeccably refreshed, eclectic 2 level penthouse apartment offers you both privacy and security, where you can waltz up via the security coded lift from your underground parking bays.

**For Sale:** Expressions of Interest

**Carolyn Drane**  
0418 283 762  
**Claire Uttley**  
0413 469 993  
**Keira Hawkey**  
0493 423 433



## FOR RENT

**2/14 Boyd Street, Woorim**  
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**36 Callisia Crescent, Banksia Beach**  
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**43 Caltowie Avenue, Banksia Beach**  
\$595.00 per week - Available Now





**4 Reeders Street, Sandstone Point**

4 BED | 3 BATH | 2 CAR

Karl Osswald from Remax Advanced presents this immaculate family home in a very popular street in Sandstone Point. The home has 4 bedrooms, 3 bathrooms and 3 living areas. The home can easily be configured for dual living arrangements. The home is occupied by the original owner and presents in an immaculate condition.

**For Sale:** Contact Agent  
**Land Size:** 650m<sup>2</sup>

**Karl Osswald**  
0407 836 508



**4 Arvon Avenue, Beachmere**

3 BED | 1 BATH | 1 CAR

- Open plan kitchen, living and dining
- Air conditioning
- Ceiling fans throughout
- Separate toilet
- Single Garage
- New back patio area
- Large back yard with side access
- Small water tank
- Garden shed

**For Sale:** Offers Over \$549,000  
**Land Size:** 784m<sup>2</sup>

**Carolyn Drane**  
0418 283 762  
**John Sulkowski**  
0414 912 666



**14 Cypress Avenue, Woorim**

2 BED | 1 BATH | 1 CAR

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

**For Sale:** Contact Agent  
**Land Size:** 728m<sup>2</sup>

**David, Brianna & Aisha**  
0409 255 255



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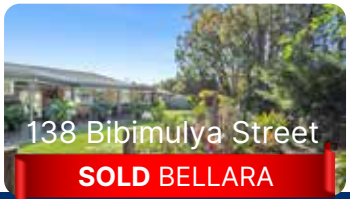
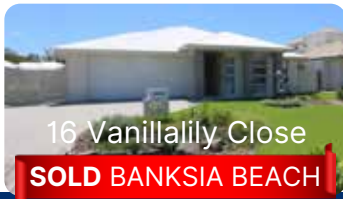
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\$600,000	\$15,600	\$9,000	\$6,600
\$700,000	\$18,200	\$10,500	\$7,700
\$800,000	\$20,800	\$12,000	\$8,800
\$900,000	\$23,400	\$13,500	\$9,900
\$1,000,000	\$26,000	\$15,000	\$11,000

\*Based on standard agency commission of 2.6%

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

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Property Talks!



Insights, tips & trends

## Why you shouldn't always believe the media

Victoria Nicholson

While we trust the media to bring us up-to-date, trustworthy news on everything from current affairs to entertainment, it can sometimes get a little carried away.

When it comes to property, the media can sometimes take one of two views. Either the market is booming with mind blowing sales, or it's slumping towards a crisis point that's set to derail the economy.

In other words, it can tend to exaggerate the facts and cherry pick data to sensationalise what's actually happening in the current property market.

It's not just the media that does this though. Property reports that are highly publicised often present data in a way that shocks and awes us into thinking that it's a good or bad time to buy.

If you've read tens of articles and watched a number of news bulletins offering conflicting voices and ideas, it can become extremely overwhelming, whether you're thinking of buying or selling.

Make sure to do your research to figure out which news outlets you can trust and which property reports are the most transparent. Talking to experts in the field is a great way to decipher what's actually happening in the market.

From mortgage brokers to buyer's and selling agents, it's a good idea to have a chat to professionals who are heavily involved in the industry and know first-hand whether the market is struggling or not.

In most cases, there will always be buyers on the hunt. Those wondering whether it's the right time to sell should consult the experts over the media and ask their local agents what the buyer sentiment is in the local area.

If you would like to receive a free property price report for your area, contact our friendly team by emailing [sales@victorianicholsonrealestate.com.au](mailto:sales@victorianicholsonrealestate.com.au) or phoning 07 3410 0691.



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## 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.

- Close to shops, transport and schools
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### VOLUNTEERS NEEDED

VMR Bribie is dependant on the support we receive from our local community. Our volunteers are the backbone of VMR Bribie and our most valuable asset. There are no paid positions in VMR Bribie, we are totally volunteer based. Every year we help hundreds of people and save lives doing it. Every volunteer contributes to this effort and every volunteer feels proud of their contribution helping save lives on the water. With Covid our volunteer numbers have been dropping so we need more help. Can You Help??

We particularly need Boat Crew volunteers so if you or someone you know would like to join the VMR boat crew then please go to our website:

<https://www.vmrbrbie.com/volunteering>

for more information and to apply Please note: Due to our emergency response times, to volunteer for crew duty you must live within 20mins of our base at Bellara.

### BUSY FRIDAY

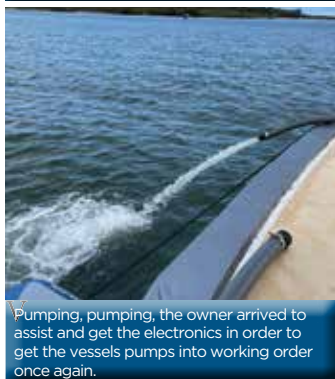
Friday 22nd July 2022 - What a morning 3 hrs of pumping water out of a sinking vessel all hands-on deck this morning with 4 pumps on the go and the vessel is now sitting nicely, the crew will be checking in on the vessel later in the day.



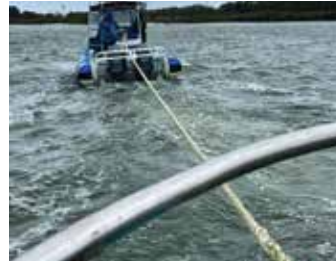
Positioning another one of the pumps.



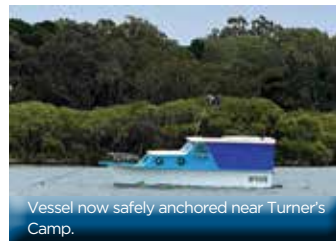
Bribie 2 alongside the stricken vessel.



Pumping, pumping, the owner arrived to assist and get the electronics in order to get the vessels pumps into working order once again.



Bribie 2 tows a drifting vessel back to Turner's Camp to reset the anchor.



Vessel now safely anchored near Turner's Camp.



2 vessels tangled up with the windy conditions.

### GREEN SATURDAY

The crew had an early start with 3 jobs waiting to be done, going to be a busy day for a Green Saturday.



10.3m member's yacht had broken its mooring and ran aground Friday, on call Skipper Wayne Sclater attended and ascertained that vessel was secure and the Saturday Crew would further investigate. Green Saturday Crew on the high tide were able to move the yacht that had been washed ashore with all the terrible wind and sea conditions, she is now safely on a mooring. Thanks to everyone who reported and kept an eye on her during this time



Towing the 10.3m Yacht to deeper water conditions.



The 10.3m Yacht back on its mooring at Bongaree.



Beautiful end to Green Saturday's crazy crew day.

### SSSS TRAINING- 24/7/22



Abandon ship drills for SSSS qualification.



Casey Ramsay receives her Crew Epaulettes from Coxswains Wayne Sclater and Ces Luscombe.



Sunday was SSSS (Shipboard Safety Skill Set) day for Casey Ramsay who passed with flying colours. The group in this clip are turning over the life raft.



Tim Amourous, Leona Patrick, Robyn Young, Nia Brice, and Pauline Amourous enjoying the sunset.



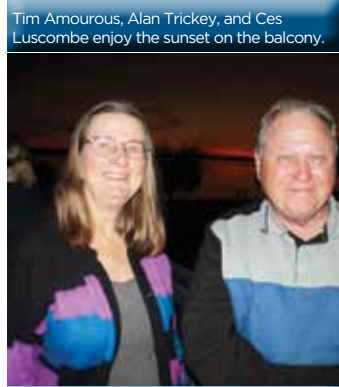
Coxswain Jon Brice chats with the technician upgrading Bribie 1's electronics.



Tim Amourous, Alan Trickey, and Ces Luscombe enjoy the sunset on the balcony.



Bribie 1 out of the water on the trailer ready for the new electronics.



Sue Sclater and John Burdinat enjoy the last of the sunset.

**HAPPY HOUR**

Friday 29th July 2022 – 22 Active Members and partners attended the July Happy Hour, with drinks at great prices and bar snacks provided. Unfortunately, numbers still have to be limited to Active members and partners only, due to the increasing Covid-19 threat, which is due to peak within the next few weeks. Wearing of masks was optional.



Pam and Ian Grimes enjoying the night.



John and Linda Burdinat happy that Happy Hour is once again being held.



A massive Congratulations to Graham Parker on being awarded the keys to Bribie 1 and his appointment to Open Coxswain.



Commodore Liz Radajewski and Wendy Luscombe catch up at the Happy Hour.



**SAFETY DAVE THE FRENCHIE'S MESSAGE:**

With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel. Ensure

you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning, and make sure you have either a mobile phone, VHF or 27Mhz marine radio on board."

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

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

**JULY 2022 VESSEL ASSISTS:**

- FRI 22/07 1117am – 7m Half Cabin member dragging anchor off Turner's Camp, investigate, reposition, and securely anchor.
- FRI 22/07 1324pm – 14.8m Cruiser member dragging anchor opposite our Base, recovered Tender and assist owner with anchoring.
- SAT 23/07 0647am – 15m Cruiser member, vessel taking on water – required a pump out.
- SAT 23/07 0801am – 15m Cruiser member – a second vessel and pump required for pump out.
- SAT 23/07 1421pm – 10.3m Yacht member broken mooring and aground South of Bribie Bridge, required re-floating and securing on Bongaree mooring.
- SUN 31/07 131pm – non-member stuck on sand bank, required a tow to Spinnaker Sound Marina.

**YEAR TO DATE RADIO ROOM STATISTICS**

- 7,906 Calls, 2,067 vessels logged on,
- 181 Vessel Assists, 952 Sitreps, 493 Requests,
- 25 overdue vessels, 23 Vessel Tracking,
- 924 Radio Checks, 5 Weather Broadcasts,
- 129 Securite Broadcasts, 0 Pan Pan 1 Mayday.
- VHF 62.1%, 27MHZ 0.2%, Phone 17.0%.

"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!"

# FISHING REPORT

BY: ROBYN @ BRIBIE ISLAND BOAT CHARTERS



The Pumicestone Passage winter fishing has continued to be prolific, and the weather has, at last, started to stabilise, looking more like real Bribie winter - which gives us all a better reason to get our fishing gear out.

Flatheads are still everywhere through the Passage, especially around the entrances to all of the creeks. Prawns and pilchards have been the favoured baits and certainly worked a treat for Shane. He and his mates brought in a 65cm flatty and two around 45cm, all caught on prawns or pillies. They were fishing near Ningi Creek on a falling tide. Kev was in Ned's gutter and Ben fished the Avon wreck, both also on falling tides and using pilchards when they caught good-sized flathead. Stacey and Brendan were up at White Patch, again on the falling tide, using Brendan's favourite ("never fails" but apparently secret) soft plastic lure to nab two flatties. Brendan and Stacey have been checking out a few

different fishing spots lately. Out at the cockle banks, they got 2 keepers, another two at Buckley's Hole and one in Gallagher's gutter - all of them on the soft plastic lures, "and 2-3 hours after the top of the tide, which seems to be a pattern lately."

At the cockle banks and Bongaree Jetty, Stacey also caught some great whiting, using Wazza's Worms (sand worms - Wazza posts them down from Fraser Island!). There have been reports of good whiting catches all along the Bribie side of the Passage, from Buckley's Hole through to White Patch. Alan and a friend went a little further, about one nautical mile south of the cardinal marker outside the Passage (153E, 278S - to be precise). According to Alan, "they were just about throwing themselves on the line and we kept two dozen of them, up to 28cm long". Live bloodworms were the secret, "nice and fresh, from Bribie Bike, Bait and Tackle Shop - best I've seen in a while", says Al.

The word is definitely out about this being a great tailor season. The tailor is making their way north, chasing the baitfish and

giving plenty of people a bit of exercise! Mike bagged out, fishing off the shore at White Patch, using a lure to hook up



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# TIDE TIMES

Bribie Island & Moreton Bay

<b>FRI 12 Aug</b> 4:15 am 0.27m 9:57 am 1.52m 3:42 pm 0.07m 10:32 pm 2.22m	<b>SAT 13 Aug</b> 5:00 am 0.25m 10:45 am 1.56m 4:30 pm 0.09m 11:16 pm 2.15m	<b>SUN 14 Aug</b> 5:42 am 0.26m 11:31 am 1.58m 5:17 pm 0.16m 11:59 pm 2.04m	<b>MON 15 Aug</b> 6:20 am 0.29m 12:17 pm 1.59m 6:03 pm 0.27m	<b>TUE 16 Aug</b> 12:37 am 1.88m 6:57 am 0.31m 1:03 pm 1.6m 6:50 pm 0.39m	<b>WED 17 Aug</b> 1:14 am 1.71m 7:31 am 0.34m 1:51 pm 1.6m 7:41 pm 0.52m	<b>THU 18 Aug</b> 1:51 am 1.54m 8:08 am 0.38m 2:43 pm 1.6m 8:42 pm 0.64m
<b>FRI 19 Aug</b> 2:34 am 1.38m 8:51 am 0.42m 3:43 pm 1.6m 9:57 pm 0.72m	<b>SAT 20 Aug</b> 3:30 am 1.23m 9:45 am 0.48m 4:53 pm 1.61m 11:30 pm 0.74m	<b>SUN 21 Aug</b> 4:53 am 1.13m 10:50 am 0.52m 6:09 pm 1.64m	<b>MON 22 Aug</b> 1:09 am 0.68m 6:27 am 1.13m 12:02 pm 0.52m 7:17 pm 1.71m	<b>TUE 23 Aug</b> 2:13 am 0.58m 7:40 am 1.19m 1:10 pm 0.48m 8:11 pm 1.78m	<b>WED 24 Aug</b> 2:56 am 0.51m 8:29 am 1.27m 2:02 pm 0.41m 8:52 pm 1.84m	<b>THU 25 Aug</b> 3:29 am 0.46m 9:04 am 1.34m 2:42 pm 0.33m 9:25 pm 1.88m



the tailor. The next day, he took his grandkids to the same spot, and they came away with another 15. He says more were lost than were caught, handing them over to one of the kids to reel in. Richard says there are lots of big tailors being caught between the second and third green markers south of the bridge.

There is also good bream to be had, and further up the Passage has been the place to go for them. Clint took his family fishing for bream all day at Norman's gutter, near Parrot Island. Mullet fillet was the best bait, but blood worms did well too. Clint is a big believer in burley: "I had the burley bucket going all day - that's the secret up there; nothing happens until the burley starts working". You can't expect much out of a crab-pot over winter, and there's not much to tell. Mick tried to get a few for a friend's birthday party but managed only half a dozen over three days. Lots of big jennies, apparently, but the bucks were only just legal size.

Snapper season is soon to finish (Aug 15), so it won't be long before you can keep them again. Boonito had four mates on board and they each caught a snapper under the bridge; pretty disappointing when they all had to go back in. There were some breams there as well, so not a totally lost day.

I wrote, a couple of months back, about the modern version of the Angler's Almanac, which I've been following on a tides app. The idea is that moon and sun positions exert a strong influence on fish behaviour and appetite. A table is produced, with fishability predictions, which have been more accurate than you'd think, considering the crazy weather over the autumn and winter. Anyway, Friday, August 12th is supposed to be a cracker of a day for fishing. The best times are supposed to be between 6-7 am, 11 am-1 pm and 5-6 pm. Good luck!

Photo one: Nash, Mia and Bella - with a lovely catch of bream! Photo two: This is Ian's catch, taken before the closed season, from Flinders' Reef, at a depth of 80m. Not long now before we can keep our snapper catches again...

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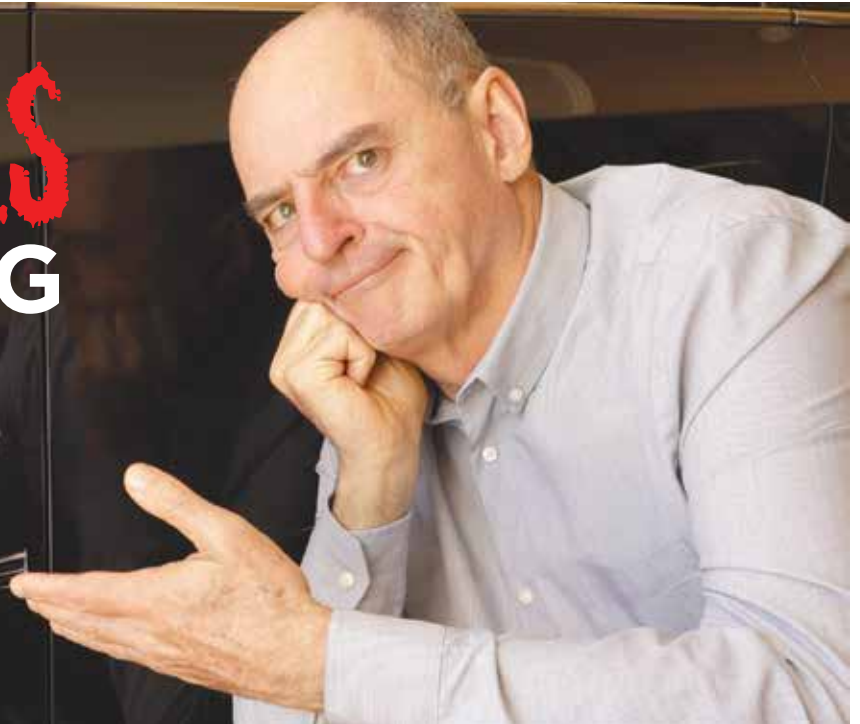
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# THE PERILS OF PARKING

By: David Horrocks



I had intended to give myself a break from what my lovely editor receives from me in the way of motoring stories and to write a humorous article about living on Bribie however an experience in the local Aldi car park on Saturday caused me to have a change of heart at least temporarily.

The first subject may serve as a salutary lesson for you dear readers to help you avoid becoming upset if and when some uncaring motorist damages your pride and joy.

Whenever I park a car in a designated area marked with lines on the road, I always give space between where the lines occur and where my car actually sits to allow maximum space for my own door opening and for the car alongside to have the same advantage. I also beware of parking alongside a vehicle that looks to be very neglected or careworn considering that the owner/driver would likely treat your car the way he/she does their own.

Now whilst carefully observing my own rules I sighted a spot that fulfilled all the requirements, so I drove in. In this case, to the right side, there was only a garden but to the left, another car stood and certainly not one that fitted the 'no no' parameters. It looked to be a very recent model, a Ford Mustang convertible, resplendent in shining white livery with its black soft top. But here dear readers is where as they say 'the best-laid plans of mice and men' fell apart. I should have considered the particulars

of the fact of this car was a rather long two-door model. I once owned an Alvis classic car of similar proportions with similarly large doors - but that was years ago, and you tend to forget things as you age - at least that's my excuse this time.

When we emerged from our shopping and after loading the spoils into the rear, I walked down the passenger side to open the door for my wife when I saw two things, the Mustang had gone being replaced by another vehicle and there was not one but two gouges in my car's door. The design of my vehicle involves a horizontal raised fold or pressing in the middle of the door, placed there no doubt to allow the sheet of metal to have more rigidity; however, it makes for a vulnerability when someone opens a door against it.

Where had I gone wrong with my protective planning? Then I remembered. Much longer doors are fitted to bigger two-door cars such as in US designs. When a driver opens such doors two unusual things happen. The door swings far wider than is the case with a standard car door plus, and this is the double-edged sword the door is far heavier and because of this more difficult to control. There is only minimal space in parking lots, and they are not designed to accommodate careless operation. The other 'design error' is that the Mustang is low set and hard to get in and out of especially if the driver is shall we say not as agile as they were in younger years and this car

does seem to attract such buyers! Was I upset? Well yes, I was. Nothing I could do except to hope sincerely that my Mustang friend got two punctures at once, on a cold and very rainy night when out the back of beyond!

So readers take care and include in your precautions the need to either stay well away from Mustangs or at least give them a very wide berth when parking. Well, that story ends unhappily so, not wanting to write only of bad experiences I can relate a couple of positive outcomes from parking experiences to lift the mood.

Once when on holiday in Provence France we returned to our rental car to find parked alongside us a Volvo of great age, maybe thirty years or so but in splendid condition. When the driver returned, we began to chat. Not as I expected that he was a collector of classics, but the car had been their sole transport since new. I complimented him on his owner care. He told me that of course it lacked all the later 'aids to driving' but he still enjoyed most things about it. One of the 'aids' found in later models was the door key arrangements. He then regaled a story of when he and his wife took a holiday in Italy flying into a major airport and going to the car rental port where he was given keys and told that his rental was a white Fiat Punto to be found on the lot behind the office. On arrival at the lot, he was met with a view of about 100 Fiat Puntos, all white - which was theirs? For quite a while he walked down one aisle,

his wife down another comparing the rego numbers against the rental agreement until accidentally he pressed the key to find that one car flashed its lights at him - never having experienced such a novelty he was delighted.

The third 'parking event' concerned the wife of one of the directors of a large company. My wife was the marketing director of the company. Being an Italian organisation, they favoured buying very up-market models, Ferrari and Maserati were in vogue at the time of this story. They owned one Maserati which was a total dog of a car. It spent forever in garages being repaired. They couldn't trade it in as the financial loss on it would have been immense as is the case with many such expensive models. So, they passed it on to one of the wives who hardly drove out of the local area in the hope that she could at least get some use out of it. Then one day she phoned the office in tears telling her husband that she was so sorry, but the thing just leapt away when you touched the throttle and when she went to put it away, she'd lost control and the thing just went through the back wall of the garage and was wrecked. After making sure she was uninjured he told her they were going out to dinner that night - the insurance company would be covering the bill!

*Well, that's it folks - hopefully, it's a comic tale about Bribie living next issue.*

CAR TRAVEL IS A LOT OF FUN, BUT IT CAN BE TIRIN

# SMART TIPS to make your joyride the most comfortable



## DASHCAMS

Dashcams are becoming increasingly popular these days to ensure safety on the road. However, not only can they protect you from any accidents on the road, but they also provide entertainment for long journeys. Nowadays, there are dash cams with HD cameras so that you can record all those wonderful memories from your holiday adventures.

## DIFFUSE ESSENTIAL OIL FRAGRANCE INTO THE AIR

Essential oil diffusers can be useful for controlling odours in the car, whether from pets or from food. Just add several drops of essential oil to a cotton ball and stick it between your console vents. If you're using a diffuser with water, only use distilled water because tap water can leave mineral residue on your vent slats.

## MAKE SURE YOUR AIR FILTERS ARE CLEAN

A dirty air filter can cause allergies to flare up, which will make it difficult to enjoy yourself on the road. You should also make sure that the cabin air filters are clean; these filters help prevent dust and other allergens from blowing around inside of your vehicle when you turn on the air-conditioning or heat.

## SET UP FOR COMFORT

-Seat height: A good rule of thumb is that the top of your field of vision should clear the top of the steering wheel (when sitting in the upright position). This will help you keep your

head in a more neutral position and reduce fatigue.

- Seat depth: Make sure your back is fully supported by the seatback when it's tilted slightly forward by adjusting the distance from the front edge of the seat to your lower back.

- Lumbar support: Your lumbar support should provide enough pressure to support the curve in your lower spine. It should also be adjustable so you can change its position as needed. If your vehicle doesn't have built-in lumbar support, try placing a rolled-up towel behind your lower back.

- Head restraint: The top of your head restraint should be level with or just above the top of your ears. It should also be close in proximity to the back of your head without touching it, because that helps keep your neck from bending and causing strain.

## SMART SEAT CUSHION

A smart seat cushion is a good option for those who have to sit for long hours at a stretch. It reduces stress on the lower back and helps improve posture by providing support to the lumbar area of your spine. It also lets you maintain a natural spine curvature, thus reducing pressure on your vertebrae discs.

The best thing about these cushions is that they are equipped with sensors that give gentle vibrations when you start slouching. They also come with a remote control that allows you to adjust its settings according to your needs.

**Enjoy the ride!**

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# Busy Fingers



## OP SHOP

The shop has been very busy over the last month including the school holidays when many grandparents brought in the grandkids to get some games, puzzles and bric-a-brac to keep those young energetic minds occupied. Thus, giving the grandparents some respite during the day, as there is nothing worse than bored youngsters. The clothing racks continue to be replenished daily and the sales are ongoing, hopefully, our usual warm weather will return soon so we can get rid of the jumpers and bring on the summer blouses and tops.

## 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 and Hospice for the Palliative Care Suite. At this month's meeting, the committee after discussions with the manager/treasurer of Global Care, have elected to increase our monthly support of Global Care for their Foodbank account and also include assistance with their truck fuel. They have experienced a high increase in the needs of some in our community and further assistance was required, we are happy to help the volunteers of this charity. Other grants included Defibrillators for the Men's Shed, Bribie Pines over 50's committee and the AFL Bulldogs. We will also support the BI Lions Camp Quality Day with the Ice-creams and the BI Ambulance now has a special lifting chair for use when they have to assist our residents who have fallen at home. Boronia Cottage assists many residents who need respite care needed some new furniture to brighten up the lounge area. Last month I mentioned that I would be printing a list of the last financial year grants that Busy Fingers gave to the community, I was hoping to have that finished by this edition but due to being unwell, I am afraid I did not get it finished, so I hope to finish it by next edition.

## 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.

## NEGATIVE ATTITUDE TOWARDS BUSY FINGERS

For a few months, we have been reading unnecessary and untrue comments on Facebook. Busy Fingers started as a small stall with several retirees raising money to put a nursing home on the island, this was over 40 years ago, since then we have increased our ability to assist the aged care home and have included all the schools and not for profit organisations on the island with our grants. We have many volunteers from all walks of life who donate their precious time to help us, and all this negativity caused by a few is unacceptable. If you are dissatisfied or have a query please ask for management on the day of the issue, not with a volunteer, so that a solution can be reached. Those who continually say our volunteers and staff take all the best items are incorrect. We have rules for purchases by volunteers and staff, who often miss something they would like because of this. Items are placed on the floor for a day for our customers to purchase. I have been with Busy Fingers for 12 years and 10 years as Secretary and this attitude by some people is very upsetting for me and all of Busy's family.

## REQUEST FOR PRESENTATIONS AND DONATIONS

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

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

*Once again, I would like to thank all our supporters and customers, and a 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

# 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,  
This advice has been sent to ALL SENATORS on Sunday 31 July and eventually will be sent to all 151 MPS and media who have not been silenced. Will you take action to place this advice before the Parliament for inclusion in Hansard and inform the media for the knowledge of the Public, YOUR EMPLOYERS or will you allow fraudulent drug companies to permit vaccination of our adults and children. Perhaps you could demand an incompetent Health Department and all its overpaid vaccine experts along with the incompetent TGA to WITHDRAW PFIZERS RUBBISH from sale; the very rubbish PFIZER wanted to keep from proper medical examination until 2096. Read the following carefully, including how this rubbish can cause infertility in our population as predicted by Specialist Dr. Peter McCullough of the USA in 2021. The former Morrison Government and now the Albanese Government are lying to the Australian public and caused/ing preventable ill health and DEATH. Dr. Richard Bartlett devised a COVID CURE in 2020. My email advice re this CURE with NO ATTENDANT DEATHS, was sent to all MPs, Senators, State Premiers and their Chief Medical Officers c July 2020. The advice was IGNORED. Why? Were the millions of lobbying dollars [a.k.a bribes] more important? Australian Government Department of Health and Aged Care internet advice dated 7 July 2022 listed various 'provisionally

approved' Covid treatments of vaccines, injections and pills including PAXLOVID [Prov. approval 18 January 2022] The advice claims the contents to be "The latest data and evidence from around the world ." This advice is totally FALSE. Angus Liu reported on June 15, 2022, in Fierce Pharma: - < <https://www.fiercepharma.com/pharma/pfizer-stops-paxlovid-work-less-vulnerable-covid-19-patients-after-no-benefit-symptom-relief> > The clinical trial previously flopped on its primary goal, showing the Pfizer antiviral was no better than placebo at sustaining symptom relief for four consecutive days. Now, the company is calling it quits on the study after finding it hard to read any signs of potential benefit because of an already low rate of hospitalization or death in the standard-risk population. The Government purchased 500,000 doses of Paxlovid. Will the Government recover the price (\$ millions) paid by taxpayers, for a "PLACEBO?" <https://www.fiercepharma.com/pharma/fda-rebuked-pfizers-suggestion-take-more-paxlovid-if-covid-19-symptoms-return> The corrupt FDA actually REBUKES PFIZER. !!! What next? Will our Australian TGA bare its claws or merely "meow? How long must Australians have their taxes wasted on this rubbish due to Government incompetence or corruption? Pfizer has been a "habitual offender," persistently engaging in illegal and corrupt marketing practices, bribing physicians and suppressing adverse trial results. Since

2002 the company and its subsidiaries have been assessed \$3 billion in criminal convictions, civil penalties and jury awards. In late 2020, Brook Jackson, with more than 15 years' experience in clinical research coordination and management, employed by a company used by Pfizer to conduct part of its research for vaccine production, established serious faults in the vaccine trials; reported to her employer who ignored the advice; then reported the issues to the US Federal Drug Authority (FDA). Shortly thereafter, she was sacked by her employer. In January 2021, Jackson documented a False Claims Act claim in the United States District Court for the Eastern District of Texas, Beaumont Division. The case was put under seal from January of 2021 to February of 2022, keeping Jackson from talking openly during the mass antibody rollout. She let American Greatness know that she chose to open up to the world in September of 2021 at any rate and recounted her story to the British Medical Journal (BMJ) in September of 2021. SEE: <https://www.bolnews.com/international/2022/06/pfizer-vaccine-fraud-government-was-involved-in-dismissing-accusations/> SEE: - **British Medical Journal report.** <https://www.bmj.com/content/375/bmj.n2635> SEE: **YouTube Trial Site News** <<https://www.bmj.com/content/375/bmj.n2635> > **Thomas J MAHON. JP. Bcs.**

*To the anonymous writer,*  
I can see you're very passionate about what's happening in our community. I do want to point out that your statements about State Government rezoning State Forest around Banksia Beach are incorrect. The State Forest around the golf course has not been re-zoned – it has been zoned rural since at least 2005 with no change. Council cannot subdivide this area into residential sized lots and the State Government has no plans to sell existing land holdings or change their use. I hope residents find this information reassuring. Please contact my office if you have any further questions by phoning 3474 2100 or emailing [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au)  
Kind regards  
Ali King

**Dear Editor**  
I would just like to give a shout out to a Bribie Island business that went above and beyond to help me. Erin from All Smiles Denture Clinic in Kangaroo Avenue Bongaree tried her hardest to fit me in for an appointment asap, she always returned my calls and never left me hanging or waiting too long for an answer. Immediately she had a cancellation she was on the phone to offer me the appointment. When I met Darius at the clinic he was also as cheerful and helpful as Erin. We are quick to talk about the negative thought it would be nice to mention a positive.....  
**Deborah Banksia Beach**



# MY POLICE CAREER.

## 1974 to 2006

By: Graham Hunt

# Part 2....

I remember about 45 of us started on that day and we were split into two squads. Our first instructor was a Sergeant who didn't have much of a sense of humour and was very strict. I located Paul on the first night so we were in this thing together, which sort of helped.

Paul and I attended the first lecture full of anticipation and expectation on what tasks laid in front of us. We started off relatively easily with reams of writing about the aims of the Police Force I can still remember it now "The aim of an efficient Police is to preserve life and protect property... ". Then at the end of the exercise our Sergeant said I want that as an "A" report tomorrow morning.

An A report is to be remembered word perfect - or else! A few more A reports quickly followed during the lesson and I remember feeling a little overwhelmed at the prospect of learning all this stuff overnight. At the end of lectures back up to the room, remove and press uniform,

clean shoes to a mirror finish and change into suit or jacket and tie for dinner. After a meal back up to the room - watch the news - revise lectures.

Getting into this routine helped to settle in to the vast amount of information we were to have to learn - especially A reports! Little did I know that this was just the beginning and that the little amount of work to memorise now was nothing compared with what was coming up later!

Discipline is (or was) an important part of initial Police training for any Police Service and I remember the parades and the inspections and doing late shifts for having lint on your jacket or for a having a scuffed shoe. I remember inspecting each other in the lifts, especially treading on someone's brightly spit polished boots by accident! Sometimes the whole squad would endure punishment because one officer did the wrong thing and got caught out by the Sergeant!

As always - there is one officer that cannot get things right.

He is always late on parade, shoes unpolished, uniform in a mess. He can't learn anything and is always in trouble and getting us into trouble! Every Squad has one and we did in Probationary Martin Wiffin and he looked so out of place he always attracted the attention and charms of our delightful Sergeant Butcher (the drill Sergeant) to our detriment. He would bellow " Wiffin - Get into step you useless article, when are you going to learn how to march. For God's sake man don't you know you're left from your right? .... Alright everyone lets do it again until Wiffin gets it right".

As we were dressed in our British Airports Authority Constabulary uniforms, we had plastic coats and we were the subject of ribbing from the Metropolitan Police recruits. We also had British Airport Authority Constabulary insignia and numbers, which were not given to the Metropolitan Police fellows until they had passed out. However, they all went green with envy when they found

out how much money we were making! We got travelling allowance, Meal money, living away from home allowance and better basic pay. All this was to stop when the Metropolitan Police took over but it was good while it lasted.

In our squad an ex-copper was picked as the leading probationary - his name was George. He left the job eleven years previously and went to Australia to drive the Road Trains in the desert somewhere. He was tanned, fit and a giant of a man. George was in his late thirties so youngsters like us looked to his maturity to guide us through - he had been through this training before. There was also Dave another ex-copper who left the job a few years before. He was the same age as George and was a nice enough bloke. More about Dave later! There was also Steve - the mad Irishman. Boy, could he drink, and trouble, that was his middle name!

Continued.

CRIME REPORT



# BRIBIE ISLAND WRAP

[www.mypolice.qld.gov.au/moreton](http://www.mypolice.qld.gov.au/moreton)

**FOR ALL OF YOU CRIME SCENE TELEVISION SHOW FANS OUT THERE THIS IS THE STORY YOU HAVE BEEN WAITING FOR.**

*By Senior Constable Jo Arthur*

Our Queensland Police Service equivalents to the glitzy forensic officers on television work in the Forensic Services Unit. There are a few different sections that make up this unit which include Ballistics, Major Crime Unit and the Fingerprint Bureau to name a few.

*Sgt Fewson photographing located fingerprints*  
*Sgt Fewson fingerprinting a shipping container that was broken into*  
*S/Const Jaggu videoing a scene*

Senior Constable Logue conducting an examination in the lab  
 The Scenes of Crime officers who work in the districts are also part of this unit and they are the officers who attend to process a crime scene. They attend scenes of all types including break and enter, robberies, a located stolen vehicle, assaults, wilful damage, serious traffic accidents and many more.

They will also make the initial crime scene determination for major crimes like homicides and serious assaults. In Moreton there are Scenes of Crime officers stationed at North Lakes, Redcliffe and Burpengary.

If you have ever had your house broken into then there is a very good chance that you have had a Scenes of Crime officer attend. Yes, they are the ones with that messy fingerprint powder.

In the past, when you needed to report an offence, you would call your local station and uniform police would attend and take your initial report. Now, you would have reported your offence online or on the phone to Policelink.

If a Scenes of Crime officer is needed, they will be the first and maybe the only officer that you see in person. They will talk to you about what has occurred, take photos, fingerprint surfaces and take any samples from blood, clothing or anything else left behind. If they locate fingerprints at a crime scene, they will take a photo of them. They will update your report from their car and send any fingerprint images to the Fingerprint Print Bureau electronically. Offender fingerprints can be identified in a number of hours. It is a regular occurrence for fingerprints that have been sent at the beginning of a shift to be identified by the end of the shift.



This little fellow wants Scenes of Crime officer, Senior Constable Logue to take him to become a QPS Dog Squad member



Sgt Fewson photographing located fingerprints



Sgt Fewson fingerprinting a shipping container that was broken into



S/Const Jaggu videoing a scene



Senior Constable Logue conducting an examination in the lab

Queensland Police are world renowned for their process and procedures at crime scenes. Other police services nationally and overseas have adopted our procedures with little modifications. It is definitely not as glamorous as television but is exciting and challenging. These officers often go unnoticed but are a very valuable part of the investigation process.

What we do want to ensure the public of is that even though a Scenes of Crime Officer may be the only police officer that you see, your complaint is being investigated in the background by other officers. Even if a Scenes of Crime officer does not attend, your report is seen immediately and is detailed for investigation. This process saves multiple officers attending your residence and asking the same questions. It allows officers to be working on information that you have already provided over the phone or online.

If you think that a Scenes of Crime is a job for you then head to [www.policerecruit.com.au](http://www.policerecruit.com.au) to find out if you're Made For It.

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



# LAWN CARE PROGRAM

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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".



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

**JUST A NICE QUALITY LAWN**  
*Designed to improve and maintain new and existing lawn areas resulting in greener, healthier lawns, our programmed services include:*

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

**lawn care treatment from \$95 PH: 0438610055**