

# The Bribie Islander

AND DISTRICTS  
ISSUE 173  
Aug 26, 2022  
*Your Local Community Magazine*



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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.

## THE OLDEST WOMAN IN AUSTRALIA 17



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# 173

Aug 26, 2022

## Welcome

Dear Readers,

Welcome to edition 173! We have a jam-packed magazine this fortnight, full of fabulous stories and information. Our front cover features the Mattrest family, who Michele and Deb had a fantastic time with, doing their photo shoot for our Father's Day edition! So, I will take this opportunity to wish all the dads, grandfathers and father figures out there a wonderful day!

We are also celebrating Gwendoline Moore's 110th birthday! What an achievement! Michele and I got to spend some time with her 92-year-old daughter, Joan Lambell, who had fantastic stories to share with us and was truly a delight to meet. We could have easily spent the day with Joan, she is an amazing woman, so check out her mother's story!

Legacy is on the hunt for a good Samaritan who generously donated last year to the Legacy Badge week, could it be you in the photo? If you are this person or know who it is, please let them know. Also, if you could pop down and support Legacy by donating to their wonderful not-for-profit organization, I am sure they, and the families they support, would be extremely grateful.

Speaking of fantastic organisations, please check out the article on Busy Fingers! The amount they have donated to our society is astounding. As a community, I think we should all consider ourselves very fortunate to have groups such as Busy Fingers, Legacy and The Bribie Community Nursery (just to name a few) getting behind those in need, I would hate to see what would happen to those needing help if these groups were not in operation anymore.

The VMR is also having their annual Charity Golf Day coming up in October and Remax, R U OK? and Bongaree Bowls Club have partnered up to hold (in honour of Father's Day,) a "Beers, Bowls and BBQ" in September, so jump in now and book yourself a spot for these days. You are guaranteed to have a ball while supporting two very worthy causes.

Until next time,

*Cherrie*

Take care, Stay safe,

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

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# 5 WAYS TO RELIEVE UNWANTED BODY PAIN

by Himanshu Singh  
Several issues may cause body pain. Whether it be a chronic health condition or an acute injury that is the root of the pain, you are going to want to control this discomfort so that you

live your life as normally as possible. Here are five of the best ways to relieve unwanted body pain.

## OVER-THE-COUNTER PAIN RELIEVERS

Most people turn to the use of over-the-counter pain relievers at the first signs of discomfort. Depending on your level of pain, these may be sufficient in helping you to feel better and get back up on your feet. Medications of this type of work by lowering the level of chemicals in the body known as prostaglandins. As a result, inflammation and pain are reduced. You should consult with your healthcare provider before deciding to use these medications as a long-term solution. They may become less effective as time wears on, making it important that you have other treatment options lined up. Your doctor



1

2

may also decide to prescribe you a stronger pain reliever than what you can find over the counter.

## ALTERNATE ICE AND HEAT

The alternating use of ice and heat is another great natural way to relieve unwanted pain. If you have an acute



3

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injury, try starting with cold therapy using an ice pack. Cold therapy lowers the body temperature, causing the blood vessels to constrict and reduce swelling. Ice will also deliver a numbing effect, helping to lower the level of pain you may be experiencing. Be sure to not apply ice directly on the skin. After using ice to lower inflammation, you can consider transitioning to heat to help to relieve the pain. A heating pad or a warm pack will relax the muscles and encourage proper blood flow. Some people also find relief

in warm baths, particularly if the pain is concentrated in the muscles.

**CBD PRODUCTS**

More and more people are turning to the use of CBD to treat aches and pains. One of the latest trends in this marketplace is the use of CBDa. You may be wondering what is CBDa? This type of cannabidiol acid is one of the chemical compounds that is found in hemp and cannabis. As the raw form of CBD, CBDa has been touted for its

potential benefits as an anti-inflammatory, making it useful for pain management. You can find CBDa as a tincture that you can place under the tongue for absorption. You can also drizzle the oil on foods or in drinks, giving you flexibility in how you use this product for pain relief.

**EPSOM SALT SOAK**

An Epsom salt soak is one of the most traditional ways to find relief from unrelenting pain. Because this kind of salt is quickly absorbed into the skin, you will notice the pain relief almost instantly. Epsom salts are distinguished for their ability to lessen inflammation throughout the body. Many people also report that Epsom salts can reduce muscle spasms. You will need to pour about two cups of salt into your warm bath water and soak in it for at least 20 minutes. Doing this once per day can go a long way in fending off minor pain.

**ESSENTIAL OILS**

The essential oil market is exploding as more people discover how they can provide targeted relief for a variety of types of pains and tension in the body. The best essential oils for treating pain include peppermint, lemongrass, ginger, lavender, eucalyptus, and marjoram. The easiest way to see this benefit is to add a few drops of the essential oil of your choice into a carrier oil. Good carrier oil options include olive oil or coconut oil. Once you have mixed these oils, simply massage the mixture into the affected area. You can also add these oils to your bath water for relief. Or try inhaling the oils for a calming effect. These five ideas are all great ways to find relief from the pain that is bringing you down. You may need to experiment with a few different options to find the combination of remedies that work the best for you.

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*Happy Birthday*



We have been in our Bongaree clinic for 12 months & I would just like to say a massive thanks to you for all the love & support we have received from our Bribie & surrounding clientele, without you we would not be as successful as we are.

Every customer we see in September will receive a complimentary gift with purchase as our way of saying thank you.



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Recently, I travelled to Sydney to a 'Young Living Essential Oils' event and what I took away from the trip was more than I anticipated. I listened to motivational speakers, a heart specialist and ordinary people who had transformed their lives from ordinary to extraordinary with these products. It reminded me why I do the work I do as a 'Life and Wellness Coach' and how grateful I am to help others transform their lives. What I didn't anticipate was the other gifts I would take away, from the trip itself. I was sitting having dinner at a restaurant, when a seagull swooped down and took a piece of salmon from my plate.

Immediately the waitress rushed over and apologised, suggesting that she replace the portion of salmon. Shortly afterwards a full meal arrived at the table. I was blown away with the service and how she exceeded my expectations. When was the last time you exceeded someone's expectations through kindness? I was in Haymarket, when a man stopped and asked me "Who are you?" Surprised by his question, I then asked him the same. He stated his name was Paulo. He explained when he saw me on my own, so happy and smiling, that he couldn't help stop me. After a short chat he then got on his bike and left. It was a beautiful reminder that

out of all the things we wear, our smile is really the most important.

On my last day, I met a homeless man and his dog. Whilst chatting with them, I noticed a woman drop \$5 in front of the man. She left and returned a few minutes later with \$40. I expressed it was very kind, then began a conversation with her. A minute or two later, she disclosed she had attempted to take her life a few weeks prior. Heartbroken by their stories I asked if we could exchange numbers, to assist them. It was a reminder of how valuable your time and presence are to another, and to give without expectation. The homeless man, his dog

and the woman inspired me so much that I have decided to assist others even more. Perhaps you have a skill or time, or would like to offer some financial support, to help others create a happier more fulfilled life too? Or are you at a point in your life where you are wondering how you can create more happiness within yourself or your life? Maybe you need to love and accept yourself. If you are not happy in your life, today is the day to create change. Take that first step and reach out to me.

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**My name is Anna** and I am the mother of a 4 year old with additional needs. She is a sensory seeker, who especially craves tactical sensory input She loves things like doughs, sands, crafts and water play. I was spending a lot of time sourcing good quality and safe products for her, I couldn't seem to find them all under one roof so the idea for **The Little Sensory Shed** was born.

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When you need to calm down, when your mind is racing faster than a hurricane, or when you can't go to sleep, try left nostril (Ida) breathing.

Start by sitting cross-legged on the floor with your spine straight. Then take a few deep yoga breaths to relax, remember to draw this right down into your belly. Now simply take your right hand and, with your fingers outstretched, block off your right nostril by putting gentle pressure on it with your right thumb. Be sure to keep the rest of your fingers straight and pointing up towards the sky; the fingers act like antennas for the "cosmic" energy that surrounds us all.

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inhale through your left nostril for the count of four. Then, just as gently, exhale long, slowly and completely, and out through the left nostril for the count of four, continue this for a few minutes. Relax your body as you feel the relaxing, cooling breath bringing new life into your body. Relax even deeper with each exhale as you breathe out all tension, all stress, and all disease.

The benefits of left nostril breathing are numerous including sharper, clearer focus of the mind, and a deep, full relaxation or sleep. It is said that if a person breathes through the left nostril for 31 minutes a day for 90 days (the time it takes to plant a new habit into the subconscious) they will naturally change their metabolism in favour of relaxation and weight loss.

### THE CAT-COW POSE

Cat-Cow is a gentle flow between two poses that warms the body and brings flexibility to the spine. It stretches the back torso and neck, and softly stimulates and strengthens the abdominal organs. It also opens the chest, encouraging the breath to become slow and deep. The spinal movement of the two poses stimulates the kidneys and adrenal glands. Coordinating this movement with your breathing relieves

stress and calms the mind.

Begin by moving into Cow Pose: For this, we are on all fours with knees under hips and our hands under the shoulder blades with our fingers spread. Inhale as you look toward the ceiling.

Next, move into Cat Pose: As you exhale,



arch your back up like a cat, breathing in with our heads down, inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.

We then repeat this for ten breaths, remembering to breathe deeply and slowly into and out of your belly.

HEALTH, WEALTH & COMMUNITY

### DOWNWARD FACING DOG

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.

I hope this helps you and remember every morning when we wake, to remember all we are grateful for.

*Sending love and light your way.*

*Namaste Karyn.*

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## Arrival

Miriam,  
and an  
Opinion

The other evening, I was watching the irrepressible Miriam Margolyes on TV as she travelled to various parts of Australia, in order to find out if different groups of "Aussies" really felt they were getting a "fair go" in this land of ours.

Perhaps Miriam is not to your taste, being a peculiar mixture of Cambridge educated, upper-middle class, (so self-categorised) but not always using language that we might expect to hear

from someone with a degree in English Literature. Her dress sense could be most kindly described as "individualistic" and her habit of crunching on raw onions, as others with more orthodox tastes do on apples, is a somewhat sensory surprise.

However, I must confess to being a fan! I love her sassy, outrageous sense of humour, directed not only at other people but also at herself. But for me, the "icing on the cake" must be our shared love of Charles Dickens. She co-wrote with Sonia

Fraser the one-woman show, Dickens' Women, with herself in the starring role. It received rave reviews, with Miriam taking the part of no less than 21 female characters and 2 men, combining character sketches, short readings, and biographical material. How I would have loved to see the original production! I had to content myself with schoolgirl trips to Chapeltown Public Library, in Leeds, where I set myself the task of reading all the works of Dickens, having been introduced to him by

having, as a set book, "David Copperfield" when young. I did accomplish this feat, to the detriment of my learning of French irregular verbs, and sundry other important facts that made me the despair of many of my teachers of other subjects.

During her research into which groups, she felt might be, or might not be, getting "a fair suck of the sauce bottle", she interviewed members of disparate groups of Australian society. She was interested in

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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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whether the class system was as rigid as it was in the UK, and found to her relief that we Aussies, when pushed, generally thought of themselves as middle class, education and achievement being the means by which one could move between the rungs of the social ladder.

Most Australians, however, seemed uncomfortable with the whole idea of "class". Miriam went into prisons and spoke to those confined and came away with the idea that many inmates had certainly not been given a fair go, though occasional chinks of light were beginning to shine through the gloom. She investigated the term "bogan", risking life and limb by accompanying a mullet-hair-styled young man in a car doing "burn-outs", not on the road, but on a racetrack where there was no risk of falling foul of the law. I hasten to add that this form of adventure would not be for me, even in the interests of social research.

What I found most interesting, though, were her views on Ageism. She attended the show of a stand-up comedian by

the name of Rhys Nicholson, whose patter seemed to be mainly directed against the older generation, those of 60+ years. After his performance, which she certainly appeared to enjoy, she asked him about some of his views on the War between the Young and Old. In his routine, he had claimed that the older generation described the young as useless, self-obsessed, and self-absorbed!

He then went on to castigate the older generation, saying that he could not wait to be old enough to give unsolicited advice. Rhys claimed to be longing to reach that stage in life when he, too, "could give feedback no one asked for, and with little knowledge of the facts". He pointed out that those oldies born from 1946 to the early 1960s, the so-called baby boomers, had many advantages that the young of today could only dream of. Whilst they had had the advantage of free secondary and university education, the chance of permanent employment, and the possibility of owning their own home, the young could only do so if they were prepared to

carry the burden of huge debts, (HECS and Mortgage) or loans from the Bank of Mum and Dad if their parents were in a position to be both able and willing to do so.

Both Miriam and Rhys agreed on some form of truce; that the problem might be solved if the older generation could be persuaded to share gracefully and know when to exit the footlights to give way for new talent, which many are decidedly not. Power, it would seem, once tasted is not easily relinquished. My heart bleeds for the young of today. Those fortunate enough to gain a place at university, still miss out on the "student life" enjoyed by previous generations. They have to rush off to work in order to earn the money to keep body and soul together. No Grants for them! They are exploited shamefully, any course not deemed immediately useful to their Olders (hardly better) being more expensive than those 'fancy' Arts degrees. They must learn to be of immediate use to society, to forget any thoughts of educating themselves or pursuing dreams.

Young people, with a degree or not, if fortunate enough to gain permanent employment with a decent salary, may share the traditional Australian dream of owning their own home. What a joke! The price of housing today, particularly in the major cities where most employment is to be found, is through the roof! Renting is insecure, terminated when the owner decides to sell, money in other people's pockets. Employment for the young, too, is often insecure, being casual with no guarantee of hours, sick leave or holidays. Those on a fixed-term contract cannot rely on it being renewed; a permanent, safe, job is a luxury for few young people.

Perhaps, if there is another war, the problem will be solved. They can all "volunteer" to join the Armed Forces.

Yes, I have been more serious this fortnight than usual, but felt that Miriam and Rhys had jolted me into sharing my thoughts. Next fortnight I promise to revert to my usual comic style.

**BY: Elaine Lutton**



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# BONGAREE CELEBRATES 30 YEARS OF ISLAND LIVING!

Residents Bill and Daphne Eaton, Heather Patterson, and Normal Collis have resided at Bongaree since it opened.



16th August 2022  
Bolton Clarke's Bongaree Retirement Village said cheers to 30 years on Saturday 13th August with residents gathering for a special celebration of the village's history.

Marking the occasion were special guests from the community, including members of the Bribie RSL Women's Auxiliary and original residents of the village Norma Collins, Bill and Daphne Eaton and Heather Patterson.

The residents shared how they have enjoyed a very happy 30 years together at Bongaree.

Norma says after 30 years she still thinks the move to

Bongaree was the best decision she and her late husband ever made.

"We had 20 years together here, and we really enjoyed the life and the people in the community," she said.

"My husband chose the unit off the plan, and we came down after church every Sunday and watched it being built.

"We have been in the same unit ever since and even now at 93, I'm still in love with it."

Daphne says she wouldn't think of going anywhere else.

"At the time we had come to Bribie, and we were living in a caravan park. We were very happy here and we had no plans of going anywhere," she said.

"We were approached by the RSL Women's Auxiliary to see if we would like to come to Bongaree as residents.

"It doesn't seem that long ago! I can still remember every detail from the day we moved in."

Daphne's husband Bill agrees, saying it's the place he wants to be when he joins the Centenarian Club.

"I could get to being 100 here! I'm 98 now and we will be

celebrating it here," he said.

The celebration in the community hall recognised the proud history of the Bongaree Village's role in supporting local communities, including its important ties to the Veteran community.

Members of the RSL Women's Auxiliary, which funded the building of the four first homes in the village, were in attendance to cut the cake.

Today, Bolton Clarke Bongaree has 50 homes, a community hall, swimming pool and care takers unit.

Residents enjoy their safe, connected community and the support they receive from village manager Sharon Rodgers, who was this year named a finalist in the LASA Retirement Village Manager of the Year Awards.

"It is my pleasure to be able to celebrate with our residents," she said.

"Not only to acknowledge 30 years since stage two was completed, but to be able to celebrate with existing residents who are still living independently in their units."



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110

## Meet The Oldest Woman In Australia!

I received an email from a lady who wanted to let us know that her mother is the oldest person in Australia, and we are fortunate enough to have her living on the Island! I arranged to pop over for a chat to do a story on her mother. Well, the lady who emailed me is Joan Lambell and when Michele and I dropped over, we could have easily stayed the whole day talking to Joan, who we found delightful, funny, and smart as a whip 92-year-old. Joan herself has lived a very interesting life and I would love to do an article just on Joan! But the story today is about her mother, so let's begin...

**O**n the 27th of November 1911, Gwendoline Mary Moore was born, the daughter of a coal miner from a small Welsh town called Tredegar which nestles in the Howey Valley. Gwendoline grew up with a brother and four sisters, all now deceased. Her eldest sister, Lillian passed away last year at the astounding age of 113! Lillian and Gwendoline at the time were recorded as being amongst the oldest siblings recorded in the world. This family has fantastic genes by the looks of it!

Gwen became the mother of three children with her first husband Cyril Clifford Pearce, who at the very early age of 37 years, passed away, leaving Gwen to raise their 3 children on her own. Gwen remained

a widow for many years until she met and married a lovely gentleman named Ben Moore, who is now also deceased.

Gwen's 3 children are Brian Eugene Pearce, her 88-year-old son who still lives in Tredegar with Elizabeth his wife of 60 plus years. Her daughters Joan (The wonderful, spritely, young at heart lady we met) aged 92 who lives on Bribie, and Jill her 87-year-old daughter, who lives at Sandstone Point. Gwen is also the proud Grandmother to 8 grandchildren, 9 great-grandchildren, and 5 great-great-grandchildren. I am pretty sure not many people can match that!

Gwen herself lived alone at Sandstone Point up until 5 years ago, until her eyesight started failing her, moving into Bribie Cove Nursing home at the age of 105! The dedicated nursing staff, love having her there and look after her very well. Her daughters Joan and Jill make regular visits to see their mum, with Joan saying to the staff, "I'm not moving in, just visiting." And what a family Gwen has! This is a family who obviously shows that love, and joy for life, go a long way to living a fulfilling and happy life!

Just to put things into perspective, these are some of the events that occurred in 1911.

- The first feature film is released when the two reels of D.W. Griffith's Enoch Arden are screened together.
- British physicist Ernest Rutherford discovers the structure of an atom.
- Albert Einstein becomes a professor at Karl-Ferdinand University in Prague

- The hull of the ocean liner RMS named Titanic is launched. Sinking a year later in the Atlantic Ocean.

- Pilot Earle Ovington makes the first official airmail delivery in America under the authority of the United States Post Office Department.

- The first use of aircraft in war: An Italy or Italian pilot takes off from Libya to observe Turkey named Turkish army lines during the Turco-Italian War.

- The first transcontinental flight across the United States is completed. Calbraith Perry Rodgers began the flight on 17 September 1911, taking off from Sheepshead Bay, New York.

Gwen herself has lived through two world wars, countless Kings and Queens and too many Prime ministers to remember. There are not many people who can say that!

Joan says, "Her mother has lived a very full and interesting life and hopefully, we the family will be able to celebrate her 111th birthday in November this year."

Congratulations Gwen, not only have you lived an extraordinary life, but you have also built a wonderful family who are so very proud of you and love you very much. Thank you, Joan, for inviting us into your home and sharing your mother's story with us. It was an absolute pleasure.

**Cherrie Wilson**



# REAL TRADIES WEAR PINK! HELP START A CONVERSATION ABOUT BREAST CANCER

## Breast Cancer Network Australia

**T**ools down! Breast Cancer Network Australia (BCNA) is calling for tradies across Australia to wear pink to work and start a conversation with their workmates about breast cancer.

Electrician, Gareth, and concreter, Peter, are this year's Pink Tradie ambassadors. Both have seen firsthand how a breast cancer diagnosis can impact a family and want to share their stories to support others who are on a similar journey.

Gareth's wife, Rhea, was diagnosed with breast cancer last year. Rhea was just 34 years old, and the couple had two young daughters, aged one and three.

'Last year was a bit of a blur, but now my family are out of the eye of the storm, I feel the urge to stand up to commend my wife on how incredibly proud I am of her efforts and perseverance in navigating the hugely fearful world of cancer as a young woman.'

Peter's mum Andrea was diagnosed with incurable breast cancer in 2013 and he wants to help other families that have been affected by breast cancer.

'Mum means the world to our family. She is the most caring woman and does everything to make sure we're all happy, even while fighting her own battle. Mum has always been happy to share her story in the hope that she can raise awareness and help others who are on their own breast cancer journey.'

Gareth and Peter are calling on their fellow tradies to join them this August and September by hosting a fundraising event and wearing pink! The money raised from every event, whether it be a morning tea or BBQ, will go towards supporting the 20,640 Australians expected to be diagnosed with breast cancer this year.



All the details on how to get involved are available on BCNA's website. Tradies can register an event or grab themselves a Pink Tradie beanie to keep warm onsite!

Get behind the Pink Tradie campaign today and help Gareth and Peter support Australian families, like theirs, affected by breast cancer.

### ABOUT BREAST CANCER NETWORK AUSTRALIA (BCNA)

Breast Cancer Network Australia (BCNA) is Australia's leading breast cancer consumer organisation. BCNA exists to ensure that all Australians who are affected by breast cancer receive the very best care, treatment and support.

BCNA has free resources - including our Helpline, My Journey and online network - to provide tailored information and support to all Australians diagnosed with breast cancer.



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

- Judy, daughter of Bribie Cove resident.

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**Glasshouse Views | Beerwah**  
96-104 Peachester Road

**Buderim Views | Buderim**  
383 Mooloolaba Road

**The Ormsby | Buderim**  
112 Burnett Street

**CapellaBay | Capalaba**  
260 Old Cleveland Rd East

**Seaton Place | Cleveland**  
111 Smith Street

**Seabrook | Deception Bay**  
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**MANY THANKS TO:** The Bribie Islander, Bribie Beach Shack, Bribie Island RSL Club, Bribie Signs, Bribie Island Masonic Lodge, Bribie Rotary, Cornetts IGA, Vietnam Veterans Bribie Island, Volunteer Marine Rescue Bribie Island, Victory Press and ZONTA Caboolture, Royal Life Saving Society.

# PUMICESTONE COVID UPDATE

COVID really is the gift that never stops giving, isn't it?

Or maybe it would be better to describe it as a blight that never stops taking. It's taken and disrupted Queenslanders' lives and hit our workforce hard, especially our healthcare workers.

Sadly, COVID isn't going away anytime soon.

That's why it's still important to maintain good hand hygiene and stay home and get tested if you're unwell.

When the Federal Government's free RAT scheme through pharmacies ended, our Queensland government stepped up to ensure those most vulnerable in our community can still get access.

Now concession card holders can get their free RATs from Queensland Health facilities, the Caboolture Community Health Centre on King Street.

Once our Satellite Hospital is built we will have our own Queensland Health facility here on Bribie to collect RATs from, but in the meantime, I've worked hard to get us an alternative collection location here on Bribie.

Starting Thursday 18 August, concession card holders will be able to collect their free RATs from the new Sullivan Nicolaides collection centre at Shop 5, 229 Goodwin Drive Bongaree, across from The Coffee Club.

Please note that Sullivan Nicolaides staff will be available to give out RATs from 10am-11am & 1:30pm-2:30pm, Monday-Friday.

It's so important that people can access COVID-19 testing right here on Bribie.

I've been concerned to hear that 4CYTE Private Pathology on Bribie has been sending people invoices, even in cases where they meet the criteria for bulk-billed testing.

People in our community don't deserve this unnecessary stress - so please reach out and my electorate office team and I will do our best to help.

If you've been billed and you think it's not correct, please email or call my office with your full name, DOB, address and contact details plus your invoice number so we can have it investigated for you.

Contact my office on [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au) or phone (07) 3474 2100.

Thank you, Pumicestone, for getting tested when you're sick, even when there are challenges, and for staying home when you have symptoms.

You never know whose life you could be saving!

Warmly,



Ali



# RATS FOR BRIBIE





# 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.



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# Wake before death

By: Kathy Vincent.

What about that for a title!! You must be wondering about that. How often have you been to a funeral and heard how wonderful someone was, but you never got to tell them how much you valued them? Do you regret not having told them when they were alive?

Also, if there is a wake after the funeral that's a party you will miss!!

Nobody knows you better than you and someone talks about you who had probably never known you all your life.

So how would it be if you wrote your own obituary? You can talk about the fun things you did as a teenager, or the naughty things you never told anyone before.

Di Hill came to talk to Pumicestone Passage Probus and gave a talk entitled

## "A Laugh from the grave"

She recounted some very funny obituaries that people had written about themselves. One gentleman confessed to having robbed a bank, but it was too late now to do anything about it! She stressed how important is to talk to people who are grieving, you might not know what to say so let them talk to you they may not have anyone else to talk to. Di has started a coffee shop where people who are grieving can go and talk to someone. It's good to talk rather than text which most people do nowadays.

I could tell you about all her achievements such as past president of the Society of Women Writers QLD etc. But her message to us all was to write your own obituary, make it funny and then people at the funeral may remember you with laughter, not tears.

**Go on have a go!**



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# YOUR LIFE YOUR WORDS

## Memories & Memoirs

Everyone has a story to tell....but lots of people think they don't! This is so definitely wrong, so definitely sad, because these folk's families, loved ones & friends never get to know their story, let alone their feelings about events in their life; what important life lessons they have learnt; what joys they have experienced and much more. Your Life Your Words says...*"if we don't tell our story today... tomorrow it is lost forever"*.

In the infancy of Your Life Your Words one of our gift vouchers had been purchased for a lady by her family to have the memoir and video recording package. The day soon came for me to meet with her for the first time. We chit chattered a little, then we sat down at her dining table and straight up she

said to me "this won't take too long as I really don't consider that I have had an interesting life and quite frankly I have never thought myself to be an interesting person either", I put my hand on hers and I said to her "let's go through the processes to the end and we will be able to determine if that's the case then." And so, we had lengthy discussions as we travelled down memory lane, some laughs and some tears were had. She sipped pink champagne as she shared her love and caring thoughts with her loved ones on the video recording. Some belly laughs were had here also. On the day that we got to the end of the processes and I delivered her memoirs and video recording she appeared to be nervous... which is understandable. As she read her memoirs a tear ran down her face and she said to me "I never knew my

life looked like that.

Thank you for bringing my story to life". She was beside herself when she saw the video. She said "that's exactly like me, you drew out the real me, so masterfully. Her final words were "You were right this truly is one of the most wonderful things I have ever done. I can't wait to share it with my family and friends".

It is absolutely true that everyone has a story and most often very captivating stories.

If you make a booking with Your Life Your Words, all you have to do is talk, as your own personal writer will do the rest for you.

**Be bold... come and let us tell your story!**  
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Your Life Your Words is providing our services to Bribie Island's Retirement Villages!

John had his Memoirs composed & Video recording taken.

John chose to give his memoirs the name of

**'The Long Honeymoon'**. Unfortunately, John has lost his wife. What an amazing life they shared together.

A captivating & beautiful story.

**John says this about Your Life Your Words...**

**"Working with my own writer has been an enjoyable process that has brought back lots of wonderful memories.**

**It has been great to document the story of my life to leave for my children."**

- John, Bongaree, Bribie Island.

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



Your memoirs and video are priceless gifts for yourself, your loved ones and generations to come.

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

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# Silvereye

- Zosterops Lateralis

By: Marj Webber

**SILVEREYES ARE OFTEN TO BE SEEN ON BRIBIE ISLAND IN OPEN FORESTS, HEATHLANDS, PARKS AND GARDENS. DURING WINTER THE NUMBERS INCREASE AS MIGRANTS FROM THE SOUTH ARRIVE TO ESCAPE THE COLD.**

Silvereyes are very small, sociable birds belonging to the White-eye family, 11-13 cm in length and weighing 9-15g. They are mainly yellowy-green, with grey breasts and backs, short black bills and noticeable rings of white feathers around the eyes. Their tongues are brushed like those of Honeyeaters. Both

males and females are alike with the female being just a little paler than the male. There is a similar bird in North Queensland called Yellow White-eye.

There are four forms of Silvereye in Australia – Barrier Reef Form, South-eastern form, Tasmanian form and Western Form. Each form is slightly different. We are most likely to see the south-eastern form in summer but during winter southern birds migrate north so other forms could be present while passing through or resting for a while. Lots of the Tasmanian birds fly across Bass Strait and scatter across Victoria, South Australia, NSW and Queensland to as far north as around Gladstone. Braving the dangers of crossing Bass Strait is such an amazing accomplishment for such a tiny bird. Some birds fly 1600 km on their journey north.

Silvereyes can be found in a wide range of habitats such as wooded areas, heathlands, mangroves and parks and gardens. Significant migrations take place all along the east coast of Australia where birds

from southerly locations fly north to warmer weather in winter. Some of the migrations are long but, in the north, they are much shorter. Most of the flying takes place at night when predators are least likely to be lurking about. They follow a path where there is a likelihood of finding food along the way. Not all birds migrate. Some remain and brave the winter. A few weeks ago, I was lucky enough to encounter a large group of feeding Silvereyes at Sandstone Lakes foraging in the shrubs along the footpath. Silvereyes are also found in Southwest Pacific Islands and New Zealand.

They are omnivores - eating a variety of foods, with their main diet being nectar, insects and fruit. Feeding takes place in large groups where they actively forage through trees and undergrowth. I remember when I was a child Silvereyes played havoc with my Grandma's orchard taking tiny bites from her ripe loquats, peaches and mulberries and moving to other fruits till almost all the fruit was unusable. They were

not popular with Grandma. In grape growing areas they can be very destructive. On the other hand, they can be helpful to gardeners by eating insects that attack their gardens. Breeding season is usually September – January. They form flocks and build well-hidden, cup-like, grass and hair nests woven together with cobwebs. Sometimes the nests are decorated with green moss and lichen. 2-4 lovely pale greenish-blue eggs are laid which hatch in about 10 days. Both parents share the nest building, incubation and feeding of the babies. If conditions are favourable 2-3 broods may be produced. After 3 weeks juveniles can look after themselves and may begin reproducing at 9 months. If threatened, they raise the white feathers around their eyes and shake their wings. Their main threats are feral and domestic cats and the use of insecticides that kill off the insects which they like to eat. Conservation status is secure in all states except the Northern Territory where they are not present.





Photo Courtesy of SGT David Hicks.

## ARE YOU THE MAN IN THE MASK?

**We are looking for YOU. If you read this, then please come and see us again this year.**

Last year this Good Samaritan gave generously to the soldiers who volunteered their time on Bribie Island for Legacy Badge Week.

Badge Week is the annual fundraiser for Legacy, we receive no government funding. Legacy is a not-for-profit organisation providing essential services to families of

those who have given their life, or their health while serving our country.

Legacy currently supports 43,000 individuals and families across Australia, supported by over 3,600 volunteer members, called Legatees. Legacy Brisbane (of which Bribie is a part) supports 5,762 family members of fallen and injured veterans across South-East, Central, and Western Queensland.

Legacy is managed and staffed principally by volunteers. We have 9 local volunteers serving Bribie, Ningi & Beachmere,

who look after in excess of 180 Widows. Legacy's work continues to be relevant. Australia's increased use of our Defence Force on military, humanitarian and peacekeeping duties has led to a new generation of veterans, and many deaths and injuries.

More than 72,000 members of the Australian Defence Force have served overseas since 1991, more than the number who served overseas from 1950 to 1990. Australians have served in Somalia, the Solomons, Rwanda, Afghanistan,

East Timor and Iraq. These deployments are always dangerous.

Our next Legacy Badge Week is from Monday 29th August to Sunday 4th September, so please come and say hello, buy a Badge, or a bear, or donate some spare change. You will find us at the RSL, various shopping centres on Bribie and at Beachmere.

Help us to assist the families of those who died to keep us safe. Perhaps you might want to think about volunteering with us?



**N**ow all readers who can remember and enjoy old movies or who better still are fans of the work of Alfred Hitchcock, as am I, should now start to pay attention.

This little story concerns events which oddly follow the plot of one of his famous films - 'Rear Window'. Now to refresh memories the movie starred James Stewart and the enchanting Grace Kelly. The storyline had Stewart playing a broken leg injured and partly immobile photographer stuck in a Manhattan apartment who witnesses what he thinks is a murder in an opposite situated apartment. Any more than that you need to know I suggest you go looking online for the movie. It's a great watch and will help you follow this story as well.

My wife and I came to live on Bribie a few years back and before deciding where to look to buy a home we took six months of rentals as 'try before you buy' sites, one of which backed onto a canal. This particular place became a story venue much as the Manhattan apartment did in the aforementioned movie.

After a few days of looking out over our rear garden and across the waterway to the house opposite, I couldn't help but notice that there were quite a few 'big boy's toys' alongside and on the pontoon that stretched out into the water. I was just a little jealous of course so kept looking admiringly whenever I was near the 'rear window' of our home. My gazing showed me that the male member of the household seemed to be very active in the garden and courtyard area plus was more than diligent in performing cleaning duties in the house as well. The lady of the house would appear occasionally seeming to constantly inspect the proceedings. The 'toys' remained tethered for a fair period of time whilst the male played the part of a house cleaner. After a few days of activity, the guy would

appear alone, dressed in more relaxed casual attire carrying a small esky and a few towels. He would then board one of the smaller vessels and take off for a jaunt. He would then reappear many hours later and once again the cleaning duties and routine inspections would resume. This activity repeated itself a few times whereby after attending to chores the guy seemed to get permission from the lady of the house to go off on a trip in one of the toys. Suspiciously a couple of months later it seemed that the lady of the house no longer came out to inspect the cleaning activities although they did continue, albeit at a lesser pace than previously.

Now you may well ask had I nothing better to do than watch the activities of the neighbours. Well in a rented house with all services provided you end up with a fair bit of idle time. Alas sadly unlike James Stewart in the movie neither was I subject to the attention of Grace Kelly trying to distract my attention.

Now with the Hitchcock movie, we are in a time of heavy movie censorship but there is a scene where Grace sits on the arm of a chair alongside the lucky Jimmie; she leans over him and proceeds to give him repeated tiny kisses on the mouth - sounds a bit tame by today's standards of flesh showing scenes but believe me, it ain't. I reckon I would have gladly walked barefoot over broken glass to have been the one on the receiving end of such persuasion. Now that scene alone is worth the effort of going looking for the movie on the net, isn't it? But away with the distractions and on with the story. The woman had gone, nowhere to be seen, the cleaning bees had certainly decreased. The guy was very active, especially around the biggest toy, a fairly large motor cruiser. He repeatedly carried items down to the boat including two of what appeared to be very heavy suitcases.

Now I am moderately imaginative and the kissing scene in the movie mentioned earlier had always kept that particular story very much alive for me, so I well-remembered that the character in the movie played by Raymond Burr of later 'Ironside's' TV fame had actually murdered his nagging wife, cut up her body and carried it off in several suitcase trips for disposal. Now I'm not going to go into more of what happens in the movie for those of you not versed in the story but it's pretty exciting viewing and very tense, so be prompted to watch it but not on commercial TV because the rotten, silly ads will destroy the suspense.

After a day or two of boat preparation and heavy loading the next morning the guy sauntered down the pontoon bridge, boarded the vessel and cast off, motoring slowly down the waterway - all alone.

For several days after the sailing departure, the house appeared empty, with no sign of life, nobody in residence. Then a few days later the boat returned. I didn't see the docking or the unloading procedure, especially as to whether the two large suitcases were returned or not.

My wife wouldn't hear of my concerns and suspicions, in fact, I got little sympathy at all, unlike James Stewart did from Grace when he described his suspicions of evil-doing across the view of his rear window (watch the movie!) My wife refused to countenance my imaginings, but I was convinced there was skulduggery afoot.

Now unlike in the movie, there is no definitive ending to my story. There was no confrontation between myself and the cross canal sailor. Whether the wife had gone off to stay with her mother or had become protein for the local crab population I cannot say. You'll just have to use your imagination or better still use a viewing of the movie to help you make a decision.



**Commonwealth  
Bank**



## COMMBANK BRIBIE ISLAND SUPPORTS LOCALS THROUGH COMMUNITY DONATION

Commonwealth Bank Bribie Island branch employees have donated \$500.00 to the local Volunteer Marine Rescue as part of a nationwide community donation program. Commonwealth Bank is committed to driving positive change within the communities in which it serves to make a difference locally and for all Australians. As part of this, the bank has again pledged to donate a further \$400,000 nationally, to recognise those organisations that make a difference to the communities in which they operate. Each Commonwealth Bank branch and customer-

facing team has been allocated \$500 to donate to causes important to their local community.

Commonwealth Bank's Bribie Island branch team voted to support the great work of the Volunteer Marine Rescue.

"After another challenging start to the year for many communities, this is one small way we can get behind local organisations who continue to do good work within our community. We are pleased to support the Volunteer Marine Rescue," Colin Warwood, Commonwealth Bank Bribie Island Branch Manager said.

*"We love that Volunteer Marine Rescue Bribie Island is comprised 100% of volunteers who provide a boat rescue service 365 days a year/24 hours a day. Their primary purpose is the safety and preservation of life at sea and they work closely with all other Emergency Services as required."*

# CAROLYN'S TAX Update



Your resident Accountant  
with over 25yrs experience

## Your resident Accountant with over 25years experience

Back in the dark ages, can you believe that all assessments were posted by mail from the ATO. If there was a refund, there would be a cheque attached and if there was a bill, then it looked pretty much like today's assessment with the amount owing and due date for payment.

Many accountants had a trust account and if the client was receiving a refund, we would request they sign it over to us, deposit it to our trust account, transfer our fees to the general account and send the client the balance as a cheque. Most times this worked however some clients forgot to mention they had an outstanding account with the ATO or with Centrelink for child maintenance. Then we would find that there was no refund and often a debt instead.

Then procedures changed and the refund would be directly debited to the client bank account. Trust accounts were closed as they were no longer useful. I still have clients asking today if their accounting fee can be deducted from their refund.

Then the portals came in and we were able to access all the accounts clients had with the ATO and advise them if they would actually receive their refund or whether the ATO would use that refund towards accounts outstanding.

Now there is MYGOV and all clients have access to their personal tax accounts if they connect the ATO. Unfortunately, many clients have set up their MYGOV and then proceeded to ignore it. That's when problems start and due dates for payments are missed. BAS statements are sent to MYGOV now if you lodge your own statements. Your MYGOV account will send you a message informing you to check your account, but this too is often overlooked. Also, although I don't use it, the MYGOV portal can be difficult to follow. I strongly advise you all to keep a close watch on your own accounts, and if there is anything you don't understand, please contact your tax agent for an explanation.

For queries on these or any tax matter, please ring the office for assistance or an appointment.

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

*C M Wheeler and Associates*

CERTIFIED PRACTISING ACCOUNTANT & TAX AGENTS

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

**Ph 07 5496 1156 M 0428 733 132**  
email [cwheeler@caliph.net.au](mailto:cwheeler@caliph.net.au);  
web: [www.cmwheeler.com.au](http://www.cmwheeler.com.au) and Facebook.





The 2021 Next Generation Art Prize winners.



**N**EXT GENERATION ART PRIZE ORGANISING COMMITTEE CHAIRMAN SARAH CAVE IS DELIGHTED AT THE INTEREST SHOWN FOR THIS YEAR'S EVENT, WHICH HAS ATTRACTED MORE THAN 100 ENTRIES.

**THE YOUTH ART COMPETITION HAS SHOWN REMARKABLE RECOVERY POWER FOLLOWING ITS CANCELLATION IN 2020 DUE TO COVID, AND LAST YEAR, WHEN COVID ALSO DETERMINED IT WAS AN ON-LINE ONLY EVENT.**

Sarah and her committee of Angela Venardos, Stacey Bennett and Nicole Gulwell are thrilled with the standard the young artists have shown yet again.

"I think the future of art here is in good hands," Sarah says.

Some of the entries are group

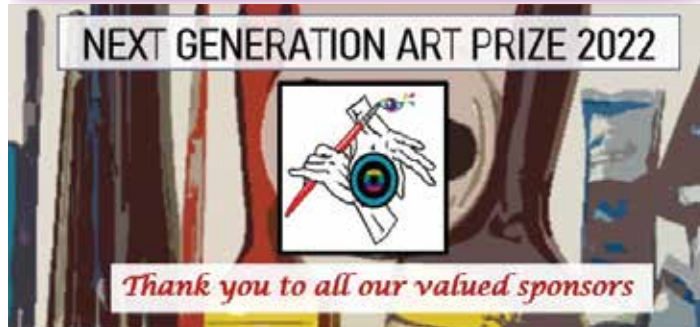
or class efforts. Many are single works from keen and talented young creatives, who have jumped at the chance to have their works hung or displayed in a prestigious gallery.

Sarah paid tribute to the many local sponsors whose generosity makes the event possible. "We so appreciate their kind support and their faith in the development of this event in helping bring young artists to full fruition of their abilities."

Be sure you get in to see these works of amazing young artists aged from 7 to 18, in the Matthew Flinders Gallery at Bribie Island Community Arts Centre on now until September 9. Prizewinners and Highly Commended works, to be announced at the opening on August 27, will be identified by their rosettes.

There are great prizes to win in the Next Generation raffle, too. So grab a few tickets when you're in.

**Bribie Island Community Arts Centre**  
**191 Sunderland Drive Banksia Beach**  
**Ph 3408 9288;**  
**Tuesday to Saturdays 9am - 4pm; Sundays 9am -1pm.**



**DO I NEED TO DECLARE RENTAL INCOME?**

When you lodge your tax return, you need to let the Australian Taxation Office (ATO) know how much rent and rental-related income you received over the financial year.

Rental-related income can include:

- Rental bond returns (e.g., if your tenant defaulted on rent or caused damage to your property)
- Insurance payouts (e.g., when you receive a payment to compensate for damage to your property)
- Letting and booking fees you received
- Any amount a tenant pays you to cover the cost of repairs

What rental expenses can I claim?

You can claim tax deductions for several expenses while your property is rented or available for rent.

**THESE MAY INCLUDE:**

- Management costs (e.g., property agent fees and commission)
- Land tax
- Body corporate fees and charges
- Maintenance costs (e.g., cleaning, gardening, pest control, repairs and maintenance)
- Property loan interest expenses
- Insurance (e.g., building, contents, and public liability)
- Some legal expenses
- Depreciation

**WHAT RENTAL EXPENSES CAN'T I CLAIM?**

You can't claim tax deductions on:

- Expenses someone else has paid (e.g., electricity bills paid by your tenant)
- Property purchase costs (e.g., stamp duty)

You can find out more about rental expenses you can claim at the ATO website.



CommonwealthBank



# TAX TIPS....

## TAX ACCOUNTANT, BUSINESS ADVISOR, OR BOTH?

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

Your Accountant need to understand and focus on:

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

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

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

To maximise your tax deductions, please contact us.

## BRIBIE ACCOUNTING SERVICES



*Angela and Noelene*

**PH: 3408 9539**

62 Cosmos Avenue, Banksia Beach

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

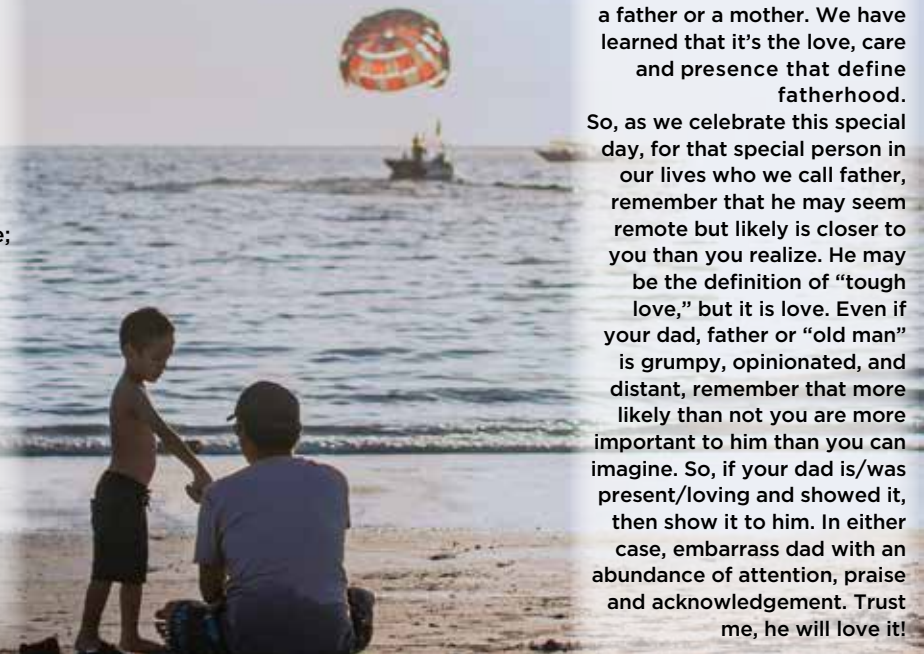
# Fantastic Fathers

The celebration of Father's Day reminds us about both the importance and the challenges of fatherhood. Fathers don't always enjoy the glow of intimacy and admiration we give our mothers. Indeed, fathers have the cultural image of breadwinners, disciplinarians, and authority figures.

When you were growing up, how often did you hear your mother say, "just wait until your father gets home!" Traditionally, our culture has often put fathers into a very difficult role. They must be aloof but intimate; must earn the wage, but be present; must be compassionate, but disciplinarian.

*Well, it's time we cut our dads some slack!*

Often, fathers feel the burden of their responsibilities but are conditioned not to show it. That sometimes interferes with both their ability to express affection and our ability to recognize it. Luckily, our culture is changing, and more fathers are involved in parenting in a very direct and intimate way. Some fathers now take paternal leave when a child is born. They also understand the importance of playing with their children in the evenings and on weekends.



Our understanding of what "family" means also is evolving.

Some of us have had the pleasure of being a godfather or "father figure" to younger family members who may have lost their biological father.

Many children grow up in single-parent homes with only a father or a mother. We have learned that it's the love, care and presence that define fatherhood.

So, as we celebrate this special day, for that special person in our lives who we call father, remember that he may seem remote but likely is closer to you than you realize. He may be the definition of "tough love," but it is love. Even if your dad, father or "old man" is grumpy, opinionated, and distant, remember that more likely than not you are more important to him than you can imagine. So, if your dad is/was present/loving and showed it, then show it to him. In either case, embarrass dad with an abundance of attention, praise and acknowledgement. Trust me, he will love it!

# What are you doing this Fathers Day weekend?

Visit us on  facebook

## TRADING HOURS

- Monday: 10am-7.00pm
- Tuesday: 10am-7.00pm
- Wednesday: 10am-7.00pm
- Thursday: 10am-7.00pm
- Friday: 10am-7.30pm
- Saturday: 10am-7.30pm
- Sunday: 10am-7.00pm



# Saviges SEAFOOD



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



# Zucchini Patties

## INGREDIENTS

- 2 cups grated zucchini
- 2 eggs, beaten
- 1/2 cup all-purpose flour
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped onion
- salt to taste
- 2 tablespoons vegetable oil

## DIRECTIONS

### • Step 1

Combine zucchini, eggs, flour, Parmesan cheese, mozzarella cheese, onion, and salt in a medium bowl. Stir well enough to distribute ingredients evenly.

### • Step 2

Heat oil in a skillet over medium-high heat.

### • Step 3

Working in batches, scoop tablespoonfuls of zucchini mixture into hot oil and fry until golden brown, about 2 minutes per side.

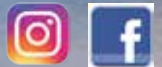
# BRISBANE CRUISES

*The Difference Between A Good Cruise & A Great Cruise!*



Departs Bongaree Jetty, Bribie Island 12 noon

Returns 2.00pm (approx)



## BRIBIE ISLAND LUNCH CRUISE 2022/23

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

**Buy a GIFT CARD or BOOK Online now at**

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

**Price Includes BBQ lunch and cruise**

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

**2022 DATES:** Mon 26 Sept, Tue 11 Oct, Mon 31 Oct, Fri 11 Nov,, Fri 13 Jan 2023, Thu 23 Feb 2023

**T: 07 3630 2666**

**E: [info@brisbanecruises.com.au](mailto:info@brisbanecruises.com.au) W: [www.brisbanecruises.com.au](http://www.brisbanecruises.com.au)**



**Special Seniors Lunches** **\$12**

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

**AVAILABLE**  
**TUES TO FRI 11.30AM TO 2.00PM**

**Saturday Lunch Specials**  
11.30am - 2.00pm

**\$17**  
includes a beer, wine or soft drink

*Menu Changes each week*

**THURSDAY NIGHTS**

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

**\$23**

**SCHNITZEL & PIZZA SPECIAL**

**EVERY WEDNESDAY NIGHT**  
from 5PM

**\$15** each

Full Menu also available

Lunch 7 Days From 11am And Dinner Wed To Fri From 5pm  
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# ROASTED PUMPKIN AND COCONUT SOUP

By Zahlee McGuire from The Equilibrium Hub

Nutritionist, Chef & Educator

6 generous servings - Dairy free, gluten free and Vegetarian/Vegan

This beautiful roasted pumpkin soup is a budget friendly way to increase your vegetable intake. Pumpkins are loaded with fibre, beneficial antioxidants, potassium, and Vitamin C that have been shown to support the heart and regulate blood pressure. Roasting the pumpkin and vegetables will provide beautiful sweetness to the soup. If you are after more nutritious recipes, nutrition consults or cooking lessons please email or visit our website: [Hello@theequilibriumhub.com](mailto:Hello@theequilibriumhub.com) or [www.theequilibriumhub.com](http://www.theequilibriumhub.com)

## INGREDIENTS

- 1/4 pumpkin, largely diced
- 2 Carrots, largely diced
- 1 sweet potato, largely diced
- 1 onion, finely diced
- 4 whole garlic cloves (skin and all)
- 2-5 Tbsp Extra virgin olive oil (EVOO)
- 1 Litre chicken broth  
(or vegetable stock for a vegetarian option)
- Finely diced dried or fresh herbs (sage, parsley)
- 1/2 tsp ground turmeric
- Extra vegetables like cauliflower, broccoli stalks, kale etc
- 1/2 can (200ml) coconut milk
- Salt & pepper

## METHOD

1. Preheat the oven to 180 degrees fan forced.
2. Place the pumpkin, carrot, sweet potato, and whole garlic cloves on a roasting tray.
3. Season with extra virgin olive oil, salt, pepper, dried herbs, and place into the oven for about 40 minutes turning the vegetables on the baking dish halfway.



4. In a large saucepan, sauté the onions in oil until translucent.
5. Add in the stock, herbs, turmeric and bring to the boil. Turn off the heat.
6. Once the vegetables are roasted, add them into the saucepan and turn the heat back on (squeeze the garlic and discard the garlic skin).
7. Now you can add in any vegetables in the fridge that you'd like to use up. I've used kale, cauliflower, and broccoli stalks.
8. Simmer on low heat for about 10-15 minutes.
9. Remove from heat and blend the mixture. Either with a stick blender or pop the mixture into a food processor or blender.
10. Once blended, add the mixture back into the saucepan and return to low heat.
11. Stir in the coconut milk.
12. Taste, then season with salt & pepper.

OPEN: Mon - Fri 6am - 4pm | Sat 6:30am - 2pm | Sun CLOSED *Dine In OR Takeaway*

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Coffee Shop...  
Cake Shop...  
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PH: 3408 7609

## Volunteer Marine Rescue's 2022 Annual Charity Golf

# Golf Day



**4 PERSON AMBROSE**

**NOVELTY HOLE EVENTS**

**DRINKS CART ON COURSE**

### Sponsors and Prize Donations

- Organisations that are interested and able to offer sponsorship and/or prize/raffle donations, please contact VMR directly at:  
[commodore@vmrbribie.com](mailto:commodore@vmrbribie.com)

### Player/Booking Arrangements

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

**Friday 14 Oct 2022**

**TEE OFF**  
**11am sharp**  
**(shotgun start)**



# MARKETS

## Bribie Island BICA Markets

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

## Bribie Rotary Markets

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

## Queensland Cancer Council Markets

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

## The Sylvan Beach Munch Markets

(Farmers Market)

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

## Banksia Beach Market

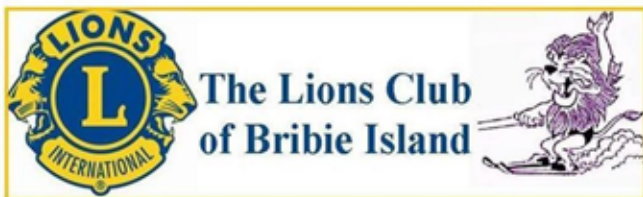
Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 2pm

## 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



**BE A LION**  
Join Us Now  
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Only  
**4 Lunch Pies | \$25.95**  
plus 6 Snack

(normally up to \$45.75)

4 x Award Winning lunch size pies + 6 Snack Pies.  
Any Flavour including Gluten Free.



Hand in coupon in-store to redeem offer. Not valid with any other offer. Valid to Thursday 8th September 2022.



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





## TRIBUTE TO SOME BRIBIE PIONEERS

*who told me their stories 18 years ago*



**Barry Clark**  
Bribie Island  
Historical Society

### MORE BRIBIE HISTORY

The Historical Society have monthly meetings on the second Wednesday of the month at 6:30 pm at the RSL Club and visitors are always welcome. You can see more stories and photos of Bribie history on our Web Site

**Bribiehistoricalsociety.org.au** and our Blog Site <http://bribieislandhistory.blogspot.com> or contact us on [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)

When I retired to Bribie in 2004, I embarked on an exercise to identify current residents who had lived on Bribie for more than 50 years. It took many months of interviews and hearing fascinating stories, and later a large sign was unveiled in Brennan Park to honour the 12 people. The photo heading this article shows (L to R) Clare Tesch, Sally Brennan, Stella Ray, me, and Mayor Joy Leishman at the unveiling. This week I found my original book in which I had written notes about some of the people I met. This article is about just a few of them, who have all now sadly passed away, whose memories of early Bribie make interesting reading.

**STELLA RAY** was one of the first people I met, and she had lived on the same block of land in Spowers St. Bongaree for almost 60 years. Her husband bought the land for 25 pounds back in 1944 when he was still overseas in the army, and she came here

as a newlywed with husband Percival Ray after the war in 1947. They purchased two old Army Huts for their home and placed them on the land in a bush clearing on Spowers Street. The population of Bribie in those days was just a few dozen people with bush tracks, no water, electricity, or sewerage. Life was tough, but the small community was very sociable and on holidays and weekend the Island would fill with thousands of campers and holiday makers coming by Steamship from Brisbane. Stella's husband ran a small Boat Hire business and caught bait for fishermen, while Stella did the hard work of domestic

cleaning while bringing up her young daughter. Her husband had died a few years before I met Stella.

In 1959 Stella Ray started work in **Perkins Pie Shop** in First Avenue, where **Saviges** fish shop is located today. She worked for many different owners of the Shop, including Ted Harry, the Parkinson's, Mrs Mac, and Ethel & Bluey Mills for 18 years until 1977, when she moved to the **Chicken Inn** in the newly built Bongaree arcade for a further 10 years.

After 33 years living in two Army Huts, and a win in the **Golden Casket**, the Rays were finally able to build a small



Stella Ray & Ethel Mills

new home in 1980 on their land, in front of the army huts. The huts remained for 57 years and were finally removed in 2003 after storm damage. Stella finally retired from work at age 69 having ridden her bicycle around the Island for over 40 years. Throughout their entire life the Rays never owned a car, and seldom left the Island. Riding her bike at age 75, she was hit by a car and suffered substantial injuries. She had slowly and eventually recovered when I met her, but no longer rode the busier streets of Bribie.

Stella Ray was recognised, along with other long-term residents, when the sign was unveiled in Brennan Park in 2007. She was in a wheelchair for her last visit to Bribie from a Caboolture Nursing Home for this special event and passed away in 2014 at the age of 95.



Stella Ray 90th Birthday

## KAREN HIGHLAND

was born on Bribie but lived away for a few years in the 1960's. As one of the few typists on the island, she got the job of typing stories and translations for Ian Fairweather, the famous recluse Bribie Artist. Her parents were Phillip and Ivy Dinte who came to the Island in 1945 and bought a house on Welsby Parade. Her father owned a large fishing boat, which was later used to carry structural steel for construction of the Bribie Island bridge. Karen and her younger sister were front-page news in 1962 when they went missing in a small boat between Bribie and Scarborough, resulting in a major sea search which eventually found them safe

and well. Her mother Ivy Dinte is remembered for her tireless work raising funds for the Islands first Ambulance service. In three years, she and her committee raised 2500 pounds, a huge sum of money in those days, for such a small population. They held a **Debutante Ball** for the opening of the Bridge



Phil Rochford wheelbarrow fundraiser 1965

in 1963, and in 1965 Phil Rochford pushed people in a wheelbarrow, at one penny a step, three times across the island, accompanied by police Sgt, Brian Pickup, raising 50 pounds. Karen later opened a Pre-Loved Fashion shop before becoming President of **Busy Fingers** for many years. She was an enthusiastic golfer, and sadly died of cancer just a couple of years ago.

**JOAN CARSON** first came to Bribie in 1931 to visit her grandfather Jim McDonald at his house near Buckley's Hole. He had built "**Coungeau House**" in Banya Street in 1915 for Norm and Emily Coungeau, and was President of the Bribie Island Bowls club



Joan Carson

in 1934/5. Joan Carson had been a passenger on the last trip of the **Steamship Koopa** in 1952 and came to Bribie to live on the family land in 1989. Joan became a personal friend and was a founding member of the Historical Society and involved for many years until her death in 2014.

## JOYCE RUSSELL

came to Bribie in 1951 with her husband Gordon and four children and bought a boat shed, fishing trawler and boat hire business on the beach at Bongaree. They paid 1000 pounds for the whole business including the 10 rowing boats, and it was a very tough life for everyone back then.

They lived in a house they named **Wyworry** in Queen Street behind the Bongaree Caravan Park, which in those days was just an empty mangrove swamp.

Joyce sold Ice Cream from a small kiosk where the library stands today, which later became the start the first Bribie Library. Joyce known around the island as Blue Eyes, for her striking pair.

## DOREEN ROBERTSON (nee RICKMAN)

came to Bribie on holiday with her parents in the 1930's and came to live here with her first husband Joe Rickman at Woorim in 1960. Joe Rickman had a successful electrical contracting business in Melbourne and having decided that Bribie was the place to bring up their young

family, they moved to a house at number 6 The Esplanade Woorim in 1960.

In those days there were major problems with shifting



Doreen Rickman

sand dunes constantly covering the road and threatening houses. Doreen recalled the great community efforts keeping sand under control, planting stabilising vegetation, and Norfolk Island pines which are still visible today. The Rickman family home had to be raised up to escape the encroaching sand, using salvaged telegraph poles from the phone line across the island that had been put underground.

Doreen sponsored many aboriginal children from Opal House in Brisbane to enjoy holidays with them, sometimes many at a time, sharing beds together.

Joe Rickman became a Caboolture Shire Councillor, doing much for residents over many years, and the Esplanade was subsequently renamed Rickman Parade in his honour.

Joe Rickman was actively involved in a plan for Bribie to become its own independent Shire because Bribie's high rates were not being spent on essential work on the island. I might write about that story in next edition.

Doreen was 88 when I met her in the Woorim Retirement Home, with third husband Doug Robertson. Despite her failing eyesight she had great memories of Bribie and its characters, which she told me was known as the Island of the three D's - Dogs, Drunks and De-Factos!

# THE RUM HOSPITAL

BY: Al Finegan



If we think we are badly served by our Health Authorities today, spare a thought for our forefathers and foremothers who faced a nightmare if in need of medical assistance.

In the early days of the penal settlement in NSW, many of the new arrivals were suffering from scurvy, dysentery, smallpox, and typhoid. There were no effective remedies against communicable diseases such as tuberculosis, measles, chickenpox, cholera, whooping cough, or influenza. In 1798, the first smallpox vaccine was developed, but supplies were extremely limited.

Upon his arrival in the Colony of New South Wales at the end of 1809, Governor Macquarie was



appalled when he discovered that the Sydney Cove's "hospital" was a cluster of disorganised, rotting tents and squalid temporary buildings. It was simply a place to deposit sick or injured convicts, with little or no medical treatment available. It was such a mess of poor administration and disgusting sanitary conditions that Governor Macquarie realised that he would have to do something urgently to provide a new hospital. All medical care at the time was the responsibility of the Colonial Medical Service based in London. During his first year, Macquarie sent London several demands for financial and professional assistance for health care, but the British Government consistently refused all requests to deliver the money needed to build a new hospital, or to provide competent medical professionals to NSW.

By 1811 Macquarie was becoming frantic for a solution, when two men, Graham Blaxcell and Alexander Riley, approached His Excellency and offered to build a hospital for nothing. For such an offer, there is always a catch. They demanded Macquarie give them the

monopoly for the importation of 45,000 gallons of rum over the next three years. Macquarie was rather dubious about the proposal, but his conscience was eased when the principal surgeon of the colony, D'Arcy Wentworth, became a party to the rum contract and so gave an ethical touch to the enterprise. Wentworth had arrived in the Colony in 1790 as a self-appointed exile to escape the consequences of his misdeeds and the possibility of criminal proceedings in England. Of all the surgeons in NSW, he was the least qualified. Somehow, a spasmodic study of medicine in the hospitals of London, plus his experience as assistant to the surgeon at Norfolk Island for six years, qualified him for the role of Chief Government Surgeon. Macquarie knew the rum contract was the only option available and despite his better judgment, he signed. He soon discovered that Blaxcell and Riley knew little or nothing about building a hospital, but their knowledge of the rum traffic was extensive.

Thus, Australia's first General Hospital began to arrive by ship from England in sections and was moved by convicts to a ridge named Macquarie Street, the first straight Street in Australia. It was so sited to, "... capture healthful breezes from the harbour". By the end of

1811, convict labour began the construction of the hospital. It comprised three buildings, two of which survive today. It was completed in 1816, and immediately became known as the "Rum Hospital".

On completion, Francis Greenway, the Colonial Architect, was tasked to inspect the hospital buildings and found them to be sub-standard with weak foundations, and that short cuts had been taken in their construction. With the sight of stunning new buildings suddenly being available, his findings were ignored. Macquarie was immediately under pressure, both from within the colony and from London, to utilise part of the General Hospital as a temporary Supreme Court, while awaiting the construction of the Greenway designed law courts. Macquarie, with little choice, capitulated and the northern block and a portion of the central building were given over to Supreme Court Judge Jeffrey Hart Bent, as chambers and a courthouse. Their remaining rooms were soon taken over by other sections of the government's public servants, unrelated to health care. The hospital was left with a single building.

The fierce battle for the position of General Manager and Chief Surgeon of the new

hospital became the talk of the town. It was inevitably won by D'Arcy Wentworth, his having the advantage of being one of the three contractors who had built the Hospital under the "**rum contract**" with Macquarie. From 1816, and for the next 78 years, the Sydney Hospital's one remaining building provided medical care for the colony's convict workforce. Calling it health care was an oxymoron. Conditions at Sydney Hospital during D'Arcy Wentworth's administration were revoltingly dreadful. There was no mortuary, so the one kitchen was being used as the "**dead house**". Patients had to cook their own food in the wards, with rations issued to every patient individually, three times a week. The wards became a combination of beds, scullery, kitchen, and larder. No matter what the complaint or disease, every patient received the same ration of one pound of flour and one pound of meat. There were no vegetables, fruit, or milk. Every evening at sundown the patients, mostly convicts, were mustered, and locked in their wards until 6am the following morning, without any attendants or orderlies to look after them. In the beginning, there was no segregation of the sexes. As the evening darkness enveloped the wards, male patients able to walk, would take their pick of female inmates, with some younger women, despite their condition, being used by any number of ambulatory men. Following many complaints from female patients, separate wards for men and women were eventually found "necessary", and a constable was stationed at the entrance to the women's ward to keep the men out. In no time the constable on duty realised the opportunity and charged admission to augment his meagre wage. No one thought cleanliness was important for the patients. It was not until years later, after the hospital had been established, that a bathroom was installed. It contained two baths for the entire hospital, and even then, it was considered quite unnecessary. With the advent

of the bathroom came another novelty - an operating theatre. Before that, the surgeons did their operations in any part of the building, and there was no such thing as privacy. Visitors to the hospital would crowd around the surgeon while he was operating, often hindering his work. Needless to say, the medico's methods were very crude. Nothing was sterilised. Any open wound was stitched with raw catgut. Dressings usually comprised a kind of course hemp soaked in olive oil. Rarely did the patients recover, unless they were exceptionally lucky. Usually, septicæmia or gangrene set in and finished them off, often writhing in pain. All classes of diseases and complaints were admitted, although little or no effort at classification was made, and treatment was practically nil. For the convicts who occupied the wards, and who staffed the hospital, the institution soon became known as the "**Sidney Slaughterhouse**", since brutal bloodletting and the administration of often toxic concoctions were the standard treatments for a range of ailments. In 1819, James Bowman succeeded D'Arcy Wentworth in administering the hospital, and he secured some measure of order. Wardsmen were required to sleep on the premises, and Bowman himself made a daily inspection of the patients. Nevertheless, the surgeons were a troublesome enigma. Of medical officer Henry St John Younge, Governor Macquarie complained that, "**... he is by no means a desirable acquisition in the line of his profession. He is exceedingly ignorant as a medical man, being almost destitute of common understanding and very low and vulgar in manners.**" Surgeon Luttrell, who originally came to the colony as a farmer, was described by Macquarie as, "**... totally deficient in attention to his duty in regard to the unfortunate persons placed under his care. He is sordid and unfeeling and will not afford any medical assistance to any person who cannot pay him well for it**". The Hippocratic oath was not adopted until 1847. It was difficult to get well qualified medical men to the

colony, and how some of those engaged received their medical training is mystifying. When eventually, orderlies were attached to the hospital, they were chosen at random from among the convicts - mostly with those useless for other work generally getting the jobs. The orderlies stole food and belongings from the patients, visitors stole anything they could lay their hands on, and those patients capable of leaving their beds stole from one another.

The maladministration and mistreatment of patients drifted on unchallenged until 1867, when NSW politician Henry Parkes (who later became Premier), raised concerns about the state of the Sydney Hospital and appealed for help to Florence Nightingale for trained nurses. Consequently, in March 1868, Lucy Osburn was sent out as Lady Superintendent of the Hospital and was accompanied by five trained nurses. The medical profession objected to this newfangled idea of trained women trying to help patients and very often the doctors hindered the work of the nurses by keeping them in ignorance of the conditions of patients, or of impending operations.

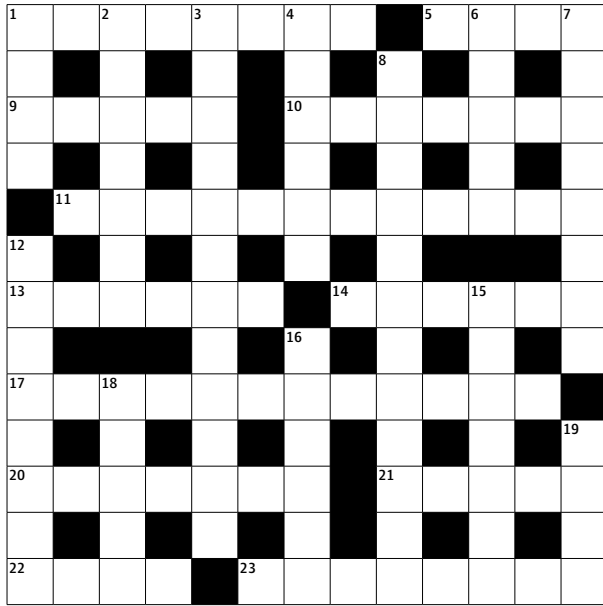
Osburn won Parkes' trust and despite the efforts of the medicos, began the challenging task of cleaning up the appalling condition of the now crumbling, foul-smelling and vermin-infested building. A week after their arrival they had a royal patient, when the Duke of Edinburgh was wounded by a would-be assassin at Clontarf. Osburn insisted on nursing him at Government House, not Sydney Hospital. In spite of the public acclaim this brought them, Lucy Osburn and her staff faced continued resistance in their efforts of reform. The idea of gentlewomen working as hospital nurses was unacceptable, and to many people, shocking. Lucy was continually obstructed at work and personally attacked in the Parliament which, in 1873, called a Royal Commission into the hospital management. The findings condemned the Sydney Hospital's

administration, accusing the management committee of neglect and interference in the duties of the nurses. Osburn was vindicated and the Commission praised her work toward the improvement in the standards of patient care. Soon after, a number of the Lucy Osburn's Sisters took up positions as matrons at various hospitals in colonies throughout Australia. By the time she returned to England she had laid the foundation of modern nursing. Lucy Osburn left Sydney in 1884 and returned to London. After some years nursing among the sick and poor in London, in 1891, she died of diabetes at her sister's home in Harrogate. Lucy Osburn was described by her successor, Miss McKay at Sydney Hospital, as "**an exceptional woman**". She regarded nursing "**... as the highest employment to be entered with a spirit of devotion**". On speaking to graduating nurses, she would always say, "**You nurses should exist for patients, not they for you**". Eventually the hospital building itself was condemned, and the present one was opened in 1894, and is still used as the Sydney Eye Hospital.

The high ideals of nursing demanded by Lucy Osburn spread to nurses throughout Australia. Their professionalism set a world's best standard during WW1 when more than 2000 Australian nurses served overseas in the Australian Army Nursing Service. These courageous and dedicated women worked in difficult and sometimes terrifying conditions. They cared for patients in military clinics and hospitals near battlefields and on ships and trains, caring for the sick and wounded on land and sea. Their skills saved many lives.

It is clear that it was the nurses who were responsible for the vast improvement in health care we have today, having come a long way from the horrors of the eighteenth century.

# Crosswords - QUICK & CRYPTIC



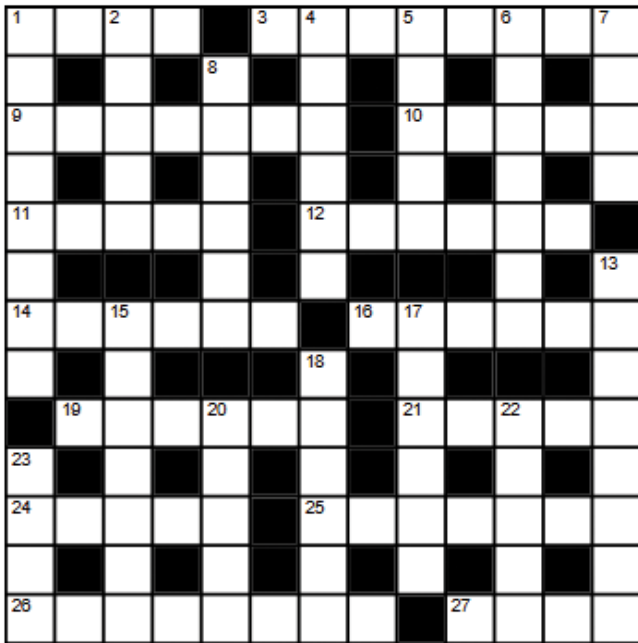
**Across**

- 1 3 for baseball (8)
- 5 Sibyl or Cassandra, say (4)
- 9 What, for Hindus and Buddhists, determines their fate (5)
- 10 Sense (7)
- 11 Screenplay author (12)
- 13 Words of praise (6)
- 14 Break the law (6)
- 17 A torch? (7,5)
- 20 Minor Spanish nobleman (7)
- 21 Shylock's business (5)
- 22 Rent (4)
- 23 Peered at (anag) — again and again (8)

**Down**

- 1 Cook in an oven (4)
- 2 Expressing emotions beautifully (7)
- 3 Sporting venue (7,5)
- 4 Contradict with evidence (6)
- 6 Force to move out (5)
- 7 Fashion industry (informal) (3,5)
- 8 Cardiovascular crisis (5,7)
- 12 Round mammal with spines (8)
- 15 Fumes from a car engine (7)
- 16 Cut (6)
- 18 River that flows more than 3,000 km from Tibet to its delta south of Karachi (5)
- 19 Coloured (4)

## SUPPLIED BY CYRUS



**Across**

- 1 Amoeba has this singular distinction (4)
- 3 That he - or she - disrupts is open to abuse (8)
- 9 Man in a rage upset the boss (7)
- 10 Something links the days (5)
- 11 Easier to lose the pole and scramble up high (5)
- 12 Winter transport gets his leg in a tangle (6)
- 14 Protects the Irish police (6)
- 16 I love disturbing the dust in the workshop. (6)
- 19 Offhand, a rather blasé employee (6)
- 21 The local hosts the Queen inside (5)
- 24 Mother presses for style (5)
- 25 The ramifications of Ulster's reformation (7)
- 26 The class try to manufacture quartz (8)
- 27 Design useful envelopment for wildebeast (4)

**Down**

- 1 A camping outing a battle (8)
- 2 Queen left in mess, afloat, at sea (5)
- 4 This contradicts the clue... (6)
- 5 Wild Asian cat is, funnily enough, a lightweight (5)
- 6 Involved in a plan for life? (7)
- 7 Tear about at speed (4)
- 8 A hunger settled (6)
- 13 Sort suit fitting for visitors (8)
- 15 A record in any form, a metaphor? (7)
- 17 T-shirt designed with passion (6)
- 18 Paul holds hands shaking with more than one?(6)
- 20 Federer leads by one - unexpected outcome? (5)
- 22 Synthetic manufactured from any London supplier (5)
- 23 Barmaid is competing although holding the record (4)

## SOLUTIONS

CYRUS  
SOLUTION 173



QUICK  
SOLUTION 173





# Find A Word

## dads cake

### Toy Story

E	D	P	I	X	A	R	P	H	U	T	P	T	E
I	A	E	O	I	O	I	S	P	D	A	O	E	W
S	P	B	S	T	I	N	K	Y	P	E	T	E	S
O	L	I	G	H	T	Y	E	A	R	S	A	G	N
Y	E	C	E	I	B	R	A	B	T	H	T	C	G
T	O	I	N	U	A	S	A	E	S	H	O	Y	R
Y	Y	B	B	M	N	G	N	N	E	A	H	O	U
O	G	W	W	Y	D	E	U	E	T	M	E	E	Z
P	Z	'	S	O	Y	S	T	O	I	M	A	Y	Z
Z	O	X	H	X	C	C	Y	I	Y	L	D	O	U
Z	⌈	C	R	K	J	E	S	S	I	E	A	B	K
U	S	E	T	T	S	T	O	R	Y	E	I	K	L
B	X	M	E	P	E	E	P	O	B	A	I	E	S
I	S	L	I	N	K	Y	R	Y	D	O	O	W	Y

### INGREDIENTS

- 2 cups plain flour
- 1 tbsp baking powder
- 1 1/2 cups white sugar
- 3/4 cup milk
- 1 tsp vanilla extract
- 125 g butter (softened)
- 3 eggs



### METHOD

Preheat oven to 180°C or 160°C fan forced.  
Line 2 x 20cm round cake tins with baking paper and set aside.  
Sift the flour and baking powder together, then mix in sugar.  
Using a mixer, add the milk, vanilla, butter and eggs and beat for 3 minutes. Pour half of the mixture into each cake tin. Bake for 20 minutes or until the centre of the cakes bounces back after being touched lightly. Cool on a wire rack.

**CHOCOLATE ICING:** Using a mixer, beat the butter until pale. Add the cocoa and icing mixture. Gradually add the milk and beat until the sugar is completely dissolved and the icing is creamy.

When the cakes are cooled, slice one in half and place on a wide serving platter to serve as the D and D in DAD. Trim the second cake on three sides to form a triangle that will serve as the A. Ice all three pieces of cake and then use the cream to spell out each letter. Dot Smarties all over the cake in a random manner and serve.

### CHOCOLATE ICING

- 125 g butter (softened)
- 1/2 cup cocoa (sifted)
- 4 cups icing sugar mixture
- 1/3 cup milk
- canned whipped cream
- 2 box Smarties

WOODY  
BARBIE  
JESSIE  
ALIENS  
POTATO HEAD  
STINKY PETE

HAMM  
PIXAAR  
REX  
COWBOY  
STORY  
ZURG

LIGHTYEAR  
TOY  
BO BEEP  
SLINKY  
BUZZ  
ANDY

# Kids Page



**Brooke SAVIGE**

A fresh approach for Division 1

## MELSA PARK STEAM TRAIN RIDES

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**\$2**  
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18th September - 16th October - 20th November - 18th December

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PHOTOS  
OF YOUR PETS

COCO



ASTRO



LYNC



REGGIE



LILAH



NEMO



LILY



COCO POPS



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Tu Meke is a Māori word used when a friend does something impressive. So, when your pet does an epic trick and deserves a treat, what do you say? Tu Meke!

Tu Meke treats are air dried dog treats that provide high protein, low fat, quality lean meat to keep your dog fit and packed with protein and their chewiness makes them great for your dog's dental health.

Dogs love to be healthy and active. Every dog owner has watched their pup dream of running, right? Legs pumping in their sleep. They're born for it. That's why it's so important to feed them the very best diet, healthy foods with high-quality ingredients, sourced from ethical suppliers and absolutely packed with goodness.

Whether your best friend's a young pup or an old dog learning new trick, Tu Meke Friend will keep them healthy and playful with a real New Zealand-flavoured zest for life.

## FLAVOURS:

- Beef bites
- Steer Sticks
- Beef Liver Strips
- Beef Jerky
- Veal Ribs
- Paddywack Venison
- Paddywack Beef Oxtail
- Ovine Tripe
- Veal Brisket
- Veal Neck
- Lamb Chews
- Lamb puffs
- Veal Chews.



## TRAINING TIPS – STAY ON THE MAT PART 2

In the last issue I explained the benefits of teaching your dog to settle on a mat. Mat training is also useful for times when the front door is opened for various reasons especially when receiving visitors.

Some of the problems associated when the door gets opened, the dog escapes out the front and then you may have a difficult time bringing him back in, or visitors arrive and your dog is so excited and jumps all over them.

1. Keep the mat in one location it doesn't matter if it's in view of the door.
2. Teach him to sit and stay whilst you walk to the door.
3. Before you can go to the door he needs to know how to stay. This is done in small steps.

You start by only moving one step and use the word stay with the hand in a stop signal. When returning to the dog, repeat the word and hand signal.

4. If he doesn't move then add another step towards the door. If he moves go back a step. Take it slowly.

5. At this stage add another person in the household to go to the door whilst you remain with the dog and the person opens and shuts the door.

6. End result is someone knocks on the door you send your dog to the mat and he remains there until you release him. It is very important to have a release word so he knows he can get off it.

Happy training - Yvonne

## Yvonne's Dog & Puppy School

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Professional member APDT, PPGA

Puppy Classes: 7 wks to 16 wks of age

6 Week Dog Training Classes. Private Consultations available  
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Mon to Fri 8am to 4pm  
Sat 8am to 1pm



## Caboolture Sports Challenge Tournament – 16th & 17th July 2022

We were again lucky with the weather for this postponed tournament, proper Winter sunshine after the cold starts!! Everything seemed to proceed smoothly thanks in the main to the huge help from Gwen and Al 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 expert guidance of Tournament Referee, Ross Rillie, who kept the players on their toes. Several players improved their handicaps over the two long days of play. We had many complements from players about the organisation



and comments about their enjoyment of the weekend.  
**Winner:** Addison Matthews from West Toowoomba Croquet Club  
**Runner-up:** Russell Robinson from Headland Buderim Croquet Club.

### BRIDGE RESULTS

#### Moreton Bribie Bridge Club:

**Thurs 3 Aug** 1 J Wright & J Kennedy 2 R Sutton & S Watson 3 S Burton & J Lawson  
**Sat 6 Aug** N/S 1 R & C Cowley 2 L Carr & J Wright 3 S Pascoe & J Kennedy  
 E/W 1 R Medhurst & M O'Reilly 2 A Fielding & L Groves 3 R Webb & L McLaren  
**Wed 10 Aug** N/S 1 L Carr & K Cohen 2 S Pascoe & J Wright 3 H Tyler & J Medhurst  
 E/W 1 A Fielding & L Groves 2 R Webb & L McLaren 3 R Medhurst & P Tipping  
**Sat 13 Aug** – Winter Pairs 1 G & S Barnulf 2 M Hardy & P Tipping 3 L Carr & J Wright  
**Wed 17 Aug** N/S 1 S Watson & R Sutton 2 A Jones & D Rubin 3

M O'Reilly & L Carr  
 E/W 1 R Medhurst & P Tipping 2 A Tywanek & N Stedman 3 G & S Barnulf  
**Thurs 18 Aug:** 1 J Hays & M Lukowski 2 S Watson & N Steadman 3 J Wright & J Kennedy  
 BICBC: **Mon 8 Aug** N/S 1 A and O Jones, =2 M Arthur & R Clements-Brown =2 H Browne & U Maffey  
 E/W 1 N Everson & R King 2 R & D Dunsterville 3 H Hyde and C Browne  
**Mon 15 Aug** N/S 1 M Arthur & R King 2 M Peterson & D Quinan 3 A & O Jones  
 E/W 1 L Wilson & M Hardy 2 R Clements-Brown & Y Nakamura 3 I Best & B Moxham



Anne Ernst Maroon top, Margaret Freer Orange top, Kay Ramage, Jan Layne

### BUSY FINGERS HAVE COME TO THE RESCUE AGAIN!

The Bribie Indoor Bowls Club were in great need of a new floor in their hall and when Jan Layne sets her mind to something, it gets done! Jan and the wonderful team from Busy Fingers worked together and had the floor stripped and 3 layers of epoxy resin applied, to the tune of \$17,000, all which was donated by Busy Fingers!

The 80 Bribie Indoor Bowls Club members are so happy to have a new floor and extremely grateful to busy fingers for their very generous donation.

Now they would love to invite newcomers to join and enjoy the wonderful atmosphere that Busy Fingers helped to create.

This is a great way to socialise, and it is very affordable. You can try 3 games for free and

it is only a \$12 membership should you choose to join, \$3.00 for the day you play which includes tea, coffee and bickies! They will also give you free tuition to help you learn the game or improve it!

It doesn't matter if you've only ever watched a game of bowls, or if you know nothing about it, indoor bowls is a simple and enjoyable game to get into. Some of the benefits of indoor bowls include its sociability (it's a great way to meet new people and make new friends), as well as the fact it's suitable for people of all ages and abilities.

So why not come along and try out the new floor at Indoor Bowls? This friendly and fun-loving group will welcome you and it's played in comfortable surroundings in any type of weather!

For more information, please call either Kay on 53272768 or Margaret on 0423091354

# DONT FORGET....PUT ME ON YOUR FRIDGE

## Come and Try

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 for more details.. E: [bribiepinkdragons@gmail.com](mailto:bribiepinkdragons@gmail.com)



**18TH SEPT**  
 9am Crest Park,  
 Bellara (near VMR)

### WHAT TO WEAR

Casual wear, Hat and Sunscreen.  
 We will supply everything else.

## WEEKLY SOCIAL BOWLS RESULTS - W/E 13/08/2022

**Tuesday:** - Triples Winners – F. Tarry, L. Neilson & A. Mehmet.  
R/U – N. Power, T. Mehmet & C. Langley.

**Wednesday** - Pairs

Winners – T. Paekau & H. Taylor.  
R/U – D. Brown & A. Dehnerdt.  
3 rd – I. James & R. Weir.  
Jackpot (\$?) – Not Won.

**Thursday:** Triples Winners – B. Hill, I. Carr & L. Shorter.  
R/U – M. Torrington, T. Rolfe & A/ Hennessy.

3 rd – A. Larsen, J. Pursehouse & B. Pursehouse.

Jackpot (\$750) – M. Torrington, T. Rolfe & A. Hennessy.

**Friday:** - Pairs

Winners - P. Neilson & G. McCarthy.  
R/U – B. Harris & P. Bradley.

**1st Rnd** – T. Parker & P. McCarthy.

**2nd Rnd** – D. King & R.l King.  
Saturday - Triples Winners – S. Hamblin & R. Dickson.

R/U – M. Gaggiano & B. Semple.

## WEEKLY SOCIAL BOWLS

## RESULTS - W/E 20/08/2022

**Tuesday:** Triples Winners – J. Player, V. Fredericks & M. Adams.

R/U – S. Wyper, B. Nolan & R. McLeod.

**Wednesday:** Pairs Winners – B. Newell & R. Stumbles.

R/U – I. James & B. Hill.

3 rd – C. Avenell & P. Bradley.  
Jackpot (\$?) – No information.

**Thursday:** Triples Winners – J. Gemmell. A. Wilkie & D. Wilkins.

R/U – L. Shorter, D. Hill & B. Hill.

3 rd – C. Cummins, K. Reithmuller & D. DeGrono.  
Jackpot (\$?) – No information.

**Friday:** Pairs  
Winners – K. Henshaw & R. Henshaw.

R/U – B. Nolan & T. Nash.

1 st Rnd – J. Farmer & K. Tucker.

2 nd Rnd – P. Neilson & G. McCarthy.

**Saturday:** Triples Winners – J. Wall, J. Sanderson & T. Nash.

R/U – J. Curtis & R. McLeod.

## Results for Bongaree Ladies Bowls 17 Aug

**Friday 5th August Winners:**

Jaarpung Blundell, Tim Carlton

R/U: Debra Connolly, Ken Wales, Karen Chenning

**Tuesday 9th August**

Winners: Neil Smith, Graeme Hanlin

R/U: Col Erhardt, Neville Graham

Bonus Draw: Sandra Scott, Bob Vonarx

**Tuesday 16th August**

Winners: Brenda Hutchinson, David Hutchinson

R/U: Neil Smith, Graeme Hanlin

## BONGAREE BOWLS MEN'S RESULTS

Brekky Bowls Aug 7th Winners

Pat Warwick, Jim Warwick, Trevor Richardson  
Runners Up Rose Smith, Lorraine Clarke, Pat Clancy

Wed Aug 10th Winners Di Davidson, Hazel Crouch, Averil Symonds, Pam Walker  
Runners Up Steve Pomroy, Jimmy Parker, Ant Gordon, Trevor Mickelborough

Thurs Jackpot pairs Aug 11th  
Winners Ian Hargreaves, Judy Hargreaves

Runners Up Graham Symonds, Ian Patterson

Scroungers Sat Aug 13th 1st  
Judy Irvine, 2nd Yuki King, 3rd

Paul Neumann

Wed Aug 17th Winners Brian Reed, Max Mason, Pauline Biggs

Runners Up Gordon Heap, Col Valentine,, Gary McCarthy, Ian Patterson

Thurs Jackpot pairs Aug 18th  
Winners Ken Kajewski, Gary Player

Runners Up Arte Hinton, Errol Fender

**Winner: Addison Matthews from West Toowoomba Croquet Club**

**Runner-up: Russell Robinson from Headland Buderim Croquet Club.**

## You are invited to attend A FREE Community Coaching Clinic

Conducted by LAQ Senior Development Officer  
**Shaun Lethem**  
Hosted by Bribie District Little Athletics

**When – Sunday 18<sup>th</sup> September 2022**

**Time – 8:00am to 2:30pm**

**Location – Sandstone Point Sports Grounds**  
**Participants must be minimum 16yrs of age**

**More information or RSVP by Sunday 11<sup>th</sup> September**  
**[bdlac17@outlook.com](mailto:bdlac17@outlook.com)**

(Please provide name, a contact phone number and any dietary requirements)



M  
A  
Y  
Y  
A  
D  
A



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to inspire



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**D** ID YOU KNOW A NATIONAL SLEEP FOUNDATION SURVEY FINDS THAT 92 PERCENT OF PEOPLE SAY A COMFORTABLE MATTRESS IS IMPORTANT FOR A GREAT NIGHT'S SLEEP? BUT STILL, PEOPLE FEEL THAT BUYING A MATTRESS IS AN EXPENSIVE AND TIME-CONSUMING AFFAIR, HOWEVER IT DOESN'T HAVE TO BE.

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All of our mattresses are Australian-made and manufactured right here in Moreton Bay.

The factory has been in business for over 50 years and employs 27 staff who each play a crucial part in constructing your next mattress. From quilting to sewing, build room to quality control, each and every one of our mattresses are handmade just for you. With a 15 Year manufacturer's warranty, our 2 week build time is well worth the wait. That said, if you have that unexpected guest drop in we can still help as we do hold some stock. Now you know where to go for your next mattress, how do you know when your current mattress needs replacing?

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**If you mention this editorial at the time of purchasing your new mattress, as a thank you from our family to yours, we will throw in a twin pack of Jason's pillows and a Bamboo waterproof mattress protector. (Offer valid until 30th September 2022)**

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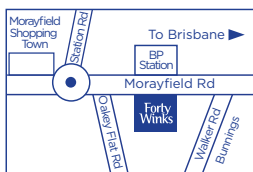
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EST 2020

# BEACHMERE COMMUNITY GARDEN INC.

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**H**ere's a quick update on the progress of the Beachmere Community Garden. Construction plans are moving ahead with the concrete going to tender in July. Once the concrete sections are poured, we can move on to other parts of the garden including the fence, water tank, shade house, water features and shipping container. These are all purchased and ready to go, and then we can finally do some gardening!

While we wait for construction to begin, the group has been busy spreading the word promoting healthy, locally grown food and healthy, stronger communities. We have begun partnering with the Beachmere State School to assist with their veggie garden, donating several plants for School Tree Day (29th July). We look forward to working with the students and getting plenty of gardening tips from them as well.

The project to display poppies at Remembrance Day services on the 11th of November is underway with many of the poppy seeds already germinated and growing strong. This was a great collaboration last year with a display at the Beachmere RSL Sub-branch and PIEEC services. We hope to have an even better display this year.



We continue with our discussions with Carers Qld to learn more about inclusion and how we can use that knowledge to create a welcoming, inclusive garden space for the whole community.

Fundraising continues with the group hosting a recent Bunning's sausage sizzle. Over \$2100 was raised on the day, a terrific effort! Thanks to all the members for their persistence and determination, it won't be long before all the hard work pays off and we can literally enjoy the fruits of our labour. Finally, we are assisting Beachmere Men's Shed to start a monthly market in the Men's Shed car park. Check out their Facebook page and stay tuned for more information.

If you are interested in the community garden, check out our website for more information ([www.beachmerecommunitygarden.com.au](http://www.beachmerecommunitygarden.com.au)).

An advertisement for Waterama Pool &amp; Irrigation Services. The background is a vibrant underwater scene with several children swimming and waving their hands. The text is overlaid on this scene. At the top left, "Waterama" is written in large, bold, orange letters with a blue wave graphic underneath. Below it, "POOL &amp; IRRIGATION SERVICES" is written in blue. On the right side, a blue rounded rectangle contains the text "Call NOW 3408 6246" in white and yellow. At the bottom right, "We Make Pools Fun!" is written in large, bold, yellow letters. Below that, "INFO.BRIBIE@WATERARMA.COM.AU" is written in white. At the bottom center, "Pool Servicing | Irrigation | Pumps | Plumbing" is written in white. At the bottom left, "WE HAVE MOVED" is written in white with a red arrow pointing right. At the bottom right, "SHOP 7 BRIBIE ISLAND SHOPPING CENTRE, GOODWIN DRIVE, BONGAREE, QLD 4507" is written in white.

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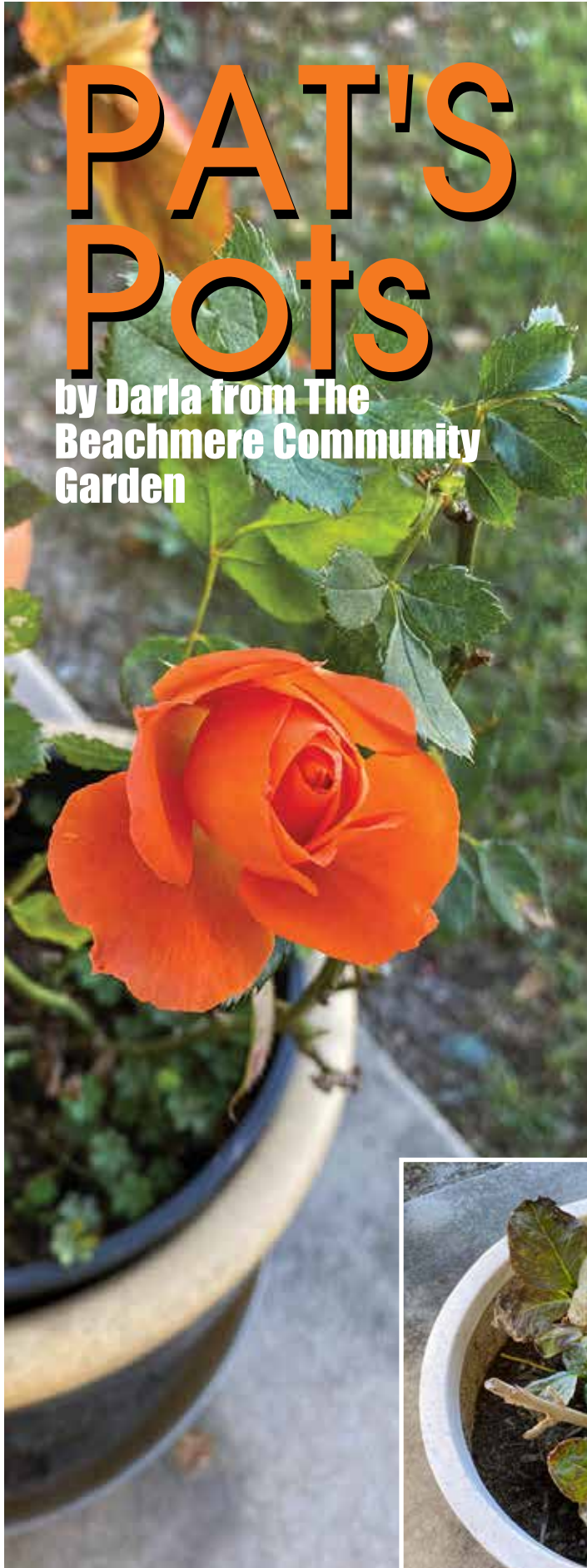
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# PAT'S Pots

by Darla from The  
Beachmere Community  
Garden



## It must be nearly Spring!

The little orange rose at my front door is about to produce another exquisite flower, and it reminds me once again of Pat. Strange how flowers can bring back memories of friends.

Pat gave me this little potted treasure. She had moved from acreage and her beloved orchard to a waterfront unit with no garden. A spot of ill health necessitated her being closer to medical services, and at first, she ruefully joked that she wouldn't know what to do with herself, being used to active work in the veggie patch, and looking after her citrus trees. But the front patio somehow turned into a jolly collection of pots of all shapes and sizes, and Pat's interest in annuals, shrubs and hanging baskets blossomed.

Some thrived. Some succumbed to the fierce salted winds and summer's blazing heat. In desperation, she constructed a barrier of beach umbrellas and shade cloth... effective, until it all ended up across the road in a sudden gale. We rallied around with books, advice, and lots of discussion about how to get the best out of her new garden, and many a cup of tea accompanied mornings of laughter with this sunnynatured lass who somehow brought together a group of neighbours and turned us into a group of friends.

I recall her determination to grow hydrangeas. The very best potting mix went into two imposing pots which were placed in the optimal

position and watered carefully. A soil meter appeared (new to most of us) to measure the moisture, sunlight and pH.

The plants were coddled and nurtured, and we all had high expectations of lush blooms. But... the eventual flowers in one pot were quite dismal, and the other pot just turned up its toes. Too hot, too blustery. We could see that they were just aching for a sweet spot against a brick wall, preferably further south. But the first little white clusters gave Pat great joy, and that made us all happy.

The fuchsias in hanging baskets were another challenge, but somehow, she managed to keep them alive and vibrant, along with beautiful lavender, Mandevilla vines in red and white growing on a frame, and kitchen supplies... chives, parsley, rosemary, lemon grass. The patio became an obstacle course. So did the living room with houseplants everywhere.

Pat eventually left our little circle of friends, quietly and peacefully. She had made a list of each plant, and the person who was to take it and look after it. She matched the plants to our characters. Helen, a dramatic lady with a love of bright colours, inherited the fuchsias and red and white vines. Carol, a quiet lady who wore mostly greys and soft colours, was the recipient of the lavender pots and ferns. Margaret, a whizz in the kitchen was now in charge of the edibles, the indoor plants went to a nursing home, and Bob and Kevin were on the list for a thriving umbrella tree and a kumquat with great potential. The roses are now in my care. And a happy plant in an elegant tall glass vase. And that high maintenance, struggling and occasionally rewarding white hydrangea. What better way to remember the good times and good people we are privileged to have in our lives. Take great care of them all!



# island gardens

with  
Peter  
Schinkel



**H**ello Bribie Island residents and visitors. What a beautiful time of year. You may have heard another year of La Niña could be bringing us our third wet warm season in a row. That could be magic for our gardens but possibly not so good for those plants who don't like 'wet feet'. One solution is to plant them up on a bit of a mound or pop them in a pot.

Now a little more about my favourite garden topic - colour. Pictured above is a Bribie Island front garden, picture taken 20th July this year. They have managed to create a garden that is so colourful even in mid winter.

Here's some information about these plants to help you create a colourful garden not just in the summertime. You can plant these anytime - now or throughout the warmer months, in time for next winter.

All these plants are very hardy (handle full or part sun and are not too thirsty). This garden requires less than 30 minutes a month maintenance, including weeding. Add extra time for watering.

1. Dusty Miller - smokey-grey contrast to normal garden colours.
2. Some bromeliads - like this red one, love sun and don't get messy like the fast-spreading ones.
3. Leptospermums - stunning when in flower, ordinary when not. Place between evergreen/colourful plants. This one (red flowers) grows to just one metre.
4. Jazzie - one of a few dwarf tibouchinas available (approximately 1.5 metres). Stunning purple flowers most of the year.
5. Kalanchoe - bright red, comes in many colours. Like a lot of succulents, flowers in winter and spring. Many succulents are attractive all year round, but when they flower (mostly winter and spring), they are just beautiful. There's a mystery succulent just to the left of the red kalanchoe with a mass of blue flowers.
6. Bouganvilleas - most popular at the moment are bambinos and babybinos, and there are other dwarf varieties, all flowering most of the year.
7. Grasses - some small, variegated or bright lime-green grasses make a great contrast to the common darker greens in the garden, and don't end up with lots of dead leaves like some other grasses can.
8. Geraniums and crotons - there are varieties around that are so different from the standard types. This one (light pink) remains compact and attractive with only one prune every year or two. There is also a croton here above the 8 (fiery colours).

**Notes :** just above the 5 is a crossandra, coming into flower now (orange), gazanias come in many amazingly colours and flower year round - there are some hiding in this garden. Peruvian lillies are stunning too. And, if you visit local nurseries and markets in every season to see what's around and what's new, you'll likely pick up some more wonderful plants along with some useful tips.

*Thanks for reading, and see you again in issue 175 on 23rd September. Happy gardening!*

  
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- High vaulted ceilings in beautiful lounge.
- Dining room.
- Bidet in communal bath.


- Outdoor shower.
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  - 2 X Internal fireplaces - one electric, on standard.
  - Solar electricity.
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This property truly is remarkable and is ready for the new owners to come in and make it their own. If you are looking for an investment/holiday let, this is a great property. If you are looking to downsize but wish to stay local this also will tick all the boxes.

With Woorim seeing the most growth on the island, don't miss the opportunity to secure this location and be a part of the future growth of this amazing location.

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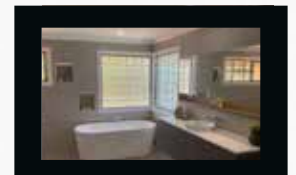
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I now reside on Bribie Island, an area I know well, and have already cemented myself into a very competitive arena.

Whether it be Vancouver, Sydney, or Bribie Island, I've always managed to achieve a premium price.

I still keep in touch with my business colleagues in Canada, always looking for new ideas and keeping myself abreast of the ever-changing technology.

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**Victoria Nicholson**



Insights, tips & trends

## What makes a good Property Manager

Finding a great property manager is crucial to the investment game. You can be a first-time investor or a property portfolio pro but either way, you want your manager to treat your rental investment as if it's their own – and that's just for starters.

A property manager's most important job is to maximise the return on your investment so you enjoy fantastic capital growth. You need them to go that extra mile.

Experience, patience, the ability to stand firm when dealing with difficult tenants and concise, clear communications are just a few of the points that make a great property manager. They should always have some basic maintenance knowledge when it comes to general plumbing and electrical works, pest control and building know-how.

At the very least, they should have rudimentary detective skills. After receiving a "this is not working" email from a tenant, they can explore exactly why this is the case before wasting landlords' time with phone calls and questions – when the problem could easily be solved by flicking a switch or similar.

A property manager's detective skills also come in handy when it comes to exploring possible tenants' backgrounds and references. A tenant may look great on paper – but has the property manager done their due diligence, contacted the tenants' references and checked on pet ownership and other issues? Always ensure they forward you such references, along with other forms and checklists, as you will ultimately decide which tenant you want in your home.

### Smart questions

Always take the time to search for, and interview, property managers, especially if you're a brand-new landlord. Start with seeking advice and referrals from investor colleagues and friends.

Large, well-known agencies can have great reputations. But you don't want an agency so large that it can't give you, your property and your tenants a great service. So, ask potential managers how many properties they manage. Also, is their agency a member of the relevant Real Estate Institute?

As well, you want someone who knows your investment area from top to bottom including its demographic, shops and weather. They should have already successfully leased homes similar to your investment. As such, they should have a smart, effective marketing strategy and a fair rental price in place for your investment. This will ensure it stands out from the crowd while still being attractive to those searching for a rental in your area.

A great property manager is keen to constantly upskill in the rapidly changing world of real estate. They need to know all the ins and outs of tenancy legalities and laws. Ask prospective managers if and when they attend training courses and conferences and how they update their education. Are they well-versed on real estate technicalities, market conditions and the finer details of the industry?

Other smart and pertinent questions to ask include how the manager communicates with tenants and how they deal with rent in arrears.

[continues pg 2](#)

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## Insights, tips & trends What makes a good Property Manager continued

Don't forget

An ideal property manager should have you and your investment's best interests at heart. In many cases, being an investor is never a hands-off, work-free business for landlords – even with a great property manager on your side.

You will still need to work with your property manager. This doesn't mean you constantly have to contact them but you do have to ensure they're doing their job. At the end of the day, your property is your responsibility. You'll need to be tough at times, and confident enough to move your investment to another property manager if your current one isn't working out.

Know exactly what services you're paying for as well. Property management fees are often tax deductible but while you want value for money, you don't want this value to be at the expense of your hard-won investment being damaged, unrentable or worse.

Finally, you're not required by law to hire a property manager. Everything they do, you can do too – if you have the time and headspace to do so. But if you've got multiple properties in your portfolio or your investment is interstate, it's best to enlist the services of a property manager. A great property manager can be worth their weight in gold while saving you a houseful of stress.



*Victoria Nicholson Real Estate*



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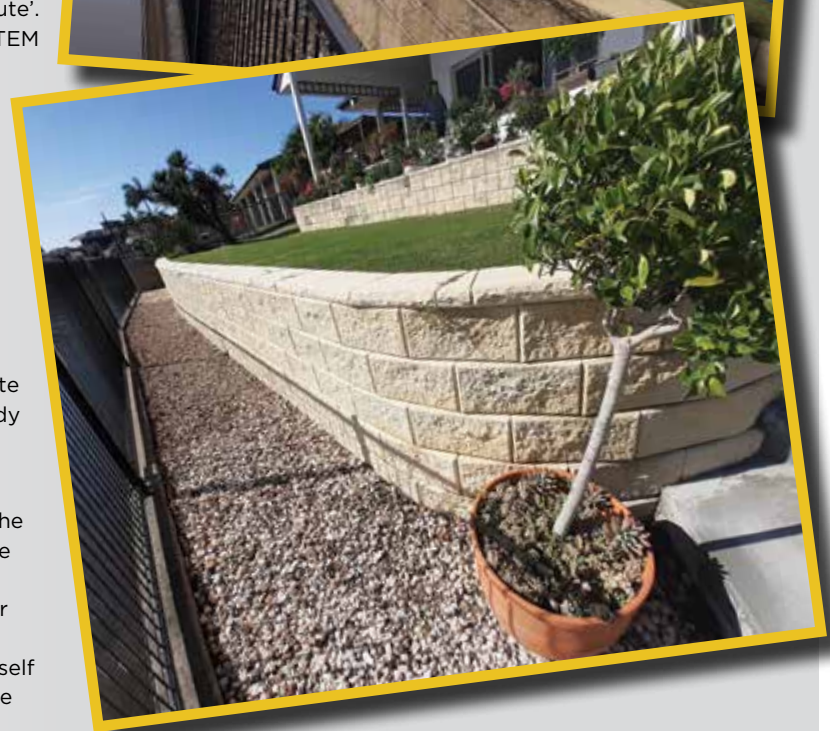
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# VMR BRIBIE ISLAND

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

## CONGRATULATIONS GARRY BUNKER



Congratulations Garry Bunker on achieving Senior Crew rank. Above being congratulated by UTC Allan Tranter and Commodore Liz Radajewski.

## CBA DONATION

The Bribie Island Commonwealth Bank presented VMR with a cheque for \$500 as part of the Commonwealth Community Donation Scheme. CommBank employees nominate organisations they are passionate about to receive a grant. Helping the Community that we all live in.



VMR Bribie's Vice Commodore Ces Luscombe, Colin Warwood Branch Manager of the Commonwealth Bank on Bribie Island presenting the award, Stacey O'Hara Home Lending Executive, and VMR Bribie's Commodore Liz Radajewski.

Commodore Liz thanked Colin and Stacey and the Commonwealth Bank for their great support these funds will go to help us to achieve our primary aim of "Saving Lives.

## AQUA MARINE SERVICES CLONTARF

Ryan from Aqua Marine Services Clontarf gave a presentation at the August VMRBI Coxswains Meeting on all the new navigation equipment that they have installed on our 3 rescue vessels.

Ryan then took groups of 4 down to Bribie One and did a hands-on session with all the coxswains and senior crew who were present.



Bribie 1 main electronics.



Bribie 2 electronics.



Jonkers Bribie 3 electronics.



Ryan explains the new navigation equipment to Senior Crew Lindsay Crompton and Commercial Coxswain Ian Grimes aboard Bribie 1.

## SERVICE BADGES

Radio Officer Peter McNamara made "surprise Visits to the Radio Room to present Service Badges to our valued Radio Operators.



Bribie 2 electronics.



Radio Operator John Warner with his 10-year Service Badge. On behalf of all the VMR Bribie Team Thanks John.



Senior Radio Operator and Callout Radio Operator Dave Nicholls with his 5-year Service Badge. On behalf of all the VMR Bribie Team Thanks Dave.

Have you ever thought of volunteering where you can not only assist people in distress but save lives as well? Want to know more? If so, please give our Public Relations Officer John Trail a call on 0407 537 323.



## FATHER'S DAY PROMOTION 2022

Want to be the favourite child this Father's Day? Buy your Dad a VMR Membership and be the best!

Don't forget everyone if you wish to buy one of the Father's Day packages, please call our Duty Radio Officer on 3408 7596 and discuss which package you would like. And as its Father's Day we are not charging the joining fee of \$22 so see the different packages below:

**Rescue Dad Pack \$80 -**

VMR Membership for 1 boat, Stubby Cooler & Sticker

**Hero Dad pack \$95 -**

VMR Membership for 1 boat, VMR mug, Stubby Cooler & Sticker

**Super Dad Pack \$125 -**

VMR Membership for 1 boat, Stubby Cooler, VMR mug, VMR Bar runner & Sticker



BAR MAT



STUBBY HOLDER



COFFEE CUP



Water Police vessel Casey Blain is ready to transfer a broken down 5.1m Quintrex to Bribie 1 to complete tow to Scarborough Harbour.



Sunset at the VMR Base by Precious Moments Photography.



## SAFETY DAVE THE FRENCHIE'S MESSAGE:

"Having the right safety equipment on your boat and knowing how to use it is essential. This could save your life in an emergency. The safety equipment you're required to carry depends on the size of your boat, whether the boat needs to be registered and where you're operating"! Minimum Safety Equipment in Pumicestone Passage: Firefighting equipment, signalling device, life jacket Anchor and

cable, Drinking water, Oars or paddles for boats under 6m, Bailing/pumping equipment.

Minimum Safety Equipment in Moreton Bay:

All the above plus Flares & V Sheet, Chart & Compass

Beyond Moreton Bay an EPIRB is also required.

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

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

## AUGUST 2022 VESSEL ASSISTS:

WED 03/08 0914am – Medivac of a Student from Poverty Creek to Toorbul Boat ramp,

THU 04/08 1144am – 16m Houseboat non-member could not start motor, required a tow from Ningi Creek to Spinnaker Sound Marina.

TUE 09/08 1002am – 3m Jet Ski member aground near Roy's Creek Boat Ramp, called in and advised no longer required.

WED 10/08 1237pm – 5m Half Cabin non-member stuck on sandbank between White Patch and Toorbul, required a tow to deeper water.

SUN 14/08 1335pm – 6m Half Cabin member out of fuel near Pacific Harbour entrance, required a tow to Bellara Boat Ramp.

SUN 14/08 1617pm – Activated by Water Police to investigate an EPIRB activation at Sylvan Beach – no vessels in area, finally located on land, person had attempted to test EPIRB and activated it instead.

SUN 14/08 1725pm – Non-member vessel out of fuel 2km East of Caboolture River entrance required assistance into Caboolture River.

TUE 16/08 1334pm – Advised by Water Police a 5.1m Quintrex non-member broken down North of Moreton Island. Retrieved vessel from Casey Blain (Water Police) at Yellow Patch for tow back to Scarborough Harbour.

## YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 18th August

8,546 Calls, 2,282 vessels logged on,  
192 Vessel Assists, 1,012 Sitreps, 508 Requests,  
25 overdue vessels, 25 Vessel Tracking,  
969 Radio Checks, 5 Weather Broadcasts,

**129 Securite Broadcasts, 0 Pan Pan 1 Mayday.**

**VHF 62.4%, 27MHz 0.2%, Phone 16.9%.**

# FISHING REPORT

BY: DOC @ BRIBIE BAIT TACKLE & BIKES



Hi anglers,

Sat down to fresh smoked Tailor last night thanks to Claude, he caught a nice bag on Saturday. They are running through the passage. If you remember the young man who gave me a bream for dinner a few weeks ago, I was able to repay his generosity giving him a Tailor for his dinner. How the worm turns.

Good catches of Tailor throughout the passage and beaches mostly on lures. Still plenty of good whiting around, young Cooper Martin went out with the shop owner's family on Sunday with bloodworms, they caught a great bag on the drift off Woorim. He looks very happy with himself.

**Great to see Cooper with a life jacket on.** Craig (shop) fished the middle of the passage with lures, he bagged 5 flathead and of all things a Sole on lure.

Still good bream from the Jetty with the occasional Lizard and Tailor.

Offshore and Moreton Island producing Grassy Sweetlips, Venus Tusk fish and Painted Sweetlips. Snapper and Pearl Perch are back on the menu, please take only what you are able to eat fresh.

We have Bonito back as bait, I am not sure how long they will last, supply has been a big issue. Most are going to the Sydney



and Melbourne market as table fish. Frozen pippies are selling well as are bloodworms.

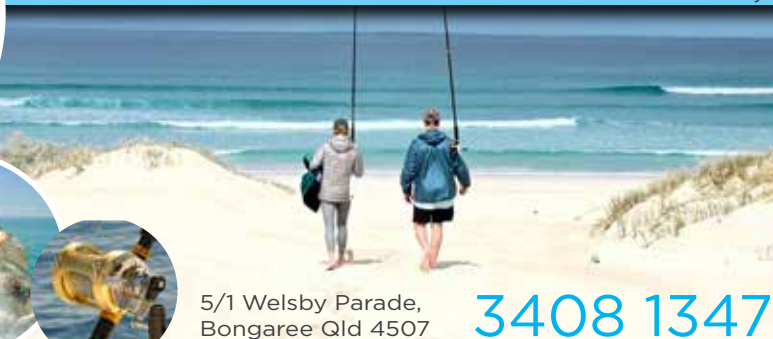
Claude and I attended the Australian Fishing Trade Association Show on the Gold Coast last week. Many and varied new products were released. Of note were 16x hollow braid for attaching leader up to 550lbs, the attachment has no protrusions and slides through the guides freely. Shimano has released a number of new lures, one with very well-designed light flashers, another with magnetic middle break for longer distance casting and another with an excellent swimming ability.

I was able to secure a wide variety of Alvey reel drag washer sets, Tailor are set to run, come in and have your reel serviced, be ready for your trip to Fraser or up the beach.

Bye for now and tight lines.DOC

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**Fishing** is a favourite pastime passed down from generation to generation. It's a break from the hustle and bustle of everyday life and a chance to practice patience. Fishing is not just about standing on a shoreline and staring into the water. It is a way of life and an endless source of fun. Anglers like to share stories about their adventures, and they want to have a good laugh too.

**S**teve and his buddies were hanging out and planning an upcoming fishing trip. Unfortunately, he had to tell them that he couldn't go this time because his missus wouldn't let him.

After a lot of teasing and name-calling, Steve headed home frustrated. The following week, when Steve's buddies arrived at the lake to set up camp, they were shocked to see him. He was already sitting at the campground with a cold beer, fishing rod in hand and a campfire burning.

One of them asked, "How did you talk your missus into letting you go?"

"I didn't have to", he replies. "Yesterday, when I left work, I went home and slumped down in my chair with a beer to drown my sorrows, because I couldn't go fishing. Then, the missus snuck up behind me, covered my eyes and said "Surprise."

When I peeled her hands back, she was standing there in a beautiful see-through negligee and said to me, "Carry me into the bedroom, tie me to the bed and you can do whatever you want."

"So", said Steve, finishing his beer, "Here I am."

**Pet Fish** - A woman is walking on a beach carrying two Whiting in a bucket. A marine patrol fish-and-game warden walks up and asks to see her fishing license.

"I don't have a fishing license," says the woman.

"You know it's illegal to fish without a license, right?" asks the warden.

"I wasn't fishing, officer. These Whiting are my pets."

"Your pets?"

"Yes, officer. They like a little exercise, so when the weather's fine, I take them to the water and let them swim around. Once they're done, I give them a whistle and they jump back into my bucket, and we head home."

The officer isn't buying a word of it, so the woman says, "Don't believe me? Watch!" and she throws the fish into the sea.

The warden waits for a minute then says, "Alright, now whistle to your fish and make them jump out of the water."

The fisherwoman turns to the officer and says, "What fish?"

**Catching Fish** - Jim got up bright and early one weekend and headed to the local river. He fished all day long but didn't catch a thing. On the way home, he stopped at the fish market.

"I want to buy the three biggest Coral Trout you've got," he said to the owner. The owner starts to bag up his order when Jim says, "No need for that, just throw them at me."

"Why would I do that?" the owner asked.

"So, I can tell my wife that I caught three fish today!"

# TIDE TIMES

Bribie Island  
&  
Moreton Bay



FRI 26 Aug	SAT 27 Aug	SUN 28 Aug	MON 29 Aug	TUE 30 Aug	WED 31 Aug	THU 1 Sep
3:55 am	4:17 am	4:41 am	5:06 am	5:33 am	6:01 am	12:19 am
0.43m	0.4m	0.37m	0.33m	0.3m	0.29m	1.74m
9:33 am	10:00 am	10:29 am	11:00 am	11:34 am	12:11 pm	6:30 am
1.4m	1.45m	1.5m	1.55m	1.59m	1.61m	0.3m
3:14 pm	3:45 pm	4:16 pm	4:49 pm	5:26 pm	6:05 pm	12:52 pm
0.28m	0.23m	0.22m	0.23m	0.28m	0.36m	1.63m
9:53 pm	10:18 pm	10:45 pm	11:15 pm	11:45 pm		6:49 pm
1.91m	1.94m	1.94m	1.92m	1.85m		0.45m

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FRI 2 Sep	SAT 3 Sep	SUN 4 Sep	MON 5 Sep	TUE 6 Sep	WED 7 Sep	THU 8 Sep
12:56 am	1:39 am	2:36 am	3:56 am	12:11 am	1:27 am	2:24 am
1.6m	1.44m	1.28m	1.17m	0.62m	0.5m	0.38m
7:00 am	7:38 am	8:31 am	9:52 am	5:35 am	7:02 am	8:07 am
0.33m	0.37m	0.43m	0.48m	1.16m	1.25m	1.4m
1:39 pm	2:36 pm	3:50 pm	5:18 pm	11:24 am	12:44 pm	1:51 pm
1.64m	1.63m	1.63m	1.68m	0.45m	0.35m	0.22m
7:44 pm	9:00 pm	10:37 pm		6:41 pm	7:47 pm	8:43 pm
0.56m	0.65m	0.68m		1.79m	1.93m	2.05m

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# 46%

of AUSTRALIANS  
Paying Between  
\$91 and \$160 on  
a TANK OF FUEL



46% of Australians Paying Between \$91 and \$160 on a Tank of Fuel

- 46% of Australians are spending between \$91-\$160 on a tank of fuel
- 33% of Australians are spending between \$91-\$120 for a fill up
- 17% of Australians spending over \$191 per month on transport, excluding air travel
- 13% of women drivers are spending between \$121-\$160 on fuel

As part of our ongoing investigation into the rising cost of living, Savvy takes a look at rising fuel costs and their effects on everyday Australians.

A recent survey conducted by Savvy into the rising cost of living in Australia (n=1,003) showed that 33% have reported it costs between \$91-\$120 to fill their car's tank, with 13% saying it costs between \$121-\$160.

33% of respondents said that it costs \$61-\$90 to fill up their car.

30% of women drivers say that they are spending between \$91-\$120 to fill their car's tank each time they roll up to the bowser, compared to 35% of men.

As for general transport costs excluding air travel, 17% of respondents said they spent over \$191 in the last month, with 12% stating they spent between \$31-\$60.

### PETROL PAIN SET TO CONTINUE

Fuel costs have soared beyond the \$2/L mark over the past year, due in part to the ongoing war in Ukraine and a spike in international refined petrol and diesel prices, according to the consumer watchdog, the Australian Competition and Consumer Commission.

The previous Morrison Federal Government cut fuel excise by 50% on the 30th of March for six months to stem regular petrol (91 RON) prices from ballooning past \$2.50 per litre or more. In June, the national average for unleaded petrol hit its second highest point in history – only a month on from the highest ever price recorded.

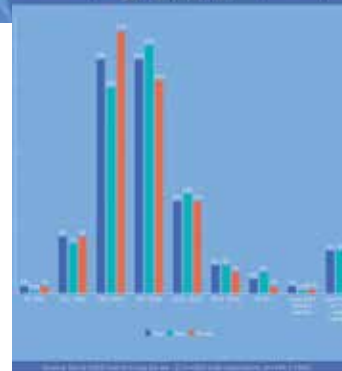
Though global oil prices have eased over the last few weeks, the current Labor government has ruled out extending the fuel excise cut which expires in September.

The Reserve Bank of Australia consumer price inflation measure for the June quarter showed an inflation rate of 6.1%, up from 5.1% the previous quarter.

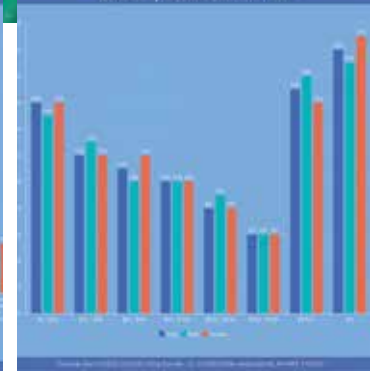
The RBA also increased the official cash rate from 1.35% p.a. to 1.85% p.a., its fourth consecutive monthly increase since May this year.

"Fuel underpins the economy and rising fuel prices will flow on to every sector. It's just the nature of how our economy works, unfortunately," says Bill Tsouvalas, CEO of Savvy and economics expert. "However, the only silver lining is that despite the cash rate creeping up, it's still not anywhere near the levels of 2010, let alone 1990."

With current fuel prices, how much does it cost you to fully fill your car's fuel tank?



How much did you spend on regular transport (excluding air travel) last month?



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LAWYERS

## WHY DO YOU NEED TO SERVICE YOUR CAR REGULARLY?

IF YOU COVER QUITE A BIT OF MILEAGE ON AN ANNUAL BASIS, THEN THIS WILL NATURALLY CAUSE WEAR AND TEAR. MANUFACTURERS KNOW THIS ALL TOO WELL, WHICH IS WHY SERVICING IS REQUIRED TO REPLACE ESSENTIAL FLUIDS AND CHECK THE CONDITION OF OTHER COMPONENTS. BY COMPLETING ESSENTIAL MAINTENANCE, YOU'RE ENHANCING THE VEHICLE'S LONGEVITY. THIS IS BECAUSE FRESH FLUIDS, AND ANY NEW COMPONENTS, ARE ENSURING THE CAR IS RUNNING AT ITS BEST.

### SAFETY

It gets frustrating when your car breaks down in the middle of the road. Whilst it's essential to replace any fluids, it's just as important to ensure there's nothing wrong with any of the other components on your car. Here's a brief overview of what technicians check during a service:

- Brakes
- Tyres
- Suspension
- Lights
- Exhaust

Any worn or damaged components could be detrimental to the car's performance, and even worse, the safety of yourself and other road users. A vehicle service provides a great opportunity to flag any issues and get them rectified.

### IT MAXIMISES THE CAR'S VALUE

When buying a car, it goes without saying that you'll want to see that it's been maintained throughout its lifetime. That's the purpose of

a vehicle's service history. It lets you, or other prospective buyers, know how it's been maintained by previous owners.

### There are three types of service history:

- Full-service history
- Partial service history
- No service history

A car with no service history is less desirable than one that has a fully documented history. As a result, it will be worth less come sale time.

### LESS REPAIRING

Having your car serviced in line with the manufacturer's guidelines will save you money in the short and long run. If there is a small issue found, it can be fixed before it becomes a big and costly problem.

Here's an overview of why:

- Regular servicing maximises your engine's performance and efficiency, saving you money on fuel.
- Worn components can have an adverse effect on other aspects of the car, meaning some parts could suffer from premature failure.
- If a worn or damaged part is neglected, then it could result in a breakdown, and therefore you may require costly roadside assistance.



### IT MAINTAINS YOUR VEHICLE'S WARRANTY

If you bought a new or used car that still has a manufacturer warranty remaining, then having your car serviced at the correct intervals will ensure it remains intact.

**So, the question we should be asking is: can you afford not to have your vehicle serviced regularly?**


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# Busy Fingers Grants

Over the last financial year we have been able to give away the following grants to the Bribie Island Community including schools and not for profit associations. This was due to the continued support we receive from the island residents who donate to us and those who come to our Op Shop for a bargain or two. We thank you for enabling us to enhance the quality of life of all island residents, and a special thank you to our dedicated staff with our Manager Sonia leading the way and our wonderful volunteers who generously give some of their precious time to support us.

## MONTHLY GRANTS

- VMR** Fuel Account Assistance
- BI HOSPICE** Assistance with Palliative Care Suite Fees
- BI GLOBAL CARE** Assistance with Foodbank Costs

## YEARLY ASSISTANCE THROUGH ENTRY FEES FOR:

We enter 2 teams into the Fundraising Golf Days for VMR, BI SURF CLUB and BIKES

## OTHER GRANTS THROUGH THE YEAR

- BI AMATEUR FISHING CLUB** - Assistance with Large Storage Shed
- BRIBIE ISLAND SES** - Special Trailer for Storm Equipment, IT Equipment & Printer, Large Carport for storage & Roof Storm Training.
- BI COMMUNITY ART CENTRE** Revamping of plumbing, storage and Benches
- BI JUNIOR AFL - BULLDOGS** - 8 Goal Post Pads
- BI FISHABILITY**- Assistance with materials for storage shed
- BI INDOOR BOWLS CLUB** - New Flooring
- BI LIONS CAMP QUALITY DAY** - Shirts and Ice-creams
- BI MEN'S SHED** - Hi-Viz Shirts
- BI TIGERS CLUB** - Grandstand, Entry Fee & Kits for team entering into Indigenous Nations Football Cup
- BI NAT SERVICEMEN ASSN** - 2 Gazebos and also purchase of Trolleys for raffles.
- BI PICKLEBALL** - Caps, Visors, Shirts and Patches, Paddles, Balls & Covers. Extra Nets, Paddles and Balls for BI high school training classes.
- BI POLICE** - DV Coasters and Meeting Costs,
- BI POTTERS CLUB** - Gas Classification Certificate & Equipment

for Totem Pole Project

- BI RSL GOLF CLUB** - Shirts
- BI SCOUTS** - Flags, Poles, Staves and Wall mounts.
- BI SOCIAL SENIORS** - Notebook, Computer with Program & Printer
- BI STATE SCHOOL** - Blue Edge Program Package for Grade 6.
- BI SURF CLUB** - Bunk beds and Water Cooler & 12 Seat Bus for Nippers Transport.
- BI SWIM CLUB** - Trophies & Girl's Apparel
- BI BOMBORA OUTRIGGERS** - Canoe Cover and VHF Radio to contact VMR in emergency
- BI TENNIS CLUB** - iPad, Shirts for Juniors
- BI WAR WIDOWS LEGACY** - Gifts for Christmas Luncheon & Afternoon Tea for Mother's Day
- BORONIA COTTAGE** - New large TV and Electric Stand-up Recliner Chair
- BI TRI SPORTS CLUB** - Club Kits
- BI WILDLIFE & PARKS RANGER** - Defibrillators for vehicles.
- BRIBIE KINDY** - Tribe Electric Bike and Trailer often used to take youngsters to Aged Care home for visiting day, and yearly Shirts and Hats,, New permanent Sunshade.
- GARDEN CLUB** - Projector
- MAHALO OUTRIGGERS** - Portaloos for Regatta and A Canoe
- 6 MANGROVE PRODUCTIONS** - Assistance with props for productions for shop stock.
- HOUSE OF HAPPINESS** - 14 Outside Doors for accommodation & 2 Security Doors
- MELSA** - Security Cameras
- BRIBIE ISLAND AGED CARE** - Large TV, Bath Trolley and Bath Liners for residents, 2 medical chairs, Entertainment monthly, Dishwashers and also a Freezer for Volunteer run Coffee Shop



# 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,  
 "Horrible health just lately much has been made about more doctors for Bribie. Unfortunately, this is another example of robbing Peter to pay Paul and to pull this rabbit out of the hat was another case of moving the goalposts. Until now, new GPs were sent to areas of Rural Queensland, the government changed this to allow GPs to go to areas of regional Queensland, which includes the Gold Coast and Bribie Island. The end result, getting doctors to Rural areas will go from difficult to nearly impossible, fortunately, the Queensland Government has a cure for this, they just pay Locum doctors up to \$3000 per day and fly them out to the required rural areas at taxpayers' expense. So next time you are talking to a new GP on Bribie, just remember that this GP's replacement in the Bush is costing taxpayers, you, \$3000 a day. Last week, an acquaintance of ours waited over eight hours at their local hospital for a Covid diagnosis and the pills required for the cure. How could the government make this better, well they could reinstate over 2000 nurses who are not currently working because they refused to have a Covid shot. Fully vaccinated people with both booster shots, can, and do, catch Covid. They can pass it on to other people. Just like unvaccinated people can. It is about time Queensland health saw the logic of this and allowed all of these nurses to go back to work, after all, the best nurse in the world is the one in front of you trying to make you better.

The same logic could be applied to the police who have been fired or prevented from working, for the same reason. But then, youth crime, violent crime, and increases in drug and DV problems are probably even lower down the list with this government than the continuing breakdown of the abysmal health system.  
 Anonymous "

Dear Editor,  
 I don't know whether other readers were amused by Elaine Lutton's latest humour. Personally, I found it a perfect example of the failings of our education system. I rarely get lost - even if I do make the occasional unintended detour. But I do remember one time in Wales, when my husband and I were faced with a signpost indicating two towns with long names, both starting with double "L" and finishing with "D", pointing in opposite directions. When I saw the first name, I didn't read the second one and decided we should turn left, when we should have gone right. (There was no GPS back then). But it didn't take long before we noticed that the sun was on the wrong side: we were heading West instead of East. I thought all school children learn about the four compass points, and that the sun gets up in the East and sets in the West. These days when kids get driven everywhere, I can understand that they might not know which way they are heading. But adults who, as kids, actually used their feet to get around, would surely have noticed whether they were facing the sun, and work out

their orientation. If not, then their education is certainly lacking. But if it is possible, then it points out the need for this basic skill to be taught to all school children.

*Hazel Beneke*

Dear Editor,  
 Staggered is the only word I can use - Woolworths will no longer accept telephone orders, only via computer therefore online.

I am blind in one eye with very little site in the other and don't own a computer. How can I place an order with Woolworths now?

I suggest you shop elsewhere.

*John, Bongaree*

Thank you, Michael Cavenor and Dr Kraus, - letters B.I. 29/7 - my belief is that there, maybe, more sceptics than we realize but to challenge is to be howled down. For too long, G.W. advocates have been pushing this barrow, ignoring the fact that the climate has changed through the centuries without any help from us - and using deception to push their case, I have not forgotten the use of

the Battersea power station in the UK as an example of the apparent evil. Not only had it already been closed down, but the emissions were, in fact, steam - not dreadful pollution. Greenland, I believe shows evidence of farming prior to the subsequent ice age. Hypocrisy reigns also - the advocates that denigrate our use of coal but are happy for foreign countries to use the same technology to manufacture wind turbines and solar panels. We then import at huge cost, planting them around the country, which offends me more as odious pollution than the supposed threat - and then I believe much of it cannot be recycled at the end of their useable lives - just great! If a challenge is needed, perhaps we should worry more about the thousands of hectares of trees being cleared to make way for palm oil tree plantations, the pollution of the oceans from which we get about half of our oxygen and more importantly, the economic chaos threatening, if our politicians don't get it right and nobody wins, in my view. - Y.F. Ruggles

## Climate Change NOT caused by mankind

Talk by Prof. Ian Plimer, Sept 21 at 10am RSL Auditorium  
 (Sponsored by the Probus Club of Bribie Island)

The world has been persuaded over the last 15 years that climate change, giving rise to widespread droughts, fires and floods, is caused by our burning coal and gas, producing atmospheric carbon dioxide. Consequently, actions are now being taken by governments and energy suppliers to achieve net zero emissions of this greenhouse gas by 2050.

This is going to have a huge negative impact on Australia in spite of the fact that we contribute only 1% of the world's atmospheric CO2. Professor Plimer, an eminent Australian geologist and earth scientist, has stated that there is NO PROOF that man made CO2 emissions give rise to global warming but that climate change is caused by factors over which we have no control.

Professor Plimer will elaborate on his studies of this phenomenon and will attempt to counter the scare tactics that have surrounded the climate change campaign so far.

By: Graham Hunt

## Part 3....



# MY POLICE CAREER. 1974 to 2006

The first few days went quickly then the work and pressure of the learning curve that went straight up and took its toll on the new recruits. Some couldn't take the pressure and discipline and left. I felt strange and unable to cope with all the work, being away from home and the discipline.

There was a temptation to leave, as next to the Training School was a Depot with a sign displayed on the front fence wanting a vast number of qualified Gas fitters! I resisted this as I felt I was finished with the trade and if things got that bad, I could always get a job closer to home.

The turning point in my dilemma was when I was on weekend leave the next week and I had a visit from the Local Hampshire Constabulary. The Constable told me that the firm that I had worked for previously and nominated me as the driver of a particular company van. Apparently, this vehicle had been given a parking ticket, which had not been paid and had turned into a Summons.

I told him that it was nothing to do with me as the company was going out of business and that as I had left they shifted the responsibility and the fine onto me. The Constable was satisfied with that and told me that he would send it back to the Company to pay. I told him that I was in training with the Metropolitan Police. He asked me how I was going and I told I was going to chuck it in, as I couldn't cope with all the work and pressure. I had only been in three weeks and I knew it was going to get harder and harder.

He reassured me that everyone felt that way in the beginning and that it was just a phase of the brain learning to cope and to just try and get through one day at a time and not to worry about the weeks ahead. He told me it would become a little easier to learn the material as the weeks went on and to stick with it. After my little pep talk I felt more at ease with the situation and as I returned for another week of lectures and training on the Sunday night with Paul I had renewed vigour.

That's the week I got caught with Paul by our miserable training Sergeant walking from one building to another with our hands in our pockets! We both were punished with three late turns in a row! We also had to patrol the grounds of the Training School and look for fires and do general security. I remember going to bed really tired after finishing pressing and cleaning and polishing and revising after knocking off at ten o'clock in the evening those three nights! I didn't get caught again!

At this stage of our training sufficient recruits had resigned to enable two squads to be joined together so we had some new students in the squad. After a third of the training was completed, we were assigned a different Instructor. He was Sergeant Alex Lambert- what a change from the first one! I suspect that our first instructor was to weed out the unsuitable recruits - the ones that couldn't take the discipline and pressure.

*Continued*



# BRIBIE ISLAND WRAP

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

## POLICE AND TECHNOLOGY GIANTS CONNECT TO DISCUSS DIGITAL SAFETY

The Queensland Police Service (QPS) has brought together industry leaders, policing jurisdictions and safety experts in an Australian-first working group aimed at enhancing digital safety.

Police and industry representatives united at the Digital Platforms Conference last week, to explore community safety online in an age where digital platforms continue to evolve, grow and impact day-to-day life.

With representatives from government agencies and industry including Tinder (and its parent company Match Group), TikTok, Uber, Ola, Tabcorp and Next Door, Assistant Commissioner Katherine Innes said the QPS aimed to discuss challenges and learnings for the benefit of our communities.

"It's fantastic to see so many industry leaders in the online and digital space come together under one roof to have these important discussions that will allow us to continue to make online environments safe ones," she said.

"Our policing colleagues and counterparts from throughout Australia and New Zealand are welcomed and thanked for joining us as we embrace this opportunity to gain a greater appreciation for crimes facilitated through the misuse of digital platforms.

"Connecting our industry partners and police in one space allows us to have robust and productive discussions and come up with actionable outcomes.

"Digital platforms offer so many benefits for individuals and society. While there is only small percentage of online behaviour and interactions responsible for unsafe and criminal actions, this has the potential to cause harm in our communities.

"It is our hope that our work throughout this conference will help us determine ways to adapt investigation methods and develop agreed and consistent processes for addressing harmful and criminal digital content."



The conference saw more than 65 attendees from around the country participate in group discussions and workshops, as they learnt from each other's experiences.

Content considered the key trends impacting digital platforms, societal communication changes, how technology impacts interactions between offenders and victims and a deep dive into key crime areas affected by the online environment.

"As a Service, we continue to analyse and learn to stay up to date and as relevant as possible as technology and communication methods change, particularly for our most vulnerable cohorts," Assistant Commissioner Innes said.

"Most of all, it's integral that, we combined, continue to work together to ensure the safety of our communities, in person and online."

The conference aimed to foster partnerships between law enforcement and industry to 'build online safety'.

"Open, constructive and continuous

engagement with law enforcement is an important part of our unwavering commitment to ensuring the safety of our community," A TikTok spokesperson said "TikTok was delighted to attend the conference to share best practices and discuss how we can work together in our joint pursuit of ensuring a safe online ecosystem and preventing real world harm."

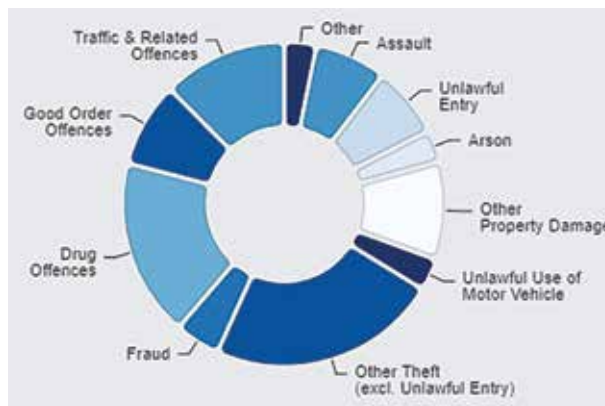
"At Match Group, we believe everyone has the right to date freely and safely, and our approach to helping create a safe platform is rooted in disrupting and preventing potential harms – both online and in real life," Buddy Loomis, Senior Director of Trust and Safety at Match Group said.

"We share a collective mission with Queensland Police Service, policing jurisdictions throughout Australia, and safety experts to make online dating and digital platforms safer and look forward to continue working together."

"With millions of people using the Uber app every day to request rides and deliveries across Australia, safety is fundamental to Uber," Justin Gallagher, Senior Manager of Public Safety at Uber said.

"This conference was a fantastic opportunity to further our partnership with law enforcement and other digital platforms from across Australia and New Zealand to enhance safety both on our platforms and in the communities in which we operate."

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Other 2  
Assault 5  
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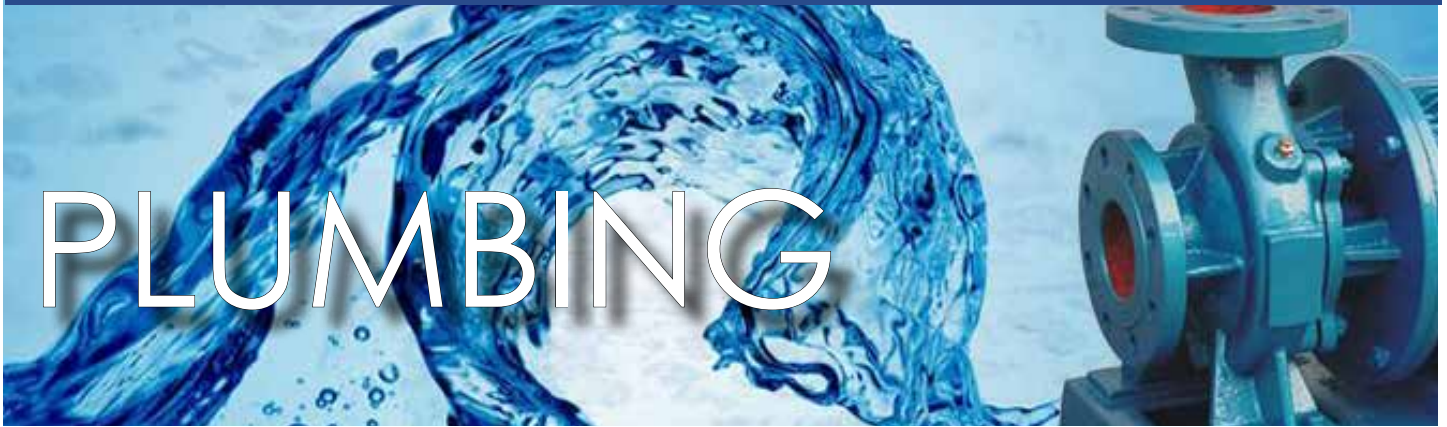


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