

The Bribie Islander

AND DISTRICTS

ISSUE 187

Mar 24, 2023



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2023

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AWARDS

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Mar 24, 2023

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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.

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SMALL BUSINESS AWARDS

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Welcome

Dear readers,
Welcome to edition 187. As you may have noticed on our front cover, Bribie and the surrounding district's businesses are now in the running to be nominated for the Small Business Awards! You can Nominate your favourite small business or their employee and go in the draw for a \$200 small business voucher. In each category, the 10 businesses or employees with the most nominations will become Finalists for our community to vote on. Nominations will now close on Friday

31st March. Voting in the Finalist round will open on Tuesday 5th April and close on Monday 17th April. Then winners will be announced at a Small Business Award Presentation on the 28th of April! So as a community, let's get behind this fantastic opportunity to showcase our local businesses and give them the support and appreciation they deserve. It may even be just a member of their staff that has gone above and beyond expectations! Of course, we are also encouraging you to pop a vote in for

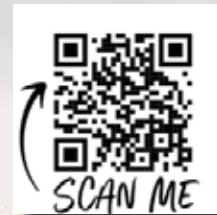
our publication if you think we are deserving of being nominated, no pressure at all...but it would be nice! Anyway, the point is to celebrate great products and services and let people know what businesses are doing a good job in your eyes!

Until next time,,
Take care, stay safe,

Cherrie

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HEALTH, WEALTH & COMMUNITY

Feeeling young and confident in your 40s can be challenging, but it doesn't have to be. If you're feeling less upbeat about life than you used to be, you're not alone. It's a natural part of life's journey. But there are several things you can do to feel young and confident again — and they don't require expensive surgery or costly cosmetic procedures. Here are some ways to feel young and confident in your 40s:

1 EMBRACE YOUR INNER CHILD

Your 20s were probably all about living in the moment and having fun, but now that you're older, it's time to settle down and think about what matters. It doesn't mean that you can't have fun, though! You might be surprised by how much fun you can have as an adult playing with toys, getting your nails done, and going to the circus. This could be anything from choosing a top with a cartoon character on it or wearing jeans and trainers instead of smart trousers and heels. Look for opportunities to learn new skills or try something new that makes you feel good about yourself. For example, if

yoga is something you've always wanted to try but never got around to, why not give it a try now? Or if something has been on your bucket list for years, like skydiving or bungee jumping, don't wait any longer — do it! But remember, not every idea works for everyone. Having a sense of humour is essential when trying new things, especially if they don't work out in the end!

2 GET A FACELIFT

A mini facelift involves lifting sagging skin around the eyes, cheeks, and jawline without going under a general anaesthetic. It's a procedure that can be done in just one hour and requires minimal recovery time and downtime compared with traditional facelifts. The results are subtle but effective — the kind of subtle change that makes you look younger without anyone knowing what you've done. It lifts the skin around your eyes and smoothes out lines. You'll regain a youthful appearance by tightening the muscles under your eyes and removing excess fat deposits. The procedure is also less expensive than traditional surgery because it doesn't require full anaesthesia or incisions along the jawline.



5 Ways to Feel Young and....

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...Confident in Your 40's

3 ADD VOLUME TO THINNING HAIR

Hair loss can occur in women of any age, but it's no secret that hair loss is common among women in their 40s. But there are things you can do to slow down or even stop it before it becomes noticeable. Hair loss in this age group is also called female pattern baldness (FPB). FPB is genetic, so if it runs in your family, you'll likely lose some of your hair during menopause or after childbirth. Try a volumizing shampoo or conditioner that contains ingredients like wheat protein or keratin — both add volume by coating each strand in moisture, so it stands straighter and fluffier. If you notice excessive shedding or thinning patches in your hairline or crown area, talk with your doctor about treatments that may help prevent further hair loss or slow down its rate.

4 TAKE UP A NEW HOBBY AND GO ON ADVENTURES

If you find yourself bored with your current interests, consider trying something new to keep you interested and engaged. For example, if you've worked for the same company for years, it's easy to feel stuck in the same old routine. Take some time to explore your interests — whether learning a

HEALTH, WEALTH & COMMUNITY

new language or taking up a new sport or hobby — and see where it takes you. Also, nothing can make you feel younger than travelling to new places with friends or spending quality time with loved ones who share similar interests as yours. Ensure these trips are planned well in advance, so they don't become too stressful and hectic.

5 STAY ACTIVE

The best way to feel young is to be active. Physical activity can help you look and feel younger. And it's not just about your physical appearance; it's also about your mental well-being. Physical activity has been shown to improve mood, which in turn can help improve confidence. So, if you're feeling a little blue and are searching for the fountain of youth, it might be time to get active! There are plenty of ways to stay active as an adult. You don't have to join a gym or sign up for an expensive yoga class — even simple things like walking more and standing up when talking on the phone can make a difference.

There's no magic age to achieve happiness and self-confidence. As long as you feel happy and confident, you don't need to worry about what others think of your age. Do what makes you happy and take care of yourself well.

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WHAT IS BIO FILLER?

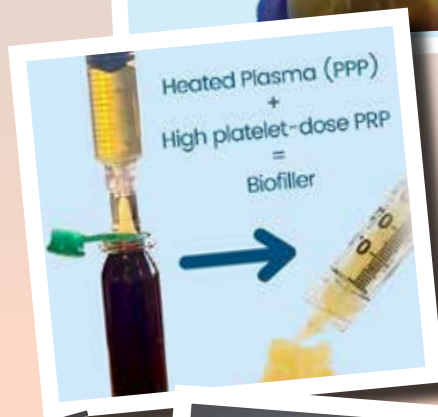
Bio filler is created as we take about 30mls of your blood; separate the blood component into (PRP) platelet-rich plasma & (PPP) Platelet poor plasma, this is then filtered, heated & cooled to specific temperatures to create a gel using your own biology. This bio gel is injected via a cannula into the skin and the gel release growth factors. Over the following 3-6 months the skin appearance will improve due to an increase in stem cells & growth factor activity. The Bio filler improves the production of collagen & elastin fibers resulting in healthy firmer, fuller rejuvenated looking skin.

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Before and After



A fantastic VIP Night was held on Thursday the 16th and we wish to thank everyone who came out to celebrate with us and make the event a huge success. It was amazing to see so many familiar faces and meet new ones as well. We appreciate all of your support and hope you had a great time. We couldn't have done it without you! Looking forward to the next one.



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Restorative Poses

Today I am going to talk about restorative poses and the benefits of using them. You can use these poses in a yoga session or just on their own to calm and rejuvenate your body and mind. Taking time out to implement these poses can help to reduce stress and to relax muscle's.

The first pose I am going to discuss is Balasana {child's pose}.

This is done by kneeling on the floor or your mat with your arms either out front of your body along the ground or with your head on the mat, arms laying against your body. You can also do wide legged child's pose by bringing your knees out to the edge of the mat but keeping your feet together. Take deep breaths into your belly and hold then release. Do this for a few

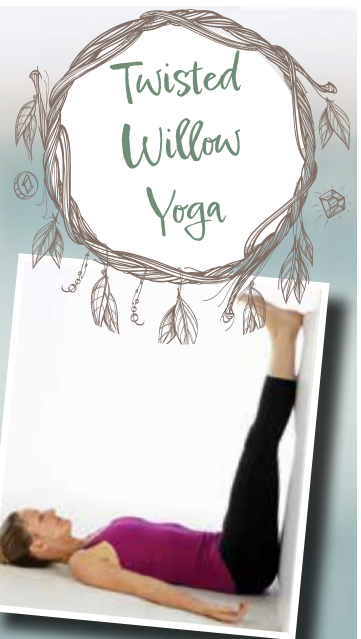
minutes to relax your body and clear your mind as well as bring fresh oxygen into your blood stream.

The second pose is a leg inversion which is simply laying on your back with your legs up the wall, so you are in a L shape.

Again deep breaths in and out and hold this for five minutes concentrating on your breath. This helps for all over body relaxation, stress and blood flow. The final one, although sounding easy is sometimes harder to do then you realise. It is called Savasana, or corpse pose. You lay flat on your back palms facing up and slightly curled, feet out and relaxed. Now take deep breaths concentrating on your breath. I find it helps to concentrate on each part of body and imaging that part sinking into the mat a bit at a time. The key here is relaxation and not letting your mind wander and

to focus on your breath. I would suggest at least five minutes but any time length will help. This helps in relaxation for your body and mind and helps to reduce stress. This pose is very beneficial before bed for helping in sleep and quality of sleep.

As always yoga is not just exercise, but body mind and breathing. To me yoga is a way of life, it is your daily choices in diet, meditation, stress techniques and movement and has been used for thousands of years to improve overall wellness. As always sending love and light your way. Namaste. Karyn



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• Why does the YUMI™ Keratin Lash Lift differ from an ordinary Lash Lift? Our hero ingredient – Keratin - Inside YUMI™ products, is where science meets beauty. Keratin is a naturally occurring protein

present in our hair, nails, and eyelashes. However, our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age. With the YUMI™ Keratin Lash Lift we replenish your lashes with Keratin in order to strengthen them, keeping them healthy, strong and shiny.

• Additionally, applying a Lash Serum to your eyelashes will help keep your eyelashes strong, soft, and healthy - making the lash curl last even longer. Either the Yumi™ Keratin Nourishing Serum or Yumi™ Biotin Serum (which gently stimulates the growth of lashes) is recommended, and is available to purchase at appointment.

• The treatment is very relaxing, which lasts up to an hour and a half, and Vanessa aims for an all round Zen experience with gentle music and lovely setting. Clients have likened it to a therapy experience, where they can come and switch off and just relax for a while, while the magic is being achieved.

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Follow on Instagram, Facebook and check out the Website for gallery of pictures and more info.

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Unconditional love, for all living creatures...

Today I felt I would write about all the living things, by which we are surrounded. Those that know me on a personal level, notice one thing I am passionate about, which is caring for all creatures.

I remember many years ago when I lived in London, I took a pigeon I had found to the vet. I had waited patiently with the bird and when it was my time to see the vet, he looked at the bird, then me, irritated, he then queried, "What, you bring me this, vermin?" Shocked by his response, I simply said "It says on the sign, you are a charity, treating all creatures, great and small." And with that, I left the bird in the care of the vet.

What I realised that day was that others don't treat all animals equally. Fortunately for me, I have a wonderful holistic vet at the glasshouse mountains, and she provides as much love and care to my furry animal tribe as I do.

Though, it is more about an outlook! So many times, I have heard the expression, "Oh, it's just a dog, it will be all right." Immediately I feel myself exercising love and compassion for the person that said that. It is not just a dog, but a living being who deserves to be treated with love and kindness. All creatures, for that matter, deserve that, whether great or small.

Recently we were over at Woorim dog beach with a friend and his 6-month-old puppy, who is a bundle of energy and just wants to play. The puppy chased a woman's dog that was walking by, just wanting to have fun. The woman, irritated by the puppy, then proceeded to hit it with a stick. My friend ran to rescue his dog, whilst I stood there, sending unconditional love to the woman. I pondered what makes a person treat an animal like that, that only wants to enjoy and experience the joy of life. I realised at that moment that she probably had suppressed anger and perhaps not only anger but the need to have control.

It is sad to say, this is something that is common; people who have the need to control will do anything to stay in that power, including causing pain to another living being. If we could all just remember that everything has a right to be here and live in peace and happiness, just as much as we do. Perhaps you too, want to live with more peace, joy, and happiness?

Call me on 0405 361 882 or send me a message on Facebook: MariaChristina.Love

As always, with love, Maria Christina x



"Dr Ensieh Madhkhanehfahani (Dr Ensi), has joined the team at Elyssian Medical Centre. Dr Ensi is available Monday - Friday.

She is currently taking new patients

Dr Ensieh has many years experience. She graduated from Medical school in 2009 in Iran. She moved to Australia with her family in 2019 and commenced practice.

Working in different fields such as - Emergency department - Geriatric acute care - Endocrinology department - Opioid dependency therapy - Cosmetic dermatology, she has great knowledge and skill for managing various medical conditions in General Practice.

Dr Ensi speaks English and Farsi/Persian.

She has keen interest in

✓ Geriatric Medicine : Chronic conditions management including hypertension, kidney disease, cognition disorders, asthma, COPD, etc.

✓ Endocrinology : thyroid disease, diabetes mellitus, osteoporosis.

✓ Women's health : contraception, antenatal care, abnormal bleeding and infection.

✓ Paediatrics health : immunisation, regular growth checks, infections, behavioural problems.

✓ Preventative health: cancer screening, immunisation

✓ Mental health : depression, anxiety, sleep disorders.

✓ Dermatology : acne, eczema.,

Also she is interested in weight management, iron deficiency management and arranging advanced care directive.



NEW PATIENTS WELCOME
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Dr Mike Esmailzadeh has joined the team here at Bribie Island Medical Centre. Dr Mike will be available Mondays, Tuesdays, Wednesdays and Thursdays.

He is also taking on new patients.

Dr Mike, who graduated in 1996, has many years' experience in General Practice as well as teaching, He has commenced his practice in Australia in 2019.

Dr Mike is a driven GP who enjoys all aspect of General practice and has an appreciation for the complexities of Chronic Conditions Management such as Diabetes, Cardiovascular disease, Chronic Kidney Disease, Asthma and COPD as well as Mental Health.

Areas of interest:

✓ Chronic disease management; Diabetes, IHD, Asthma, COPD, CKD.

✓ Weight Management

✓ Men's health

✓ Mental Health

✓ Dermatology

✓ Family Medicine

✓ Minor Surgeries



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THE BEGINNING OF THE WOMEN'S HAT AS A FASHION ACCESSORY

Women have worn hats or headgear since antiquity. Hats have long been a sign of affluence, social status, and even religious virtue. Even though much has changed since the Middle Ages, hats have remained a constant in women's fashion. Adding a stunning hat to your appearance remains one of the best and simplest ways to bring an average dress to life. Whether you want to achieve a simple vintage-inspired style or want to add some ancient beauty to your accoutrements, here is a brief description of the beginning of women's headwear.

THE FIRST STEPS

No one knows for sure when or why the practice of wearing hats originated, although men and women wore head coverings in old Greek, Egyptian, and Roman paintings. Head coverings, wraps, and other caps, which were simpler to wash than hair and were efficient methods to keep hair clean from the oil and dirt of everyday life. Both men and women wore brimmed hats to shield their faces and necks from the sun's rays.

On the other hand, ladies' hats began to come out of their own when St. Paul advised the Corinth that ladies should cover their heads while praying. When going out, women started donning hoods, an example of the time, and mob caps inside and wide-brimmed structured bonnets on top. Waffle 'farmer's daughter' hats with various brim widths were fashionable for much of the eighteenth century. These hats were essential for protecting fair skin from the sun, especially since umbrellas were not popular at the time.

The calash bonnet was a popular and intriguing millinery item in the mid-1700s and was worn through the early 1800s. It came about because it protected the towering hairstyles from inclement weather and allowed for decency. Because it tied under the chin, it was considered more of bonnet than a hat. On the tall calash versions, ribbons were attached to the brim to allow wearers to draw it up as required.

MOB HATS

During the Georgian Era, married people in England wore mob hats from the mid-to late-eighteenth century. These linen hats were designed to fit close to the face. Wearers fastened it with a bow but were left in the back and allowed for pinned-up hair. The hats shielded the head from dirt and were easier to clean. With time these hats become much more popular via shows and celebrities.

HATS STARTED BECOMING A STATUS SYMBOL.

They frequently used hats to indicate one's social status throughout the 18th and 19th centuries. Only the wealthiest upper-class ladies could afford to wear fashionable hats in public. Instead, lesser ladies wear mob caps and unstructured linen hats that keep hair healthy and hidden during everyday tasks. Initially, women were sporting these hats for inferior statuses, such as slaves, cooks, or other professional women, but were only worn inside. These mob hats evolved to symbolize a woman's position in society.



Nowadays hats are a fashion statement as well as an important part of being safety conscious in the sun and let's be honest, a hat can fix a bad hair day in a second!

mojito

ladies clothing & handbags



NEW STOCK JUST ARRIVED



Bribie Island shopping Centre
(Next to Target)

A WORD From The Bribie Dragons

"We have much to celebrate on International Women's Day and today, some of us enjoyed a lovely lunch hosted by the Zonta Club of Caboolture at the North Leagues and Services Club at Kallangur. These amazing women support with their fundraising efforts, a number of different local organisations, including ourselves.

We have never forgotten 15 years ago the purchase of our original boat, "Spirit of Bribie", by Zonta and another donation a few years later, which helped us acquire our ten-seater, "Little Spirit". We look forward to supporting them again, as in past years, and in the future, as they did us. Thank you, Zonta,"

Leonie Dyer

Two of us attended the IWD Breakfast at Pacific Harbour with the Bribie VIEW Club.



A hearty breakfast was followed by an inspiring guest speaker, who traced her steps in life's journey. She, who had little parental encouragement for education, and yet, sustained by her supportive husband, studied for her HSC as a young mother.

Subsequent to tragically becoming a widow, she harnessed her fears and emotions and focussed energetically on continuing to mentor others in her role as an ordained Anglican minister, whilst lecturing in theology and teaching. What a remarkable woman! One who never stopped dreaming, and who exemplifies hard work, dedication, resilience, and wisdom.

As Bribie Dragons, we always welcome Survivors of Breast Cancer, their supporters and friends who wish to enjoy the uplifting experience and exercise of dragon boating, in an inclusive environment.

For further information, contact Maree at 0405550969

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^ Eligibility for and exact hearing aid model selected for the trial is dependent on the hearing and lifestyle needs determined at the discretion of our qualified clinicians. For full Terms and Conditions visit [Audika.com.au/try-hearing-aids-for-free](https://www.audika.com.au/try-hearing-aids-for-free). * Free hearing check is for adults 26 years and over.



The "LARGEST SEA OF PINK" ever for Chicks in Pink

With the "desire to make a significant impact for women with breast cancer" and despite heavy rain predictions, 20,000 people in PINK, including eight members of the Bribie Pink Dragons, plus supporters, participated in the Sunday 12th March Mater "Chicks in Pink" fundraiser walk: 5km from

Southbank to the Botanical Gardens via Kangaroo Point and the Story Bridge. What a tremendous effort in fundraising, \$1.9M, the personal turnout in eye-catching costumes, and individual endurance in the sweltering humidity!

It was a wonderfully energised community and a happy experience to know that the 13,000 steps we walked today will help "support men and women with breast cancer"

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

PERIPHERAL NEUROPATHY

Peripheral neuropathy is a disorder of the peripheral nervous system, the vehicle that allows communication from the brain and spinal cord to the rest of the body (arms, legs, face). It often causes weakness, numbness, and pain - usually in the hands or feet. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, and exposure to toxins (including medications). Common conditions that lead to peripheral neuropathy include diabetes and chemotherapy. Regardless of the cause, poor blood circulation and inflammation are factors in all cases of peripheral neuropathy.

The symptoms often reported by our peripheral neuropathy clients include burning sensations, feeling of pins and needles, and numbness - particularly in the feet. Those with numbness often describe the feeling to be like wearing a thick pair of socks or walking on sponges. The symptoms alone however are usually not what prompts sufferers to come to our clinic for treatment; they're typically more concerned about the impact neuropathy has on their quality of life, including:

- Difficulty sleeping or engaging in activities due to pain and restlessness
- Fear of losing balance or falling due to numbness
- Reduced confidence while

driving (inability to feel the pedals)

- Wanting to dance again.

ACUPUNCTURE FOR PERIPHERAL NEUROPATHY

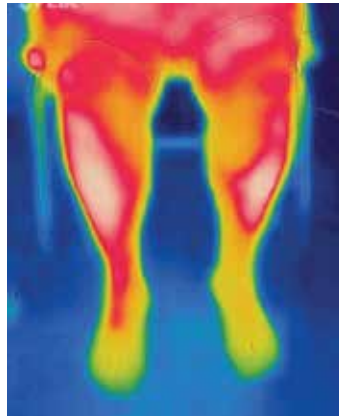
How does Chinese medicine approach peripheral neuropathy if most conventional medicine practitioners believe that nothing can be done? The answer lies in acupuncture's ability to influence blood flow. Blood contains all the nutrients vital to our existence, including oxygen, water, platelets, hormones, etc. If nutrients are not delivered to every cell in our body, the cells lacking nutrition will eventually shrivel up and die - which is what happens in areas affected by peripheral neuropathy; poor circulation, compounded by inflammation starves nerves of nourishment and they begin to degenerate, leading to pain and eventually numbness. Fortunately small fibre nerves can often regenerate with proper nourishment and blood flow. Acupuncture stimulates blood flow and guides blood to areas of our body to nourish cells that have been deprived of nutrition, feeding the nerves so they can begin to repair. Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation.

TREATMENT PROGRESS

One of the tools we use in our clinic to measure treatment progress, particularly for peripheral neuropathy, is thermography. Thermography uses an infrared camera to detect heat patterns and blood

flow in body tissues by sensing temperature differences. In thermography photos temperatures are represented by a gradient of colours - where red is the warmest (indicating good blood flow), followed by orange, yellow, green, then blue as the coolest (indicating poor blood flow).

The following photos (shared with consent) show the treatment progress of one of our diabetic clients who suffered with peripheral neuropathy and numbness in her feet for several years. Photo 1 is a "before" thermography photo taken prior to starting treatment, showing decreased blood flow from her knees and lower legs (indicated in orange and yellow) down to her toes (indicated in green). Photo 2 is a progress photo taken after one month of treatment, showing improved blood flow throughout her legs, down to her toes (indicated in red). By

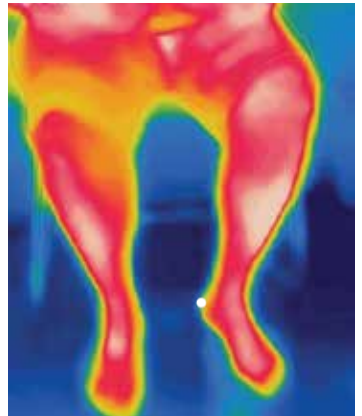


WILL ACUPUNCTURE WORK FOR YOU?

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

increasing the blood circulation in her legs and feet, her nerves are fed the nutrients they need and are able to begin to repair. As her nerves began to regenerate, the numbness in her feet started to lift, the sensation in her feet improved, and most importantly, she was able to start walking more confidently. Behind the scenes, prior to commencing treatment, she was already working hard to improve her diet and lifestyle to reduce the inflammation in her body, was very diligent with her acupuncture treatments, and continued with a series of maintenance treatments to stabilise her results.

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



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

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our website www.bribieacupuncture.com.au or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available. **Bribie Acupuncture- 4/29 Benabrow Avenue, Bellara (behind James Moore law office).**



ANATOMY OF A MARRIAGE

By Sue Wighton

The thing is: you saw her and decided she was the one. And the feeling was oh so reciprocated. How fortunate you were to find each other. I imagine this serendipitous synchronicity can only happen when you both possess the clarity and fearlessness and yes, the splendid bodies of youth. Maybe there's a kind of blindness too where beauty and lust intersect, and your delight in each other overshadows everything. So begins the adventure.

Many years of happy marriage, learning each other's ways, exploring each other's bodies, sharing pleasures and troubles, loving and sometimes loathing, hurting, forgiving and healing, each one giving and taking from the other.

Life's events become the matters of marriage ... the triumphs and the heartaches, confidences and soft laughs shared in tangled sheets, the comings and goings of children, joys, disappointments, health and

sickness ... over time all of these matters seal the sacred covenant both of you made all those years ago, for better or for worse.

Your loyalty to each other and to the promise you made protects you against the inevitable temptations that come your way. And still, again, you both choose each other. Time passes and brings with it the gentle ease of a loving familiarity and a kind of happy inertia ... a feeling of home. You are witnesses to each other's lives.

And through a gradual, mutual tender aging, your love for each other changes and endures ... becoming ever stronger and unwavering, despite or perhaps because of the challenges you've faced together. As time wears away the edges of both, and familiarity and knowing softens and blurs you together, he still sees the confident young woman, her natural youthful beauty which he alone could see, and the heat of her. She

remembers the fearless, hard-bodied young man, his flashing smile and his vitality.

And then there's the laughter you share. This is the spark that illuminates all enduring friendships. Playfulness and humour, and the shorthand that develops must be one of the greatest gifts and the shining armour of any long-term relationship. And these memories become all the sweeter with the passing of the years, allowing both to accept the physical changes and the disappointments time inevitably brings. The memories are woven so deeply into the fabric of the life you built together. The youthful passion is the warp and the shared dreams, and yes, the disappointments are the weft.

Time weaves the threads and makes the fabric of your bond strong. Unbreakable. There are many kinds of love, it's true. But this is the kind of love that can never be replicated.

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Lymphatic Massage
Dry Needling

We can also organise access to our private gym or Ultim8 fitness for our DVA client services.



Arrival

With a Little Help from my Friends.

By: Elaine Lutton.

Last fortnight, I was miserable and distinctly grumpy! You will be happy to know that the skies have cleared, the sun is shining, and once again, there is a smile on my face, and I have regained my usual optimistic nature!

I might have mentioned that I was feeling a little "fenced in". My previous article was, in fact, wholly devoted to this inconvenience. What I did not say was that there were other things on my mind too, things I knew I had to deal with but had been putting off as I knew they were going to be difficult, would frustrate me, and generally drive me to distraction.

Official type things that I used to rely on my husband to deal with; things concerning the Bank, Insurance, Centrelink, and even Land Tax



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Exemption. For Heaven's Sake, do they think that I am secretly running a farm? Little Ole Me? Whose thumb has proved to be the kiss of death for many a struggling green thing! Trees are the only things I grow. They have shown themselves to be strong and large enough to withstand even my bullying, and then, only because I have the common sense to leave them to their own devices.

Last week, I had to knuckle down and attend to all my neglected business matters as appointment dates, closing dates, inform-by dates and pay-by dates pressed ever closer. Whilst some were easy, others inspired panic attacks at the mere thought of them.

I thought I would deal with the easy ones first. My P.O. Box renewal, for instance. No worries there; I knew I could rely on the smiling faces of Jack and Suzie at my local Post Office to guide me through any tribulations I might encounter. In the proverbial shake of a lamb's tail, this was dealt with. One task could be crossed off my list.

Next came my interview with the Bank, an appointment made previously. This, I was rather apprehensive about. No matter how much information one brings, there is always something vital that one needs to know

before one can complete the necessary transaction. However, the lovely Annelise sorted out all my queries, not turning a hair when having to explain, at least twice, every step of what I was agreeing to do and its implications. A delightful teller had previously also brought my details up to date and explained why my card had been "temporarily blocked" and reassured me that all was well with my insurance.

But now, of course, I had to inform Centrelink of all my new arrangements and double-check that they had the correct information on all of my details. I knew that those Angelic Beings, the Centrelink Helpers, would be present at the Verdoni Street Neighbourhood Centre and so Ferrari and I sped down together in the afternoon, carrying with me everything including the kitchen sink and the helpful letter from the Bank clearly explaining the "change in my circumstances". Very minor changes were merely rearrangements, but I did not want to be involved in any kind of Robo Debt Fiasco of the future. I was welcomed like an old friend, and within a mere twenty minutes or so, all my worries were put to rest! I cannot speak too highly of these Heavenly Hosts.

The next day, it was time for my fifth COVID jab.

Many thanks to my two retired nursing friends who had booked me in for this, and who drove me into the Morayfield Medical Centre, where we each received our bivalent jab, giving us some measure of protection against COVID and the Omicron variant.

But there was still one thing remaining to be done, application for my Land Tax Exemption! To my horror, I noted that this could only be done online! Now, you will have noticed that everything I had done up to this point involved real-life, empathetic people, to whom I could actually talk and ask for clarification if needed. Not forms where I fail to understand the questions, never mind finding the information to satisfy them.

But then I thought deliverance had come. My son phoned and asked if he could spend the night with me since he was flying to Brisbane from Melbourne on business. Being used to computer form filling, surely, he would be able to help his Aged Mother. With his expertise, it would take him no more than ten minutes at the most.

He somewhat reluctantly agreed to do this "small" task, warning me that I would no doubt have to supply him with lots of information. How right he was! In addition to the obvious, the form

required such details as my Passport ID, Ferrari does not need a Driver's Licence, two single-use security codes, the number of people residing in my home, BSBs and Account numbers in case they should decide to grant my exemption, and other seemingly irrelevant information. Even when he had satisfied all their requirements, the form simply spat his work back at him, returning him to the beginning of the interrogation. This occurred several times, the air turning bluer by the minute! Only when he changed his browser was he able to complete their requirements. What kind of Ruminant do they think he is?

Two whole harrowing hours it took him! If I had been foolish enough to attempt this online form-filling, the little men in white coats would have had to take me away for a long and extended holiday. However, as the song says, all my worries are now over; I got by with a little help from my friends. Only one small grey cloud is beginning to appear on the horizon, the end of June and Tax time!



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ARTS CENTRE TUTORING FOR NOVICE ARTISTS STARTS AGAIN IN APRIL

The overwhelming popularity of the first round of the **Bribie Island Community Arts Centre Beginners Bites** in February and March has been a delightful validation for the organisers.

So they are running a second round beginning Mon April 3.

Participants in the five courses of painting, sewing, mosaics, storytelling art were effusive in their praise and enthusiasm.

Some of their comments ...

"Not long enough, would love it to be longer."

"A great, helpful teacher."

"Awesome teacher, very encouraging and non-judgemental."

"Skilled teacher, we learnt so much."

"Better than expected."

"Loved learning new skills."

"A friendly, fun, atmosphere with lots of laughter."

"Would like to be an ongoing class (Mosaics, Journalling)".

"Starter packs and materials were good."

"Sharing of ideas was great."

"Surprisingly delightful."

"I will stay with art".

BICAS Beginners Bites Round 2

bookings are open **NOW**. The courses on offer are:

wall hanging weaving, gel printing, drawing, mosaics, basic sewing, exploring art and storytelling through journalling.

It's your chance to try creating something new in a safe, friendly environment with friendly and supportive teachers.

The hands-on courses will run in two-hour slots each week over 5 weeks, to give beginning practitioners a taste of the art and craft they, the teachers, love to share.

Participants must be a member of **BICAS** and not currently in any Working Together Group there.

The cost is \$40.00 plus any

materials the student may need to provide.

Some equipment will be supplied by the Arts Centre for students to use while they are attending the course.

Registration and full payment is essential to reserve your spot and this can be done at the front desk of the Arts Centre at 191 Sunderland Drive Banksia Beach.

INQUIRIES TO :

Jennie Beecroft on jlwren44@gmail.com

Journalling Through Art: Starts on Monday April 3



Debbie Scott will guide students through different ways to 'tell a/your story your way', such as where to start and using different mediums such as pen & ink, collage, acrylics etc.

(Pic): Satisfied student in Deb's First Round course.

Mosaics: Starts on Tue April 4



Beth Morrow will teach the basics of Mosaics. This will include designing your artwork, sourcing tiles, shaping tiles to fit your design, grouting and much more. You'll end the course with your finished masterpiece ready to use.

Expl-Art: Starts on Wed April 12



Colleen Ogilvie's art course is for beginners and experimenters. It's about exploring different mediums (gouache, markers, acrylic, inks, watercolour etc) and seeing what effects come with different brush techniques, colour mixing, etc. It's light-hearted and supportive.

Simply Sewing: Starts on Friday April 14



Colleen Ogilvie will teach how to understand patterns, sewing machines, different materials and putting together a sewing project. There will be a pattern provided that can be used during the course (must be returned) as well as material to make the sewing project. Basic mending information will also be covered.

Wall hanging weaving: Starts on pm Tuesday April 4



Beth Morrow will teach you to make wall hangings such as Dream Catchers, woven wool wall-hangings incorporating many natural fibres and found items. You will also, learn to latch hook a design for a real conversation piece.

Magic Marks (drawing): Starts on pm April 5



Terry Wilkinson (above) is a retired midwife, who created portraits of babies as mementoes for their mothers. She believed her ability to capture their essence was a gift and as such, gifted them on to the parents, now all over the world.

Her mediums are graphite, watercolour, pastel, oil and acrylic. With no formal training, Terry paints portraits, landscapes and "anything she sees". She is also a potter.

She is a great believer in everyone having an art ability. She says: "If you say I can't do that!" you're telling the Inner You that it is not possible.

Believe me, you can do anything you set your mind to."

Gel printmaking: Starts on pm April 14



Sue Gardner has been painting creatively since she was 13 and exhibiting since her early years throughout Toowoomba and Brisbane.

Recently she has embraced printmaking and feels confident in this new art form. Her use of colour and textures is what she will share with you in this discovery course with Gel plate printing. She will show you the basics of gelli plate printing and all the myriad of different styles and techniques that can be achieved. She'll aim for you to have finished pieces of artwork that you'll be proud of and feel confident to continue to explore this printmaking process by yourself.

Phantoms at the Butterfly House

Phasmids (meaning apparition or phantom) are insects that eat leaves and look like leaves or sticks. Their camouflage makes it hard to see them which helps them hide from predators.

In a corner of the Butterfly House, you'll find Stick Insect Island which is home to our Spiny Leaf Insects.

Females have short wings and don't fly so they mainly stay on our man-made island which is surrounded by water to prevent ants from taking eggs that have dropped to the ground.

This feature was renamed Fred's Stick Insect Island in honour of the late Fred Clark, one of our founding volunteers who devoted many hours and generous donations towards building the Butterfly House.

Fred was often seen around Stick Insect Island during his role as a volunteer tour guide. He provided interesting facts and stories about these insects, and encouraged visitors to peek into the trees to

spot the camouflaged inhabitants. Next time you visit the Butterfly House, try to count how many stick insects are on the island. With patience, you'll be surprised at how many you'll find hiding under the leaves.

As the male insects can fly, they can also be found throughout the Butterfly House enclosure. But you'll have to look closely.

Fun facts

- There are around 150 species of phasmids in Australia.
- They usually live in gum trees but can also be found on rose bushes or fruit trees in gardens.
- The Titan Stick Insect (*Acrophylla titan*) can grow to 25 cm long.
- The female Spiny Leaf Insect (*Extatosoma tiaratum*) flicks the eggs from her abdomen onto the ground.

Bribie Island Butterfly House
206B First Ave, Bongaree
Open: Wednesdays and Sundays
Time: 10am-4pm

www.bribieislandbutterflyhouse.org



Become a social butterfly

LOOKING FOR A WAY TO GIVE BACK TO YOUR COMMUNITY AND SUPPORT THE ENVIRONMENT HERE ON BRIBIE ISLAND?

We're 100% run by volunteers and offer a place where visitors can learn more about these amazing creatures. We have a range of roles and sessions to suit your availability:

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- Hydroponics
- Gardener
- Tour guide
- Butterfly House Attendant
- Plant foster carer
- Front office assistant
- Maintenance operator
- And many other opportunities

For more information visit our website
www.bribieislandbutterflyhouse.org/volunteerroles
206B First Avenue, Bongaree - Woorim,



 Bribie Island
Butterfly House

Dear Pumicestone

THIS MONTH I'VE LAUNCHED OUR FIRST EVER PUMICESTONE SMALL BUSINESS AWARDS!

As a former small business owner, I know how much hard work and commitment goes into running a small business.

Small businesses play such an important role in our community, strengthening our local economy and providing good local jobs.

We have so many brilliant businesses to celebrate here in Pumicestone - let's show them and their employees that we appreciate them!

Nominations are open now!

How can you nominate?

- Head online to <https://www.surveymonkey.com/r/W7LZRZD>
- Collect a paper form from my office or
- Scan the QR code at your favourite local small business

There's a range of Categories you can nominate a Pumicestone small businesses for:

The Best Small Business Award Categories are:

- Best Trade Business
- Best Health, Wellbeing & Fitness Business
- Best Business & Professional Services
- Best Beauty & Hairdressing
- Best Hospitality
- Best Retail Business

There will also be awards for:

- Pumicestone Small Business of the Year
- Best Small Business Newcomer (in business one year or less)

You can also nominate a customer service superstar employee for the Outstanding Customer Service Award.

Everyone who nominates goes in the draw to WIN a \$200 small business voucher. (The winner must live in Pumicestone and have provided their contact details on the nomination form).

You have until Sunday the 31st of March to nominate your favourite small businesses and employees.

After this, the ten businesses with most nominations in each category will be named as Finalists and the community will vote on the winners.

Winners will be announced at our first ever Pumicestone Small Business Awards on the 28th of April - in time for Small Business Month in May.

Let's show our small businesses some love and get nominating!

If you have any questions, please contact my office on 3474 2100 or at pumicestone@parliament.qld.gov.au

Warmly



Ali



2023

Pumicestone

SMALL BUSINESS AWARDS

NOMINATE ONLINE NOW!

ALI KING MP
Member for Pumicestone



EXCITING NEWS!!!

VOTE FOR YOUR FAVORITE BUSINESS IN PUMISTONE SMALL BUSINESS AWARDS!

- The nominations for small businesses have begun and closes on Friday 31st March, so vote now before you miss out.
- The top ten businesses with the highest number of nominations in each category will be announced as Finalists.
- The voting round for Finalists will open on Tuesday 5th April and will close on Monday 17th April.

Here are some randomly selected businesses and their comments! Get in now and vote for businesses that you think deserves the award! Now is your chance to let our businesses know that they are a valued and appreciated.

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Forever Vee



Australian Buffalo Sauce



Denikas Sweet Creations



Glam Ink Studio



Wild Shore Bribie



ATTENTION BRIBIE ISLAND BUSINESS OWNERS

BUSINESS GROWTH WORKSHOP



CRAIG CARR
BUSINESS COACH

Thursday, 30 March 2023
Registration: 5:15pm
Workshop: 5:30pm - 7:00pm

Sandstone Point Hotel
1800 Bribie Island Road, Sandstone Point

If you are a business owner and ready to take your business to the next level, this business workshop is for you. Presented by world-class Business Coach Craig Carr.

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COST OF LIVING AND OTHER 'STUFF'

By David Horrocks

Well you don't need to make a Google search to begin to know that financial things are changing and not for the better but other than experiencing a visit to the supermarket how do we get to know more as we empty our wallets and purses at the checkout?

Now in that first paragraph there might just be a glimmer of what could be going on. Senior economists, public servant bureaucrats and elected government figures by and large don't do supermarket shopping. You work at the coalface; they don't. Now one of these 'elites' will likely scoff at such a comment saying that of course they have staff who gather all the information which they then use to macro manage the complete economy based on a assembled picture of how the country is facing current economic hurdles. But you do know the facts when standing in the aisle looking at heftily rising shelf prices; you feel the hit and the fear. You know that the bank is going to increase your mortgage payments as the interest rates rise, this will leave less money from your budget to pay for the food now in your trolley at its increased prices. No amount of written reports and statistics on a screen can impact in the same way.

If you remember back to the TV interview of Philip Lowe the governor of the Reserve Bank you might remember how he stated that he understood the difficulties faced by ordinary citizens as he announced another interest rate rise. He actually giggled as he made the statement whilst walking away from camera. Now I don't think for a minute that the man is callous and was making light of the matter, I think that he just didn't know and knew that he didn't as he made the statement. The giggle was a show of embarrassment.

You are probably aware of the term 'capital'. Most folk think that it mostly is used in a monetary sense, which is correct, however capital can mean much more. The wider term 'human capital' refers to the total worth, abilities, knowledge, experience and skills of a group of people, a state, a nation, a sub group or indeed the whole world's population. It is generally accepted that 90% of the human capital of any group, resides in the general population, the remaining 10% is held by the elites in a society.

The general population do the 'doing'. Elites offer ideas and ideologies for which, they pay no price if they are proved wrong. The 'doers' do pay the price if they get it wrong. If a politician announces a project and it goes toes up he/she just moves on. If an engineer builds a bridge and it collapses she/he is ruined. If you consider this then much is revealed as to why so many poor decisions get made. The poorer equipped entity is forcing the decision making process.

Ordinary citizens are often perplexed at decisions made by authorities be they at federal, state or local levels. The term 'common sense' so often banded about is what's known in language as an oxymoron - a contradiction in term, in this instance the 'sense' mentioned is not at all 'common'. You don't have to search too deep into your own experience to come up with examples of this.

I am not claiming any great knowledge of economics or how the authorities make their decisions as to the management of our country's finances but I do know that economics like all sciences has many opinions within its boundaries. In the current instance it could well be that because Mr Lowe does not directly manage a household economy he is unaware of the short term effects of his policies on real people. He doesn't know that you will change your shopping methods to better suit your

budget if the prices just get out of kilter. Your actions will have profound effects on businesses over the short term. Lowe must wait for his myriad minions to gather the statistics of rising or falling demand which will translate in all good time to sales of goods, then to unemployment figures as businesses rise or fall against his interest rate barriers. He is maybe working way behind the eight ball and won't know what is really going to happen. If I were a gambling person, which I'm not, my bet would be that he's overshot the mark after his earlier actions or inactions and he's now putting us in the way of a recession that can only to be handled by dropping interest rates again.

If you read the financial pages you can pick up that major bank economists are predicting a continuing rise in rates this year and then a winding back of the same over the following couple of years. This could indicate that these guys are also betting that it's all been overdone and will need future adjustment rather than the bank just letting things even out naturally; in other words allowing time to elapse before you strike again and cause hurt. In the first case of the up/down method, we the common folk will do the suffering and Mr Lowe and his compatriots will suffer nothing but will in time tell us that they have done the right things and have successfully guided us through a difficult time. All this being in line with the previous idea, that the 'elites' carry no consequences for their actions.

There is nothing you or I can do in all this but try to protect our own from the worst of the tumult, but I'd suggest that you owe no thanks to the elite - they're nothing to be much admired.

Being a little bit naughty there's a quote from Thomas Sowell that goes:

"Some of the biggest cases of mistaken identity are amongst intellectuals who have trouble remembering that they are not God"

MORTGAGE STRESS SURVEY 2023: 38% OF AUSTRALIANS TO SPEND LESS AND PRIORITISE MORTGAGE

As part of Savvy's ongoing research into the economic and financial wellbeing of Australian families, our latest survey follows up 2022's findings into mortgage stress.

- 21% of respondents say they haven't missed repayments but are "under pressure".
- 38% say that they will spend less and prioritise their mortgage if rates continue to rise.
- 13% say they will rely on savings to offset the rate rises.
- 19% say they will try to increase their income, up from 14.5% in last year's survey.

A representative survey of 1,000 Australians on interest rate rises and its impact on mortgages has shown that 21% of Australian mortgage holders are "feeling the pressure" of rate hikes, though have not missed any mortgage repayments.

Australian families have been battling nine consecutive Reserve Bank of Australia (RBA) official cash rate rises since May 2022.

This has brought the record low 0.1%p.a. rate to 3.35%p.a. Rate rises are a response to rampant inflation, which stands at 7.8%.

Despite this, 2% of respondents said that they have missed repayments on their mortgage, with 1% saying they have missed many repayments and are worried about losing their homes to the bank. Sadly, two respondents of the 1000 said they had already had the bank foreclose on their mortgage.

21% say they own their home outright; 22% say they are renting and are not as concerned about rate rises as much as their homeowner counterparts.

COMBATTING INTEREST RATE RISES: THEN AND NOW

With mortgage repayments tipped to increase further, 38% of Australians have indicated they will spend less and prioritise the mortgage to make ends meet. (41% male, 34% female.) This is up from 27% from our polling in August 2022. 62% of 35-44-year-olds indicated this was their method of funding rate rise increases. 19% said they would try to increase their income, up 4.5% from last year (14.5%).

13% said they would rely on savings (2022: 14.4%); 5% said they would pay the difference with money in offset accounts (2022: 6.75%); and 10% said they would try and lock in a fixed interest rate (2022: 12%).

1.7% said they would try to downsize their home (2022: 2.5%).

With recent RBA and bank increases in interest rates, mortgage repayments are expected to increase even further. How do you intend to fund the increase.



BRIBIE ACCOUNTING SERVICES

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Angela Douglas

Angela Douglas

PH: 0438 719 619

39 Eimeo Place Sandstone Point

www.bribieaccounting.com.au info@bribieaccounting.com.au

HANDY Kitchen

Hints & TIPS PART 2

To save leftover wines, freeze them in ice cube trays. They can be used for any dish you would season with wine or can be also used in coolers.

To prevent soggy salads, place an inverted saucer in the bottom of the salad bowl. The excess liquid will drain off under the saucer and the salad stays fresh and crisp..

When cooking onions or cabbage, boil a small amount of vinegar in a pan to remove the odours.

To revive limp asparagus, try placing them in a tall pot with ice water in the refrigerator for about 30 minutes.

If you sprinkle salt into the water when you are washing vegetables, it will draw out insects.



EASTER TRADING HOURS

GOOD FRI: 10AM-7.30PM
EASTER SAT: 10AM-7.30PM
EASTER SUN: 10AM-7.30PM
EASTER MON: 10AM-7.30PM

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Savige's

SEAFOOD



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

Use a well-greased muffin tins to bake tomatoes, apples or peppers. They will keep their shape better.

Raisins won't stick to the food chopper if they are soaked in cold water for a short period of time.

To peel thin skin fruits and vegetables easily, place in a bowl and cover with boiling water, let stand for one minute then peel with sharp paring knife.

Pickle juice should be saved and used for making coleslaw, potato salad, etc.

Freeze red and green maraschino cherries in ice cubes. You can also do this with cocktail onions, mint leaves or green olives for martinis.

To make ripe olives taste better, soak them overnight in oil, place them in a brown be oil with a clove of garlic added.

To ripen avocados quickly, place them in a wool sock and set in a dark place.

To keep your pizza crust crispy, try placing the cheese on before the sauce.

You can make your own Easter egg dyes - boil the eggs with grass for green, onion skins for yellow and beets for red.



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FULL MENU AND OTHER SPECIALS ALSO AVAILABLE

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THURSDAY NIGHTS

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250g Rump Steak, garlic prawns, chips and salad

\$23

11.30am - 2.00pm

Saturday Lunch Specials

\$17

includes a pot of beer or soft drink or glass of house wine

Menu Changes each week

The
Saturday Session

SATURDAY, 29TH APRIL

3.30PM TO 6.30PM

COCKTAILS AND CANAPES ON THE DECK
LIVE ENTERTAINMENT

BOOKINGS ESSENTIAL

\$25 MEMBERS
\$35 NON-MEMBERS

INCLUDES 1 DRINK AND CANAPE PLATE

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RECIPE



INGREDIENTS

- 4 Serves*
- 400 g linguini
- 500 g chicken breasts chopped, or chicken stir fry strips.
- 300 ml tub cream
- 1/4 cup basil pesto
- *Serving size calculator is approximate, feel free to adjust by adding a pinch here and there as needed

METHOD

1. In a large pot of boiling, salted water cook the linguini

according to packet directions.

2. Meanwhile, in a non-stick frying pan, sauté the chicken until golden, 4 to 6 minutes.
3. Add the cream and reduce heat, add basil pesto and simmer for 5 minutes.
4. Add the linguini and toss to coat in the yummy sauce.

TOP TIPS

Optional: Add a punnet of cherry tomatoes when you add the basil pesto for colour and a fresh burst of goodness. Sprinkle with fresh basil and Parmesan to serve.

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wineislander



I Think This Quote Would Apply To Me.

Wine improves with age, the older I get the better I like it.

Age and glasses of wine should never be counted.

Ernest Hemingway was never shy when enjoying a glass or three of wine. Wine and friends are a great blend.

The degustation dinner has been and gone and from all reports was a huge success and upon reflection, I think we got it almost spot on, I say almost as all the wines were enthusiastically endorsed by the guests as I wandered around the room seeking comments however The Mount Riley Sauvignon Blanc, which was an absolute stand out with its excellent passion fruit aromas and steely acidic finish was, I felt, a trifle too much for the salmon course and probably a Clare Valley Riesling or Viognier would have suited the bill a little better, even after 30 odd years of doing wine and food events you can still learn! The Golf Club has decided to put together another evening which at this stage will be on Tuesday 27th June and will be Italian themed accompanied by wines of Italian varieties, these may be of Australian or Italian origin, interestingly it is claimed that in Italy there are close to 1000 grape varieties that wine can be made from! The entertainment will feature Steven Hyndman, a classically trained opera singer, and those who attended his last performance were blown away by his repertoire of popular classics, a night not to be missed. More information on the courses and wines to match will be released closer to the event. As usual tickets for this event can be organised through Catherine at the golf club on **3408 1457**

Watching a drama show on the television the other night showing a group enjoying a get-together enjoying a bottle of wine reminded me how important wine has become in the lives of many Australians whose drinking habits have changed enormously over the last forty years or so. When I started in the industry in the early 1980's most drinkers

enjoyed a beer with their meal and those who drank wine mainly drank Port or a sweeter style mostly labelled Moselle, often out of a cask and many carried names such as Cold Duck, White Duck, Ben Ean, Bodega or RhineKeller, imported wines were also popular such as Black Tower, Mateus Rose and Blue Nun. Dry wines and red wines only represented less than 10% of wines drunk and ladies probably about 2 % of wine drinkers of these styles, how times have changed!

The Australian wine industry was set up in the mid-1880s to supply fortified wines back to England where a taste for Ports and Sherries had become very popular, a style created by Portugal and Spain, where adding brandy spirit to white and red wine enabled them to be carried in barrels over a period of days on the ships without the wine oxidising and this also allowed wine from Australia to do the same over a period of months. Exceptions to this were vineyards set up by doctors, for example, Angove, Penfold and Lindeman. The wine that was produced was mainly for self-enjoyment by doctors and for medicinal purposes. However, the vineyards grew as friends and outsiders sought out these wines and the vineyards grew to become the household names they are today.

In the late 1940s, Penfolds wanted to make a more European style of red wine and sent chief winemaker Max Schubert over to Europe to examine the winemaking style of wines and the grape varieties used especially in Bordeaux. Upon return, Max made his first vintage of Grange Hermitage a blend of mainly Shiraz and a few other varieties, in Australia as long as a wine contains at least 85% of a grape variety it can be classified as the main variety, not as a blend. The finished wine was then presented to the

reviewers of the day who all gave the wine the thumbs down describing the wine as one of the worst they had tried, Penfolds immediately instructed Max to stop making the wine. However, Max hid the wines away at the back of the warehouse out of prying eyes and for the next few years secretly produced more vintages, five years after the first disaster the first vintage was again presented to the reviewers who in harmony announced it was the finest red wine ever made in Australia. Penfolds immediately asked Max to make more whereby he told them he had made a further four vintages which is why Penfolds Grange is only ever released 5 years after the vintage, I was fortunate that when working for Penfolds I sat with Max at dinner when he visited Perth and asked him what his favourite meal was when drinking Grange, his reply was that he enjoyed a bottle most Sundays and his favourite meal was a meat pie with potatoes and gravy. When Penfolds took over Kaiser Stuhl, the company I was working for, the 1978 Grange sold for around 25 dollars and was often discounted to help sales, Koonunga Hill would have been around \$1.99 on special and Bin 28 and 128 around \$5 now Grange is around \$1000 a bottle and Koonunga Hill still promoted at under \$20!

In the next issue, we will put together a comprehensive list of what varieties are out there today in both white wines and red wines and what food generally goes with these wines, this should be interesting as many new varieties have appeared on the marketplace in recent years, many due to the changing climate and some can resist this change better than others.

Cheers,

Philip Arlidge
arlidge@bigpond.com.au

VIEW

CLUBS EMBRACE EQUITY THIS INTERNATIONAL WOMEN'S DAY

Members of Bribie VIEW Club were joined by members of numerous local clubs to celebrate International Women's Day on Wednesday 8th March at Pacific Harbour Golf & Country Club. The theme for this year was 'Embrace Equity', with the aim to raise awareness about gender bias and to promote inclusivity, diversity and equality. The keynote speaker Rev Dr Carol Hebron both inspired and entertained us with a talk on her life's journey and many achievements.

As a national women's organisation, we celebrate women every day, but International Women's Day in particular is a wonderful opportunity to bring together women to celebrate all that women do, and give, to the community.

Throughout the year our VIEW members speak out on a whole range of issues that are essential for the future well-being of not only women but all Australians. We advocate government on reducing child poverty across Australia, and on increasing social and affordable housing to address homelessness.

VIEW is a national women's organisation exclusively supporting the children's education charity, The Smith Family. Members sponsor students and also volunteer, fundraise and advocate to improve the life outcomes of Australian children and young people experiencing disadvantage. Members can volunteer their support in several ways including reading with local children to advance their literacy skills, tutoring students with homework at The Smith Family's after-school Learning Clubs or participating in The Smith Family's mentoring programs.

We're always looking for women from all backgrounds and ages to join us and we hope to welcome some new faces at our next monthly meeting which will be held on 22nd March at Pacific Harbour Golf & Country Club. To find out more about Bribie Island VIEW Club please call Kay Benson on 3408 1058 or 0410653628 or visit view.org.au



GALLERY SINGERS

GALLERY SINGERS INC & CABOOLTURE COMMUNITY CHOIR

will come together to present a Sunday afternoon concert at Bribie Island RSL on April 23rd. This alliance is not before time and both groups are excited at the prospect of MUSIC BRINGING US TOGETHER.

GALLERY SINGERS, a ladies singing group of currently 25 voices, was formed in 2000 under the guiding baton and piano expertise of Lynette Fry, has been delighting audiences performing at the Matthew Flinders Gallery, retirement villages, hospitals, nursing homes, parks, clubs, community and fund raising events at Bribie Island, Caboolture and surrounding area. Currently under the Musical Direction of June Willoughby, the camaraderie and fellowship experienced is invaluable and singing together, simply delightful and therapeutic. Weekly rehearsals are held at Bribie Island RSL Club ANZAC Room on Thursday's from 1 - 3 pm. Their ongoing support making the facilities of the Club available to GALLERY SINGERS is very much appreciated.

CABOOLTURE COMMUNITY CHOIR has been enjoying singing together for 27 years now and is made up of ladies and gents, singing in 4 part harmony, who rehearse on Wednesday evenings from 7 - 9 pm at the ST Laurence's Church Hall, King St, Caboolture. First incorporated in 1995 CCC was under the leadership of Choir Director, Laurelle Olsson until 2022 when Mitch Meyer became Choir Director at the time of Laurelle's retirement. They currently have 27 members.

Both groups would gladly welcome enthusiastic choristers to join in the fun of coming together to sing the labyrinth of beautiful musical works that bring them great joy to present in our community.

Music Brings Us Together



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Easter Fun Facts



CHOCOLATE EGGS WERE INSPIRED BY A MEDIEVAL TRADITION!

Eggs are a symbol of life and Jesus emerging from the tomb three days after his crucifixion. In medieval times, nobody was allowed to eat eggs during the period of Lent but allowed to on Easter Sunday. The idea of giving an egg as a treat slowly turned into chocolate eggs in the 19th century, and J.S Fry Sons and Cadbury were the first company in the UK to make them in 1873



PEOPLE TEND TO EAT CHOCOLATE BUNNIES IN A SPECIFIC WAY!

Experts reckon that over 75% of people will start with the ears first! How do you eat yours? they'd circle the world three times.

EASTER IS NAMED AFTER AN ANCIENT GODDESS!

Eostre is the goddess of dawn, and during the Spring Equinox, people would hold feasts in her honour. The date on which we celebrate Easter changes every year, because of the first full moon after the Spring Equinox.

THE WORLD'S BIGGEST EASTER EGG TOOK AGES TO MAKE!

high and 8.72 metres across. It was made by Associação Visite Pomerode, especially for a festival in Santa Catarina, Brazil in 2019. It took 48 days to make!

THE EASTER BUNNY IS A FAIRLY NEW TRADITION!

The Easter Bunny is a relatively new addition to this religious festival. They're linked back to Eostre, as the rabbit is a symbol of life. This tradition was started in Germany, where an 'Easter Hare' or 'Osterhase' would leave eggs for well-behaved children. The tradition made its way over to North America when German immigrants settled in Pennsylvania.

EASTER EGGS ARE PATTERNED FOR A SPECIAL REASON!

You may have noticed that some Easter have a broken pattern design, which looks a bit like crocodile scales, or 'scutes'. This is from an early way of making Easter eggs which were used to disguise any cracks or imperfections in the surface of the chocolate. It's also a handy way of having just a tiny little bit before anyone notices.



BILLIONS OF JELLYBEANS ARE SOLD AT EASTER TIME!

Jellybeans count for 30% of lollies sold at Easter, totalling 16 billion! Scientists say if you placed them end to end, not only would it take ages, but they'd circle the world three times.

EASTER HAS AN OFFICIAL FLOWER!

The white lily – or *Lilium longiflorum* if you're really into gardening – is a symbol of hope and rebirth during Easter and looks lovely in a vase on your table.

AN EASTER BASKET IS A SYMBOL OF SPRING!

The use of a basket to hold eggs and Easter treats is thought to be linked with the spring harvest or represents a bird's nest full of eggs.

CADBURY'S MAKES MILLIONS OF CREME EGGS EACH YEAR!

Cadbury makes 1.5 million Creme Eggs every single day. If you piled up a year's worth of Creme Eggs – that's a whopping 547.5 million – they'd be higher than Mount Everest!

DYEING EGGS IS A PAGAN TRADITION!

There are differing opinions about why we dye eggs at Easter. One theory is that early Christians would dye eggs red to represent the blood of Jesus. Another relates to celebrating spring; dyeing and decorating eggs was part of the pagan festival and was taken up and practised by Christians ever since.



Horoscope

This weekend dynamic Mars becomes the final planet to join the March of Destiny. And, with Mercury linking with Jupiter this week, whether we're travelling physically or philosophically we'll gain new perspectives that broaden our minds. But, while it's important to take any ideas seriously, the value of paying attention to our feelings can't be underestimated. Not all knowledge lives in the mind. And as Venus converges with quirky Uranus it promises material change that appeals to our hearts as much as our heads

CAPRICORN (Dec 22 - Jan 20)



You like being busy. If there isn't enough going on, you sometimes seek new challenges; you thrive when you've got lots of demands on your time. The March of Destiny insists you won't have to invent reasons to run around, dealing with urgent developments or putting out metaphorical fires. Opportunities to wear your superhero cape will seek you out. Just remember that these are opportunities. As long as you don't get swept up in a desire to be heroic, your ability to find solutions will bring appreciation, and even new friendships. Don't miss out... completely free audio and video forecasts. Go to ozfree.cainer.com

PISCES (Feb 20 - Mar20)



You're known for your intuition and perception. Famously, even though you act on the spur of the moment and don't like making plans, you end up in the right place, at the right time - without making too much effort. But is that always true? When you're feeling passionate, you're perfectly able to summon up the determination to pursue an objective. Look at what's motivating you this week. Consider how much it means. How can you do anything other than give it all you've got? If you do, the March of Destiny insists you'll succeed. Discover the inner you... completely free audio and video forecasts. Go to ozfree.cainer.com

GEMINI (May 22 - Jun 22)



The movie classic The Wizard of Oz starts in black and white and changes to glorious Technicolor when Dorothy is transported to the magical world of Oz. Although you can't expect to experience such a vivid change of scenery, as Mars leaves your sign and joins the March of Destiny, you can anticipate a dramatic psychological transformation. The winds of change are blowing you in a favourable direction. Something you thought of as grey and dull is about to reveal a depth of colour. A magical adventure awaits. Click those heels! Right here, right now... completely free audio and video forecasts. Go to ozfree.cainer.com

VIRGO (Aug 24 - Sept 23)



Imagine you've been studying the piano and have reached such proficiency that you're playing in an orchestra. One day, to entertain some kids, you improvise a few nursery rhymes. They enjoy them so much that the word spreads, and you suddenly find yourself in demand as a children's entertainer. It's infuriating, because it's not the goal you had in mind. Yet there's no doubt that you're a huge success. This week, if you enjoy what unfolds (rather than thinking about what 'should' be happening) you'll triumph. An amazing service... completely free audio and video forecasts. Go to ozfree.cainer.com

SAGITTARIUS (Nov 23 - Dec 21)



The March of Destiny indicates that you can move on from a tricky situation. But there's no law to say you have to. If you're happy to stay where you are, then stay. After all some people spend their whole lives stuck in unsatisfactory scenarios. Yet you know what you're like. You love moving forwards. So, since the planets are offering you an opportunity to do that, why reject it? Whatever you decide to do, do it wholeheartedly. The only mistake you can make is to be nervous about what lies ahead. Because it looks promising. Try this out... completely free audio and video forecasts. Go to ozfree.cainer.com

ARIES (Mar 21 - Apr 20)



As your ruler, Mars, joins the March of Destiny, the planets are determined to encourage and support you. Within reason, they'll provide you with what you need whenever you need it. Get ready to be blessed with opportunities, plus the insight to see which are worth following. But there's no guarantee your choices will lead to triumphs. If you're determined enough, you'll be able to make mistakes. You just need to be defensive and sceptical. But, as long as you keep negative emotions at bay, spectacular success can be yours. Oscar's gift... completely free audio and video forecasts. Go to ozfree.cainer.com

CANCER (Jun 23 - Jul 23)



For some time now you've been facing a problem head on. The good news is that even if you feel as if you're still dealing with this situation, you've conquered your fear. It might take a while for you to process the implications of all you've been through. But as dynamic Mars enters your sign, you'll soon start to appreciate a sense of greater freedom and strength. As your problems recede, and your relationship entanglements become less complicated, you'll see clear evidence that you're entering a much brighter phase of your future. Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com

LIBRA (Sept24 - Oct23)



Get ready for an improvement in your outlook. Under auspicious skies, and with your ruler, Venus, linking to innovative Uranus, it's going to be an exciting week. You'll like the way things turn out. Now I suppose I should inject a note of caution. I don't want your expectations to be ramped up so high that you expect a lottery win (or an encounter with your favourite celeb)! It's more likely to be a more modest achievement. But don't rule out delightful surprises. If you seize the opportunities, you won't be disappointed. Unmissable gift... completely free audio and video forecasts. Go to ozfree.cainer.com

AQUARIUS (Jan21 - Feb 19)



With your ruler, Uranus, linking with Venus, you need to expect the unexpected this week. Now I know this advice might seem illogical. After all, if you expect the unexpected, you could argue that when it happens it's not unexpected! Yet if you've got an eye out for unanticipated developments you're more likely to be in a position to appreciate them. You're good at dealing with surprises. If anyone's able to adapt, it's you. So enjoy. There's a real chance you'll end this week in a much happier space than you dare imagine. A brilliant offer... completely free audio and video forecasts. Go to ozfree.cainer.com

TAURUS (Apr 21 - May 21)



Instead of giving you a prediction, here's a set of instructions. If you follow them closely you'll be able to melt hearts and garner emotional and financial support. Just bear in mind that these plans will only work as long as you... oops... I seem to have run out of room! I hope I haven't left you with a sense of being in touching distance of acquiring life-changing information, which has just eluded you. If you find yourself feeling frustrated this week, know that as long as you keep hopeful you'll be able to make any situations delightful. Our gift to you... completely free audio and video forecasts. Go to ozfree.cainer.com

LEO (Jul 24 - Aug 23)



It's lucky our planet is populated with people who don't say what they mean. If it weren't the case there'd be no need for psychotherapists or law enforcers! As things stand, we all benefit from the services of these professionals. So much so that if we don't have one to turn to, we take on the roles ourselves. We look for clues. We analyse what we're being told. And we often make amazing discoveries. The confusing information you receive this week can be skilfully turned to your advantage. It reveals a wonderful short-cut to success. Especially for you... completely free audio and video forecasts. Go to ozfree.cainer.com

SCORPIO (Oct 24 - Nov 22)



You can't beat a good problem. If you've got one to deal with, it sweeps trivial concerns away. It forces you to ignore former sources of irritation. You can't focus on other time-consuming issues either. When you're dealing with one big problem, you can provide a million excuses, justifications and reasons to escape your usual routine because you've got no choice but to turn all your attention to solving it. Now, how big is the problem you face? Not that big! Unless, that is, you secretly want to make it giant-sized. It's your choice! There's more... completely free audio and video forecasts. Go to ozfree.cainer.com

Bribie Seventh-Day Adventist Church Easter Program

Bribie Seventh-day Adventist Church enjoyed presenting the community with the Christmas story last December for the first time since the lockdown. Members and guests participated in re-enacting the story to narration from the Bible, interspersed with beautiful carols accompanied by guest musicians. Food and fellowship rounded out a wonderful day.

In response to the Christmas story being so well received, an Easter program is being offered to focus on the Passover and why Jesus was the Lamb. It will be held at 11:00am on Easter Saturday, 8th of April, at the Bribie Island Adventist Church, which meets in the Uniting Church complex, 80 Webster Street, Bongaree. All are welcome.





Easter & School Holiday Cruises

Cruise dates 4/4, 6/4, 7/4, 8/4, 9/4, 13/4



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Encounter dolphins, turtles & shy dugongs in their natural habitat. Views of the spectacular Glass House Mountains. A unique experience, fun atmosphere and friendly crew.

Sunset & Seafood Cruise - GOOD FRIDAY 5-7PM \$65p.p
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Lunch Cruise Easter Saturday - 11.30am -1.30pm from \$50p.p

Sunset Cruise Easter Saturday - 5-7pm \$39p.p

Sunset Cruise Easter Sunday - 5-7pm \$39p.p

Reservations: www.ferryman.com.au or phone 0408 214 980
Based on Bribie Island since 1991.

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MARKETS

Beachmere District Community

The B.D.M.S. Community Markets are held at the Men's Shed 53 Rogers Street Beachmere, every 1st Saturday of the month 7.30am - 12 Noon.

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

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

The Bribie Island Lions Market

2nd Sat of the month at Tintookie Park Woorim 7am - 1pm.

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

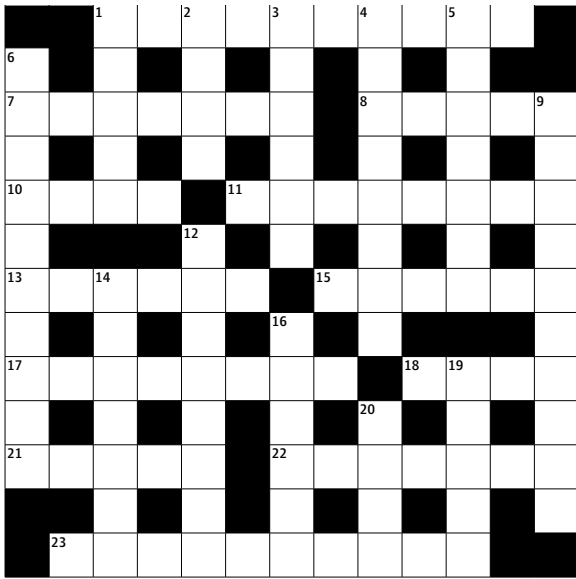
Antique - Vintage

ITEMS WANTED

After All Kinds Of Vintage And Antique Furniture, Bric - A - Brac, Collectables, Curios And Old Shed Items

CASH PAID - 0400 749 454

Crosswords - QUICK & CRYPTIC



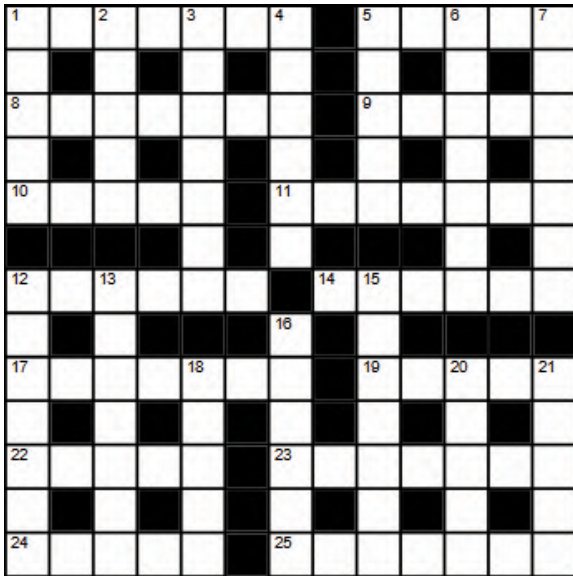
Across

- 1 Dry white wine, resembling Chablis (10)
- 7 Turkish dynasty that ruled an empire from the 13th century until after World War I (7)
- 8 Collision of vehicles (informal) (5)
- 10 Standard (4)
- 11 Person of long-standing loyalty (8)
- 13 Someone legally empowered to witness signatures, certify documents and take depositions (6)
- 15 Spread rumour (6)
- 17 Medicinal cream (8)
- 18 Stupefy (4)
- 21 Pervert (5)
- 22 Type of lettuce (7)
- 23 Cheap trinket (5-5)

Down

- 1 Provide eg food (5)
- 2 Money or goods contributed to the needy (4)
- 3 Give as a gift (6)
- 4 Card game — emperor (8)
- 5 New personifications of familiar ideas (7)
- 6 Homeless and destitute person (4-3-3)
- 9 Drive (3-2-3-2)
- 12 Fragrant (8)
- 14 Emotional strain (7)
- 16 Pull apart, eg threads (6)
- 19 Dance suggestively (5)
- 20 Catherine ___-Jones (4)

CYRUS



Across

- 1 Mistake a nervous movement as irregular (7)
- 5 A popular sweater in Scandinavia (5)
- 8 Not one to belong here? (7)
- 9 At the outset, renting home is not on - at the zoo? (5)
- 10 Ducks retreats? (5)
- 11 Aroma of HP sauce noticed in a jardiniere (7)
- 12 Holding the boats ready at sea (6)
- 14 Give it a go and in conclusion, fashionable (6)
- 17 It's an experience at the end of the day (7)
- 19 Stays behind and offers to take the first edition (5)
- 22 Dealing with cad is, for example, our problem (5)
- 23 A case foe the embassy? (7)
- 24 Aristocrat going topless, for instance - Strange (5)
- 25 Restrain in French circle or, maybe, syndicate

Down

- 1 The Spanish end in Paris small and delicate (5)
- 2 Goes off holding the last of four tricks (5)
- 3 Lookalike arranged matching clothes (7)
- 4 Deacon managed, somehow, to capture a charlatan (3,3)
- 5 Get the edge when new pastor loses article (5)
- 6 University serial said to be about something that never existed (7)
- 7 Sad layman admits love was an aberation (7)
- 12 Earn the right to have Journalist back to do their duty (7)
- 13 The result of sour grapes (7)
- 15 Like a zombie or OB with a twitch, shaken (7)
- 16 World body to relieve apprehension (6)
- 18 Find bees around stout (5)
- 20 Lawyer takes tea in Ivan's retreat (5)
- 21 Severe - not entirely Mister Nice (5)

SOLUTIONS

CYRUS
SOLUTION 187



QUICK
SOLUTION 187





Chicken Carnival Cones

4 serves 5 minutes 15 minutes

INGREDIENTS

4 Serves*

567 g Mission Wraps 8 Pack selected varieties.

2 cups leftover shredded roast chicken

180 g salsa

100 g grated cheddar cheese

*Serving size calculator is approximate, feel free to adjust by adding a pinch here and there as needed

METHOD

1. Preheat oven 180°C. Line a baking tray with baking paper. In a bowl, mix the chicken, salsa and one-quarter of the cheese.
2. Fold the bottom third of the tortilla up, pinch in the middle and roll over itself to form a cone. Stuff the cone with filling, then top with cheese. Lay on the prepared tray seam side down. Repeat the process until all ingredients are used.
3. Bake in oven for 15 minutes or until golden and toasty.

Top Tips

Smuggle in some delicious veggies when mixing the chicken and salsa by adding 2 tbsp corn kernels, 1/4 red capsicum finely chopped, and 1/4 small red onion finely chopped. (Shhhh ... the kids will never know!)



Kids Page



- | | | | |
|----------|--------|-------|---------|
| dog | monkey | emu | deer |
| tiger | lion | zebra | koala |
| elephant | panda | bear | giraffe |

MELSA PARK STEAM TRAIN RIDES

TRAINS RUN on 3RD SUNDAY of MONTH
19th Mar, 16th April, 21st May, 18th June, 16th July

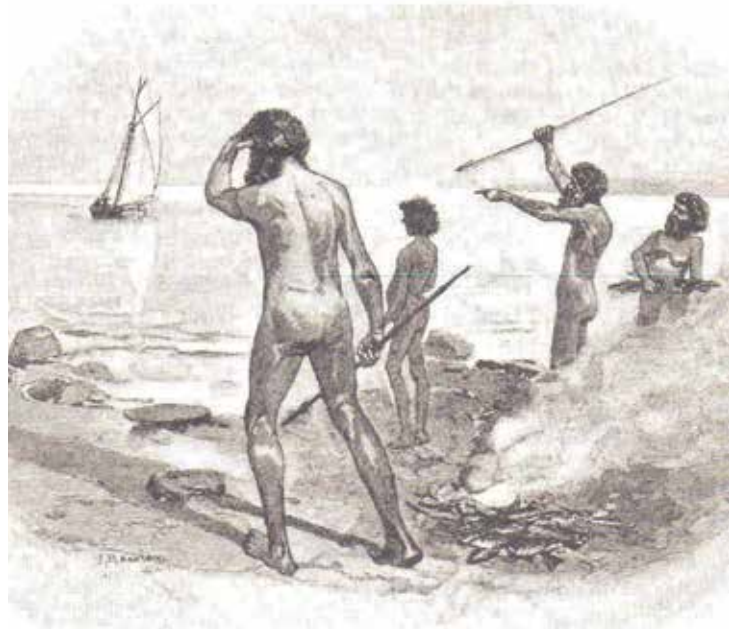
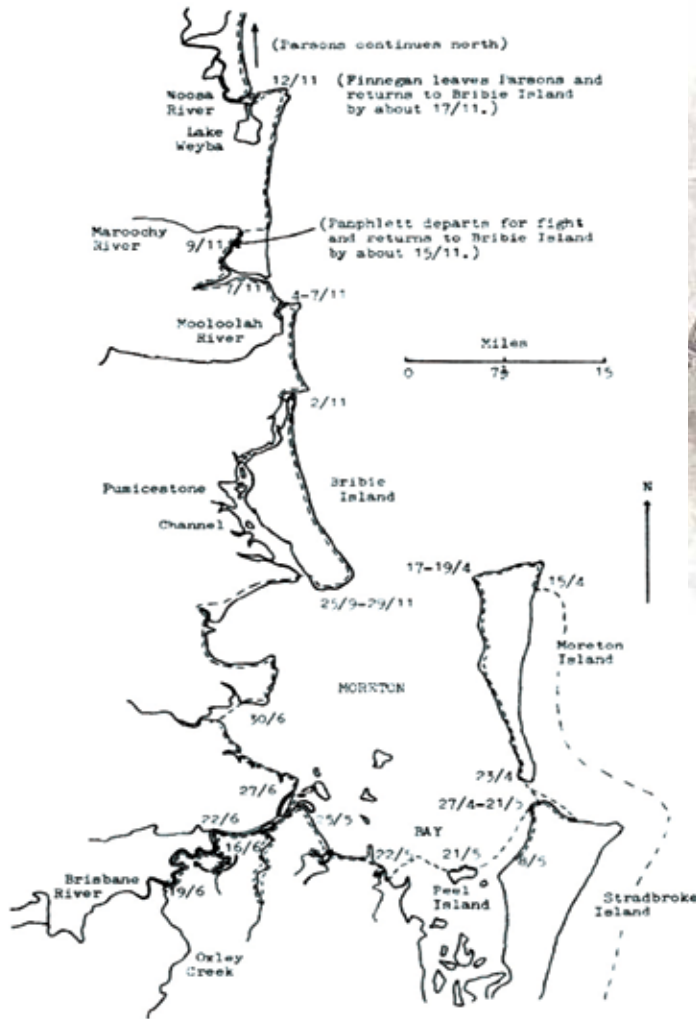
\$250
a train ride

EVERYONE MUST
HAVE CLOSED IN
SHOES



10AM - 2PM

Call Ian for party enquiry 0409 100 656



1. The castaways' land journey. Drawn by Chris Pearce, 1990.
From "Through the Eyes of Thomas Pamphlett" Chris Pearce, 1993

THE BIRTH OF BRISBANE CITY

Episode 2 - FINDING THE RIVER

By Al Finegan

Dawn on the morning of 16th April 1823 found three naked castaways, Parsons, Pamphlett and Finnegan struggling to sit up to watch the sun rise over the ocean. After a good drink each, they discussed their predicament. They all agreed that they must be just south of Five Islands and after some recovery they would be able to walk up the coast to the Illawarra and safety. Struggling to their feet they scoured the beach

examining what could be useful from the debris that had washed ashore. They found a bucket and three of the 25 KG bags of flour which they dragged onto dry sand. Two bags were completely waterlogged, but the third was mostly dry. Now that their overwhelming thirst had been sated, hunger became their foremost thought. Mixing flour and water in the bucket they had breakfast, a rather wretched meal, washed down with water.

After filling their bellies, the three naked, barefoot castaways set out along the beach in a northerly direction relieved that they were now safe on land with fresh water freely available and believed that in no time they would reach civilisation. After walking on the soft sandy beach until late afternoon they were blocked by a rocky headland. Finnegan scouted around and found a native path heading into the bush which they followed to a highpoint. Reaching the top of the hill they were suddenly greeted with an amazing view. Spread before them was the ocean having a coastline in the distance stretching to the north as far as they could see. To their west was an extensive bay behind which was a vast plain with a mountain range in the distance. About ten km to the north of the bay appeared to be a river mouth. Unbeknownst to them they were 800km north of Sydney and standing on Moreton Island.

With no choice, the castaways walked around the headland then followed the coastline south hoping to find a way to reach the extensive land to the west. On the fifth day as darkness approached, they reached a high sandy point where their progress was stopped by a channel about 4km wide with the tide running

rapidly through it. They could see a beach stretching to the north on the seaward side. Their morale sank as they realised that this was the beach on which they had been shipwrecked and that they were on an island. With heavy hearts they found a sheltered spot overlooking the passage and passed the night there.

A series of adventures followed, as the three managed to cross the gap that we now know as South Passage, where they were welcomed, fed, and sheltered by the people of Stradbroke Island. The castaways lived with them for ten days while their health and fitness improved. The huts were well constructed and designed to allow a fire to burn and smoke all night keeping their naked bodies warm and mostly free of biting insects.

During the ten days, Finnegan went on daily excursions with his new friends while the other two spent quiet time at the village, being waited on hand and foot. Finnegan was well accepted by his hosts, spending as much time as possible diligently learning to speak their language. He often had the locals in fits of laughter at his attempts, but he was learning fast, insisting on being instructed on every word or gesture. He was also learning their extensive sign language, sometimes using large pieces of bark or branches. This

allowed them to communicate over distances beyond voice range. He also learnt the art of the firestick, enabling the carriage of fire while travelling. On the tenth evening, having recovered their strength, Parsons and Pamphlett resolved to try to reach Sydney.

While Finnegan continued his daily excursions with the locals, Parsons and Pamphlett started to build a canoe. Eventually the canoe was completed and ready to transport the castaways to the mainland. Finnegan refused to go as he was happy living with the natives of Stradbroke Island. It is worth noting that Finnegan did not want to go back to Sydney where he would be returned to the horrors of a convict life, while the other two would still be free to seek their own life choices. Eventually he was forced on board and the three, together again, rowed across the bay, landing just north of Cleveland.

They walked north mostly on native tracks, lighting fires as they went to ensure they had a firestick alight. The nights were cold and each evening they cooked flour cakes then slept as close to the fire as they dared. Without a fire they would have surely died of exposure. On the third day they climbed up a hill and stood in amazement. Before them and stretching for over a kilometre wide was a huge river. Looking to the west the river swept for as far as they could see, and to the east it widened out into the bay. Parsons, who had carefully kept a mental track of the days and the date since leaving Sydney, said it was the 7th June 1823.

Unbeknown to them, they were the first Europeans to look upon what would later be named the Brisbane River. It was a momentous discovery that would change the history of European settlement in Australia.

The three men resolved to go up the river until they could find some means to cross. For the next 16 days they followed native tracks parallel to the river, often being impeded by numerous saltwater creeks, around which they walked. Neither Finnegan nor Parsons could swim sufficiently well

to attempt crossing them. At night they camped out in the open, next to a fire, cooked their diminishing flour stock, supplemented by fern roots, and wondered just what was to become of them. They were by now some 50km inland and beginning to despair at their fate. Their health had worsened with the meagre diet and the constant attacks from a variety of insects on their naked bodies. The nights left them shivering, tossing and turning while fighting off the swarming mosquitoes. They ate the last of the flour. They had no choice but to force their battered bodies on, for to stop would mean certain death from starvation and exposure.

Eventually they reached the bank of a creek on the opposite side of which they saw two canoes. Parsons told Pamphlett he must fetch one of the canoes. Pamphlett swam across but was now so weak that it was with difficulty that he reached the other side. Pamphlett launched the canoe and paddled it back to his companions. This crossing place now has a bridge named Pamphlett Bridge. It was decided that they would return the way they had come and carry the light bark canoe with them. This shortened the distance back to the river mouth as they were able to use the canoe to cross the creeks.

It had taken three weeks of hard slogging through the bush and crossing creeks while constantly feeling the pangs of hunger and pain from their insect bitten bodies before they finally arrived back at the river mouth. They waited until the tidal flow was on the turn, then Finnegan rowed Parsons across the river and quickly returned for Pamphlett. They had at last crossed this major obstacle in their travels.

The men had now survived for several weeks almost entirely on fern roots with just an occasional fish meal and this, added to the fatigue of travelling naked and shivering day and night, made them emaciated and desperate, worn out in body and spirit, far south, as they thought, of Sydney, and with scarcely enough energy or life to carry

them on their journey. They were continuing north when they spied a pile of freshly caught fish on the beach and immediately took them to a place to build a fire. Suddenly a group of angry natives appeared and advanced towards them. They now faced what seemed impossible odds to survive and believed that this could be the end of their struggles. The castaways looked at each other and with a silent resolute understanding decided to stand their ground, regardless of the outcome. Parsons held his axe while Pamphlett and Finnegan armed themselves with solid sticks and determined not to lose the fish without a struggle. However, when the natives closed in, they were startled to see their pale colour and immediately stopped. Finnegan called out to them and made gestures of peace. To the castaway's great relief their whole attitude changed, and they seemed concerned at the intruders' miserable condition. Instead of trying to repossess the fish, they set to work to catch more for them. Soon there was a great quantity of fish cooking on the fire.

The natives sat with them well into the evening, with Finnegan showing his abilities to entertain. For hours they gathered around a roaring fire while he had their newfound friends laughing and dancing at his antics. The next night with their friendship well established they were taken to their village huts on a red cliff at the edge of the Bay where they were treated in the same hospitable manner as the natives with whom they had previously lived.

Over the next four months from August to November the three Castaways settled into an easy relationship with the natives each in his own way. Pamphlett sat around broodily watching the routines of fishing, hunting, and gathering fern roots while being waited on by their hosts. Parsons spent much time alone wallowing in self-pity at his fate and his lost business venture of which he had had great expectations of making him wealthy. Finnegan, in contrast, mixed easily with the Chief and the young men,

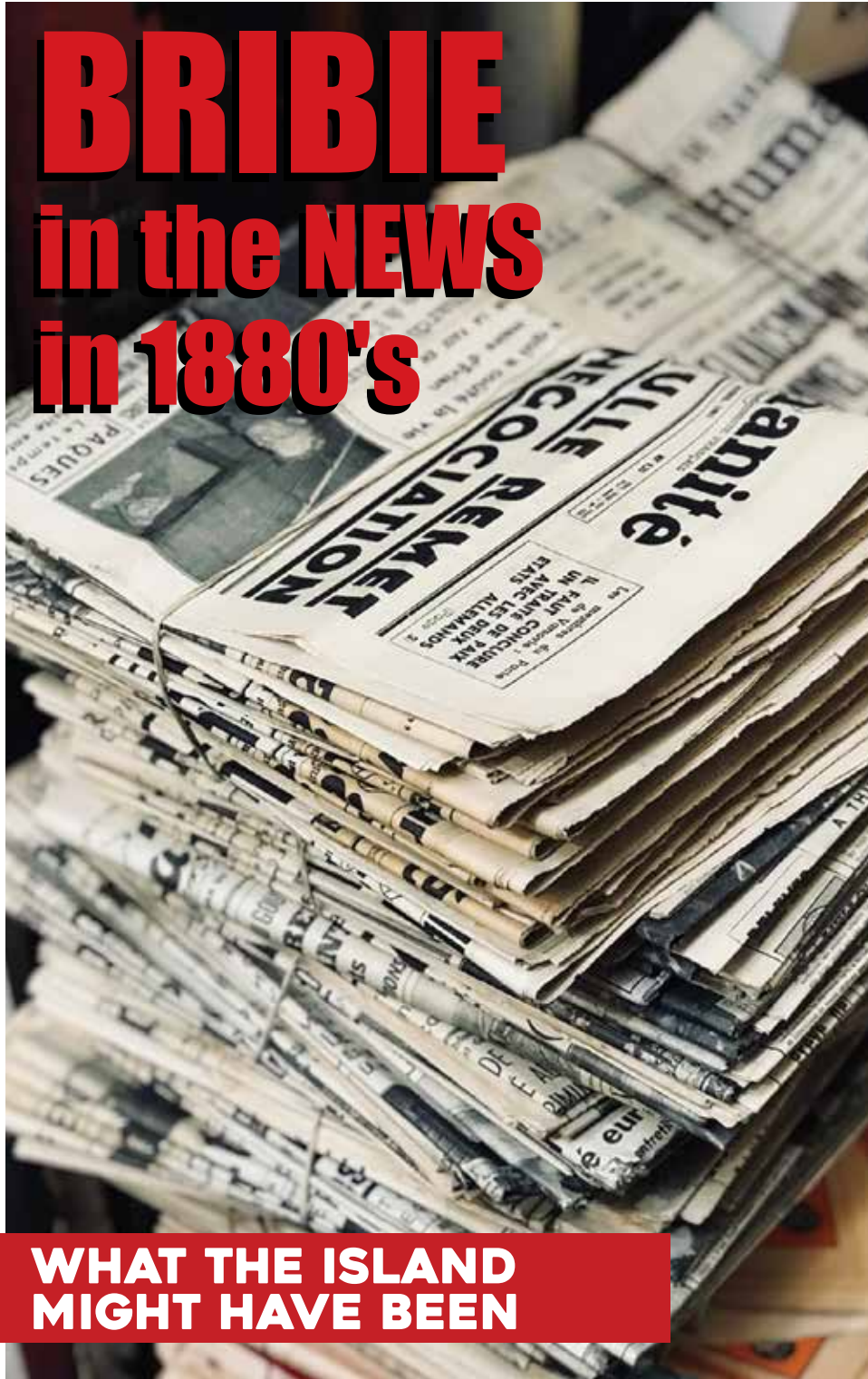
enthusiastically participating in their activities, revelling in the lifestyle. They lived and worked by the movements of the sun, the moon and mostly by the tides. They knew how to use the flooding and ebbing tides to carry their canoes to their destination. Finnegan rapidly learnt these skills and enjoyed the excursions in and around the Bay and the rivers. He particularly enjoyed the trips into what is now known as the Brisbane River which provided an abundant supply of food including fish, shellfish, crabs, and prawns. On one excursion, he, with two tribal friends, paddled in a canoe up the river as far as the current location of the Indooroopilly Bridge.

Indicating Yarun (Bribie Island), the chief told Finnegan that, *"The Joondaburri people live there. They are different to us and have camps on both sides of the passage. They are camped at the southern end of Yarun with another group at Taranggeer (White Patch), and a few more groups camped at the northern end, all belonging to the Joondaburri tribe. The Gubbi Gubbi live further north on the coast and inland."* Finnegan visited the Yarun people on a number of occasions and became friendly with their chief.

In November, Parsons demanded Finnegan and Pamphlett accompany him on an attempt to go north to find Sydney. It was a disaster, with both Finnegan and Pamphlett deserting Parsons and returning, while Parsons plodded on northward. He was not seen again for a year.

The happy sojourn ended on 30th November when John Oxley anchored in Pumicestone Passage to rest, but not intending to explore. He picked up and interrogated Pamphlett, then Finnegan. Acting on Finnegan's information, an excited Oxley was led by Finnegan to the much searched-for Brisbane River. Thrilled at his discovery, Oxley could not wait to return to Sydney to tell the world of his find. On arrival, he ordered the screws to arrest Finnegan as an absconder and return him to the Prisoners' Barracks.

BRIBIE in the NEWS in 1880's



WHAT THE ISLAND MIGHT HAVE BEEN

The Bribie Historical Society has been developing a huge Database of all things Bribie for many years. Hundreds of Photos, Maps, Newspaper Articles, Books, Magazines, Films, Recordings and Memorabilia. If you have something interesting from Bribie's past, we would love to hear from you. We are currently digitising many years of old Australian, Brisbane,

and Queensland newspapers with any mention of Bribie. It is interesting to find the odd occasion when little Bribie Island is mentioned.

This article is a small selection of Bribie News items from 1887 onwards covering a range of topics that include refuse disposal, a racehorse named Bribie, the first land sales, and when telephone, water and fire services first came to Bribie.

In 1887 there were no permanent residents on Bribie and just a handful of people living rough involved in Oyster Farming, Fish Canning and Cattle grazing. The settlement of Bongaree was not established until 1912 when the Jetty was built and Steamships began regular trips from Brisbane. You need to read the following newspaper articles bearing in mind what Bribie was like at the time.

BRISBANE COURIER- MAY 1887

BRIBIE ISLAND POSSIBLE LOCATION FOR BRISBANE'S SANITARY REFUSE.

Members of the Sanitary Conference met again yesterday afternoon at the Town Hall to hear that there was a place on Bribie Island where Brisbane refuse could be deposited on the surface. The additional cost might cover the cost of steaming out to dump off Cape Moreton. The mayor said the matter had been fully considered and had found the cost of landing it out to sea. The committee had done their best and were satisfied that refuse could yet be used on farms or put on an island in the Bay. Kangaroo Island, opposite Doughboy, had been offered them by the Government and could be well suited for an experiment to show farmers what could be done. He was strongly of opinion that depositing the refuse on Bribie Island was the best scheme. Mr Hocker said that if they adopted the report, it did not bind them to take the stuff to sea, and when bad weather came in they would have plenty of opportunities of depositing it on Bribie Island.



QUEENSLANDER - SEPT 1891

BRIBIE IS MEANEST PIECE OF COUNTRY IN AUSTRALIA

Explorer and Politician Archibald Meston described Bribie Island as the most historically interesting island on the Queensland coast and also the meanest piece of country in Australia. Bribie Island had been inhabited by a powerful tribe called "Jindoobarrie" who were graceful, athletic, and warlike. In 1840 they were numbered 600 to 1000 but today there is probably not a soul left on the island.

BRISBANE COURIER - NOV 1898

RACEHORSE NAMED "BRIBIE" IN ACCIDENT.

The Queensland Turf Club's Spring Meeting at Eagle Farm did not pass off without one serious accident occurring. In the Flying Welter Handicap, which was the second event on Saturday's programme. There was a field of seventeen starters, and after the horses had

raced about a furlong Mr T. Higgins's horse, IDOL, tripped and fell, bringing BRIBIE down over him. IDOL was killed instantly, having broken his neck, and his rider had his right arm badly smashed above the elbow. BRIBIE was also unfortunate, receiving injuries that will prevent him from racing again, but his rider, F. Holmes, escaped with nothing more serious than some bruises and a shaking.



BRISBANE COURIER - DEC1912

NEW BONGAREE TOWNSHIP LAND SALE

At the Lands Office, Brisbane, lots in the township of Bongaree, Bribie Island were offered for sale by the Crown land agent. The areas were, with one exception, 1 rood in extent, the upset prices ranging from 4 to 12 Pounds. In section 1, bounded by Toorbul, Campbell, Banya, and Foster streets, 14 lots were sold, from 5 to 22 Pounds. Two lots have since been sold at an upset price, and four remain unsold. In section 2, bounded by Campbell, Banya, Webster, and Toorbul streets,

five lots were sold at from 5 to 8 Pounds per lot. For section 3 there were no bidders. For section 4 ten lots found purchasers, at from 4 to 6 Pounds, and 10 lots found no purchasers. Sections 5 and 6, on the Esplanade, fronting Pumice Stone Channel, contained 20 lots in all, and all of these found purchasers at from 31 to 14 Pounds.

BRISBANE COURIER - OCT 1922

TELEPHONE LINE TO BRIBIE ISLAND.

Bribie Island Telephone Service has been advised by the Deputy Postmaster-General that it has now been decided to construct as early as possible a telephone line following the Caboolture River and the coast of Deception Bay to Bribie Island. The financial aspect of the work held the proposal up for a considerable time, but the Brisbane Tug Company has now offered to assist in labour, supply of poles, &c., by way of contribution towards the cost of construction. The office at Bribie Island will be at the existing receiving office, and the present hours of 9 a.m. to 6 p.m. will be observed. At Toorbul Point the office will be at the residence of Mr Joe Campbell, and the hours will be 9 a.m. to 10 a.m., 2 p.m. to 3 p.m., and 5 p.m. to 6 p.m. Telegrams are to be called for at both places. .

BRISBANE COURIER NOV 1922

WATER AVAILABLE ON BONGAREE.

The hon. Secretary of the Bribie Progress Association would like to point out that the articles appearing in Tuesday morning's "Courier" might suggest that no water is available at Bribie Island, except that supplied by the Brisbane Tug Co. This is not so. For the benefit of those who intend to visit the island during the coming Christmas holidays, I wish to point out that there is a very plentiful supply of water not only from the tanks which have been so generously supplied by the Brisbane Tug Co. free of cost but from several wells

on the island, which have pumps attached, giving always a bountiful quantity of water, which is not only free from any discolouration or disagreeable smell but quite good for either drinking or cooking purposes and compares most favourably with the tap water supplied in Brisbane. The charge of 1 penny per kerosene tin, which has been recently made, is not owing to any shortage, but to stop people from deliberately wasting the water the company has taken the trouble to supply. At 1 penny per kerosene tin, to equal my water rates in Brisbane I would have to consume 5376 gallons per annum, which I do not.



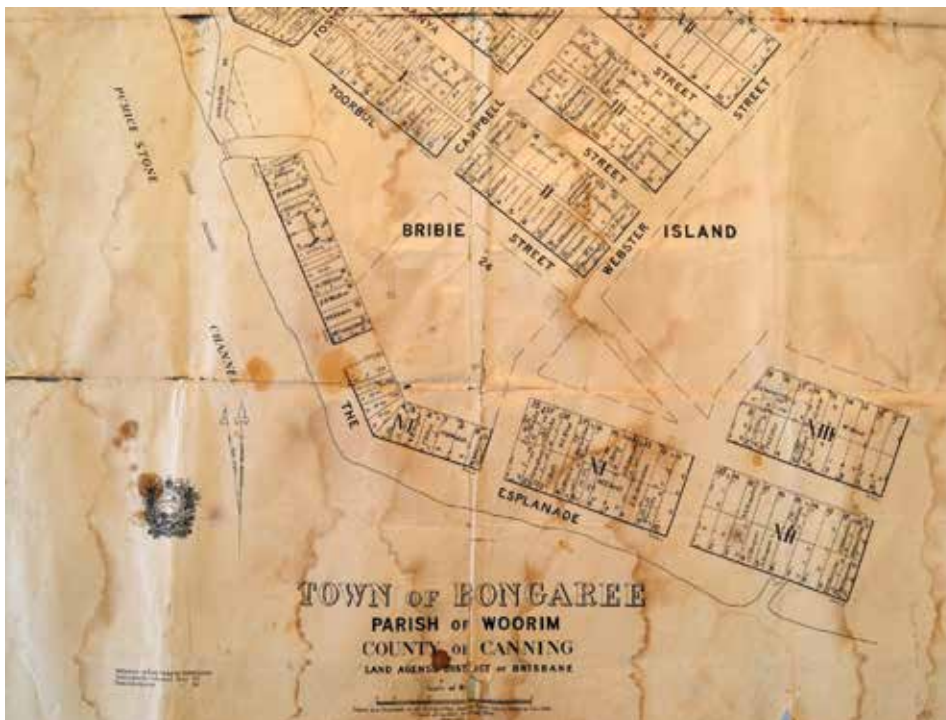
CAIRNS POST -NOV1950

FIRE RAVAGES BRIBIE ISLAND

Bribie settlement of 78 houses was menaced by fire fanned by gale-force westerly winds, all women and children evacuated to the only safe place, the beach. Gale-force winds swept the south-eastern coast of Queensland on Saturday. Fires destroyed one house on Bribie Island and for a time it was feared that the whole settlement of 78 houses would be wiped out. All women and children in the settlement were evacuated onto the beach - the only safe place. Lifesavers and residents formed bucket brigades and beat at the fire with bags and branches. They managed to hold the fire at bay until it burnt itself out. Fires broke out along the channel side of the island and were swept right across to the Pacific Ocean by the westerly gale.



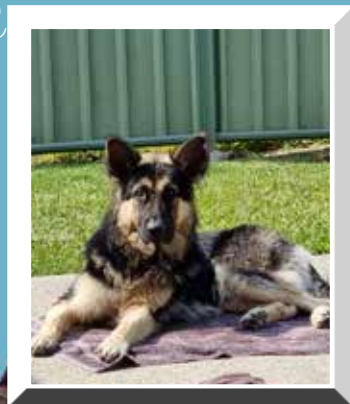
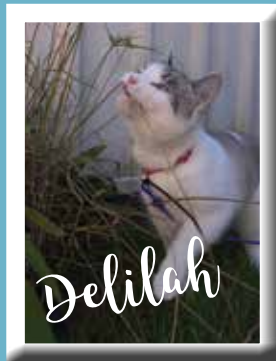
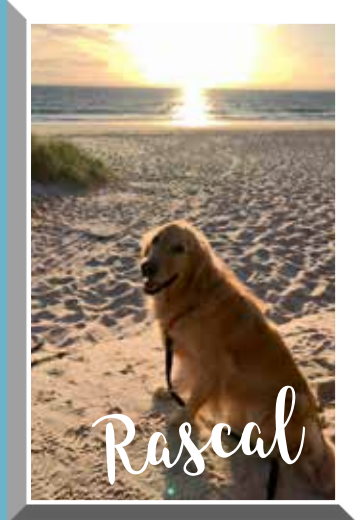
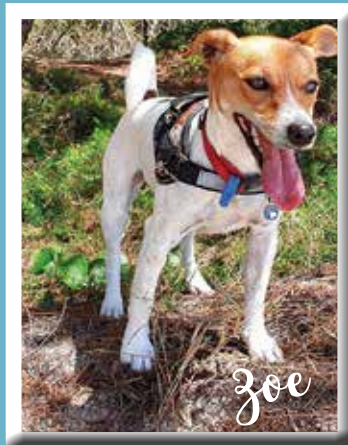
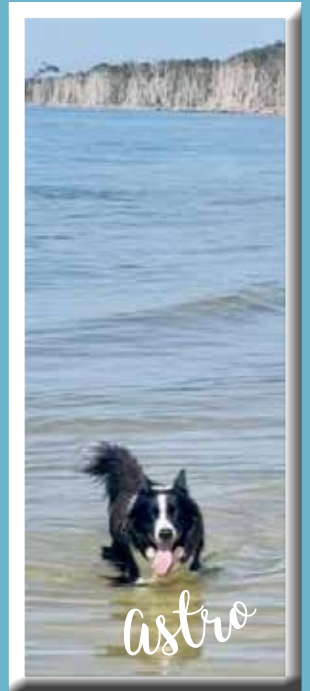
Barry Clark
Bribie Island
Historical Society



More BRIBIE History

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

bribiehistoricalsociety@gmail.com



IS A RAW FOOD

DIET RIGHT FOR YOUR DOG?



Raw food diets for dogs, also known as barf (biologically appropriate raw food), have gained popularity recently as pet owners seek to provide their furry friends with a more natural and healthy diet. While proponents of raw food diets tout the benefits such as improved coat, increased energy levels, and a stronger immune system, critics argue that these diets can be dangerous and lack essential nutrients. This article will explore the pros and cons of a raw food diet for dogs and help determine if it is the right choice for your pet.

ADVANTAGES - MORE NATURAL

Raw dog food diets are based on giving dogs a diet comparable to what their ancestors had when living in the wild. This kind of diet is considered to be more natural for dogs. This includes flesh, bones, internal organs, and some fruits and vegetables. Raw food diets can give dogs a source of nutrition that is both more balanced and comprehensive since they are modelled after the natural diet of dogs.

Improved Coat and Skin Health

Many dog owners who have shifted their pet's diet to one consisting only of raw foods have seen an increase in the condition of their dog's hair and skin after making a move. Raw food has a higher concentration of vital fatty acids, vitamins, and minerals than conventionally processed dog food, which may result in better skin and a glossier coat.

Increased Energy Levels

Dogs who consume a diet consisting mostly of raw foods have been shown to have higher energy and vitality levels than canines that consume conventional foods. The high levels of protein and fat in raw food are responsible for this since these nutrients provide dogs with the energy they need to be active and playful.

Stronger Immune System

Increased Resistance to Illnesses and Conditions Eating a raw food diet may assist in building a dog's immune system, making them less likely to get illnesses and conditions. Compared to processed dog food, raw food has a much greater concentration of antioxidants and vitamins, both of which benefit a dog's overall health.

DISADVANTAGES - LACK OF ESSENTIAL NUTRIENTS

Raw food diets for dogs cannot provide them with all of the necessary nutrients for optimal health, which is something they need to flourish. It is necessary to take dietary supplements to get certain nutrients, such as vitamin B and calcium since these minerals are not found in their natural state in meat or bones.

Bacterial Contamination

Contamination with germs uncooked meat and bones can harbour pathogenic bacteria like salmonella and E. coli, which may affect ill dogs.

RISK OF CHOKING OR INTERNAL INJURIES

When feeding dogs bones as part of their raw food diet, you risk them choking or injuring themselves internally because bones may splinter and cause damage to the digestive tract.

Considerations Before Switching to a Raw Food Diet

Consult with a Veterinarian

Before switching your dog to a raw food diet, it's important to consult with a veterinarian to ensure that it's a good fit for your dog's individual needs and health.

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



BOWLS RESULTS

Self Select Pairs Fri 24 Feb

Highest Margin : I McClelland, C Perkins

Winners: K Taylor, P Hughes

Lucky Draw: J Fry, A Boyd

Lucky Draw: L Deakins, E Deakin

Lucky Draw: I Cooper, T Dean

Lucky Draw: M Mills, T Bennett

Random Select Fours Results

Saturday 25 February 2023

Out of hat winner: D Groves, G Mulpeter, P Gee, B Doe

Out of hat winner: J Jamieson, D Hudson, S Platt, G Olson

Scroungers Results

Wednesday 1 March 2023

1st: R Williams

2nd: R Eaton

3rd: W Ritchie

Open Pairs Results Wed 1 Mar

Winners: G Teakel, I Cooper

Runner's Up: R Elmore, K Ford

Lucky Draw: R Snare, J Mercer

Lucky Draw: J Falvey, E Sharp

Lucky Draw: R Ferguson, J Ferguson

Lucky Draw: D McDougal, W McDouga

Random Select triples results Thu 2 Mar

Highest margin: F Grimsey, L Mather, WHOelscher

Runners up: C Christiansen, P Phillips, M Wright

Lucky Draw: P Gee, G Mellors, D Groves

Lucky Draw: J Neill, J Hilliar, C Hamilton

Self Select pairs results Fri 3 Mar

Winners: C Wilke, C Hayles

Runners up: C Perkins, M Beutel

Lucky Draw: K Bennett, S Root

Lucky Draw: M Andrews, V Lindsay

Lucky Draw: D Wilks, W Ebert

Lucky Draw: N Holzburger, B Hoffman

Random Select Triples Results Sat 4 Mar

Highest Margin: T Hudon, D

BONGAREE BOWLS MEN'S Scroungers March 4th

1st Sheena Bath, 2nd Peter Brown, 3rd Yvonne Colledge

Brekky Bowls March 5th

Winners Ann Clarke, Gary Kuss, Ron Wilson

Runners Up Pat Warwick,

Hudson

Lucky Draw: G Hutchison, P Gee, T Phillips

Lucky Draw: K Soens, J Neil, M Jansen

Lucky Draw: K Soens, J Neil, M Jansen

Self Selected Triples Results Tue 7 Mar 2023

Winners: M Mills, R Williams, G Reily

Runners up: T Dean, C Dean, D Merrett

Lucky Draw: R Glasser, F Grimsey, T Phillips

Lucky Draw: L Tweddle, M Nganeko, W Ritchie

Lucky Draw: K Muller, P Campbell, A Cornett

Lucky Draw: R Leth, K Bennett

Scroungers Results Wed 8 Mar

1st: L Hackwood

2nd: A Russell

Open Pairs Results Wed 8 Mar

Winners: P Gray, J Oliver

Runner's Up: D McDougal, W McDougal

Lucky Draw: M McIntyre, I McLaren

Lucky Draw: M Durham, M Diego

Lucky Draw: K Bennett, G Duncan

Lucky Draw: R Ferguson, J Ferguson

Random Select Fours results Thu 9 Mar

Highest Winning Margin: M Prewett, M Jansen, S Williamson

Lowest Winning Score: C Christiansen, F Grimsey, L De-Roule, R Bickerton

Lucky Draw: P Boyland, M Young, G Hutchinson

Lucky Draw: K Muller, J Herbert, J Jamison

Lucky Draw: P Mann, A Sturm, M Drought, C Davis

Lucky Draw: T Dean, P Neumann, J Smith

Lucky Draw: A Christie, G Twigg, J Wallis, D Bishop

Lucky Draw: I Cooper, M Roberts, T Bishop

Jim Warwick, Ken Kajewski, Rose Smith.

Wed 4's March 8th

Winners John Bell, Gideon Croukamp, Steve Mogan, Richard Fell.

Runners Up Ernie Connelly, Doreen O'halloran, Jim Warwick, Ron

BONGAREE BOWLS CLUB

On Friday 10th March, Bongaree Bowls Club held its annual Sponsor's Barefoot Challenge. The evening was a thank you to all sponsors and supporters for their assistance to the club over the past 12 months.

Unfortunately, due to rain, the greens were unable to be used so an indoor event was devised. This led to some hilarious scenes with the competition to find the closest Bowl to the Jack.

Our winner who scooped the total prize pool was the youngest of two sisters who were guests of the Remax team. The girls sadly suffered a close family bereavement recently. The joy on their faces was very touching. Our thanks to some 40+ sponsors who participated in the evening with representatives from Remax Advanced, Traditional Funerals, Peter Norton Skin Cancer Clinic, Harcourts Bribie Island, McKenzie Aged Care (Bribie Cove), Glen Anderson (Local Lads) and Ali



King. Thanks also to a dozen or so Club members who assisted in catering, bar and event organisation.

McKenzie, Tom Dempsey & Doug Hogan.

R/U: Brian Cayley & Mike Whiteside.

RESULTS - W/E 11/03/2023

Tuesday: Winners: Julie Watson, Neville Graham & Ron Boddenberg.

R/U: Ann Boldera, Jenni Cummins & Andrew Wilkie.

Wednesday: Winners: Bruce Pursehouse & Steve Ross.

R/U: Val Jones & Bruce Hill. 3rd: Glenn McCarthy & Pete Evans.

Jackpot (\$168) – Not won.

Thursday: Winners: Ann Larsen, Val Jones & Bruce Pursehouse.

R/U: Anne Ager & Stuart Ager.

3rd: Joan Mawn, Ib Larsen & Barry King.

Jackpot (\$?) – No information.

Friday: Winners: Alex Kinnear & Jerry Dieben.

R/U: Tony Ollier & Glenn McCarthy.

3rd: Ian James & Steve Ross.

4th: Tony Miguel & Andy Dehnert.

Saturday: Winners: Ray O'Brien, Mike Whiteside & Allan Matheson.

R/U: Trevor Jones, John Moore & Rosa McLeod.

Pitts, Ian Virgen, Ray Horne

Runners Up Errol Fender, Jim Warwick, Sandi Hodges, Ellen Corrick.

Thurs Jackpot pairs March 16th

Winners Diana Stowers, Ian Gillies

Runners Up Col Erhardt, John Park

SOLANDER LAKE LADIES NOVICE FINAL

Champion: Logan Hughes, R/U: Renee Dobson



SOLANDER LAKE BOWLS RESULTS - W/E 18/03/2023

Tuesday: Winners John Moore, Ralph Chaplin & Paul Boldero.

R/U: Merv Boike, Jenni Cummins & Alan Matheson.

Wednesday: Winners PRAWN DAY – No Social Bowls.

Thursday: Winners: Kev Moore, A. McGregor & Geoff Sorenson.

R/U: Carmel Sorenson, Chris Cummins & Keith Reithmuller.

3rd: Julie Kent & Carol Langley.

Jackpot (\$420) – Stan Hillen & Barry Curtis.

Friday: Winners: Terry Nash & Peter McCarthy.

R/U: Steve Ross & Alan Thorp.

1st Rnd: Chris Avenell & Paul Ollier.

2nd Rnd: Allen Lavender & Brad Jackson.

Saturday: Winners Dudley

Corrick.

Thurs Jackpot pairs March 9th

Winners Judy Hansen, Richie Ferguson

Runners Up Bob Thirwell, Wayne Wiegand

Wed 4's March 15th

Winners Tony Jericevich, Gordon

GOLF RESULTS

BRIBIE ISLAND WOMEN'S GOLF

2 March 2023 to 14 March 2023

2/3/23 Monthly Medal – Sponsor - Churches of Christ Qld

White Course Winner: Suzanne Valley 71, 1st R/Up Jo McCowan 74 ocb, 2nd R/Up Abby Driver 74

NTP's: Hole 4 Jo McCowan, Hole 7 Yuko Nakamura (Hole in One), Hole 14 Suzanne Valley,

Hole 16 Di Binghamy Best Gross: Di Binghamy 85



Red Course Winner: Dianne Hayward 74, 1st R/Up Barbara Newcomb 75, 2nd R/Up Toni Grossmann 76 ocb

NTP's: Hole 4 Sue Graham, Hole 7 Sandra Smith, Hole 14 Sandra Smith, Hole 16 Vivi Lloyd

Best Gross: Dianne Hayward 93

Yellow Course Winner: Susie Smith 73, 1st R/Up Bibby Davies 75 ocb, 2nd R/Up Stina Barnuff 75

NTP's: Hole 7 Mary Barbeler, Hole 14 Paula Mckenzie, Hole 16 Val Smith

Best Gross: Susie Smith 91

7/3/23 – Single Stableford (Guest Day)

A Grade Winner: Kate Wilson 38, 1st R/Up Sandra Smith 35 ocb, 2nd R/Up Suzanne Valley 35

B Grade Winner: Vivienne Learoyd 37, 1st R/Up Diane Fitzpatrick 36, 2nd R/Up Anna de Bondt 35

C Grade Winner: Joan Osborne 36, 1st R/Up Margaret Peterson 35, 2nd R/Up Heather

Croukamp 34

NTP's: Hole 4 Marg Bailey, Hole 7 Suzanne Valley, Hole 14 Leonie Buxton, Hole 16 (2nd shot)

Abby Driver, Div 3 (2nd shot)

Hole 7 Hazel McDonnell 9/3/23 – Open Day (Single Stableford) sponsored by Seasons Living Mango Hill

Div 1 Winner: Kate Wilson 41, 1st R/Up Barbara Newcomb 37, 2nd R/Up Christine Parkinson

(Mt Coolum) 35

Div 2 Winner: Myra Dickson 38, 1st R/Up Ann Sutherland (Caloundra) 37, 2nd R/Up Tracey

O'Connor (Headland) 36

Div 3 Winner: Lesley Heap 38, 1st R/Up Bibby Davies 35, 2nd R/Up



Kate Brown 34

NTP's: Hole 4 (Div 3) Lesley Heap, Hole 7 (All in) Karen Denman (Caloundra), Hole 14 (Div 2) Toni Moran

(Caloundra), Hole 16 Sarah Beavis (Maroochy River) Accuracy Drive (Div 1) Colleen McDowall (Caloundra), Accuracy Drive (Div 2) Myra Dickson, Accuracy Drive (Div 3) Bibby Davies

14/3/23 – Single Stableford

A Grade Winner: Lyn Ball 39, 1st R/Up Gaby Bennett 37, 2nd Magrit Pearce 36

B Grade Winner: Angela Claxton 40 ocb, 1st R/Up Lesley Heap 40, 2nd R/Up Vivi Lloyd 38 ocb

C Grade Winner: Joan Osborne 42, 1st R/Up Heather Croukamp 34, 2nd R/Up Vicki Butcher 33

NTP's: Hole 4 Gaby Bennett, Hole 7 Gaby Bennett, Hole 14 Kris Tomalin, Hole 16 (2nd shot)

Gill Lee, Div 3 2nd shot Hole 7 Joan Osborne

CROQUET

AND IT ALL STARTS ALL OVER AGAIN

KATHY VINCENT.

Here we go again on the roundabout of competitions for golf croquet.

I wrote about members going through drills to try to improve their skills, placing the ball where they want it, making the hoop from different distances, making jump shots, and roqueting balls away. Generally improving your ability to play a good game of croquet.

Did it work? Well, the members who did do the drills saw an improvement in their social games so will it continue into competitions?

The Sunshine Coast Regional Croquet Committee have put out the dates for the Plate, The Shield, and the Pennant competitions against other clubs in the region, Nambour, Headland Buderim, Caloundra Noosa, Coolum and Bribie. The Plate Competition is for fairly new players who are making good progress giving them the experience of competition.

Shield is for those who have plated Plate and improved to

the next level of play. Pennant is for the experts and those with a very low handicap. Let's see what happens!!

Some competitions have already taken place. The level 2 Singles at Noosa, the joint handicap 14+ doubles at Caloundra, Open Singles at Nambour with the handicap 9 to 12 Singles at Noosa. Bribie players are not just good-weather payers. Two of the completions took place in the rain. See the photo of the intrepid players going out for the final geared up for the rain!!



BRIDGE

MORETON BRIBIE BRIDGE CLUB:

Sat 4 Mar N/S 1 G & D Gibbards
2 S Watson & R Sutton 3 G & S Barnulf E/W 1 B Fuller & P Breene
2 J Newton & K Cohen 3I Best & L Wilson
Wed 8 Mar Championship pairs No. 2 1 A Jones & D Rubin 2 J Newton & K Cohen 3 G & S Barnulf
Championship Pairs Overall 1 A Jones & D Rubin 2 P Edis & M Arthur 3 G & S Barnulf
Sat 11 Mar N/S 1 R Webb & L McLaren 2 L Groves & J Medhurst
3 R King & N Everson E/W 1 M Bailey & Y Nakamura 2 J Easey & T

Avenia 3 G & S Barnulf
Wed 15 Mar N/S 1 A Jones & D Rubin 2 S & C Watson 3 R Webb & L McLaren E/W 1 L Heap & B Connell 2 Y Swanson & P Edis 3 R Sutton & Y Nakamura
BICBC: Mon 6 Mar N/S 1 R King & N Everson =2 M Arthur & D Dowling =2 P Edis & C McAlister
E/W 1 A Jones & R Pennington =2 F McLaren & N Denvir =2 P Tipping & L Wilson
Mon 13 Mar 1 A Jones & R Pennington 2 P Tipping & L Wilson =3 P Edis & C McAlister =3 M Peart & J Lawson

Brooke SAVIGE

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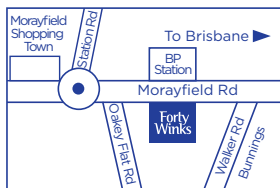
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**Prepare for
Sizzle Season with
a Bonza BBQ!**

The much-loved barbeque is Australia's national treasure! Pay homage to an iconic summer tradition by investing in a quality BBQ. Discover a wide range of charcoal BBQs, smokers and barbeque grills for rustling up delectable feasts for family and friends.

Whether you've got a spacious poolside patio, or a suburban balcony, there is outdoor BBQ kitchens and small electric BBQs that cater to every occasion. For the ultimate Aussie entertaining experience, complete your outdoor dining area with outdoor furniture including sumptuous outdoor lounges and protective umbrellas to shield guests from the sun. Al fresco living is the new fine dining!

What's the Best Barbecue to Buy?

The humble outdoor BBQ has evolved from "throwing shrimp on the barbie" to cooking up a scrumptious feast. The best barbeque is one that fits your space and accommodates your entertaining needs. If you're blessed with a backyard or grateful for a generous garden, there's a model for you.

Compact spaces will adore the Masport Weekender 4-Burner BBQ thanks to four stainless steel burners and cast-iron cookware. For avid entertainers, the Neo Kitchen 6 LPG Burner Island Module was made to feed the masses. This impressive 6-burner gas BBQ features a window and lights in the rollback hood and is also equipped with a sink and fridge, forming the ultimate outdoor kitchen package!

WHAT TO CONSIDER WHEN BUYING OUTDOOR BARBECUES?

When shopping for a barbeque, search by size to suit your outdoor setting. Portable models and BBQ stands conveniently fit compact spaces. Choose your preferred fuel source from gas, electric and charcoal BBQ grills. Crank up the heat with fancy features like spit rotisseries or for an authentic Italian experience, our pizza ovens produce the finest wood-fired pizzas — exquisite!

Sharpen your culinary skills with BBQ accessories like spatulas, tongs and knives. Be sure to keep your investment safe on the chef's day off with covers that protect from the elements, all year round.

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About Treecreate?

Seeding community and culture.

Us humans often forget that our health and wellbeing is intimately connected to the world around us. Treecreate seeks to find pathways of reconnection to our green spaces, urban parks, the reinvigoration of the land and ultimately ourselves.

Through our commitment to empowering communities and cooperating with key regeneration and reforestation partners, our goal is to have measurable impact on the ground through a range of activities.

“The trees act not as individuals, but somehow as a collective. Exactly how they do this, we don’t yet know. But what we see is the power of unity. What happens to one happens to us all. We can starve together or feast together.”

Robin Wall Kimmerer, Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

We believe our future depends on working together.

There are a growing number of small organisations across the globe with shared values. These organisations are multi-focal, exploring the interconnected themes of climate change, social and environmental justice, technology, arts, science, spirit and Indigenous knowledge.

Many of these organisations are already ‘networked’ with each other, working in cooperation to maximise their reach and capability. Each organisation has its specific strengths, usually related to its location and its existing partnerships. Many of these strengths could be scaled and leveraged for the benefit of all parties.

By working in partnership with key organisations and individuals, Treecreate’s objectives are to develop collaborative projects and events on interconnected themes and to support like-minded organisations achieve their communications and outreach goals.

1. Nurture: Mindful regeneration and care for all life on the

planet.

We believe in future focused actions framed with a sentiment of hope, addressing the need for achieving enduring benefits.

2. Knowledge: Sharing across cultures and disciplines. We believe in the interconnectedness of all things and that relationship is the pathway to knowledge.

3. Integrity: Social justice and equity for all living beings. We believe in the rights of nature, the value of social contracts and ethical ways of working together

4. Awareness: The interconnectedness of all things human and more-than-human.

We believe that social action is enhanced by an awareness we ‘are the earth.’

5. Wellbeing: Embedding a culture of care. We believe through inclusive indoor and outdoor hands-on education programs facilitates wellbeing.

6. Respect: for Indigenous knowledge, culture and language. We believe in working with sovereign people and reconnecting through ancestral pathways to the land.

7. Inspire: collaboration through deep listening creativity, innovation and shared purpose. We believe in creating opportunities to learn, make and grow in ways that enhance wellbeing of all life.

8. Regenerative: Projects to build healthy community locally and internationally.

We believe that the definition of community includes rivers, creatures, places and people.

9. Connect: Use appropriate technology to support social and environmental justice.

We believe that responsible development and use of technologies can enhance the growth and knowledge of communities of care.

In support of Black Lives Matter

Treecreate fully support the Black Lives Matter movement in all its forms across the globe. We believe that it is time to create new systems of inclusion, empowerment and connection through acknowledging the past, truth telling and ally-ship.

Launch of Treecreate Studio

Treecreate Studio is a new gallery and co-design space in Yarun Bribie Island.

Treecreate Studio is a place for collaboration and connection across disciplines and cultures. It provides a working space for research and creative work and a place to present and share work with Treecreate’s collaborators via online and in-person presentations and exhibitions. It is located in Bellara Arcade on Benabrow Ave behind the Bellara Newsagent.

Treecreate is a social enterprise focused on connecting the dots between art, science and cultural knowledge with a focus on ecosystem restoration and community engagement. Treecreate has been actively co-creating symposia and events internationally for over 10 years and is now based on Bribie Island after first being established in Canberra in 2019.

In the spirit of collaboration, community and connection the launch of the Treecreate Studio will include a smoking ceremony and acknowledgement of Country by the PIEEC jarjums, a talk by Artist Trail coordinator Ange Venardos and some music by local artist and change leader Rebecca Thompson.

Following the launch of the studio, on Saturday 25 March, Treecreate Studio will host their first workshop Kinship Water, facilitated by Wiradjuri researcher, educator and artist Nola Turner-Jensen. You can still register at <https://www.eventbrite.com/e/570673719457>

Treecreate Studio is part of the Artists of Bribie Artist Trail (#6)
<https://www.artistsofbribie.art/artists/treecreate-studio>

For more information about Treecreate check out www.treecreate.org

8/25 Benabrow Ave, Bellara 6pm Friday 24 March

HOW TO PROTECT AND SUPPORT TOMATOES AS THEY GROW

- Firstly, bag, cover or net fruit to protect from birds, pest insects and other animals. Then you get to enjoy your harvest.
- To prevent diseases in tomatoes, they need good aeration. Stake or trellis your plant as it grows to support branches and avoid breakage.
- Prune off lower leaves and suckers to increase ventilation and avoid water splashing onto leaves.
- Snip off any damaged or diseased leaves as you notice them.
- Lastly, avoid moisture on the leaves by watering the soil, not the plant. High humidity is the most common cause of diseases. Drip irrigation and soaker hoses are ideal watering systems.
- Harvesting Tomatoes
- Finally, we're at the fun bit! Nothing tastes better than a warm sun-ripened tomato picked straight off the vine and popped in your mouth! Bite-sized cherry tomatoes make a nourishing healthy snack while gardening.
- I use small bags for mine so I can just untie and tip the harvest out into my hand. They taste SO good freshly picked. Sometimes, I eat them all and they don't even make it inside for dinner. Shh! Don't tell my husband. He thinks they're still growing.

TOP TIPS FOR GROWING TERRIFIC TOMATOES

PART 4

With Anne Gibson
themicrogardener.com

- Use scissors to snip off the vine to avoid tearing and damaging the stem or immature fruit.

HOW TO RIPEN TOMATOES FASTER

Tomatoes ripen naturally with warmth and humidity. In fact, they have their best flavour when picked ripe. So, store at room temperature. What if your tomatoes are not ripening fast enough? The easiest solution is add them to a paper bag with a banana or apple. These fruits release ethylene gas that can help speed up the process. Who can wait?

HOW TO STORE RIPE TOMATOES

If your tomatoes are ripe or overripe and you're not ready to use them yet, store in the refrigerator. Alternatively, use a preservation method. Freeze tomatoes whole, chopped or cooked to lock in flavour and nutrients. Or use a dehydrator or oven-dry tomatoes to remove moisture. Then, preserve them when semi-dry by storing in oil with herbs or garlic in sterilised jars.

<https://themicrogardener.com/top-tips-for-growing-terrific-tomatoes/#more-43565>



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LOOKING FOR SOMETHING TO DO ON BRIBIE AT EASTER?

Good Friday 2023 will see The Orchid House at Bongaree transformed with masses of Orchid blooms and foliage grown by members of the Bribie Island Orchid Society and other societies from the region at the forthcoming Bribie Island Orchid Society Easter Orchid and Foliage Show*. This Show is proudly sponsored by the Bribie Island Bowls Club, The Bribie Island RSL, and Brown's Mitre 10.

The Show runs from 8.30am to 4.00pm on Friday 7th April and Saturday 8th April from 8.30am until 2.00 pm with the venue/s being The Orchid House and next door at the Indoor Bowls Hall (Foliage).

Entrance 3, 156A First Avenue, Bongaree, both premises being wheelchair friendly. Entrance is \$5 per person. In addition to lots of stunning blooms, there will be a potting demonstration and cultural supplies will be available. A sausage sizzle should keep the hunger pangs at bay, with other refreshments available for purchase.

Vendors from Tamborine, Chambers Flat,

Bundaberg and the Sunshine Coast will set up at the Show, as well as members/local growers, to sell orchid and foliage plants for those keen to add to their collections. Beware - Orchids are addictive!

A major prize raffle will be drawn towards the end of the Show with tickets only available at the Show with other spot raffles being run throughout the Show.

The Bribie Island Orchid Society Inc., founded some thirty-six years ago, currently has 80 plus enthusiastic members from all walks of life - beginners with just a few plants, through to experienced growers. President Diann Sirett is confident that our Easter Show will be bigger and better than ever and visitors will not be disappointed.

The society welcomes new members or visitors who just want to see what goes on at our meetings.

Our New Growers Group, teaching the basics of orchid growing, is proving very popular. For more information about the society itself, log onto our website www.bribieislandorchidsociety.com.au, our Facebook page which has updates, give our Secretary Teresa a call on 0407 782 290 or Email bribieorc@gmail.com

Our thanks to the Owner of The Bribie Islander for the generous opportunity to promote our Society and Show.



2023 EASTER ORCHID & FOLIAGE SHOW

The Orchid House & Indoor Bowls Club
Entrance 3 - 156A First Avenue
Bongaree, Bribie Island Q 4507

Admission \$5.00

(NB No EFTPOS available at Entry)
(Groups of 10 or more \$4.50 pp)

Good Friday 7th April 2023 8.30am - 4pm
Easter Saturday 8th April 2023 8.30am - 2pm

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Please note:- EFTPOS will only be available at some Vendors.

Contact Teresa Watson, Secretary

Mobile 0407 782 290

bribieorc@gmail.com

www.bribieislandorchidsociety.com.au

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Welcome to the first of three editorials looking at the joy and art of container gardening. Thank you to one of our readers - Vicky, for suggesting this topic.

By Peter Schinkel

A lot of us have spaces around the home which are either paved or not always suitable for putting plants in the ground. You might be in a unit or town house without a private garden, or renting and want your plants to come with you if you move. For whatever reason, container gardening allows us to enjoy the many benefits of having our plants closer to our living spaces.

Today, we're looking specifically at planter boxes and pots for areas that receive shade for much of the day. In April, we'll look at sun-loving plants, and in May - alternative plantings like bonsai, hanging baskets, terrariums, etc.

For pots and planter boxes - firstly, to ensure dirt and water don't stain tiles, flooring, etc., put plant bases under your pots. With planter boxes, instead of filling the box with soil, pots with bases can be placed side by side in the box.

When choosing the right plants at your local nurseries, look for plants that are already being displayed in the shade. When buying from markets, ask your stall holders which plants are best for the locations they'll be placed in.

A lot of shade plants aren't that thirsty, so it's fine to plant two or more in the same pot, usually with taller plants at the back and shorter ones at the front. Combining plants together often produces a stunning effect, resulting in a variety of textures and colours.

Here's a list of just a few favourites that do well in the shade in our region. Many of these will flower, even in winter, ensuring colour all year-round.

Tall (Up to one metre, or can be pruned once or twice a year to remain under a metre).

Azalea, elephant ears, ferns, monstera, peace lily, philodendron (rojo congo looks lush), poinsettia, raphis palm.

Short -

(Bigger than ground cover and less than 40cm).

Bleeding heart, cyclamen, hydrangea, impatiens (Busy lizzie), lobelia, maidenhair fern, peperomia, plectranthus, zanzibar gem (often best planted alone as they only need water once a month).

Trailing / ground cover -

(Ideal for the front edges of your pots or boxes).

African violet, alyssum, begonia, ivy (various small varieties - e.g. devil's ivy, mint, petunia, rabbit's foot fern).

Whichever plants you choose, your new green spaces will be a beautiful addition to your home. Happy planting. I wish you all a happy Easter and look forward to seeing you in issue 189 on 21st April.



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- keep gutters, downpipes and drains clear.
- remove any tree branches overhanging or close to your home.
- identify loose objects in your yard and on your balcony, such as outdoor furniture and toys that should be put away or secured if a storm approaches.
- ensure your home, contents and car insurance is adequate and current.

- check your household's flood risk using the council's free flood check report.
- identify the safest room in which to shelter during a storm.
- learn how to safely turn off your power, water and gas.
- prepare an Emergency Plan for your pets and ensure that they are registered and microchipped for easy identification. Ensure your Emergency Plan includes livestock.
- prepare an Emergency Kit containing a first aid kit, drinking water, torches, canned food and pet needs that you can access at a moment's notice.
- get to know your neighbours - having someone close by to call on during times of need or to borrow resources such as a ladder can be helpful.
- sign up for Moreton Alert to receive free severe weather alerts and warnings.

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

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MORETON BAY MAKES FIRST MOVE ON STATE'S \$2 BILLION HOUSING INVESTMENT FUND

ONE SEQ COUNCIL IS OFFERING TO WAIVE ALL DEVELOPMENT FEES AND INFRASTRUCTURE CHARGES, IN A RADICAL ATTEMPT TO INCENTIVISE PRIVATE SECTOR CONSTRUCTION OF AFFORDABLE SOCIAL HOUSING.

Mayor Peter Flannery said with Australia in the grips of a housing crisis, Moreton Bay was pulling out all the stops to stand out from the crowd. He said the new policy offering was strategically timed ahead of an industry briefing about the Queensland Government's \$2 billion Housing Investment Fund being hosted by Queensland Treasury on Mar 15.

"We want the developers in that room to know that Moreton Bay has a swag of incentives for them, and we want them to know that this region is ready to do business now," he said.

"We're coming out of the gates first and sending a strong message to the private sector that we are willing to work with them, we've already slashed the usual red tape, and we're willing to sweeten the deal further by saving them literally hundreds of thousands of dollars on construction.

"In the current market where materials are expensive and labour is hard to find, we want them to know Moreton Bay is the best place for their bottom-line. "I'm conscious

for locals that Moreton Bay's affordability is one of its most attractive qualities, which means we need to prioritise investment in affordable housing as our population booms.

"There are no tricks, no gimmicks, no hidden costs here for developers. The facility will just need to be managed by a community housing provider, but the building can remain privately owned by the developer. "In this way we are holistically addressing accommodation and shelter needs in our region, & it's something we take very seriously."

UDIA Queensland Moreton Bay President Keith Cairns said the Institute strongly welcomes the initiative that will help alleviate under-investment of affordable housing in the region. "There is a critical need for all forms of additional housing in the region to assist in alleviating the severe housing crisis throughout Southeast Queensland," Mr Cairns said.

"This incentive announced by Mayor Peter Flannery means there will be more of an appetite for developers to invest in housing that keeps the most vulnerable members of our community in homes they can afford. "Moreton Bay's proactive policy is a great example of how all levels of government can step up to address the nation's housing crisis."

Encircle Community Services CEO Chris Stains also applauded Moreton Bay Council for its progressive leadership in adopting its new "Attraction of Affordable Social Housing" Policy. "The



housing crisis that so many people are currently facing is real and it requires a whole of government and whole of community response," Mr Staines said. "Council's leadership and positive action through this initiative is welcomed and it will make a difference.

"Linking private sector investment and development know-how to cooperation with community housing provider's operational experience is a smart move for the partners involved, and for the people of Moreton Bay. "Community Housing providers and Not for Profit organisations like Encircle are used to working in partnership and we're good at it.

"Building new partnerships is going to be part of the solution and we welcome the opportunity to work with the private sector in making a difference for people who are homeless or seriously at risk of becoming homeless. "Access to affordable housing is good for everyone – for tenants, for investors, for local businesses and for communities generally. This policy is an investment in our community and an investment in the future," he said.

Mayor Flannery emphasised that the need for affordable

and social housing to be built quickly, with the housing crisis worsening. "Statistically speaking Moreton Bay faces an unprecedented acceleration in homelessness compared to our neighbours," Mayor Flannery said. "Between the 2011 and 2016 census homelessness increased 57% here. "That's faster than Brisbane on 39%, much faster than the Sunshine Coast on 6% and far too high above the Queensland average of 9%.

"The lack of social and affordable housing in our region is putting more and more people at risk of homelessness, already more than 1200 locals are already considered homeless. "Council only has a certain number of leavers to pull to help turn this situation around, so Moreton Bay is pulling all of them. "That's how seriously we take this issue, and that's how quickly we want to get down to business.

"So, if you're an investor or developer who's been looking at areas like Caboolture, Morayfield, Redcliffe, Deception Bay, Burpengary, Lawnton, Strathpine, Albany Creek or Arana Hills then please pick up the phone. Our planning team is waiting for those calls and ready to help."



**169 Freshwater Drive,
Banksia Beach**

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This 2020 built family home in the prestigious Pacific Harbour Golf Course Estate is looking for a new owner. In near new condition the home offers 4 bedrooms with BIR including a master bedroom with ensuite and WIR.

For Sale: Contact Agent
Land Size: 600m²

Karl Osswald
0407 836 508



**92 Avon Avenue,
Banksia Beach**

4 BED | 2 BATH | 2 CAR

Prepare to be impressed when you enter this superbly maintained and presented home set on a 640m² parcel of land. Perfect for a family or as a holiday retreat, this home is ideally positioned to enjoy the proximity to beaches, cafes and restaurants, shopping centre, and a selection of schools.

For Sale: Offers Over \$699,000
Land Size: 640m²

David Wereszczuk
0409 255 255
George Hayes-Walsh
0432 189 157



28 Elcata Avenue, Bellara

3 BED | 2 BATH | 1 CAR

If you are in the market for a solid home close to the water, then this might be the one for you. Offered for sale for the first time, the original owners are moving on and this is your opportunity to acquire this unique home. It sits on a large 701m² block just a short stroll from Sylvan Beach and its Coffee Shop, Barbeque area and safe swim beach.

For Sale: Offers over \$699,000
Land Size: 701m²

Karl Osswald
0407 836 508



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**44 Headsail Drive,
Banksia Beach**

4 BED | 2 BATH | 2 CAR

This cleverly designed federation style home uses the gently sloping block to create a home with 3 levels of living space. From the living areas you can access the covered timber deck at the back of the home overlooking the sparkling in ground pool, or the deck at the front with views to the canals.

For Sale: Offers from \$849,000
Land Size: 614m²

Carolyn Drane
0418 283 762



CONSTRUCTION INDUSTRY ENCOURAGE WOMEN INTO ITS WORKFORCE



HOME AND GARDEN

an array of conscious and sub-conscious biases that influence the perceptions of career opportunities for women in the construction industry. Too often these biases steer women away from pursuing a career in building.

“But the gender-based barriers that limit female participation within the industry can be eliminated. Efforts over recent years are “For its part HIA has strong network of women who work within the construction industry, we offer the opportunity for professional connections through our HIA Building Women program nationally and offer training and apprentice programs with wrap around mentoring to support young women entering the industry.

“HIA also believes in celebrating the achievements of pioneering women who have decided to enter the home building workforce and take on the variety of challenges it presents.

“It is also a chance for women thinking about getting into the industry to explore beyond traditional industry entry points as they will find the opportunities that await them varied and exciting,” concluded Ms Martin.

International Women’s Day, was a great opportunity for the building industry to consider how a traditionally male dominated industry, can encourage women into its workforce. It is also a great time for a woman considering a career in the construction industry to look beyond the traditional trades to the significant range of career paths on offer HIA Deputy Director- Policy and Industry Jocelyn Martin, said today.

“It is true that the construction industry has one the lowest rates of female participation amongst the major industries in the Australian economy,” Ms Martin said. “Only

13 per cent of the construction industry are female, but these figures do not tell the whole story, because while numbers are low, they are rising steadily, and the opportunities for women to gain a career in the construction are opening.

“From a purely trades perspective our figures show the construction industry is now training more female workers than ever before. “There are nearly 6,000 female apprentices and trainees undertaking training in the construction industry which is more than double the number in training three years ago 2019.

“The pandemic has left large gaps in labour supply and women have seen the opportunity to learn a trade or pursue a career in the construction industry for not only the financial benefits, but also the long term career progression that they may not have in other fields of expertise. These roles may not just be working on the tools but in complex problem-solving roles.

“Roles in the construction industry such as planners, architects, surveyors, and designers are rewarding and diverse and there are now many examples of women becoming builders and developers. It’s true there is

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Hi All

Just a wee note to say we are back at work and working hard!

We hope that you had a great time with your families over the holiday period, now its back to work!

We would like to remind you that we cover all your maintenance needs.

This year seems to be the year to refurbish your home inside and out. We are happy to look at your painting needs. We recommend Dulux paints; we use their products in most of our work. The paint is stable and hard wearing and of consistent high quality. So, if you need anything painted, a wall, a room or your entire house just give us a call we are happy to pop around and give you a quote.

We can fix it, plaster it and paint it..we can help you with it all.

Remember no matter how small the job we are happy to look at it for you.

Right I'm off to walk Mousse, its 6.00am and the only time I can take her out without one of us getting exhausted. She is 2 years old next month, bounding around full of energy. Oh, to be a puppy!

Please stay safe, remember to stay hydrated and keep cool. Don't forget...Slip Slop slap add a great smile and that will see you through this Summer!

Give me a call and I will set up a time to meet to discuss any of your maintenance needs.



Nga mihi nui

Kerryann

ASSISTANT FIXOLOGIST



VMR

BRIBIE ISLAND



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

HOW TO USE A MARINE RADIO

Volunteer Marine Rescue Bribie Island 445 held two information sessions on Sunday 26/02/2023 on How to use a Marine Radio with over sixty members and the general boating public attending. Items discussed were:

- How to use your marine radio
- Our Log On and Log Off procedures
- 27 MHz vs VHF radios
- What happens when you become overdue?
- When and Why do we contact the Water Police
- The frequencies we monitor and what you should use
- Marine Radios vs Mobile Phones
- Why we believe the Log On process really starts at home.
- Listen to a real-life Mayday call and see why you should log on

The information sessions were run by VMR Bribie's Radio Officer Peter McNamara and Deputy Radio Officers John O'Hagan and John Rice. More Information Sessions are planned for later in the year.



Above Deputy Radio Officer John Rice delivering one of the sessions.

CONGRATULATIONS MICHAEL



Senior Coxswain Liz Radajewski attaches Michael Trojan's Crew Epaulettes.



White Saturday Skipper and Unit Training coordinator Allan Tranter congratulates Michael Trojan on receiving his crew status.

BREAKDOWNS

Lots of people ask what the type of breakdowns are that we go to and what goes wrong on boats to need us to help them. Other than emergency matters including SAR's, VMR Bribie Boat Crews regularly assist boats with the following types of issues -

- outboards that won't start, this is a combination of electrical issues and fuel issues mainly
- steering loss
- run aground
- anchor issues
- taking on water
- dragging anchors on

unmanned vessels where we have an authority to board.

Even with a well-maintained vessel, things can go wrong - with VMR BRIBIE membership & vessels assistance cover, we'll

be there quickly to help you, 24/7 & 365 days a year. For non-weekend days, or nights, our benchmark is to be on the water and underway to you within 20 minutes from call.

BUSY SATURDAY 4TH MARCH

WOW What a Saturday at VMR Bribie

It started off with Deputy Radio Officer John O'Hagan doing a Breakfast talk at the Uniting church at Bongaree about the VMR Operations.

VMR 's Mike Looney who is looking after new recruits doing an induction for two new crew recruits.

A party of 26 from the Woodford Emergency Services Cadets came to the VMR Base and were put through their paces leaning about Marine Radios , tying knots, throwing rope bags / abandoning ship and swimming to and getting into a life raft and board tours of our Rescue Vessels and topped off with a BBQ lunch. Lead by our Emergency Liaison Officer Graham Gibb and Coxswain Jim Brown. Other VMR personal also volunteered their time to help with the morning activities. Plus some radio training for Radio Operators by Deputy Radio John Rice

Then add an assist as well. It has been a very busy Morning.



Emergency Services Cadets from Woodford listening to VMR Emergency Services Liaison Officer Graham Gibb's welcome talk.



Above and below: The Smiles say it all. Emergency Services Cadets from Woodford going for a ride on Bribie 2.



Senior Coxswain Ian Grimes and Senior Crew Member Doug Lythgo showing the Emergency Services Cadets from Woodford how to tie the different knots.



Senior Coxswain and Unit Training Coordinator Allan Tranter demonstrates the use of life jackets.



VMR's Denise Ingg helping one of the Emergency Services Cadets from Woodford put on her life jacket.



One giant leap as one of the cadets from the Emergency Service Cadets from Woodford do their abandon ship drill.



Emergency Services Cadets from Woodford trying their hand at getting into a life raft.



SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says "With the weather improving check that your boat is in good order, check that you have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel. Ensure you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning, and make sure you have either a mobile phone, VHF or 27Mhz marine radio on board."

<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>
"PLEASE WEAR YOUR LIFE JACKETS!"



Congratulations to Mike Looney, our first Crew Day Coxswain. Mike was the Guinea Pig for this new position within the squadron and he excelled.

BRIBIE ISLAND ROTARY VISIT



VMR Bribie's Commodore Ces Luscombe and Radio Officer Peter McNamara played host to 10 members from the Bribie Island Rotary Club on Thursday afternoon. They were given a tour of the base facilities including the Radio Room and inspected our Rescue Vessels on the pontoon. Commodore Ces showed a small video on VMR's operations. Ces and Peter answered questions on how the VMR operates to fulfill our primary role of Saving Lives on the Water.

MARCH VESSEL ASSISTS:

THU 02/03 0856AM – 5.6m Half Cabin member with engine problems, required a tow from 1km West of South Cardinal to Spinnaker Sound Marina.

SAT 04/03 1210PM – 4.7m Cuddy Cabin member motor won't start, required a tow just West of Pacific Harbour entrance to Sylvan Beach Boat Ramp.

MON 06/03 1157AM - 3m Jet Ski non-member with flat battery, required a jump start at Red Beach.

THU 09/03 0950AM – 5.3m Half Cabin with engine issues in the lock at Bribie Gardens, required a tow back to home pontoon.

SAT 11/03 0801AM – 4.8 Side Console member with steering issues required a tow from Sandstone Point to Bongaree Boat Ramp.

SUN 12/03 1548PM – 5.5m Full Cabin member with steering

issues required a tow from Kakadu to Toorbul Boat Ramp.
 SUN 12/03 1619PM – Tasked by Water Police to assist vessel near Tangalooma, stood own after 30 minutes as Police had located the vessel.
 TUE 14/03 1355PM - 4.8m Cuddy Cabin member with motor issues at Red Beach, required a tow to Bellara Boat Ramp.

2023 YEAR RADIO ROOM STATISTICS

To Thursday 16th March 2023
 3,408 Calls, 1.044 vessels logged on,
 52 Vessel Assists, 342 Sitreps, 170 Requests,
 11 overdue vessels, 3 Vessel Tracking,
 375 Radio Checks, 2 Weather Broadcasts,
 2 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 64.3%, 27MHz 0%, Phone 18.9%. GWN 2.8%

EARLY DAYS OF VMR

(Continued)
 THE FOLLOWING ARE SOME MORE OF RON WALTERS, AND WIFE JULIE'S RECOLLECTIONS OF RESCUES DURING THEIR TIME WITH OUR ORGANISATION:

YABBY DISASTER - Bribie Police rang to let us know that a woman was seen in a dinghy waving her arms and was bought in by another boaty. She alerted police that her husband was yabbing, and the tide came in taking the boat away. The local Police Sergeant went with Ron to look for the man and found his body drowned. The body was put in the boat and taken to Toorbul Boat Ramp where the mainland Police were and because the body was found on the mainland side, it was taken back to Caboolture.

DRIVERLESS BOAT - Channel 7 called to notify the ASR that there was a boat out of control going around in circles with nobody on board heading towards the hobbycats in the Passage. Ron asked a man at the ramp if he was a good boat driver as we need to

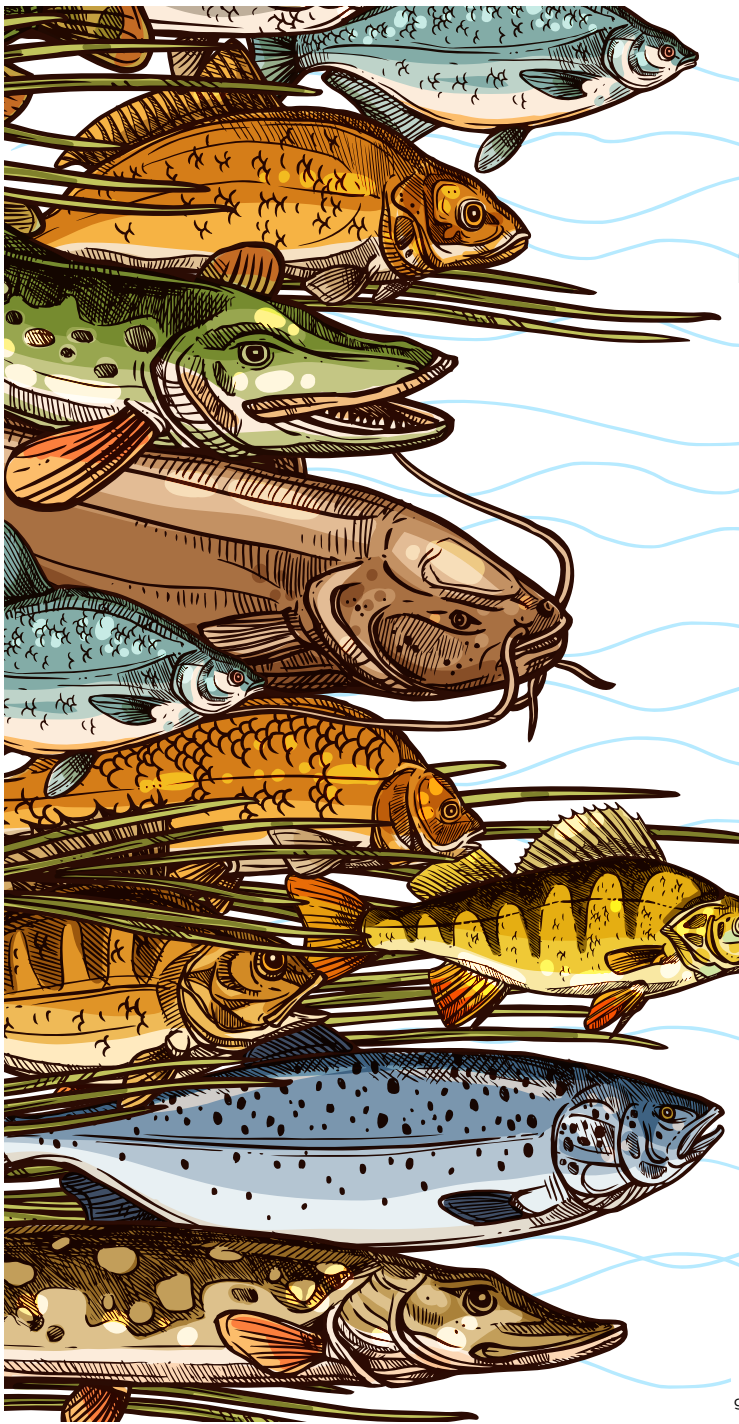
catch the boat. They circled it about 6 times till Ron jumped in and pulled the throttle back and brought in the rope and anchor which were being dragged behind. Saw a person waving their hands and pulled him into his boat. He was as full as a tick. Took him back to the ramp. His wife saw it all and was glad to have Mario back!

KAYAK - Bribie Surf Club rang Ron who was the Rescue Coordinator that there was a kayak sighted in the Bay. There was a very bad Westerly and the kayak with 1 person on board was being swept out to the Cape. Ron and Ken Mackay set out in Ron's boat with the Bay all white caps. Ron plotted a course but the Water Police wanted him to follow a search pattern off Moreton Island, Ron continued on his course and found the kayak in very big seas. You could only see him when was on the top of a wave. The man was alive and freezing. He was taken to the Bribie ambulance and police, he recovered well. He was a Vietnamese exchange student, his friends and church raised \$150 for the Air Sea Rescue.

AN IN NET - A local fisherman radioed to say that he had found a body in a fish net. Ron asked if he could bring it in but a marker was put on the net and Ron went out to retrieve the body. The man had been caught in the net and drowned.

PLANE IN PASSAGE SOLANDER - A woman rang the Air Sea Rescue saying a man had fallen out of the sky clutching his plane. Ron and a mate arrived and found a man clinging to his ultralight plane. All he could say is "this is embarrassing, I'm sorry for the trouble". Ron said "not as much trouble as you will get back at the beach".

JETTY Old guys fishing at the Bongaree Jetty at 11:30PM said we can hear someone in the water. It was a run out tide. Ron went to the Jetty and heard a cry for help. He dived in and swam out and found a woman in trouble. She said she wanted to commit suicide and jumped off the bridge but changed her mind. Called the ambulance. Everything fine



FISHING

By Robyn from Bribie Boat Charters

There has been some good fishing of late, particularly bream. There are consistent catches being reported, with often several good-sized bream in the boat after a fishing trip.

Weather doesn't seem to be a big influence on the bream catches, either - except for that big drop of rain two weeks ago, which slowed enthusiasm for fishing anyway. Even days with fresh SE breezes saw lots of bream, using any bait. Ben said his kids didn't need to swim because they got dripping wet just being splashed as the boat went along! His haul included two bream, caught on worms and whitebait. Reece caught a few big bream, all above 30cm, using squid - "definitely the best bait today". On the same windy day, Oafa's crew brought in 6 keepers, all around 30cm - every one of them caught on mullet.

Chicken is often a popular bream bait, and both breast and thigh fillets have been doing the trick. Emma is a great believer in marinated chicken - satay, I think. Mullet gut or strips of mullet are also handy baits. A mate, Rod, was recently reminiscing about the nights he used to fish up around the top of the island. He'd take



Jay and Brendon with bream, 31-38cm, caught on prawns in Ningi Creek. They've also been getting Moses perch on worms at the jetty, grassy sweetlip on evenings spent at Beachmere boat ramp and good whittings in the afternoon at Buckley's Hole.

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TIDE TIMES

Bribie Island AND Moreton Bay

FRI 10 Mar 5:12 am 0.42m 11:26 am 1.89m 5:40 pm 0.4m 11:53 pm 1.73m	SAT 11 Mar 5:48 am 0.49m 11:57 am 1.8m 6:05 pm 0.41m	SUN 12 Mar 12:30 am 1.75m 6:30 am 0.58m 12:31 pm 1.67m 6:32 pm 0.44m	MON 13 Mar 1:12 am 1.75m 7:19 am 0.67m 1:11 pm 1.52m 7:06 pm 0.5m	TUE 14 Mar 2:02 am 1.74m 8:26 am 0.76m 2:03 pm 1.37m 7:52 pm 0.56m	WED 15 Mar 3:09 am 1.72m 10:00 am 0.81m 3:18 pm 1.26m 9:06 pm 0.62m	THU 16 Mar 4:35 am 1.74m 11:37 am 0.77m 4:56 pm 1.23m 10:46 pm 0.62m THU 2
FRI 17 Mar 6:05 am 1.83m 12:57 pm 0.65m 6:32 pm 1.32m	SAT 18 Mar 12:12 am 0.52m 7:16 am 1.98m 1:57 pm 0.52m 7:40 pm 1.48m	SUN 19 Mar 1:22 am 0.38m 8:15 am 2.11m 2:45 pm 0.4m 8:34 pm 1.63m	MON 20 Mar 2:22 am 0.26m 9:04 am 2.2m 3:29 pm 0.32m 9:24 pm 1.76m	WED 22 Mar 4:02 am 0.2m 10:32 am 2.13m 4:46 pm 0.28m 10:54 pm 1.91m	THU 23 Mar 4:49 am 0.27m 11:13 am 1.99m 5:21 pm 0.31m 11:37 pm 1.92m	FRI 24 Mar 5:35 am 0.38m 11:49 am 1.82m 5:54 pm 0.36m

a boat out from Golden Beach, walk over to the surf side and set himself up with a campfire and a thermos full of hot tea. Using mullet gut with no sinker but a very small hook, and casting out past any waves, Rod says he and a friend would end up with an esky full of seabream.

Everton Park Fishing Club had a comp day a couple of weeks back. Every boat brought in keepers, including bream, flathead, whiting, and flounder. Amanda said her best bait was chicken fillet. Laurie was up in Ningi Creek on a rising tide and caught 2 big flatheads, two bream and a 1.5m long bull-shark, which snapped off (thank goodness). As soon as it got to the top of the tide, "the fishing went dead".

Fishability Qld has had lots of fun with the fish over the past couple of weeks. They all had a welcome respite from the recent hot weather, out on the water, some great catches and the company of dugongs and dolphins as well. They always seem to find the big flathead but won't share their "secret spot"!



Emma, with yet another Fishability Qld flathead!

Bob said there were lots of dugong sightings on his day out, too. One hung around the boat for about an hour up near White Patch; and he still managed to land a 51cm snapper off the ledge, so a good day all round. Richard and Ron also brought in a big snapper, and a cobia too, from Cooks Rocks. Richard's tip-salted pillies.

I heard on the radio the other day that SE Queenslanders wake up earlier than anyone else IN THE WORLD! 6.35 am average must be all the great fishing!

...



Nice snapper from White Patch

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by AARON SCHUBERT Part 2

Can you avoid driving through salt water?

Yes. I've never driven any of my 4WDs through salt water. I've come close a few times when things have gone wrong, but I steer well and truly clear of getting salt water on my 4WD. Most of the time, it comes down to a bit of prior preparation; look at the tides and work out whether you have enough time to drive the section of beach you are on. Commit to your 4WD; you are going to take care of it, and that means you avoid anything that can damage it! If you have to cross rivers that flow into the ocean, these are usually fresh water and can be crossed without getting saltwater on your vehicle, simply by timing the waves and driving through in the right location. I wash my 4WD when I get home though. I hear people who've driven through saltwater say, 'but I wash it when I get home; it's not a problem'. No matter how well you clean your 4WD when you get home, you aren't going to get all of the salt traces off your 4WD. You might get the majority of it, but you still risk rust down the track. It's not worth it; avoid driving through salt water and you will have a vehicle that lasts much longer.

Isn't driving on the beach just as bad though?

Those who drive through salt water often argue that driving on a beach does just as much damage to your 4WD as going through the salty water. This is not true. Sure, beach sand has salt in it, and just being close to the beach allows the salt mist to blow onto your vehicle, but it's nowhere near as bad as drenching your 4WD in a salt bath. You should avoid driving through wet sand that flicks up under your 4WD. If you have to drive on wet sand, do it slowly so it doesn't flick up everywhere.

What's the best way to prevent rust on your 4WD?

4WDs that are used off-road should have a few things done to minimize the risk of rust developing. The most important thing to do is to wash your 4WD after each trip. This is especially important after driving on the beach, or through mud (mud has a high salt content!). By wash, I don't mean a quick drive through the local car wash (although this is better than nothing!). You need to wash all of the panels, as well as the underneath of your vehicle. A good rinse-off underneath (making sure you do all of the panels, inside the chassis and anywhere water can sit) is the best way to prevent rust on your 4WD.

Another very popular rust prevention method is to use lanolin, or fish oil underneath your vehicle. I usually spray our 80 series underneath once a year with lanolin and give it a few days to dry. You can spray everything except for seals, your engine and exhaust pipe. Lanolin is a sheep by-product that creates a protective coating. It might smell a bit, but it's cheap insurance (and the smell eventually goes away!)

Another alternative that has been around for several years now is known as ERP or Electronic rust protection. This is a bit of a controversial modification though, and possibly because of several cheaper versions that have come out and achieved nothing. Some people swear by ERP and say it makes a massive difference. Others though think of it like snakeskin. From my perspective, my 80 came with an ERP system (no idea what brand) but it still has some rust. I can't tell you whether it's minimized the rust or not; I'll never know!

If I have to drive through salt water, what should I do?

On the odd occasion, you may have to drive through salt water. Whether you made a bad call and have ended up in a bit of a situation, or you need to cross a section of beach, the best way to drive through salt water is to minimise where the water goes. Don't drive flat out across the water and splash it over every single part of your 4WD. Take it slowly, and reduce the amount of water flicked up everywhere, and your 4WD will thank you later! I've only driven through salt water once, and it was a complete accident and one that I seriously regretted later on.

I was taught from a young age to take care of things that I own, and my dad was always dead against driving through salty water, having seen the damage it can do to cars. Maybe you disagree with me.

See you out there!

If you have served in the Commonwealth Navies, we members of the Naval Association Bribie Island would like to meet you!

Our Association meets at the RSL on the first Sunday of the month and every Tuesday evening.

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If you tire of the serenity of your camp site, throw a line to catch a yellowfin bream, flathead, whiting, tailor and mangrove jack or launch your kayak to paddle or swim in the sheltered waters of Pumicestone Passage.

In the summer months, stroll along the shoreline at low tide and look for migratory shorebirds visiting from China, Alaska and Siberia as they recuperate ahead of their long flight home in April.

GETTING THERE AND GETTING AROUND

Gallagher Point camping area is in Bribie Island National Park and Recreation Area, 65km north of Brisbane.

- The camping area is on the western side of the island, on the shores of Pumicestone Passage and can be accessed by high-clearance 4WD with low range capability. There are no launching or recovery facilities for boats.

- From the bridge, drive north along Sunderland Drive and continue along White Patch Esplanade.

- From the northern end of White Patch Esplanade, follow the Poverty Creek access track for 180m before turning left onto the camping area access track.

- Drive 3km down this track to the camping area.

- The speed limit on inland tracks is 30km/hr.

- A vehicle access permit must be purchased. Display the permit on your windscreen before driving in the recreation area. 24hr number plate surveillance

cameras in use. Please ensure vehicle registration details are correct on your permit.

Two-wheel-drive (2WD) vehicles, trail bikes and motorbikes are prohibited from obtaining a vehicle access permit and entering the Bribie Island Recreation Area.

BEFORE YOU VISIT

Gallagher Point camping area is open 24 hours a day. Check-in to your camp after 2pm and check-out by 11am on the day of departure.

Check park alerts for the latest information on access, closures and conditions. Camping area features: this small, level, low-key camping area is on the western side of the island, with views over the Pumicestone Passage towards the Glass House Mountains and Toorbul.

NOTE: that camp sites here may be closed for bookings at times, due to flooding on very high tides.

Location: 2km north of White Patch.

Access: the camping area can be reached by 4WD only. (*The*

sandy roads are not suitable for 2WD vehicles). There are no launching or recovery facilities for boats.

Number of sites: 6 numbered sites.

Camp sites are suitable for: small campervans, caravans and camper trailers; sites are more suitable for tent camping beside your car. Sites accommodate a maximum of six people per site.

Camp site surface: sand, dirt, and grass.

Facilities: none.

Open fires: allowed in provided fire rings only (except when fire bans or prohibitions apply) but fuel stoves recommended.

Generators: not permitted.

Essentials to bring: water for drinking and cooking; gas stoves (preferable) or firewood (such as untreated mill off-cuts not bush wood); rubbish bags; insect repellent. Visitors are encouraged to bring portable toilets to help reduce bush toileting.

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HOW to use indicators

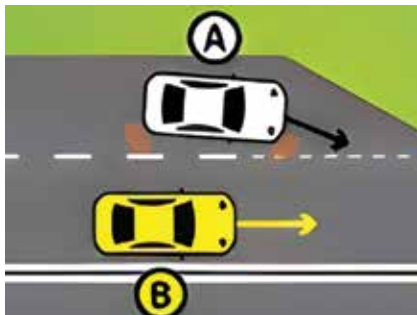
CHANGING LANES AND MERGING

CHANGING LANES

When you change lanes, you must give way to any vehicle in the lane you are moving into. This rule applies even if your lane is ending, and you have to cross a lane line.

Don't take risks when changing lanes. Before you change lanes, you must indicate for long enough to give warning to other road users.

You must turn off your indicator after you have changed lanes or merged.



MERGING

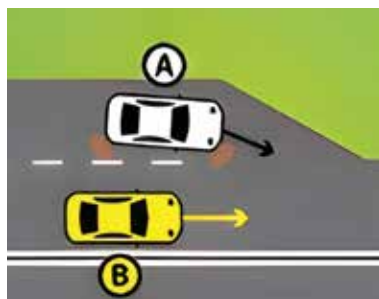
There are 2 different give way rules for merging. Merging on roads that have lane markings.

1. On roads where there are lanes marked on the road—if your lane comes to an end, you must give way to traffic already in the lane you are moving to. In this

example, Vehicle A (white) must give way to Vehicle B (yellow). Merging on roads that don't have lane markings.

2. On roads where there are no lanes marked on the road—when lines of traffic merge, you must give way to any vehicle that is ahead of you. In this example, Vehicle B (yellow) must give way to Vehicle A (white).

Lines of traffic refers to adjacent rows of vehicles that do not



have a lane separation line between them.

Merging safely on motorways

- Plan your route before you enter a motorway.
- Build up speed to match that of the traffic already on the motorway—this can help you to find a safe gap in the traffic.
- Look for a gap between the vehicles in the closest

lane and safely build up speed on the on-ramp so you enter at the motorway traffic's speed.

• When driving on a motorway, watch for other vehicles entering from an on-ramp and adjust your speed and/or lane to allow them to enter safely.

- Be ready and in the correct lane as your exit approaches.

If you miss your exit, continue to the next exit.

GIVING WAY

Did you know if you fail to give way, you may get fined and be given demerit points.

ROUNDBABOUTS

Who gives way at a roundabout?

When approaching a roundabout, you must give way to all vehicles already on the roundabout.

When to turn off a multi-lane roundabout

You can position your car to be in the correct lane at a roundabout by looking for signs, lane markings and arrows when approaching the roundabout.

Unless traffic lane arrows indicate otherwise, if you want to:

- turn left, use the left lane.
- turn right, use the right lane.
- go straight ahead, use either lane.

TURNING LEFT

Turning left at a roundabout

1. Position your vehicle in the left lane, unless arrows on the road or signs indicate otherwise.



2. Use your left indicator as you approach and enter the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Remain in the left lane as you complete your turn.
5. Continue to use your left indicator as you exit the roundabout.
6. Stop indicating once you have exited the roundabout.

TURNING RIGHT OR U-TURNS

Turning right or making a U-turn at a roundabout

1. Position your vehicle in the right lane unless arrows on the road or signs indicate otherwise.



2. Use your right indicator as you approach and enter the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Before exiting, use your left indicator and follow the exit lane marking.
5. Stop indicating once you have exited the roundabout.

Never turn right from the left lane unless arrows on the road indicate that you can.

GOING STRAIGHT AHEAD



Going straight ahead through a roundabout

1. Position your vehicle in either lane unless the arrows on the road or signs indicate otherwise.
2. There is no need to use your indicator until you are ready to exit the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Before exiting, use your left

indicator and follow the exit lane marking.

5. Stop indicating once you have exited the roundabout.

Another way of looking at roundabouts

Turns that occur at roundabouts can be described by imagining the roundabout to be a clock face.

- Any turn that exits the roundabout before 12 o'clock can be considered a left turn.
- Any turn that exits the roundabout after 12 o'clock can be considered a right turn.
- Straight ahead at a roundabout is taken to be at half-way around or at 12 o'clock.

The Queensland Road Rules uses the terms 'less than half-way round' and 'more than half-way around'.

CRIME REPORT



BRIBIE ISLAND WRAP

www.mypolice.qld.gov.au/moreton

A 67-year-old Banksia Beach man has been fined a record \$35,000 and convicted of illegally dumping building waste in Narangba, thanks to eyewitness tip-offs from locals.

The \$35,000 fine is the highest ever in Queensland for prosecutions under s104 of the Waste Reduction and Recycling Act.

Mayor Peter Flannery thanked locals for alerting the authorities and said he was pleased to have the court's backing Council's crackdown on illegal dumping.

"Let it serve as a warning to those people thinking of doing the wrong thing, that we have mobile CCTV units and staff dedicated to ensuring criminals are held responsible for their actions," he said.

"Over time this particular offender had illegally dumped the equivalent of 20-30 tonnes, which is completely unacceptable on any measure.

"The successful prosecution is a major win for Council's investigative and legal teams, and I want to publicly applaud their professionalism in gathering all the necessary evidence in difficult circumstances to prove the culprit's guilt.

"But it we wouldn't have achieved this outcome without eyewitness accounts and the evidence they provided.

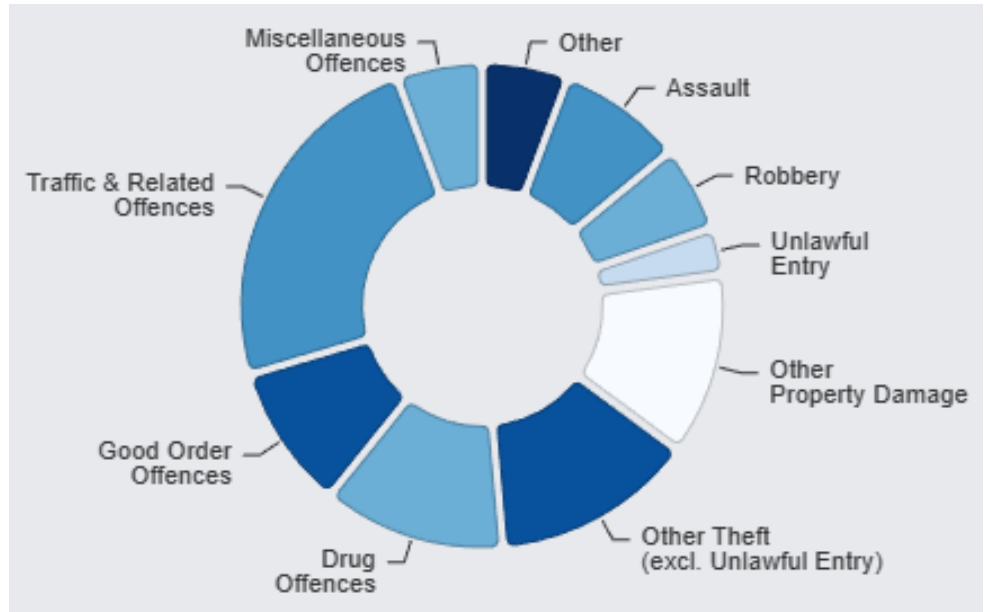
"So, I want to encourage anyone who sees illegal dumping activity or rubbish to contact Council, because this is an issue we take very seriously.

"We also act on complaints about damage to public property and will take all action necessary to help police apprehend offenders.

"Illegal dumping isn't just unsightly, it's environmentally damaging, presents a serious public safety risk and can even be a biohazard or bushfire risk.

"There's no excuse and it won't be tolerated".

In addition to the \$35 000 fine, the Court also ordered the defendant to pay \$1929 for the cost of Council's prosecution and investigation, and a conviction was recorded.



73 Offences
21 FEB 2023 — 20 MAR 2023

- Other 4
- Assault 6
- Robbery 4
- Unlawful Entry 2
- Other Property Damage 9
- Other Theft (excl. Unlawful Entry) 9
- Drug Offences 9
- Good Order Offences 7
- Traffic & Related Offences 18
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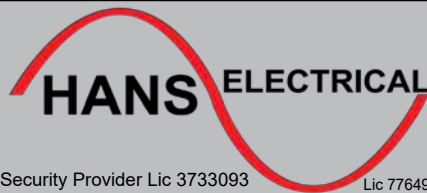
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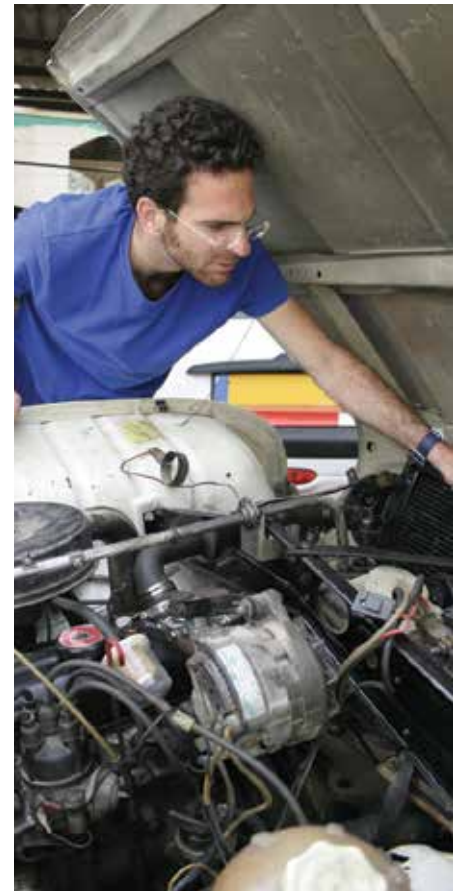
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