

# The Bribie Islander

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COMMUNITY  
MAGAZINE

ISSUE 189 APRIL 24, 2023



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# 189

Apr 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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**ANZAC DAY  
FEATURE**

**34 MENOPAUSE IN  
THE WORKPLACE**

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# Welcome

Dear Readers,  
Welcome to issue 189!  
I hope you all had a wonderful Easter break, and the Easter Bunny spoilt you! This issue we are doing a fantastic feature on Anzac Day, which we hope you all enjoy. Our team would like to thank all who voted for us in the Pumicestone Small Business Awards, we truly

appreciate your support as I am sure all the other nominated businesses do as well! The winners will be announced. Winners will be announced by the Honourable Di Farmer, Minister for Small Business, on Friday 28th April. We will keep you posted on who took out the awards! Until then, I will leave you with this poem,

*Cherrie*

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## *In Flanders Fields*

by John McCrae, 1914

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



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Tanning organically is an excellent way to achieve a perfect bronze glow without the harsh side effects of traditional tanning. An organic airbrush spray tan is a great option for those looking to get a natural and even tan. However, it is important to take the right steps to get the most out of your airbrush spray tan. Here are some tips to help you get the most even tan with an organic airbrush spray tan.

**CHOOSE THE RIGHT SOLUTION**

The most important factor to consider when getting an organic airbrush spray tan is the type of solution that you choose. You want to make sure that the solution is non-toxic, hypoallergenic, and free of any additives or chemicals that could irritate your skin. The best organic airbrush spray tan solutions are made with natural and organic ingredients, such as aloe vera and chamomile, that nourish and protect the skin while providing a natural-looking tan.

**PREPARE YOUR SKIN**

Before applying the spray tan, it is important to properly prepare

your skin. This will ensure that the tan looks even and lasts as long as possible. First, you will want to exfoliate the skin to remove any dead skin cells or impurities that could interfere with the application. This can be done with a body scrub, loofah, or exfoliating mitt. After exfoliating, make sure that your skin is thoroughly moisturized so that the tan will go on evenly.

**APPLY THE TAN**

When you're ready to apply the organic airbrush spray tan, it is important to make sure that you are using the correct technique. Begin by holding the spray gun with your dominant hand and keeping your arm at a 90-degree angle from the skin. Move the gun in a smooth and even motion, making sure that you are evenly covering the entire body. Aim for light and even coverage, rather than applying too much in one area.

**ALLOW TIME TO DRY**

Once you have applied the organic airbrush spray tan, it is important to allow enough time for the tan to dry completely. Usually, it takes about 10 to

15 minutes for the tan to dry completely. If you don't allow enough time for the tan to dry, you may end up with streaks or patchy spots.

**REAPPLY AS NEEDED**

Depending on the type of tan you get, you will likely need to reapply the airbrush spray tan every few days to maintain a natural-looking tan. Make sure that you are applying the tan in the same manner as before and allowing enough time for the tan to dry completely.

**MOISTURIZE REGULARLY**

One of the most important things you can do to ensure that your organic airbrush spray tan lasts as long as possible is to moisturize regularly. Using a moisturizer that is specially formulated for tanning can help to keep the tan looking even and prevent it from fading too quickly.

By following these tips, you can ensure that you get the most even tan possible with an organic airbrush spray tan. With a little preparation and the right technique, you can get a natural-looking tan that will last for weeks.

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million treatments performed worldwide. It has become the treatment of choice for patients who are not yet indicated or not willing to undergo surgery. This fills a huge gap in the market and captures an audience of people from 30 years of age all the way to 80.

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THE ART OF STYLING THE DRESS IN VARIOUS WAYS IS AMONG THE MOST PRACTICAL TIPS FOR CHANGING INTO SUSTAINABLE CLOTHING. INSTEAD OF FEELING AS IF YOU HAVE TO PURCHASE NEW CLOTHES, IT IS POSSIBLE TO MIX AND MATCH THE CLASSIC PIECES OF YOUR WARDROBE TO CREATE DISTINCTIVE OUTFITS.

**HERE ARE OUR TOP SIMPLE WAYS TO DRESS IN THE PERFECT DRESS.**

**wear it with different belts.**

The same dress with a different belt. The result could look like a brand-new outfit. No matter if formal or casual or taller or thinner belts enable you to show off your focus on the finer details while also creating new looks. Furthermore, once you've got a couple of belts that can be used in a variety of ways that you can use. You'll also be able to mix and match skirts, trousers or briefs using the same technique.



**wear your dress with a cardigan.**

Dresses and cardigans are an ideal match and look awesome. While smaller monochrome cardigans on swing dresses are sure to give a retro look, you can apply this technique to more modern designs too. Dress in a long cardigan to look stylish and keep you warm too

**make a stylish dress with a jacket.**

From the oversized designs of the 1980s to vibrant ones in the latter part of 2000, blazers always be fashionable. But slow fashion is about getting away from trends. If you are a fan of them, you can include them as part of your own style without stressing about flashy fashion trends that are not sustainable



**don't forget to style it with a short Jacket.**

Although tucking your dress under the length of your coat is unproductive if you're looking to play with it shorter jackets are an absolute yes. They're one of the designs that will never cease to turn heads, no matter if you're a fan of casual jeans or more formal pieces.



**create a unique look by using a poncho.**

The last suggestion for styling the dress using layers of clothing is probably the most innovative that is: the poncho. The end result is comparable to long blazers. However, since ponchos are worn much less frequently, you're better positioned to create an unforgettable fashion statement.

**Party Dress with a variety of styles of hats**

Because certain dresses can serve as casual or more formal outfits in addition, a hat could be the key to a successful outfit when you're mixing them for a different event. They can aid you in achieving one of these two primary results or help you create an even mix of both



**make use of it to show off your unique jewellery..**

Another suggestion on how to style a dress in various ways to achieve a more or less casual look is to play with your jewellery or particularly necklaces. The same dress can create a totally different look if you opt for a sophisticated gold piece or a funky recycled style



**denim never goes out of style.**

Style your dress with some cropped denim jacket to keep your arms warm and look stylish. Pair your look with some white sneakers and a backpack to look cool and casual. If you're going for a more stylish streetwear look, wear an oversized denim jacket that reaches down to mid-thigh.

**style your dress with a simple scarf**

Sometimes all you need is an extra accessory like a scarf. Tie a scarf loosely around your neck to stay warm and cool and add a pop of colour to your dress. If it's chilly out, layer up with a cardigan and some tights underneath. Pair your look with some shoes or flats and some boots for a cute and casual outfit.



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## BRIBIE PINK DRAGONS PADDLE IN N. Z.

Bribie Pink Dragons, a breast cancer survivors club, is celebrating its 15th anniversary this year. For the past decade and a half, members have been paddling dragon boats on our beautiful Pumicestone Passage, enjoying the physical and emotional benefits of being part of a supportive and motivated community. Breast cancer survivors often feel isolated and in need of support from other women who have gone through similar experiences. The Bribie Pink Dragons provide just that - a dedicated and caring group of survivors, as well as their families

and friends, who have experienced the ups and downs of cancer and are always there in unconditional and loving support. The club has achieved many accomplishments over the years, including competing at international regattas. Five years ago, 19 members travelled to Florence, Italy, and won a race, our first ever. On April 9th, six members left Bribie to team up with Melbourne's Dam Busters to compete at the International Breast Cancer Paddlers Commission IBCPC Participatory Festival at Lake Karapiro in New Zealand. This festival is an event for paddling teams that use dragon boat paddling as a means of rehabilitation for breast cancer survivors. The event brings together up to 4,000 women

and men of all ages, fitness levels, and nationalities, all dressed in pink who all share a common experience. One of our club members is Joyce Thomas, diagnosed with breast cancer at the age of 69, and has been paddling regularly for almost 12 years. Joyce turned 89 soon after arriving in New Zealand, making her not only the oldest member of our club but the oldest participating paddler. In her honour, and to our great pride, she has been chosen to carry the Australian flag at the Closing Ceremony as well as fill the role of drummer in the Sandy Smith Global Final event. This race comprises a member selected from each team to participate in 6 boats, then raft up for the "Flowers on the Water" ceremony in remembrance

of all women who have lost their fight to breast cancer. Bribie Pink Dragons are always welcoming new members and supporters. We paddle three times a week during both summer and winter. If you are a breast cancer survivor or supporter and would like to join, please contact the club's President, Maree, at 0405 550 960 for further information. **The Bribie Pink Dragons is a remarkable club that provides a supportive community for breast cancer survivors. We have achieved great success in international competitions and continue to inspire others to overcome cancer and live life to the fullest**

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# Sleep

Hi, today I am going to talk about the importance of sleep and some ways to help improve your bedtime ritual if you struggle to get a good night's rest. When we sleep, our body has time to heal and rejuvenate, so to be at our best a good night's sleep is very important. Some of these techniques may help with this.

**Step one:** an hour before bed, stop watching TV or using tablets, smartphones, laptops or other electronic devices as it can make it more difficult to fall asleep. The artificial blue light from these types of devices suppresses the release of melatonin. Melatonin is a

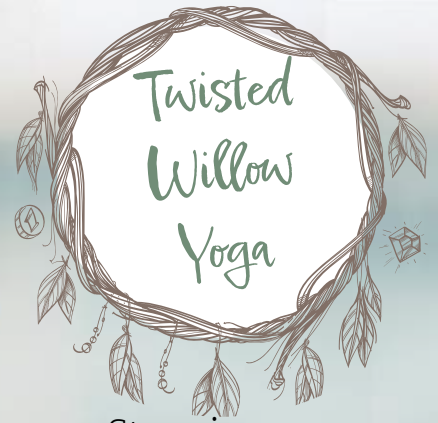
hormone produced by the pineal gland in the brain. It controls the body's night and day cycles. When it gets dark, the body produces more melatonin to help a person to fall asleep. When it is light, the body produces less melatonin and prepares to awake.

**Step two:** do some gentle stretching will help to relax your body also aiding in a night of more restful sleep. Child's pose is a calming yoga pose. The stretch releases shoulder tension as well as tension in the facial muscles

**Step three:** have a routine time, if possible, for bed and to rise as this helps your body clock regulate. Your body's circadian rhythm functions are on a set loop, aligning itself with sunrise and sunset. Get in the habit of waking up and going to bed at similar times. After several weeks, you may not even need an alarm.

**Step four:** Don't eat late. A glass of warm water and honey aids digestion so avoid caffeine and alcohol from twilight on and replace it with warm water and honey.

**Step five:** try some meditation and gratitude practice before bed to quiet your mind and help relieve stress. Strategies include listening to relaxing music, reading a book, taking a hot bath, meditating, deep breathing, and visualization.



**Step six:** In addition to stretching, some people may enjoy deep breathing as a relaxation technique before bedtime. Inhale until you feel your stomach lift, then hold your breath for a moment before exhaling. Practise deep breathing to promote sleep. I use box breathing before I sleep to help calm and relax myself. Hope this helps and as always sending love and light your way. Wishing you restful night's sleep.

Namaste Karyn

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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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# Getting through difficult times...

**WE ALL EXPERIENCE THEM AT SOME POINT, THERE ARE TIMES IN OUR LIFE THAT ARE MORE CHALLENGING THAN OTHERS. WHILST THERE IS NO WAY TO AVOID THESE TRYING TIMES, THERE ARE WAYS TO MAKE THESE MOMENTS EASIER. THE MORE RESILIENT YOU ARE, THE BETTER YOU ARE AT TOLERATING EMOTIONAL DISTRESS GENERATED BY DIFFICULT EXPERIENCES. IT HELPS YOU ADAPT AND BOUNCE BACK MORE QUICKLY FROM HARDSHIP.**

**RESILIENCE CAN BE BUILT BY: ALLOW YOURSELF TO FEEL.**

When painful emotions arise, sometimes it feels like it is easier to ignore them. Allowing feelings to arise, even the deepest sadness

or grief, creates a space for healing to take place.

**HAVE ACCEPTANCE.**

In life, there are things we can change and things we cannot. We must have the wisdom to know the difference. When we live in this way, it gives us the freedom to devote our energy to things we can transform into something positive.

**PRACTICE SELF-LOVE**

Taking care of the mind, body, and spirit; means getting adequate sleep, exercising, eating well, being kind and nurturing yourself.

Take time to relax, meditate and breathe.

**TAKE TIME IN NATURE.**

**Find purpose.**

Whether it is a hobby or an activity, bringing pleasure into our lives helps us manage periods of stress.

Assisting others can take us away from our own issues and can give us a clearer perspective. It can also bring a sense of purpose.

**BE POSITIVE.**

In the darkest of times, there is always light. I believe, there is always one positive thing that can be found, even in the bleakest of moments, often many when we look close enough. To have had the experience, growth or love is a precious gift.

It is easier to be positive when we can break a situation down and manage one thing at a time.

Find ways to be motivated and keep going.

Take a step back from the situation and observe it as an outsider; you may view things from a different perspective.

Celebrate everything wonderful and practice gratitude.

Thoughts and words become things, so be mindful.

**CONNECT WITH OTHERS.**

It can help to talk things through. This helps you express and aids in clarifying your thoughts and feelings.

Being with others provides support and reminds us that we are never alone.

Sharing time with others has many benefits physically, mentally, and emotionally.

Get out there and connect with positive uplifting people.

**If you need help, seek someone like myself who can gift you tools to take control of your life, by empowering yourself.**

**I can be reached on 0405 361 882 or on Facebook: MariaChristina.Love**

**Always with love,  
Maria Christina x**

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<sup>^</sup> 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.





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

## HAVE TENNIS OR GOLFER'S ELBOW?

Though elbow pain is common in athletes - and we do see our fair share of tennis players, golfers, pickleball players, and lawn bowlers - it is also common in those that perform repetitive tasks, such as avid gardeners. Tennis elbow refers to the inflammation of the tendons where they attach on the lateral (thumb side) of the elbow, whereas golfer's elbow refers to the tendons on the medial (pinky side) of the elbow. They are also known as lateral epicondylitis and medial epicondylitis, respectively. The pain can vary from a burning sensation at the elbow to shooting pains down the forearm. When impacted, lifting minor objects, even as light as a coffee cup, can cause severe pain.

### Other common symptoms include:

- Tenderness on the lateral or medial side of the elbow
- Pain when opening the hand (tennis elbow) or pain when making a fist (golfer's elbow)
- Difficulty holding, pinching, or gripping objects

When addressing tennis or golfer's elbow, it is important to also assess the affected muscles in the forearm - which are often tight - in addition to the tendons themselves. Affected muscles often have become shortened/ tightened with overuse, and therefore put increased strain on the tendons and compound the pain.

## ACUPUNCTURE FOR ELBOW PAIN

Typical treatments for elbow pain include over-the-counter pain relievers and cortisone injections, however acupuncture is commonly used as an effective, minimally invasive treatment to restore pain-free movement. There are several acupuncture techniques that may be used when treating elbow injuries, depending on each individual case. All of the techniques however, stimulate healing by bringing oxygenated blood to the injured area to flush out toxins and lactic acid, and to reduce inflammation. The techniques include:

- Electroacupuncture: with acupuncture needles inserted at targeted areas of your elbow and forearm, a device is connected to the needles to deliver an electrical pulse. The stimulation relaxes the muscles, increases blood flow, and stimulates endogenous opioid endorphins, the body's natural pain-relieving chemicals.

- Motor point acupuncture: motor points are specific locations in the muscles where the motor nerve can be easily stimulated. When an acupuncture needle is used on a motor point with an electric impulse, it creates a contraction and relaxation which releases tight contracted bands of muscle. This is like hitting a muscle reset button which provides pain relief and improved muscle contractibility and mobility.

- Gua Sha is a type of friction massage that is used to stimulate circulation of oxygenated blood, remove scar tissue, and increase collagen production to promote healing.

- Moxibustion involves external



use of the herb mugwort (also known as moxa), which facilitates healing by reducing inflammation and increasing blood circulation.

We see elbow pain regularly in our clinic - both acute and chronic cases. The number of treatments needed varies with each person, however fewer treatments are typically required if the injury has just recently occurred. On average, patients with elbow injuries receive six treatments over three weeks. Treatment plans vary depending on the severity of the injury and individual response to acupuncture. To reduce the chance of injury:

- Avoid repetitive tasks involving your arms and heavy lifting for extended periods
- Be mindful of tension in your forearm muscles over a prolonged duration of time
- Regularly stretch your forearms and hands to improve circulation

## A BRIEF HISTORY OF ACUPUNCTURE

6000 BCE - Sharp bone and stone instruments are discovered in China, described as 'pieces of stone used for treating illness by pricking the body'.

198 BCE - Burial tombs, amongst other artifacts unearthed in 1973, depict a medical practice related to acupuncture meridian systems.

552 AD - Acupuncture begins its migration from China to Japan and Korea.

1368-1600 - Acupuncture becomes one of the primary care systems used in China, alongside herbs, massage, diet, and moxibustion.

1500-1700 - The Dutch East India Company introduces acupuncture to Europe.

1822 - Acupuncture suffers a decline in China.

1880 - Acupuncture is introduced in Australia during the gold rush period by Chinese gold diggers.

1949 - Following the installation of the Communist government in China, all traditional forms of medicine are re-established and encouraged, including

acupuncture.

1971 - In preparation for the unprecedented visit to China by US President Nixon, a US press corps member is treated with acupuncture following an emergency appendectomy. He describes his experience in the New York Times and as a result, teams of US physicians tour China to assess acupuncture's therapeutic applications.

1979 - The World Health Organisation conducts a symposium on acupuncture in China.

1997 - The National Institute of Health in the United States declares there is sufficient evidence of acupuncture's value to expand its use into conventional medicine.

2000 - Research into acupuncture as a medical treatment grows exponentially, increasing at twice the rate of research into conventional biomedicine. From 2000-2020, there have been over 13,000 studies conducted in 60 countries, including hundreds of meta-analyses.

2012 - Mandatory national registration of acupuncturists with the Chinese Medicine Board of Australia, under the governance of the Australian Health Practitioner Regulation Agency, a government body that manages the registration of all health practitioners.

2017 - The Acupuncture Evidence Project reviewed the effectiveness of acupuncture for 122 treatments over 14 clinical areas. Evidence of effect was found for 117 conditions, including knee osteoarthritis, lower back pain, and headache.

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

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



## BRIBIE ISLAND PROBUS'S LATEST ADVENTURES

The Probus Club of Bribie Island is quite sure that being a member is all about fellowship and having fun with friends.

While a book, or a movie, may transport an individual on a fantasy adventure there is nothing quite like the real thing with all the sights and smells and incidents that occur along the way.

On 26th March a group of 14 Probians from the Bribie Island Club set off on an adventure that ticked several bucket-list items.

Many had already travelled far and wide, but Australia has so much to offer.

This trip began with a flight from Brisbane to Darwin and on the first day took a tour of the Lichfield National Park. The next trip was a full-day tour around Darwin with a very experienced guide.

All aboard the Ghan - the first stop on the 2979km journey was a pleasant cruise through Nitmiluk Gorge, Katherine. The

next day saw us in Alice Springs, where we visited the Royal Flying Doctor Service and the Overland Telegraph Station settlement. After the Ghan, we boarded the Proud Mary for a two-night cruise on the Murray River. The eco-excursion on the tender put our birders in heaven.

The following day we went to Hahndorf - beautiful amidst Autumn trees. Once in the Barossa we did the expected wine tasting and cellar inspection at

the Kies Winery and Chateau Yaldara. We ended that day with ice cream at Maggie Beers. An amazing holiday - one which met all the objectives of the club, to engage in friendship and fellowship and, above all, to have fun!

**Comprehensive information concerning our club can be found on our website - simply Google "probusbribie" or contact Dave (0408 453 086) or Gabrielle (0407 341 074)**

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# HOW TO ATTRACT SWALLOWTAIL Butterflies

## ORCHARD SWALLOWTAIL

(*Papilio aegaeus*)

Also: Citrus Swallowtail Butterfly



Male has black wings, with creamy-white spots near the tip of each forewing and a single red spot

Host/food plants:  
Citrus & Limeberry (*Micromelum minutum*)

## DAINTY SWALLOWTAIL

(*Papilio anactus*)

Also: Dingy Swallowtail, Small Citrus Butterfly

Black wings with white-grey patches, red-and-blue patches on hindwing, tip of its body is yellow



Host/food plants:  
Citrus & Limeberry (*Micromelum minutum*)

## CHEQUERED SWALLOWTAIL

(*Papilio demoleus*)

Also: Common Lime, Lemon Butterfly



Creamy yellow and black chequered pattern, with reddish spot on the inside edge of the hindwing

Host/ food plants: Citrus & Emu Foot (*Cullen tenax*)

## CLEARWING SWALLOWTAIL

(*Cressida cressida*)

Also: Greasy Swallowtail, big greasy

Female is pale brown, black abdomen with orange segments. Male has transparent forewing with 1+ black spots, red tip on abdomen



Host/food plants:  
*Aristolochia macroura* & *Aristolochia acuminata* (Tagala)

# 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:

- Butterfly breeding
- 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](http://www.bribieislandbutterflyhouse.org/volunteerroles)  
206B First Avenue, Bongaree - Woorim,



# Colouring our world

Colours of Australia  
Exhibition Matthew Flinders  
Gallery – Bribie island

**April 18th – 30th 2023**

“Colours of Australia” is an exhibition by four local artists, celebrating all things Australian and filling the gallery with a burst of colour.

Join Ron Bryant, Karen King, Jo-Ann Middlebrough and Tricia Taylor as they take you on a journey of their travels through Australia. All of the artists are avid “plein air” painters who love to travel with their art. From Uluru to the MacDonnell Ranges, the blue mountains to our amazing coastline. The outback ochres and the ocean turquoise will make an amazing mix of colour and light in this exhibition.

Tricia, Jo-Ann, Karen and Ron all have an impressionistic style of realism that merge together to make a cohesive exhibition. While the work will include mixture of oils, watercolours and pastels will make it great variety of mediums and techniques used.

The Exhibition runs for two weeks.

Opens on the 18th April and closes on the 30th April. Bribie Community Art Centre, Matthew Flinders Art Gallery. 191 Sunderland Drive Banksia Beach. Open 9-4 daily – closed Mondays.

Join the artists at the official opening, 2pm 22nd April 2023 with light refreshments and nibbles. The exhibition will also be officially opened by Deborah Eddy, who is also a local Moreton Bay artist and current Doctor of Visual Art Candidate, Queensland College of Art.



The artists are:  
Ron Bryant whose passion is mainly painting Landscapes and Seascapes.



Karen King who depicts her love of light and colour whilst working in a semi-impressionistic style.



Jo-Ann Middlebrough whose current works depict her love for the Australian landscape and its flora and fauna, which she fears is in peril



Tricia Taylor has many works which make up memories of her travels throughout Australia, painting “en plein air”. She paints to shine a light into the

community through art and bring joy and clarity to our path.

The exhibition runs April 18 – 30. FREE admission. Arts Centre open Tuesday to Saturday 9am – 4pm Sundays 9am to 1pm.

Refresh after browsing at the Cafe 191 on site. Open for lunches and snacks seven days; 9am – 2pm Tuesday to Saturday; 9am-1pm Sundays & Mondays.



## Colours of Australia Exhibition

### OUR ARTISTS



**RON  
BRYANT**



**KAREN  
KING**



**JO-ANN  
MIDDLEBROUGH**



**TRICIA  
TAYLOR**

Ron, Karen, Jo-Ann and Tricia  
invite you to join us at our  
exhibition.

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MEET THE ARTISTS  
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✉ [artist@taylorart.com.au](mailto:artist@taylorart.com.au)  
[karenking.1@bigpond.com](mailto:karenking.1@bigpond.com)

**18th April -  
30th April**

9am-4pm daily  
closed Mondays





# MENOPAUSE IN THE WORKPLACE -



**D**EALING WITH A HECTIC WORK SCHEDULE AND DAY-TO-DAY RESPONSIBILITIES AT HOME CAN BE CHALLENGING ENOUGH. ADD TO THAT THE FACT THAT, AS A WOMAN, YOU'LL EVENTUALLY GET TO A POINT WHERE YOU'LL ENTER MENOPAUSE, AND YOU CAN BEGIN TO UNDERSTAND JUST HOW DIFFICULT THINGS CAN GET. TRYING TO TACKLE YOUR DAILY TASKS WHILE EXPERIENCING UNCOMFORTABLE AND OFTENTIMES EMBARRASSING SYMPTOMS THAT COME WITH THIS NATURAL CONDITION CAN RESULT IN FRUSTRATION AND DISRUPT YOUR WORKING LIFE.

While there are women who experience some minor menopausal symptoms, others may not be that lucky. In fact, around 10 percent of menopausal women's careers come to a halt due to the severity of symptoms. While it can be challenging, there are ways to manage menopause in the workplace and make it work. Below, effective tips on managing your menopausal symptoms while at work.

## WORK ON MANAGING YOUR SYMPTOMS

The first step towards managing menopause in the workplace is making sure you understand your symptoms and then addressing them accordingly. For instance, if you experience hot flashes, consider dressing in breathable fabrics and wearing layers that you can easily remove. To keep your blood sugar in check, always have a light snack on hand - this can help with mood swings. Also, consider skipping on coffee and rely on some other alternatives to wake you up in the morning.

While at home, do your best to incorporate exercise into your daily routine. Not only is this an effective way to reduce unpleasant symptoms, but

it's also great for your mood, sleep, and overall health. It will also go a long way in helping you improve balance and stability - both of which we tend to lose with age.

## SEEK MEDICAL SUPPORT

Sometimes, managing your menopausal symptoms will be as simple as changing up your habits and choosing work outfits that accommodate and support you as you go through this major change. Other times, however, you will need to address your condition by seeking the necessary medical support.

When the symptoms become unbearable, it might be a sign that you might need something to ease the transition. In such instances, hormone replacement therapy can be of major help in helping menopausal women to reduce their symptoms. Such therapies help keep menopausal women's hormones in balance rather than having their hormone levels fluctuate. Given the fact that they come in everything from creams and nasal sprays to pills and patches, you'll be able to reduce your symptoms conveniently and discreetly.

## ASK ABOUT POSSIBLE ADJUSTMENTS AT WORK

Menopausal symptoms can be disruptive to say the least. Other times, they may be downright unbearable. Don't hesitate to ask for some reasonable modifications in the workplace to help accommodate your condition.

## MENOPAUSE IN THE WORKPLACE

If possible, move your desk next to the window to address those unpleasant hot flashes. Ask the co-workers if it's okay if you turn down the thermostat for a couple of degrees, or get a desk fan that will help keep you cool. Consider asking for a day off after a restless, sleepless night, and if possible, a more flexible schedule. Finally, address your overwhelming symptoms both at work and in personal life. Having someone to confide in can make it easier to cope with the unpleasantities that follow menopause. It will also provide others with an insight into this condition and its struggles. This will result in deeper understanding while also helping you take some of the pressure off.

# - Tips On How To Cope With It



## TALK OPENLY ABOUT YOUR CONDITION

From inability to focus on the task at hand and sudden brain fogs to sleep problems and day-to-day fatigue, menopause can be disruptive to say the least. This can make it quite challenging to be your most productive, engaged self while at work. As a result, you may feel guilty about being unable to give your usual 100%, which only leads to even more frustration.

Truth be told, women's health issues are considered taboo in many instances. Many workplaces don't provide the amount of support that menopausal women need during such a difficult period. However, as an employee, your well-being as well as your health matter, so effective management of women going through a menopause is vital. Be more open about what you're going through rather than keeping everything to yourself. Engage with other

menopausal employees and make your male colleagues a part of the conversation as well.

## EFFECTIVE STRATEGIES MAKE FOR A SMOOTHER MENOPAUSE TRANSITION

There's no doubt that a woman's work performance can be greatly affected by her menopausal symptoms. However, this is a completely

natural condition that every woman is bound to experience sooner or later in life.

**As your body is taking its time to adjust to all the newfound changes menopause has you going through, take a step back and identify the best ways to cope with it. In doing so, you'll make this transition easier while also making sure you stay on top of your daily duties.**



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**Planning ahead for all the right reasons**



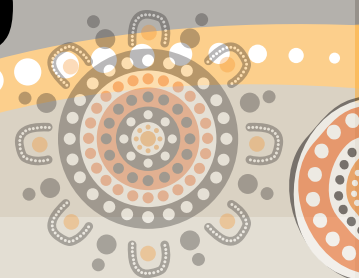
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# Australians

## Together



### BUSTING THE MYTH OF PEACEFUL SETTLEMENT

Firsthand accounts, newspaper articles and diaries to reveal the tragically violent and bloody nature of Australia's colonisation. "During the first half of the 20th century the Aborigines (sic) were written out of Australian history. This had the convenient effect of hiding much of the domestic bloodshed, allowing the celebration of what came to be viewed as a uniquely peaceful history of settlement... For generations weaned on this soothing syrup the new history of the frontier came as an unwelcome revelation and one often stoutly resisted."

#### Henry Reynolds

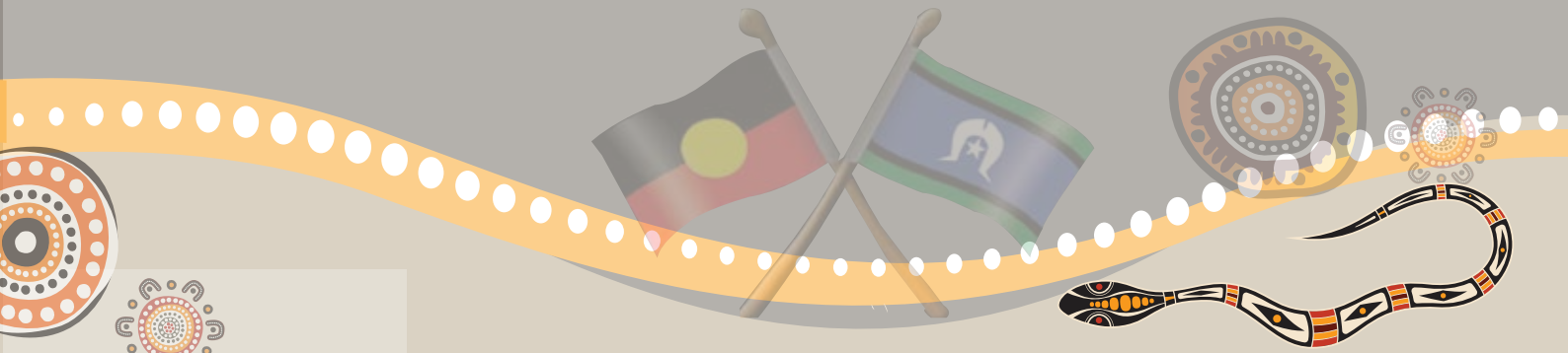
For most of the 20th century, many Australians were taught about the peaceful settlement of Australia, featuring stirring tales of pioneer grit and endurance. In the words of historian, Henry Reynolds, in this peaceful account of Australia's colonisation "the frontier became a site of struggle with the land, not a fight for possession of it. The national narrative became one of a hard and heroic fight against nature itself rather than one of ruthless spoliation and dispossession. The squatter and the bushman became national heroes... No one wanted to notice the blood on their hands."

As a result of these misleading narratives, "the vigour of Aboriginal resistance was forgotten". In contrast to the Maori and the Melanesian, Indigenous Australians were regarded as lacking the capacity to resist invasion; instead, to quote one anthropologist from 1932, the Indigenous Australian "mutely dies".

In recent decades, however, many historians have exposed the narrative of peaceful colonisation as a myth, using first-hand accounts, newspaper articles and diaries to reveal the tragically violent and bloody nature of Australia's colonisation. Coming to terms with the facts of frontier violence and understanding the devastation that it left in its wake is key to moving forward together as Indigenous and non-Indigenous Australians.

#### Australian Massacres

According to Indigenous historian, Larissa Behrendt, "In the beginning, Aboriginal people often met the newcomers with hospitality and generosity". However, as it became evident that the settlers were here to stay and Indigenous people were dispossessed of more and more of their lands, denied access to traditional food and water sources, and subject to sexual abuse and slavery at the hands of the colonists, "attitudes began to change, and conflict was inevitable." Although the total number of casualties due to violent conflict is hotly contested, historical records do document numerous occasions on which Indigenous people were hunted and brutally murdered by the colonists. Massacres of Indigenous people often took the form of mass shootings or driving groups of people off cliffs. There are also numerous accounts of colonists offering Indigenous people food laced with arsenic and other poisons.



Colonists were rarely punished for the atrocities committed against Indigenous people. The Myall Creek Massacre on the 10th of June 1838 was one exception; seven white settlers were tried and hanged for the murder of 28 Indigenous people (mostly women, children and the elderly). However, in many instances, the killing of Indigenous people was endorsed by authorities.

Frontier violence often broke out in response to the spearing of cattle and livestock by Indigenous people, or the abduction and abuse of Indigenous girls and women by white men, and subsequent retaliatory killings. However, in some cases, hunting and murdering Indigenous people was regarded as sport, and took particularly brutal forms.

### Indigenous Resistance

It is important to emphasise, as Behrendt does, that: “Although the colonists eventually prevailed, Aboriginal people around Australia resisted incursions onto the land, often tenaciously, with violent and tragic outcomes.”

Indigenous Australians didn't passively accept the invasion of their land, resisting vigorously, and sometimes violently. It was not only their physical survival that was threatened; their cultural and spiritual survival was also at stake as sacred sites were desecrated and connection to Country disrupted. In response, they sometimes employed guerrilla tactics, including raiding farms, killing stock, burning buildings, and even killing settlers.

Pemulwuy was an Aboriginal warrior from the Bidjigal clan of the Dharug nation, and a leader of the resistance movement to the south and west of Sydney Cove. These conflicts became known as the Hawkesbury and Napean wars.

Pemulwuy and his son, Tedbury, led raids on cattle stations, killing livestock and burning crops and buildings. The purpose of these raids was sometimes to obtain food; however they were often in retaliation for atrocities committed against Indigenous people, particularly the women. In response, Governor King ordered the shooting on site of any Aboriginal person in the Paramatta region, and a reward was announced for Pemulwuy's death or capture.

Pemulwuy survived two bullet wounds but was eventually killed in June 1802 after being shot by two settlers. He was decapitated, and his head was shipped to England. His son, Tedbury, continued the resistance.

Windradyne was another significant leader of the Aboriginal resistance to white colonisation in the Bathurst region of New

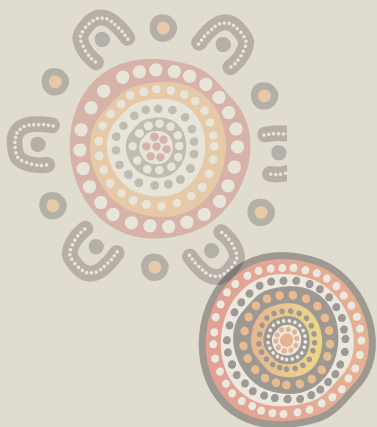
South Wales, where several violent clashes between Aboriginal people and white settlers prompted Governor Brisbane to place the district under martial law in August 1824. A reward of 500 acres was offered for Wyndradyne's capture due to his involvement in incidents resulting in the death of several white settlers. However, Wyndradyne avoided capture, and was formally pardoned when he appeared at the Governor's annual feast in an apparent move to negotiate. He died on the 21st of March 1829 due to wounds suffered during a tribal fight.

Yagan was a Noongar (or Nyoongar) warrior, and led the Aboriginal resistance in the Perth region, Western Australia, until he was killed by colonists in 1833. His head was severed, preserved, and sent to England. The conflict in the area continued after Yagan's death; in 1834, Governor Stirling led an attack known as the Battle of Pinjarra. Unofficial reports hold that a whole clan of Aboriginal people was extinguished.

In 1997, Yagan's skull was finally returned to the Noongar people.

In some areas, such as Arnhem land, Aboriginal resistance succeeded in stalling the spread of the frontier. However, as Behrendt notes, “in the end, the squatters had the law and the firepower on their side.” Indigenous people, their populations severely depleted by disease, dispossession and violence, drifted to the town fringes, cattle stations and Christian missions.

Despite this outcome, Indigenous people continue to demonstrate incredible resilience today as they fight for recognition of their dispossession and ongoing rights to land.





# Dear Pumicestone

## We've had a massive response to the first ever Pumicestone Small Business Awards!

Our community has shown their support for small businesses and their employers in a big way with over 2,000 nominations and nearly 7,000 votes received.

As a former small business owner, I wanted to give our small businesses a chance to showcase their unique products and services. Thank you to everyone who nominated a business and voted for the Finalist - you're now in the draw to win \$200 small business voucher. I know everyone is excited to find out the winners - I certainly am! Winners will be announced by the Honourable Di Farmer, Minister for Small Business, at the Pumicestone Small Business Awards on Friday 28th April.

While we wait for the results, I wanted to share some of the feel-good feedback our local small businesses have gotten during the Awards.

**In my Belly, Pupcakes and Treats**, nominated for the Best Retail Business "Both Shelley and Lauren work in day/night jobs whilst managing a successful business from their home on Bribie Island. They have a huge following and their pet treats are in high demand both at markets and through online orders. They are both very dedicated and they truly deserve this award for their commitment to the community and the fur babies of the community."

**The Little Sensory Shed**, nominated for Best Retail Business "Anna is passionate about providing the best quality products for children with sensory needs. Her products are carefully selected to ensure they are safe,

value for money and above all perfect for little people to enjoy."

**Progressive Play**, nominated for the Best Health, Wellbeing and Fitness "Progressive Play deserves recognition for all that they to consistently give back to the community. They provide valuable and affordable training programs which benefits service users within the mental health, disability, and education sectors. They are excelling in their business pursuits; their programs are outstanding and their customer service is second to none."

**Little Mikes at Woorim**, nominated for the Best Hospitality "Best coffee on the island and the treats and snacks to die for. There is always something different on the menu to tempt your taste buds. Michael knows everyone's coffee order and he is always up for a chat. You start the day right when you go to Mike."

**Serenity Café** at Bongaree, nominated for the Best Hospitality "I am nominating this business because of the beautiful staff and amazing food, not to mention the amazing waterfront view. Serenity cafe is such a nice small local business on the island and deserves an award."

**Cosmos Skin and Beauty** at Banksia Beach, nominated for the Best Beauty and Hairdressing "Jess takes time, care and kindness to ensure you not only have a great treatment, but an equally relaxing one. The intimacy that comes with Cosmos's atmosphere is a luxury in the fast-moving world we live in. It is an

outstanding and invaluable business to the Pumicestone region."

**The Bribie Islander Magazine**, nominated for Best Business & Professional Services and Michele, who is nominated for Outstanding Customer Service

"The Bribie Islander Magazine has been a major promoter of information, history and general community events within the Bribie Island and surrounding areas through the distribution to every household. It promotes both businesses and community organisations by raising awareness of not-for-profit groups as well as small businesses and assists to make the Bribie community what it is today."

## Australian Buffalo Sauce

"Award winning hot sauce business which will turn 1 this year. They are a lovely young family, who are very dedicated and always supporting other local businesses and getting their products from local farmers as much as possible. Positive people with positive minds!"

You can find more feedback about our local small businesses by following me on social media: @AliKingMP. If you have any questions or State Government Issues, please contact my office on 34742100 or at [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au)

Warmly  
Ali King MP



2023

# Pumicestone

## SMALL BUSINESS AWARDS



Stay tuned to meet the winners!

**ALI KING MP**  
Member for Pumicestone

THE ATO SEE COMMON BEHAVIOURS AMONG SMALL BUSINESSES THAT GET THEIR TAX RIGHT. THESE TIPS WILL HELP YOU TO PAY THE RIGHT TAX.

- Seek advice & support
- Check your business structure
- Keep good records
- Get your income and expenses right
- Seek advice & support
- A tax professional can help keep you on track and avoid costly mistakes.

**MAKE SURE YOU:**

- choose a tax agent or BAS agent who is registered with the Tax Practitioners or a reputable bookkeeper
- keep your tax professional in the loop - regular contact will help them understand your business and give you the right advice



## TIPS FOR SMALL BUSINESS OWNERS

- talk to your tax professional or come to us if you're unsure of something or considering making changes to your business.

- Check your business structure
- Unnecessarily complex business structures can overcomplicate tax obligations. Talk to your tax agent to ensure your business structure suits the needs of your business. Keep good records. Keeping good records is essential and will make it easier to report

- Talk to your software provider or tax professional to check that your record keeping processes meet current requirements.

- Make sure you conduct regular reconciliation processes by cross-checking figures with your bank statements and source documents (for example, till tapes, tax

invoices and receipts).

- Use suitable digital systems to run your business, such as point of sale software, accounting systems and mobile apps. These products can save you time and help you report accurately.

Get your income and expenses right. Ensure what you report is accurate:

- Report all your business income, even if it has been paid in cash, or into a private account. The ATO use data matching and benchmarking to help identify hidden activities.

- The figures you report need to be exact - so keep up to date records from the start and don't try and 'guesstimate' after the event.

- Make sure your deductions relate to your business, and that you have the required evidence to support your claims.

## TAX TIPS....

### ARE YOU TIME POOR?

Life gets busy! If this is you and you struggle to find time to come see us to get your tax done, we have many options to help.

Please phone, email or text and we can go from there, no need to come in. We will contact you to check your claims and maximise your refund, this ensures you still get a personalised service.

If these options don't suit you, please book an appointment, we would love to see you.

You can rely on us to make your tax obligations easy and less painful.

We are here to help with all your personal and business tax, accounting and bookkeeping.

*Angela Douglas*

## BRIBIE ACCOUNTING SERVICES



**PH: 0438 719 619**

New Address: **39 Eimeo Place Sandstone Point**  
[www.bribieaccounting.com.au](http://www.bribieaccounting.com.au) [info@bribieaccounting.com.au](mailto:info@bribieaccounting.com.au)





# THE GREAT DECEPTION OF WORDS ON FOOD LABELS

There has been a deception of words and actions behind the words manufacturers and companies use to label many of their products, such as grass-fed, organic, and free-range. You probably see these words in many different products, including meat, eggs, dairy products, fresh fruits, and vegetables. Keep in mind that we are what we eat. The following is a breakdown of these healthy words that make you confident as you shop for whatever type of eating pattern you believe.

What are the falsehoods behind these healthy words?

## Free-Range Products

One example is meat. A dye is put into many types of beef because consumers would not buy beef if it were grey which is the natural colour of meat. Meat is not naturally red. The myth is the pinker the meat, the better, and the healthier the meat. Placing grey beef on the shelf without the red dye would not sell to consumers. Consumers are used to seeing this red or pink colour in beef.

*Treat Your Mum On  
Mother's Day*



## TRADING HOURS

Tuesday - Thursday 10am-7.00pm

Friday - Sunday: 10am-7.30pm

Visit us on  facebook



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

If this dye is missing, the product looks strange and disagreeable. Some butchers who want to sell more healthy meats put just enough dye in their meats to make the beef attractive to you. It is nothing new for food producers to hide product ingredients with a blanket of misleading words.

### Grass-Fed

It is common to find packages of beef that claim the cattle was Grass-Fed. You may think that this is the only thing the cattle ate during their lifetime. The animal is actually sent to the butchery where they remain for several days before slaughtering happens. During this time, the animal is fed grains to help fatten them. These grains are found to cause health problems in humans and their pets. Researchers find that grains increase risks for autoimmune diseases and other illnesses in humans and their pets. Grass-Fed cattle do not mean that the cattle were raised free to roam in pastures. Producers are not required to provide a full Grass-Fed diet to their cattle as stated on many

labels. Grass-Fed on labels can mean that the animal started out on a grass diet but later was fed supplemental grain feed and finished out their life on this grain-based diet.

**Truly Grass-Fed cattle, Are 100 per cent pasture-raised, free-to-roam cattle No feedlots.**

Grazing spaces are football-sized and not confined and over-stuffed cattle pens where hormones and antibiotics routinely are given. There are significant health benefits to buying beef that labels 100 percent Grass-Fed, Grass-Finished, Organic, and Free-Range beef. The benefits are as follows.

- 20 percent lower calories
- Higher levels of Omega-3 fatty acids
- Higher is Conjugated Linoleic Acid, an essential cancer fighter, and halts excess body fat.
- Higher levels of vitamins A and E

**Q. Do you buy organic because your understanding is that organic is the healthiest food option?**

Is your goal to eat healthier

foods by buying products labelled organic, such as meats, fresh produce, dairy products, fruits, vegetables, whole grains, and leaner cuts of meat? Consider the Benefits of Paying a Bit More Money for Organic Food Products.

Researchers claim that food products from meats to fruit labelled organic are truly safer. Organic foods prove more nutritious because no pesticides and additives are added in the fields. They never harm the environment. Organic meats mean no antibiotics or steroids were administered to the animals. More consumers are slowly finding that organic means better health benefits. Because of the increased health benefits of organic food products, producers see a gradual and continual increase in more farmers jumping on the organic production bandwagon. However, nutritional experts say that there is not enough evidence to tell consumers that buying organic is healthier, so it seems as though a bit of common sense is necessary. In that case, the following issues

used in traditional growers and animal producers are as follows.

- Animals like chickens and beef are raised in cramped pens and barns on traditional farms.
- Producers traditionally use hormones on animals to make them grow fatter and more massive.

### Pesticides Are Used On Crops.

Pesticides used on crops can transfer to humans causing hidden health issues. Organic farmers claiming no pesticides are used on their crops may have fields next to farmers who do use pesticides on their crops. If the organic farmer's land sits near a traditional farm using pesticides, it undoubtedly cross-contaminates the organic field. Food products such as fruits sold out of season are not healthy to eat. Lectins develop within the fruit and are unhealthy for you. That fruit does not know that it is ripe and ready to eat. You can tell the difference when you bite into fruit in season and the same fruit out of season.

**In Conclusion, We Are What We Eat**

# BRISBANE CRUISES

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

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

### BRIBIE ISLAND LUNCH CRUISE 2023

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

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

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

**Price Includes BBQ lunch and cruise**

**Prices: Adults \$45, Children \$25 (4 - 14yrs).**

Sun 23 Apr, Sun 21 May,

Wed 21 Jun, Wed 19 Jul, Fri 4 Aug,

Wed 6 Sep, Tues 3 Oct, Tue 14 Nov

**T: 07 3630 2666**

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





**VERNAZZA** brieieisland golfclub

*Mothers Day*  
**BUFFET LUNCH**  
including desserts

**Sunday, 14th May**  
11.30am to 2.00pm

LIVE ENTERTAINMENT

\$45 members  
\$48 non members

SPECIAL KIDS PRICING FROM \$10  
FREE DRINK FOR EVERY MUM

BOOKINGS ESSENTIAL ON 3408 1457

**THURSDAY NIGHTS**

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

**\$23**

*Senior Lunches*

AVAILABLE MONDAY TO FRIDAY  
11.30AM TO 2.00PM

- NORTHERN RIVERS ROAST PORK
- BEER BATTERED FISH AND CHIPS
- CHICKEN SCHNITZEL AND CHIPS
- CHICKEN CAESAR SALAD
- SEAFOOD CATCH
- BANGER AND MASH

STILL ONLY **\$12** EACH

*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

Lunch 7 Days From 11.30am And Dinner Wed To Fri From 5.30pm

Links Court Woorim Ph 3408 1457





# Veggie Stir-Fry with Oyster Sauce

Add more **VEGETABLES** to your diet with this **QUICK** and **EASY** weeknight meal!

#### INGREDIENTS 4 SERVES\*

- 2 garlic cloves thinly sliced.
- 400 g IGA Fresh Stir-Fry
- 1/3 cup oyster sauce
- 1/3 cup roughly chopped coriander.

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

#### METHOD

- Heat 1 tbsp sesame oil in a wok over high heat.
- Stir-fry the garlic for 30 seconds.
- Add the vegetables and stir-fry for 1 minute.
- Add 1/4 cup water and stir-fry until the vegetables are bright green and almost tender, 2 minutes.
- Add the oyster sauce and fresh coriander and toss.

Serve immediately.

**pie Shop...**

**coffee Shop...**

**cake Shop...**

**Takeaway Shop...**

**BIG BUN**  
EST. 1992

**YOUR Shop!**

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

Shop 3/33 Benabrow Ave, Bellara, Bribie Island  
The Big Bun Bakery and Takeaway

**PH: 3408 7609**



# A Gift Worth GIVING

**G**iving a gift, which has been handmade is so very special. It is even better if the gift has been purchased locally. The Potters and the Gem Club's members have created outstanding items that will delight.

At the Gem Club, members enjoy practising the various skills associated with the lapidary craft - casting, silversmithing, enamelling, faceting and cabbing while at the Potters, their fully equipped premises allow for total enjoyment in the creative world of pottery.

So, if you're looking for a new interest, this is a wonderful opportunity to come along to their Market Day and see

for yourself what is on offer. The Clubs take pride in that they ensure new members are taught each craft by the volunteer tutors.

New friends are made and enjoyed.

Next time you take a road trip, fossicking may well be included in your itinerary.

How would you feel being the first person to ever see inside a million-year-old rock?

We will see you at the POTTERY & GEM MARKET DAY, Sunday 30th April 2023, from 8 am to 12.30 pm at the Community Art Centre, 191 Sunderland Drive, Banksia Beach.



## POTTERY & GEM MARKET DAY

Sunday 30th April 2023  
8.00am to 12.30pm

With Mothers Day around the corner what a perfect opportunity to buy a special gift for your loved one.

- Members stall with handcrafted items for sale @ Bribie Potters & Bribie Gem Club
- Gem Club enameling, silversmith demonstration
- Children's rock displays and purchase samples to add to their collections
- Pottery wheel demonstrations
- New member info

See you there



Bribie Island Community Arts Centre  
191 Sunderland Drive, Banksia Beach

VOICES CHORAL GROUP  
*presents*

**STAY FOREVER YOUNG**

MAY 20th & MAY 21st  
Woorim Community Hall  
Arcadia Ave, Woorim

ALL PROCEEDS IN AID OF PALLIATIVE CARE UNIT, BRIBIE ISLAND HOSPICE

TICKETS ARE AVAILABLE AT THE INK SHOP  
Warana Ave, Bellara OR online  
[www.voicesbribie.com.au](http://www.voicesbribie.com.au)

**\$22**



**GALLERY SINGERS** Inc would like to thank **THE BRIBIE ISLANDER** for your ongoing support publicising our events. Your assistance enables us to reach a wider audience. We would also like to thank **BUSY FINGERS** at Bribie Island for their very generous grant which has enabled us to purchase a stylish portable electric piano to accompany our performances on Bribie. Until the arrival of this instrument, we have been limited to electronic accompaniment so the piano will add an extra dimension to our performances and allow us to accompany guest artists as well as invite solo pianists to perform.

This piano, whom we have named Donner, will make her debut at our upcoming Concert on April 23rd when we will join

with **CABOOLTURE COMMUNITY CHOIR** in a **MUSIC BRINGS US TOGETHER** Concert. Because of the uncertainty as to the time of her arrival we were unsure if she would appear at this concert.

However, fortunately, we took delivery of her in February in time for her to be featured at this concert. For her debut Donner will be played by Iain McLean who has graciously agreed to present some of his favourite jazz pieces during afternoon tea and accompany both choirs when they come together for the concert finale.

Iain, now a local musician who regularly plays the Grand Piano at the Matthew Flinders Gallery (Bribie Island Community Arts Centre), is an enthusiastic musician also playing Flute in the Bribie Island Orchestra. **The venue for MUSIC BRINGS US TOGETHER is Bribie Island RSL Auditorium on April 23rd at 2:00pm. We have some sensational lucky door and raffle prizes. Your \$20.00 concert ticket includes a Devonshire Tea. Bookings are essential. For last minute bookings contact: - Eileen on 0408 302 889**

## BRIBIE ISLAND VOLUNTARY COMMUNITY HELP ASSOC. INC.

### VOLUNTEER DRIVERS WANTED

Bribie Island Community Help is after volunteers to assist our active aged and frail clients with door-to-door transport. We transport clients around following areas:

- Bribie Island & surrounds
  - Caboolture, Redcliffe, Northlakes
  - North Brisbane & Brisbane City.
- Currently seeking to expand our Volunteering numbers to service all areas to assist our growing client numbers. We are seeking committed volunteers who can donate 5 to 8 hours per week. We are registered with Centrelink for those with

volunteering obligations. We have a fleet of Toyota Commuter automatic minibuses, and we will provide training on driving the buses as well as orientation and ongoing support from our professional office staff.

#### MANDATORY REQUIREMENTS:

- Must hold Australian or NZ Citizenship or the capacity to permanently work in Australia.
- Above 25 years of age due to insurance constraints.
- Be able to pass a driving record history check by Qld Transport.
- Be able to pass a criminal history background check.
- Have a minimum of an Australian Open "C" class license. check by Qld Transport.

If you wish to apply or seek further information, you can email your details to [apply@bivchai.org.au](mailto:apply@bivchai.org.au) or call on 3408-0111.



The Association receives funding from the Commonwealth Home Support Program, Queensland Department of Housing and Public Works and the Department of Communities to support our Services.

# 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

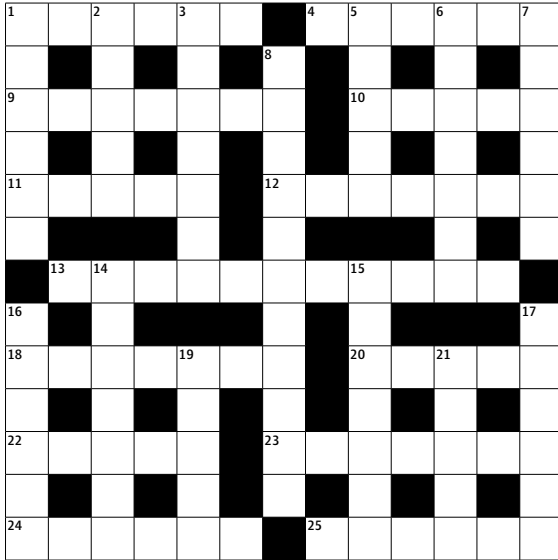
### ITEMS WANTED

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

**CASH PAID - 0400 749 454**



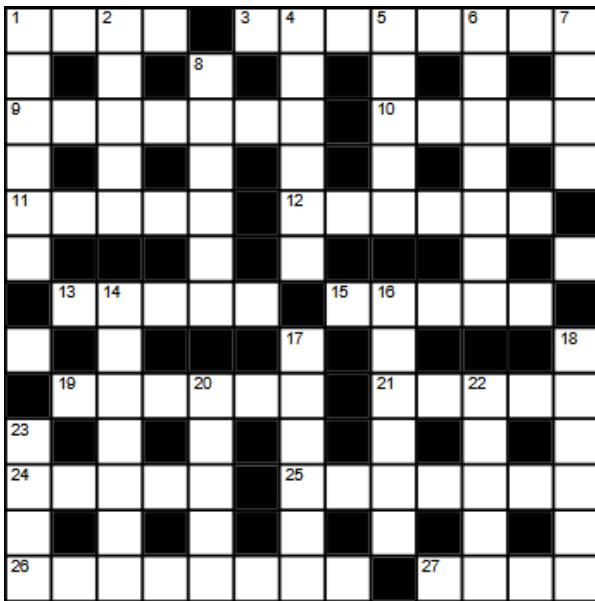
# Crosswords - QUICK & CRYPTIC



- Across
- 1 A tenth of a century (6)
  - 4 Smoker's cast-off? (3,3)
  - 9 Dead meat (7)
  - 10 One living abroad (5)
  - 11 Not bright (5)
  - 12 The struggle to get ahead (3,4)
  - 13 The \_\_\_\_, H G Wells's first novel (4,7)
  - 18 Suspiciously (7)
  - 20 Advantage (5)
  - 22 Young fowl (5)
  - 23 Indecent (7)
  - 24 Hindu or Buddhist temple (6)
  - 25 Liger or tigon, say (6)

- Down
- 1 Leave suddenly (6)
  - 2 Unit of weight for precious stones (5)
  - 3 Contract (7)
  - 5 Dexterous (5)
  - 6 Make clear (7)
  - 7 Be in two minds (6)
  - 8 Mind-boggling — Freud moaned (anag) (9,2)
  - 14 Slight suggestion (7)
  - 15 Gossip (7)
  - 16 Impetuous (6)
  - 17 Pay heed (6)
  - 19 Unadorned (5)
  - 21 Take an oath (5)

## CYRUS



- Across
- 1 A bit of land oddly accursed (4)
  - 3 Enlightened about due date - ironic, ultimately (8)
  - 9 Presume to order pizza? (7)
  - 10 Praise Church before arranged meeting (5)
  - 11 Digger doesn't sound very important (5)
  - 12 Five tense displays at the Olympics (6)
  - 13 Good man found remains set aside (5)
  - 15 Pays cash (5)
  - 19 The best paid the penalty parking on the street (6)
  - 21 Left murder victim's identification (5)
  - 24 It's just over a foot.. (5)
  - 25 Some understand I am on duty when in a suit (7)
  - 26 See increase of drug problem when losing heart (8)

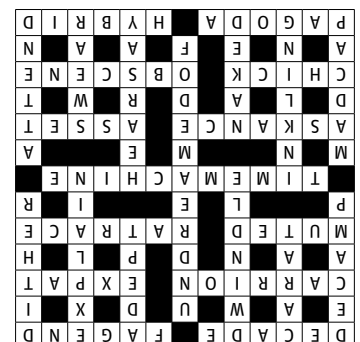
- Down
- 1 Believe the cretin raised the bird (6)
  - 2 Mature Christian education with writer (5)
  - 4 Exercise in venison production is more profound (6)
  - 5 Rotate within a fancy, cleaner environment (5)
  - 6 Processed something special with the journalist (7)
  - 7 Principal died on boat - It's not fair (4)
  - 8 Animals moulded from bronze, brass - even copper (6)
  - 14 Fooled by Edward going around the haystack (7)
  - 16 Relieve burden on the UN (6)
  - 17 Breeding place on the outskirts of Idaho - Constable may have used it (6)
  - 18 The Spanish dude deviously, escaped (6)
  - 20 Pick the best? (5)
  - 22 Prearranges items bound to sell (5)
  - 23 Lawyer accepts thanks for information (4)

## SOLUTIONS

CYRUS  
SOLUTION 189



QUICK  
SOLUTION 189





# Mexican Chicken Salad in Baked Tortilla Bowl

Healthy and filling, this salad bowl is full of fresh ingredients and flavours. Even better when it's served in a fun and easy to make edible tortilla bowl!

**INGREDIENTS - 4 SERVES\***

- 500 g chicken tenderloin, sliced.
- 2 tsp light extra virgin olive oil
- 2 tbsp Community Co Taco Seasoning
- 1 can of black beans, drained and rinsed (to remove excess salt)
- 1 green capsicum, sliced.
- 1 yellow capsicum, sliced.
- 1 red capsicum, sliced.
- 1 red onion, sliced.
- 1 avocado, remove skin and seed.
- 2 Roma tomatoes, diced.
- 1 Jalapeno pepper finely chopped.
- 1 bunch coriander, chopped (reserve a few sprigs for garnish)
- 2 limes, each cut into 4 wedges.
- 2 packet 250g Community Co Microwave Brown Rice
- 4 large Community Co Whole Grain Tortillas

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

**METHOD**

- Cook the brown rice according to the packet instructions.
- Preheat the oven to 150°C, place each tortilla in a heatproof bowl, bake for 10-15min until it's lightly toasted and holds its shape. Cool.
- In a medium bowl mix the chicken and 1 tsp of oil and taco seasoning together, marinate for a few minutes.
- Add capsicums and half of the sliced red onion to the marinated chicken.
- Meanwhile, make the salsa and guacamole.
- For the salsa, finely chop the other half of the red onion, mix together with jalapeno pepper, Roma tomatoes and coriander, season with salt and pepper.
- In another bowl, mash the avocado with juice of half the lime and stir in 1/3 cup of the salsa. Season with salt and pepper.
- Heat up the black beans in a pan over medium heat.
- Preheat the BBQ or heat a pan with 1 tsp of oil over medium heat.
- Grill or pan-fry the chicken, onion and capsicum until it's cooked and slightly charred.
- Divide ingredients evenly over brown rice bowls served with lime wedges and fresh coriander to garnish.

# 6 Differences



# Fruits

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

- BLACKBERRY
- LIME
- WATERMELON
- BLUEBERRY
- PAPAYA
- KIWI
- ORANGE

- RASPBERRY
- APPLE
- BANANA
- STRAWBERRY
- GRAPE
- LEMON

# MELSA PARK STEAM TRAIN RIDES

**\$2.50**  
a train ride

TRAINS RUN on 3RD SUNDAY of MONTH

21st May, 18th June, 16th July

EVERYONE MUST HAVE CLOSED IN SHOES

Call Ian for party enquiry 0409 100 656



10AM - 2PM





# Kath Walker

Lance Corporal Kathleen (Kath) Walker, c. 1942

## Oodgeroo Noonucca

Born in 1920, Kathleen Walker, nee Ruska, grew up on North Stradbroke Island in Moreton Bay, east of Brisbane. Known as Kath, Walker showed a natural gift with words at an early age and was encouraged to pursue writing at school. Her father, Edward, worked for the Queensland government and campaigned relentlessly to improve conditions for Aboriginal employees.

Walker left school in 1933 at the height of the Great Depression to take up work in domestic service. When the Second World War broke out in 1939 two of Walker's brothers, Eric and Eddie, enlisted for service in the army. Both were captured by the Japanese when Singapore fell in February 1942, and they spent the next three and a half years as prisoners of war.

In December 1942 Walker joined the Australian Women's Army Service (AWAS) and trained as a signaller. In that same year she married her childhood friend, Bruce Walker, who was a talented bantamweight boxer and a welder by trade. Kath remained in the AWAS until early January 1944. She settled in Brisbane with her husband, and their first son, Denis, was

born two years later.

Both Eric and Eddie survived the war and returned home to Australia. Eddie, who had been a promising sportsman, had lost his right leg during his imprisonment. Walker separated from her husband soon after the war and returned to domestic service to support her son. She gave birth to a second son, Vivian, in 1953.

In the 1960s Walker began to develop a reputation as a poet and published three critically acclaimed collections. Around this same time, she became an increasingly passionate advocate for Aboriginal rights, and worked towards reconciliation for the remainder of her life.

In 1970 Walker was appointed a Member of the British Empire for her services to Aboriginal people. Now known by her traditional Aboriginal name, Oodgeroo Noonuccal, she returned her award some years later in protest against the celebrations planned to mark 200 years since the arrival of the first convict ships in Australia.

She died in 1993 at the age of 72. A trust was established in her honour to carry on the work she had begun towards reconciliation.



# ABOUT ANZAC DAY



To commemorate ANZAC Day on 25 April, this article provides an overview of Aboriginal and Torres Strait Islander involvement in the armed forces and reflects on key themes and legacies of that involvement. ANZAC stands for the Australian and New Zealand Army Corps. ANZAC day is held each year on 25 April. This date marks the anniversary of the first military action fought by Australia and New Zealand, at Gallipoli (Turkey) during World War I in 1915. ANZAC day was first celebrated in 1916. Over the years, the rituals and observances held each ANZAC day have developed into what they are today - including the dawn service, marches, memorials and more. The day has also become a commemoration of all wars Australia has participated in and a time to reflect on war and its legacy.

Aboriginal Service People Military service and war are a significant part of our history and current experience. Aboriginal and Torres Strait Islander people have served in large numbers in every conflict since Australia's Federation in 1901 and some signed up to colonial forces before this.

It is hard to know the exact number of Aboriginal and Torres Strait Islander service people because the Australian Defence Force did not record the cultural background of members until recently. In the early 1900s Aboriginal and Torres Strait Islander people were not legally able to join the Army, so many hid their identity in order to sign up. More recently, many families, Community-members and organisations have been working to bring to light the stories, contributions and experiences of Aboriginal and Torres Strait Islander service people. We now know that:

- A number of Aboriginal and Torres Strait Islander people served in the Boer War (1899-1902)
- Over 1000 Aboriginal and Torres Strait Islander people served in World War I (1914-1918) and around 70 fought at Gallipoli
- At least 3000 Aboriginal and 850 Torres Strait Islander people served in World War II (1939-1945)
- In both World Wars, Aboriginal and Torres Strait Islander people had the highest participation rates in the military as a proportion of their population in Australia.
- Aboriginal and Torres Strait Islander people have participated in all military conflicts since the World Wars, including in Vietnam, Iraq and Afghanistan and in peacekeeping operations including in Somalia and East Timor
- In 2011 Aboriginal and Torres Strait Islander people made up 1.7% of the Australian Army.

Aboriginal and Torres Strait Islander people have also been involved in work at home to support the war effort. For example, during World War II, entire Aboriginal communities in Northern Australia did defence work such as construction, farming and butchery for the army.

There have also been Aboriginal and Torres Strait Islander units. During World War II, the Torres Strait Light Infantry was started to patrol the Torres Strait Islands and support ships going through their waterways. At the same time the Northern Territory Special Reconnaissance Unit was formed. This unit was made up of Yolngu men from Arnhem Land and aimed to use Aboriginal tactics and weaponry to fight the Japanese military. In 1981, the North West Mobile Force or NORFORCE was created in the Northern Territory. This unit continues today and has 60% Aboriginal membership.





# ON 25 APRIL EVERY YEAR AUSTRALIANS COMMEMORATE ANZAC DAY

Moreton Bay Regional Council has approved new three-year Community Operational Support Grants under Council's Community Grants Policy to support organisations with the costs associated with holding Anzac Day services.

Over \$72,000 in funding has been committed to multiple groups across the region to deliver their public service and marches.

Mayor Peter Flannery said this would offer better support for volunteer organisations that organise these commemorative events and provides certainty of funding for the next three years.

"Anzac Day services throughout Moreton Bay region are an important way for our communities to acknowledge the

significant contributions and sacrifices of past and present servicemen and servicewomen and their families.

"As Mayor and a former Soldier, I am incredibly proud that Council will ensure our local community associations who hold ANZAC services will have adequate financial and logistical support.

Across the Moreton Bay region, services will be held by local RSL sub-branches and community organisations to mark Anzac Day on Tuesday 25 April.

"On Anzac Day, we pause to remember the countless sacrifices which have been made, and continue to be made, by our service personnel," Mayor Peter Flannery said.

"We are privileged to live lives of freedom and opportunity here in Moreton Bay and Australia more broadly. It is their sacrifices which have granted us these privileges.

"I encourage every resident to go down to their local service and join the community in reflecting on the true meaning of Anzac Day."



### Ode of Remembrance

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.

Lest we forget

ANZAC - Australian and New Zealand Army Corps

## BRIBIE ISLAND

**Dawn Service 4:28 AM Korea Place - Bribie Island RSL Club**

**Main service march assembly 8.00am - Apex Park, Bongaree**

**Main service march commencement 8:30 AM**

**Main Service 9:00 AM Korea Place Bribie Island RSL Club**

Contact: David McDonald on 0408 192 786

## BEACHMERE

**March assembly 6:30 AM Uniting Church Cnr of**

**Moreton Terrace and Second Avenue**

**March commencement 6:45 AM**

**Service 7:00 AM Beachmere Remembrance**

**Memorial Clayton Park Moreton Terrace**

Contact: Chris Dennys on 0428 919 029

## TOORBUL

**Dawn Service 5:00 AM Toorbul Rural Fire Brigade**

**Main Service march assembly 7:30 AM**

**Main Service march commencement 7:50 AM**

**Toorbul Store, 109 Esplanade**

**Main Service 8:00 AM Toorbul Rural Fire Brigade**

Contact: Richard Duxfield on 0449 058 563

## ROAD CLOSURES FOR 2023 SERVICES

In conjunction with Anzac Day commemorations, the following temporary road closures are planned:

**BEACHMERE from 6:00 AM to 7:35 AM**

- Moreton Terrace (between Main St & Sandpiper St)

**BRIBIE ISLAND from 8:00 AM to 9:30 AM**

- Toorbul St (between Foster St & Spowers St)

**TOORBUL from 7:00 AM to 8:30 AM**

- The Esplanade (between Freeman Rd & First Ave)
- First Avenue (between The Esplanade & Freeman Rd)
- Freeman Road - between The Esplanade & Pumicestone Rd



By: Col Walker

# We can still be “ONE AUSTRALIA”.

**A**USTRALIA'S much-debated national anthem, Advance Australia Fair, has a chequered history dating back to 1878, when it was first published and performed as a “patriotic song”.

Composer, Scottish-born Peter Dodds McCormick conducted a concert band when singer Andrew Fairfax rendered McCormick's original rendition at a N.S.W. Highland Society function in Sydney on November 30, 1878.

The song gained in popularity, and an amended version was sung by a choir of (approx.) 10,000 at the inauguration of the Commonwealth of Australia on January 1, 1901. (In 1907, the Australian Government awarded McCormick the princely sum of 100 pounds for his composition.)

What inspired McCormick to write what has become our national anthem (with a few amendments to the original version) is best described by McCormick himself in a letter

to a friend (dated August 1, 1913).

He says: *“One night I attended a great concert in the Exhibition Building when all the national anthems of the world were sung by a large choir, with band accompaniment.*

*“This was very nicely done but I felt very aggravated that there was not one note for Australia. On the way home in a bus, I concocted the first verse of my song and when I got home I set it to music. Strange to say there has not been a note of it altered since. Some alternation has been made in the wording, but the sense is the same”.*

Straight from *“the horse's mouth”*, you might say! That's where it all started.

History records several changes to the song's lyrics (“developments” intended to alter the focus of the anthem in regard to gender neutrality and Aboriginal Australians, it is claimed) since McCormick first penned his lyrics in 1878 (reports on this are lengthy).

*“God Save the King/Queen”* reigns as Australia's official

anthem until the 1970s and into the 80s (marked, at various stages, by the usual partisan party political disputes over the anthem, that Australians have become accustomed to in recent decades).

Proposed as our anthem by the Whitlam Government in 1974, relegated to the status of a “patriotic song” by the following Fraser Government in 1975, Advance Australia Fair eventually became our national anthem (with modified lyrics and reduced to two verses, as adopted by the Hawke Government) on April 19, 1984).

To recognise the legacy of Indigenous (Aboriginal) Australians, one word of the lyrics was changed in January 2021. The first and second lines now read: *“Australians all let us rejoice, For we are ONE and free”.*

Warming and inspirational words, I think we'd all agree.... but have we, as a nation – and more specifically have successive governments, over the past several decades –

really lived up to the INTENT of them – or is everything about our political and governmental “systems” just all about perception, rather than the realities of life in OZ today?

Are we really “Australians all” ....and as “one, and free”? Are we really a society based, today, on equity (and equality) across all Australians irrespective of race, ethnic origins, cultural or religious differences ....or are the words of our national anthem “just words” to reflect what we'd like to believe of ourselves – and want others to think of us? A bit more than just soul-searching is called for, in my view.

I believe there is a genuine desire for change, within grass-roots Australians out in our “real world” – away from the influence and impacts of officialdom – to give real meaning to our anthem, and our aspirations, by actually **TREATING all people “as one”.**





# THE WHITE MOUSE

By: Al Finegan

One of the most decorated soldiers of WW2 was the recipient of the George Medal, 1939-45 Star, France and Germany Star, Defence Medal, British War Medal 1939-45, French Chevalier of the Legion of Honour, French Croix de Guerre with Star and two Palms, US Medal for Freedom with Palm and French Medaille de la Resistance, and rather belatedly, the AC (Companion of the Order of Australia).

These medals were awarded for a significant role in the Allied resistance to German occupation, having topped the Gestapo's most wanted list. Code named "la souris blanche," or the White Mouse, for evading capture while manning the dangerous escape routes through France, the White Mouse helped to save the lives of thousands of Allied airmen and Jewish refugees. After escaping back to Britain and training with the SOE (Special Operations Executive), the White Mouse parachuted back into France eventually

coordinating the actions of over 7000 Maquisard resistance fighters.

This courageous person was Nancy Wake. She was the epitome of an Aussie larrikin, renowned for her independence and resourcefulness. As a young woman, she once described herself as someone who loved nothing more than, **"a good drink, and handsome men, especially Frenchmen."** She was born in New Zealand in 1912 and raised in Sydney by her mother after her father abandoned them. When she turned 20, she received a large inheritance that allowed her to move to England via New York, to become a journalist. In 1933, Nancy was able to arrange an interview with Adolf Hitler in Vienna. It was here that Nancy first came face-to-face with the impending rise of the Nazi regime. To her horror, she saw roving Nazi gangs randomly beating Jewish men and women in the streets. She later said that it was a pivotal moment in her carefree life when she made a promise to herself that, **"if ever the opportunity arose, I would do**

**everything I could to stop the Nazi movement. My hatred of the Nazis became very, very deep."** From this time on, she was committed to bringing down Hitler and his regime.... and she was to be true to her promise.

While travelling through France writing articles to support herself, Nancy met Henri Fiocca. In 1939 she married the handsome wealthy French industrialist in Marseilles (apparently seduced by his proficiency in tango). She was to state many times, right until her death, **"He was the love of my life."** Together they had a charmed and sophisticated life of travel, dinner parties, champagne, and caviar, residing in a luxury apartment on a hill overlooking Marseilles and its harbour. It was to be short lived.

A year later, France surrendered to Germany. As the wife of a powerful Frenchman, Nancy was able to travel with a freedom that not many were granted. Nancy could not sit idle and volunteered as an ambulance driver. This brought her into contact with the underground partisans. She soon joined the

Pat O'Leary escape network. Nancy was tasked to sneak "the bodies" between safe houses in the South of France before leading them through the treacherous peaks of the Pyrenees Mountains. The groups would hike through freezing temperatures for two hours at a time. Nancy recalled how they would swap their wet socks for dry ones during their ten-minute break to avoid frostbite. As their dogs were unable to climb the rock formations, German sentries were restricted to heavily patrolling only the foothills of the Pyrenees. Despite often being a stone-throw from her enemies, Nancy assisted roughly 2,000 escapees over two and a half years. Though she was never caught, word spread throughout the German Gestapo of a mysterious dark-haired woman operating the southern escape route. She became one of the Gestapo's most wanted with a five-million-franc bounty on her head.

It soon became obvious to Nancy that they were searching for her. By the time the Gestapo had connected



the dots between the White Mouse and Madame Henri Fiocca, ***“Madame Henri Fiocca had skeddaddled and had gone across the Pyrenees.”*** In order to conceal her intentions to escape from untrustworthy neighbours, Nancy had been forced to lie to her husband to the end. She left their apartment and, before closing the door for the last time, yelled back to Henri, ***“... back soon!”*** Of this moment Nancy reflects... ***“I cried all the way to the Gare Saint Charles and all the way up to Toulouse. It was a dreadful thing for me... But it had to be done.”***

Through Spain, Nancy continued on to England where she learnt that the Gestapo had arrested Henri and was interrogating him to reveal her whereabouts. When she hadn't heard news of Henri in 6 weeks she was determined to return to France. In 1943, Nancy began training with the SOE in England and Scotland as a saboteur. She was trained in weaponry, the art of the silent kill, and identifying German planes, military ranks, and language. During training, Nancy was recorded as ***“a very good and fast shot.”*** She was also schooled in coding and decoding messages. Where most trainees chose a passage from the bible as their authentication code, Nancy opted for the slightly more mischievous, ***“... She stood right there in the midnight air as the moon shone through her nightie.”*** In 1943, following extensive training in England and Scotland, Nancy flew back into war-torn France in the belly of a liberator bomber. She recalled of her return to France, ***“...I was hardly Hollywood's idea of a glamorous spy. Over civilian clothes, silk-stockinged and high-heeled, I wore overalls, carried revolvers in the pockets, and topped the lot with a bulky camel-haired coat, webbing harness, parachute and tin hat. Even more incongruous was the matronly handbag, full of cash and secret instructions for D-day. My ankles were bandaged for support when I hit the ground.”*** She was found tangled in a tree by Resistance Leader Henri

Tardivat. He remarked, ***“I hope that all the trees in France bear such beautiful fruit this year,”*** to which she retorted, ***“Don't give me that French s\*\*t.”*** Nancy soon reorganised the French maquis into company sized units, assigning them geographical regions and priority targets, and established wireless communication with England. This led to nightly parachute drops of explosives, weapons, and ammunition to be distributed among the partisan units. The frustrated Germans were forced to deploy thousands of troops into the south of France in a mostly unsuccessful attempt to suppress the Nancy Wake coordinated hit and run tactics.

Everything she did, she did well. It was also noted that when under duress, she, ***“put the men to shame by her cheerful spirit and strength of character.”***

Throughout the war Nancy remained faithful to her husband despite being surrounded by thousands of affection-starved Frenchmen. She defended herself explaining, ***“Lots of people have a false idea about a woman living amongst so many men. But this country was known as the fortress of France. Very mountainous and a lot of pine trees... And even if I had had the idea, pine trees aren't very comfortable. They aren't very conducive to love affairs.”***

In early 1944, in a final effort to destroy the French Resistance, 20,000 Germans conducted a lightning strike on the 7,000 partisans. In the confusion to escape, her radio operator buried his wireless set and codes to ensure they remained out of the wrong hands. Out of desperation to communicate with England, Nancy began what she described as, ***“that bike ride of mine.”*** Setting off north, Nancy rode through enemy occupied territory passing numerous German checkpoints. Women according to Nancy, have a unique power in times of combat. She once explained her reasoning... ***“I don't see why we women should just wave our men a proud goodbye and then knit them balaclavas. A woman could***

***get out of a lot of trouble that a man could not.”*** During the ride Nancy confronted a German checkpoint. She casually smiled and waved to an officer as she approached and, in perfect French asked, ***“Do you want to search me?”*** The German looked her up and down and waved her through saying, ***“No mademoiselle, carry on.”*** She reached her destination and organised where the next airdrop of ammunition, food and supplies would be, and ensured a replacement radio and codes were included. Riding day-and-night, Nancy had ridden 500 km in just 71 hours.

Soon after the completion of her marathon bike ride, Nancy re-connected with Henri Tardivat who suggested that if Nancy desired ***“a bit of fun,”*** she should join his attack on the Gestapo HQ in Montluçon. During the raid, she killed an SS sentry with her bare hands to prevent him from raising the alarm, using a technique taught in the SOE training. She immediately, ***“... entered the building by the back door, raced up the stairs, opened the first door along the passageway, threw in my grenades and ran like hell.”*** The raid destroyed the HQ and left 38 Germans dead.

In April 1944, she was directed to help with preparations for D-Day. She was a brilliant war strategist and as well as her own men, she took control of units that were not her own, and facilitated coordinated attacks on roads, rail bridges and communications. In June 1944, just before D-Day, she had forced the frustrated Germans to call for reinforcements, thus weakening the German numbers at Normandy. She had her troops well prepared for the attack from the full might of the German forces, to be followed by a tactical withdrawal. They killed 1,400 Germans and lost only 100 of her own men.

Henri Tardivat and Nancy Wake were destined to be lifelong friends. Rather than naming his daughter after a saint, as was tradition, Tardivat even fought with a priest for the right to christen his daughter Nancy in her honour.

Of his friend he explains... ***“She is the most feminine woman I know, until the fighting starts. Then, she is like five men.”***

Following the liberation of France in August of 1944, Nancy was in Vichy wildly celebrating alongside her troops. Her celebratory mood ended abruptly when she bumped into an old acquaintance from Marseilles. After Nancy explained that her plans were to return to Marseilles to reunite with her husband, the woman sadly revealed that Henri was dead. The Germans had tortured, then executed him when he refused any information of Nancy. It was a terrible blow that left her distraught.

Nancy Wake was decorated by France, Britain, and the United States but official recognition in Australia, the country of her youth, was very slow in coming. She once said of being snubbed of Australian recognition, ***“They can stick their award where the sun don't shine, and be thankful it's not a pineapple.”***

After the war she settled in Australia for about 40 years until the death of her second husband, RAF pilot John Forward, when she moved back to London. In her final years, she lived in the Star and Garter home for ex-servicemen and women in Richmond, Surrey. After 59 years, Nancy finally received Australian recognition for her wartime heroism when she was made a Companion of the Order of Australia.

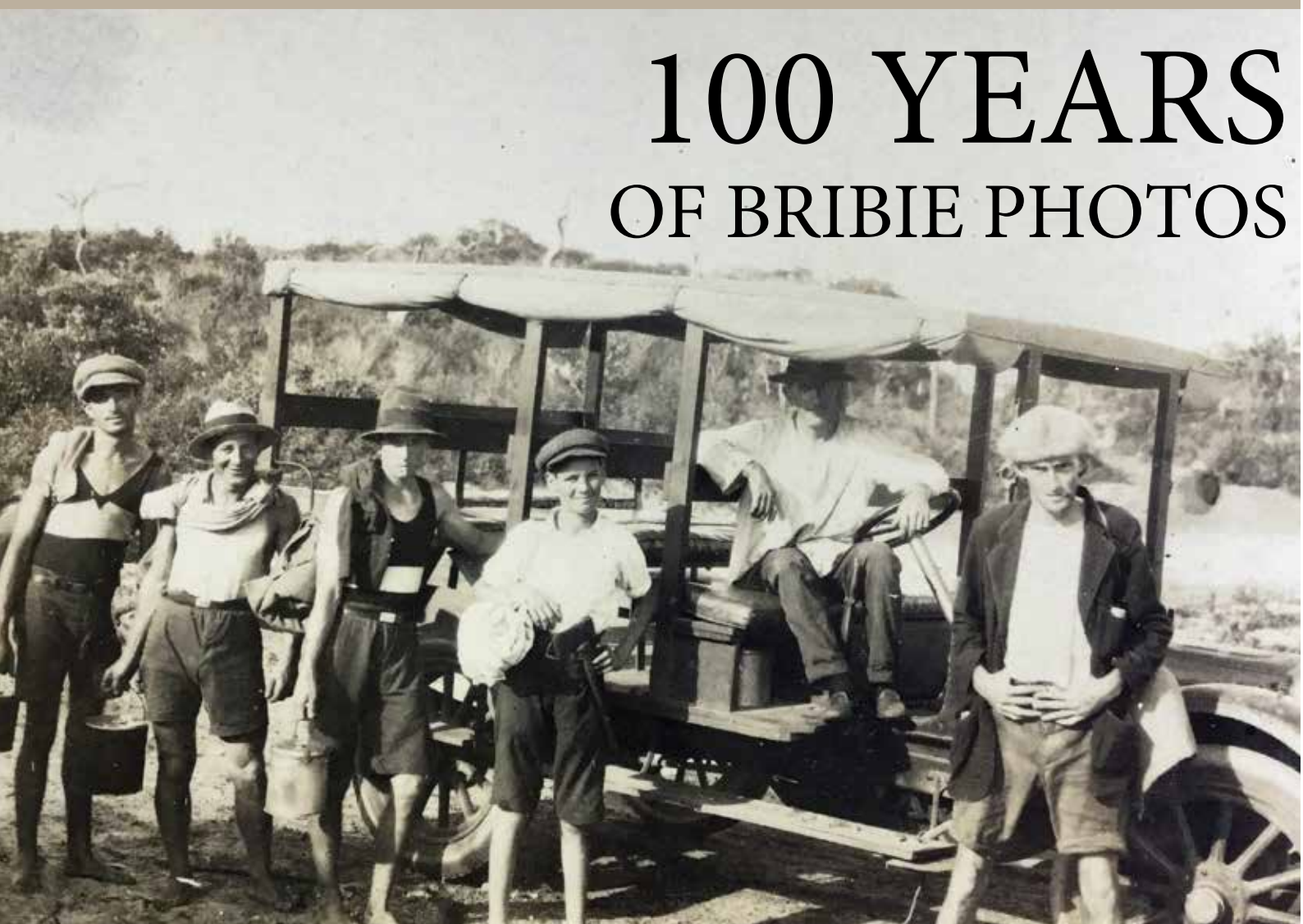
Nancy's medals are on display at the Australian War Memorial in Canberra. In April 2006, she was awarded the Royal New Zealand Returned and Services' Association's highest honour, the RSA Badge in Gold. On 3 June 2010, a ***“heritage pylon”*** paying tribute to Nancy was unveiled on Oriental Parade in Wellington, New Zealand, near the place of her birth.

On 7 August 2011, at Kingston Hospital, aged 98, she passed away. Honouring her instructions that, ***“When I die, I want my ashes scattered over the hills where I fought alongside all those men,”*** her ashes were scattered at Montluçon.



OVER THE 15 YEARS SINCE I ESTABLISHED THE HISTORICAL SOCIETY, WE HAVE DEVELOPED A HUGE DATABASE OF ALL THINGS BRIBIE, INCLUDING MANY HUNDREDS OF OLD PHOTOGRAPHS. FOR THIS ARTICLE, I HAVE SELECTED JUST 6 PHOTOS FROM THE LAST 100 YEARS THAT GIVE GLIMPSES OF A LONG-FORGOTTEN BRIBIE. DEPENDING ON YOUR AGE, AND HOW LONG YOU HAVE LIVED HERE, YOU MAY RECOGNISE PEOPLE, OR EVEN SEE YOURSELF.

# 100 YEARS OF BRIBIE PHOTOS



**Barry Clark**  
Bribie Island  
Historical  
Society

#### MORE BRIBIE HISTORY

Historical Society meetings are second Wednesday of each month at 6:30 pm at the RSL Club and visitors are always welcome. See more stories and photos of Bribie's history on our Web Site [bribiehistoricalsociety.org.au](http://bribiehistoricalsociety.org.au) and Blog Site <http://bribieislandhistory.blogspot.com> or contact us on [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)

#### 1925 - OCEAN BEACH DRIVE

The photo heading this article of a group driving on Bribie's Ocean Beach is very special. It is one of about 100 photos taken by Vera Huet in the 1920s at a time when having a camera at all was rare. This young lady captured great records of life on Bribie, and we are indebted to the late Ted Clayton who carefully stored these photos which we were able to scan.

Vera Huet later married Reg Campbell who had a general Cash store on the south esplanade beside the Creek. The photo was taken just one year after the first road was built from Bongaree to Ocean Beach in 1924.



**1922 -LADY ON TURTLE**

Bribie Island has long been a nesting ground for Turtles. This photo is quite disturbing today, of a lady standing on top of a turtle, surrounded by a crowd who may have caught it. Such behaviour is totally unacceptable today, but it is interesting to see the clothes that both sexes wore to go to the beach a hundred years ago. This is another Vera Campbell (nee Huet) photo taken around 1922.



**1992 -LION ON BRIBIE**

A travelling Circus visited Bribie in 1992 and a performing lion walked around the streets as a promotional stunt. The lion was photographed with Don outside his Pharmacy. Don Mullen had Pharmacies on the island for over 50 years and was, and still is, very active in the community, including founding the Bribie Island Golf Club. Don kindly gave me this special photo for which I thank him.



**2007 – PIONEERS TRIBUTE**

I retired to Bribie in 2004 after a worldwide career in Project Management with no real interest in history until I met a long-term resident named Stella Ray who came to Bribie as a young bride in 1947 and had hardly left the island in 60 years. We decided to find all the people in Bribie who had lived here for 50 years or more, so over the next two years we spent several hours each week interviewing over 150 people. They were all fascinating people, with wonderful memories and photos, but we found just 12 who had lived on Bribie longer than 50 continuous years. That's how my initial interest in the history of Bribie was born. I approached the then Caboolture Shire Council to get a sign erected in Brennan Park to honour these people. It took a while, and only 8 were still alive when the sign was unveiled in 2007. The photo shows some of them (L to R) Clare Tesch, Sally Brennan, Stella Ray (wheelchair), me and Major Joy Leishman.



**1960's- FAMOUS HERMIT ARTIST**

Ian Fairweather is acclaimed as the most important Australian artist of the 20th Century. He is variously described as a hermit, eccentric, adventurer, wanderer, philosopher, linguist, recluse .....and brilliant artist. He lived in a grass hut in the Bribie bush for 21 years from 1953 until he died in 1974. He came to Bribie after a long and challenging life in two world wars, having studied at Slade School of Art in London and lived in Jersey, Holland, Manila Canada, China, Bali and Melbourne before seeking the solitude of Bribie Island.

He was 61 years old when he built his Polynesian-style grass hut close to the Bribie rubbish tip, the source of many of his painting surfaces. Living a solitary and basic life without water, sewerage, or electricity, creating thousands of abstract works involving up to 50 layers of paint. A few hundred survive hanging in galleries around the world, including Parliament House Canberra.

His paintings express his complex life and emotions, which were later recognised by the World Art Society with an International Medal. This rare photo was taken of Ian Fairweather looking clean, well-dressed, smiling, and enjoying a drink outside his grass hut with some rare but important visitors.



**2012 CENTENARY OF BONGAREE**

The Historical Society has organised many commemorative events over the years, and in 2012 we unveiled bronze plaques on a rock near the jetty to commemorate the centenary of the settlement of Bongaree in 1912. This photo shows members of the Historical Society in the 1912 period costume. You may recognise people in this photo.





## HAPPY AS A CLAM: THE UNISC RESEARCH STOPPING STRESS IN OYSTERS, THAT COULD END UP IN HUMAN HOSPITALS.

Researchers from the University of the Sunshine Coast may have found a new way to treat heart health and immune function in humans, from a very unusual source.

Lead researcher Dr Tomer Abramov, Professor Abigail Elizur and others from UniSC's Centre for Bioinnovation were exploring the effects of the naturally-occurring hormone (Teneurin C-Terminal Associated Peptide or 'TCAP') on Sydney Rock Oysters when they discovered something unexpected.

"The idea of using TCAP on oysters was to eliminate stress during the growth period, so they can conserve that energy for growing instead of wasting it combatting distress," Dr Abramov said.

That part worked exactly as planned.

What they didn't anticipate was how wide-ranging TCAP's anti-stress effects were.

"What we found was quite surprising," Dr Abramov said.

"We showed for the first time that TCAP can prevent stress by impacting the oyster's immune system. When we gave oysters a very small amount- imagine a twelfth of a grain of salt - and stressed them - their immune cells behaved as if the oyster was not stressed at all," Professor Elizur said.

"We also discovered TCAP slowed their heart rate down by more than 50%. This lasted for quite a while, around 40 to 50 minutes," Dr Abramov said.

"Not many people are even aware that oysters have a heart. We practically had to invent an

oyster heart monitor to measure it," Professor Elizur said.

But what does all this mean for humans?

"Not only are there implications in aquaculture, but what's more profound in my opinion is using this and translating it to higher animals, and in human biomedicine," Dr Abramov said.

Due to TCAP being an ancient and 'highly conserved' hormone in evolutionary terms (it exists in basically all animals except jellyfish and sponges) its function and effects in other animals is likely similar.

"Currently, TCAP is being studied in human clinical trials to help treat depression, anxiety, and control glucose levels (antidiabetic). Our studies show that TCAP can do much more," Professor Elizur said.

"From treating heart conditions to diseases affecting immune function, this opens up new avenues for research in both veterinary and human clinical use," Dr Abramov said.

More work needs to be done to explore the viability of treating such conditions with TCAP, but its potential in aquaculture is apparent.

"Oysters can also get stressed, in aquaculture from handling or in the wild from pollution and natural events. Stress can badly affect oysters, including their reproduction. A natural compound that could reduce their stress would have meaningful applications in aquaculture, to simply 'relax' the oysters so they could focus their energy on growth and reproduction," Professor Elizur said.

# WHITE-THROATED GERYGONE – GERYGONE OLIVACE

White-throated Gerygones (pronounced jer-rig-on-ees) or White-throated Warblers are common to Bribe Island and breed here during spring and summer. They are most likely to be found in forest areas and wallum heathlands.

They are one of the tiniest birds in Australia being 10-11 cm in length and weighing only 5-8 g. Their melodious, warbling calls are their most striking feature, and if you are walking through the bush, you may hear them, but they are very hard to spot as they are usually high up in the trees. I hear them often as their call is quite distinctive, sounding much like falling leaves. Last week I was lucky enough to see one in the high trees at Sandstone Lakes and was able to take a couple of not-so-brilliant shots, but good enough to be recognisable. You can recognise the yellow breast and underparts, white throat, white on the tip of the tail, white spot on each side of the forehead, red eye and brownish olive back. They are similar to Fairy Gerygones but do not have the white eye ring but do have white on the tips of their tails which the Fairy-Gerygones do not have. Fairy Gerygones is very rare in our area but have turned up a couple of times over the years in the forest at Red Beach. Female White-throated Gerygones are

similar to the males but are paler in colour. Usually, they are alone, in pairs or in family groups.

Open forest and heathland bush are their preferred habitat in Australia from about Broome across northern Australia and down the east, across Victoria and South Australia to around Ceduna. They are mostly sedentary, but some southern birds migrate north during summer. Gerygones are also found in PNG.

Insects are their main source of food which is busily collected in the outer foliage of high trees.

Gerygones mate for life and produce their broods usually from September to November. Pear-shaped nests with wispy tails and hooded side entrances are built of bark, grass, animal fur and cobwebs. Nests that hang from thin branches 3-15 m high are decorated with spiders' egg sacs and caterpillar droppings. It takes several weeks to build these interesting nests. 2-3 small, pink, blotched eggs are laid. Incubation takes about 12 days, and the young are in the nest for a further 15 days.

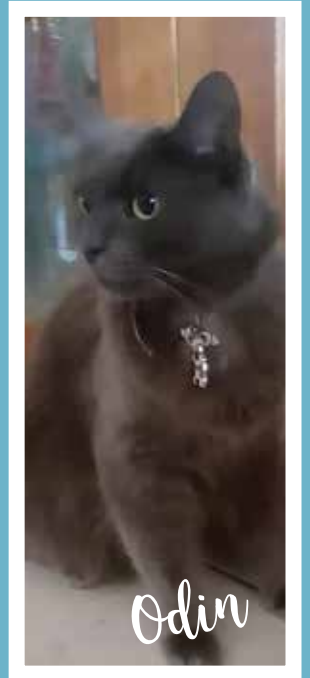
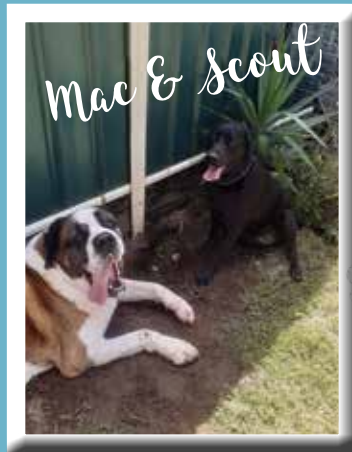
Their name is derived from the Greek meaning "Children of song".

***Their conservation status is of "Least concern".***

BY: Marje Webber







SHARE YOUR FUNNY PET PICS  
WITH THE BRIBIE ISLANDER...  
SEND TO:  
[editor.thebribieislander@gmail.com](mailto:editor.thebribieislander@gmail.com)





# THANK YOU FOR YOUR SERVICE PD BEAU



## AFTER EIGHT AND A HALF YEARS OF SERVING THE CABOOLTURE COMMUNITY, POLICE DOG (PD) BEAU HAS HUNG UP HIS LEAD FOR A WELL- EARNED REST.

PD Beau joined the Queensland Police Service in 2015 when he was seven weeks old, and commenced training with his handler, Senior Constable Matt Grace.

Before settling in Moreton, the pair travelled around the State including trips to Mackay, Townsville and Ipswich, where together, they tracked armed offenders. In October 2017, the pair were shot at during a tracking operation in Mackay however, that didn't stop them from apprehending the offender. Senior Constable Grace received the Queensland Police Valour Medal for displaying exceptional bravery in hazardous circumstances.

Throughout his amazing career, PD Beau always found time to attend school and kindergarten events, enjoying plenty of pats and cuddles from the kids. Colleagues describe him as having a gentle soul, that is until he has his nose to the ground and is completely focused on his work.

In 2021, PD Beau beat cancer and once he recovered from surgery, he returned to work without hesitation. As a tribute to his service, PD Beau became the first retired dog to feature in the Caboolture police dog mural. Senior Constable Grace now has a new partner, PD Fury, who was trained by none of other than PD Beau. Now officially retired, Beau is enjoying life with Senior Constable Grace and his family. Enjoy your retirement Beau, you deserve it.

Police officers aren't born, they're made, with every challenge or adversity overcome, and their personal values, helping to shape them into great officers who can make a real difference.

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Sat 8am to 1pm





## BOWLS RESULTS

**SELF SELECT PAIRS****FRIDAY 24 MARCH 2023**

Highest Margin: K Taylor, S Bell  
Winners : W McDougall,

K Thornton

Lucky Draw: A Vector, D Gibson

Lucky Draw: R Glasser,  
C Chidley

Lucky Draw: P Adams,  
W Simmonds

Lucky Draw: J Oliver, K Opray,  
B Priest

**Random Select Fours Sat 25 Mar**

Out of Hat Winner: G Frew, S  
Williamson, E Hookey,  
W Gillard

Out of Hat Winner: M Cherry,  
M Young, T Phillips, P Lyons

**Self Selected Triples Tue 28 Mar**

Winners: T Hudson, P Patrikeos,  
B Castle

Runners up: R Glasser,  
F Grimsey T Phillips

Lucky Draw: S Lobo, P Mann,  
P Cambell

Lucky Draw: J Lonsdale,  
B Priest, J Neil

Lucky Draw: B Lamb, V Adams,  
K Smith

Lucky Draw: J Hosie,  
V McDermott, C Brayley

**Scroungers Results Wed 29 Mar**

1st: H Anderson

2nd: R Eaton

3rd: J Dunn

4th: L De-Roule

**Open Pairs Results Wed 29 Mar**

Lowest Winning Score : K Ford,  
Z Elmore

Runner's Up: K Muller, D Gibson

Lucky Draw: J Oliver, P Gray

Lucky Draw: B Snare, G Fowler

Lucky Draw: M Garfield,  
E Bateman

Lucky Draw: S Root, A Boyd

**Random Select triples Thu 30 Mar**

Lowest Score: J Muller,

F Grimsey, D Cherry

Runners up : B Kelly,

P Neumann, R Davenport

Lucky Draw: J Murray,

M Regling, P Lyons

Lucky Draw: G Frew, W Gillard,  
G Mellors

**Self Select Pairs Fri 31 March**

Highest margin: W Simmons,  
P Adams

Runners up: J Howarth,  
Z Elmore

Lucky Draw: W Hoelscher,  
C Wilkie

Lucky Draw: Wally O, P Adams

Lucky Draw: N Holzberger,  
B Hoffman

Lucky Draw: R Ferguson,  
J Hattie

**Random Select Fours Sat 1 Apr**

Highest Margin: W McDougall,  
D Groves, T Phillips

Lowest margin: B Doe,

L Mathers, E Hookey,  
P McCarthy

Out of hat winner: B Kelly,  
M Wright, C Halley

**Self Select Triples Tue 4 April**

Winners: B Turnbull, S Mitchell,  
D Hudson

Runners up: R Glasser,  
F Grimsey, T Phillips

Lucky Draw: F Crockett,

D Heath, BJ Adams

Lucky Draw: J Noonan, I Smith,  
L Gilmore

Lucky Draw: E Stacey,  
L Williams, M Garfield

Lucky Draw: L Mather, C Ebert,  
M Ball

**Scroungers Results Wed 5 April**

1st: J Smith

2nd: A Kinnear

3rd: E Thean

4th: L Hackwood

**Self Select Pairs Wed 5 Apr 23**

Winners: B James, W Ryan

Runners up: G Riley, T Bennett

Lucky Draw: R Jackson, J Falvey

Lucky Draw: G Steele, c Wilkie

Lucky Draw: K Opray, A Kinnear

Lucky Draw: A Sturm, J Mercer

**BONGAREE  
BOWLS  
MEN'S RESULTS**

Wed 4's April 5th

Winners Barry France, Tim  
Carlton, Glenn Merrin, Billy  
Bradshaw.

Runners Up Billy Moor, Col  
Terry, Joe Mifsud, David  
Vaughan

Thurs Jackpot pairs April 6th

Winners Errol Fender, Darryl  
Rollingson

Runners Up Col Erhardt, John

Park.

Wed 4's April 12th

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Winners Tony Jericevich,  
Gordon Pitts, Ian Virgen, Ray  
Horne

Runners Up Barry France, Billy  
Bradshaw, Pat Pierce, Glenn  
Merrin

Thurs Jackpot pairs April 13th

Winners Imelda Valentine,  
Col Valentine

Runners Up Ken Kajewski,  
Barry Russell

**SOLANDER LAKE  
BOWLS CLUB**

W/E 15/04/2023

Tuesday: Winners: Trevor  
Jones, John Moore & Stuart  
Ager.

R/U: John Harris, Val Paul &  
Ib Larsen.

Wednesday: Winners: Hollie  
Taylor & Peter Hourigan.

R/U: Denis John & Chris  
Avenell.

3rd: Vicki Mitchell & Wayne  
Mitchell.

Jackpot (\$246) No winner.

Thursday: Winners: Logan  
Hughes, Cheryl Dann & John  
Dann.

R/U: Tony Ollier, Anne Boast  
& Ian Boast.

3rd: Lynn Shorter, Ian Carr &  
Bruce Hill.

Jackpot (\$390) Logan Hughes,  
Cheryl Dann & John Dann.

Friday: Winners: Allen  
Lavender & Brad Jackson.

R/U: Ian James & Ray Zahl.

1st Rnd Bruce Doe & Jerry  
Dieben.

2nd Rnd: Krys Henshaw & Rob  
Henshaw.

Saturday: Winners: Paul

Bottger, Tay Mehmet & Bruce  
Pursehouse.

R/U: Jeff Wall, Jean Moore &  
Carol Langley.

W/E 08/04/2023

Tuesday: Winners Dianne  
Nock, Michael Fitzpatrick &  
Rosa McLeod.

R/U: Bill Taylor, Brian Cayley  
& Ian Whitehall.

Wednesday: Winners: Glenn  
McCarthy & Pete Evans.

R/U: Allen Lavender & Richard  
Wales.

3rd: Mike Wilson & Graham  
Hubbard.

Jackpot (\$164) – No winner.

Thursday: Winners: Marg  
Hopper, Anne Ager & Stuart  
Ager.

R/U: Ted Fairman, Jan Oakley  
& Brian Harris.

3rd: Andy Ives, Ted Parker &  
Ian James.

Jackpot (\$250) – No winner.

Friday: NO BOWLS – Good  
Friday.

Saturday: Winners: Nathan  
Wrice & Ricci Harris.

R/U: Lane Neilson, Mike  
Whiteside & Brad Jackson.

**BONGAREE LADIES  
RESULTS**

Friday 31/03/2023

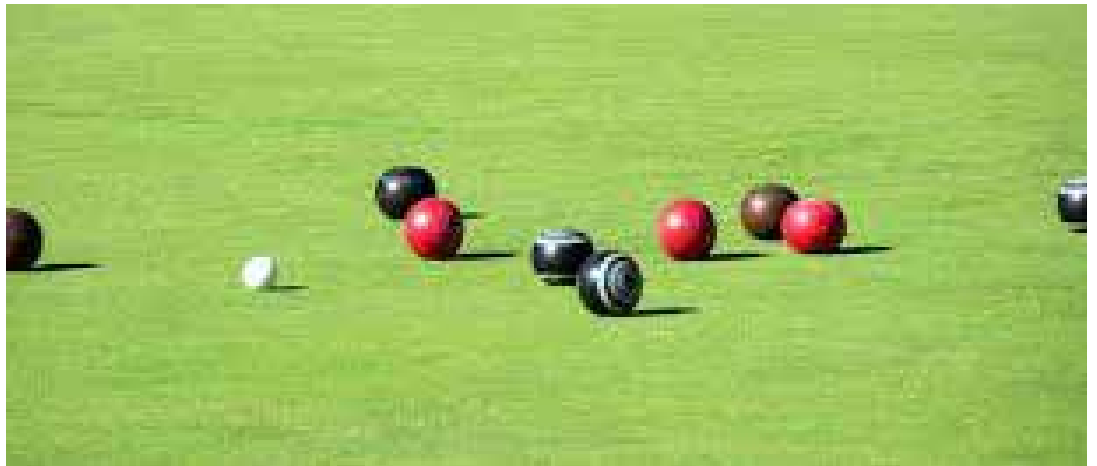
Winners: Rhonda Warwick,  
Beryl Moor, Brien Skerten

R/U: Maggie Pappa, Jen Had-  
ley, Richie Ferguson

Tuesday 04/04/2023

Winners: Sue Francis, Brian  
Skerten

R/U: Maureen Ferguson, Richie  
Ferguson



## CROQUET

### THE PERFECT ANSWER

Kathy Vincent.

How fabulous is the autumn and winter weather? Blue skies, sunshine and the perfect temperature. You are probably asking yourself the following question: -

#### What can I do to enjoy the weather and keep active?

Well, I can help. I have the perfect answer. You need an activity that stimulates your thinking, gives you some exercise, out in the fresh Bribie air, whilst making friends in a social situation. Not too energetic just some fun. Sounds good to me. You probably never thought of croquet, but it is the answer to your question.

Come along to Community Croquet Coaching. This starts



on Thursday the 27th of April at 3.30 pm. This is a 6-week course for people interested in learning how to play croquet. It's fun, come along and make new friends I can highly recommend it.

**Why not give Jan a ring on 0437 008 042. And add your name to the list.** If this magazine comes to you after that date don't worry you are never too late to play croquet. See you there.

## BRIDGE

### MORETON BRIBIE BRIDGE CLUB:

#### Sat 1 Apr:

N/S 1 S Watson & R Sutton 2 T Avenia & E Seeney 3 J Easey & N Everson  
E/W 1 C & R Cowley 2 J Newton & K Cohen 3 B Fuller & P Breene

#### Wed 4 Apr:

N/S 1 A Jones & D Rubin 2 L Carr & J Wright 3 R & C Cowley  
E/W 1 J Newton & K Cohen 2 R Sutton & Y Nakamura 3 L Heap & B Connell

#### Sat 8 Apr

N/S 1 S Watson & R Sutton 2 R Webb & L McLaren 3 L Carr & J Wright  
E/W B Fuller & P Breene 2 C McAlister & P Edis 3 D Quinan & F Barkwith

#### Wed 12 Apr:

N/S L Carr & J Wright 2 R Webb & L McLaren 3 G & S Barnulf  
E/W 1 L Groves & R Deacon 2 R Sutton & Y Nakamura 3 L Heap & B Connell

#### BICBC: Mon 3Apr:

N/S 1 A Jones & D Quinan 2 P Edis & C McAlister 3 M Peart & D Quinan  
E/W 1 U Maffey & J Lawson 2 P Tipping & L Wilson 3 J Day & S McCulloch

#### Mon 10 Apr

N/S 1 A Jones & R Pennington 2 R King & N Everson 3 P Edis & C McAlister  
E/W D Quinan & M Peterson 2 D Dowling & M Courtney 3 J Lawson & S Smith

## BRIBIE ISLAND WOMEN'S GOLF

30 March 2023 to 11 April 2023

30/3/23 – Competition cancelled due to weather.

4/4/23 – 2 Person Ambrose

**Winners:** Desley Neilson & Jo Malone 66.75, 1st R/Up Lyn Ball & Pauline

Grooby 67.5, 2nd R/Up Sue Navie & Sandra Smith 69.75 ocb  
NTPs: Hole 4 Linda Urquhart, Hole 7 Kris Tomalin, Hole 14 Rita de Bondt, Hole 16 Angela Jordan

6/4/23 – Monthly Medal – Sponsor Churches of Christ Qld

**White Course Winner:** Linda Urquhart 70, 1st R/Up Di Binghamy 74 ocb, 2nd R/Up Desley Neilson 74

NTPs: Hole 4 Suzanne Vallely, Hole 7 Pauline Grooby, Hole 14 Linda Urquhart, Hole 16 Ros Gardiner  
Best Gross: Di Binghamy 79

**Red Course Winner:** Sue Graham 71 ocb, 1st R/Up Dianne Hayward 71 ocb, 2nd R/Up Sandra Smith 71

NTPs: Hole 4 Judith Umlauf, Hole 7 Maureen Bailey, Hole 14 Paula Mckenzie, Hole 16 Robyn Harper  
Best Gross: Sandra Smith 87

**Yellow Course Winner:** Susie Smith 68, 1st R/Up Jennifer De Ruyter 74, 2nd R/Up Kate Wilson 75 ocb

NTPs: Hole 4 Jody Bedson, Hole 7 Kate Wilson, Hole 14 Sylvia Kuhbauch, Hole 16 Vicki Butcher  
Best Gross: Susie Smith



Linda Urquhart

Sue Graham

Susie Smith

#### 11/4/23 – Single Stroke

A Grade Winner: Rita de Bondt 72, 1st R/Up Vicki Jones 73 ocb, 2nd R/Up Lyn Ball 73 ocb

B Grade Winner: Lyn Beaven 69, 1st R/Up Leonie Buxton 70, 2nd R/Up Paula Mckenzie 71

C Grade Winner: Denise Shearer 68, 1st R/Up Roslyn Crossley 75, 2nd R/Up Tricia Phillips 76

NTPs: Hole 4 Sue Navie, Hole 7 Susie Smith, Hole 14 Susie Smith, Hole 16 (2nd shot) Caroline Melville, Hole 4 (C grade 2nd shot) Roslyn Crossley

# Brooke SAVIGE

Authorised by M. Savige, 64 Jabiru Street Bellara 4507 for B. Savige (Candidate)

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# How To Choose the Perfect Coastal Bedding for Your Home



For those who are unfamiliar, coastal design is a style of decorating that takes inspiration from the beach or ocean. Its beauty lies in its ability to be both breezy and comfortable. This style's combination of natural materials, light colour schemes, and beach-inspired elements make it a favourite among homeowners who love to relax in a welcoming and peaceful environment. If you aren't lucky enough to live near the ocean, coastal design style can bring the essence of the coast indoors, and that begins with quality coastal bedding. If you're in need of some advice or inspiration, keep reading to find out how to choose the perfect coastal bedding for your home.

## HOW CAN YOU CHOOSE THE PERFECT COASTAL BEDDING FOR YOUR HOME?

Choosing the perfect coastal bedding for your home is an exciting task that can add a touch of style and serenity to any bedroom. To begin, you need to decide on a colour scheme that complements your overall bedroom theme. Coastal bedding typically incorporates natural colours such as blue, green, beige, and white to create a calming and breezy atmosphere. You can opt for solid colours or mix-and-match patterns to create a unique look. Embroidery can also add texture and depth while providing an additional layer of style within the space as well.

When selecting your bedding, consider the material and texture. Cotton and linen are popular choices as they are breathable and lightweight fabrics that keep you cool during warm summer nights, while thicker comforters or duvet covers with down filling can keep you cosy on cold winter evenings. Additionally, textures such as seagrass mats or woven patterns can add depth and dimension to your bedding. Don't forget about accessories such as pillows, throws, and curtains, which can tie the entire coastal theme of the room together.

Always inspect the quality of the bedding. Invest in high-quality materials that are durable to ensure your bedding withstands the test of time. Look for bedding that can be easily washed and maintained, so you can enjoy your coastal paradise without any additional stress. While it may cost more initially, quality bedding saves money in the long run because it will not need to be frequently replaced.

## WHAT ELSE CAN YOU DO TO IMPROVE THE DESIGN OF YOUR BEDROOM?

If you're looking to improve the design of your bedroom, there are a few

key things you can do that will make a huge difference. For example, you should rethink the colour scheme of your bedroom. If you're currently working with dreary, dark colours, consider switching things up with bright, cheerful hues that will make your space feel lighter and more inviting. Alternatively, if you're working with a small space, consider opting for a monochromatic colour scheme, which will noticeably open up the room and make it feel more spacious.

Another key aspect of bedroom design is lighting. Make sure that you have plenty of lights available, including overhead lighting, bedside lamps, and even small accent lights. This will allow you to create the perfect atmosphere for reading, relaxing, or getting ready. Remember to think about natural light too – if your room has windows, take advantage of the beautiful natural light that comes in throughout the day. Natural light can actually provide several mental and physical health benefits, so you should always incorporate it into your design plan.

As you can see, choosing the perfect coastal bedding for your home is a major decision. It helps to create a space that reflects your style and personality, while also providing comfort and aesthetic appeal. By taking the time to consider your options and the type of atmosphere you want to create, you can find the perfect coastal bedding to suit your needs and make your home feel like a true oasis. You can further elevate the space by trying out a new colour scheme and improving the lighting. Follow the tips in this article and you can design the coastal bedroom of your dreams.



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SERIOUS ABOUT SLEEP

of the road may be a fantastic way to reduce stress and improve one's mood.

### HOW TO OVERCOME SAFETY CONCERNS REGARDING MOTORCYCLES

#### Wear a Helmet

If you're going to be riding a motorbike, the most crucial thing you can do is wear a helmet. In the case of an accident, it can shield your head from harm, lowering your probability of major damage or death.

#### Wear Protective Clothing

Choose protective clothing and equipment manufactured from leather or synthetic fibres that won't rub your skin raw if you happen to take a tumble.

#### Get Proper Training

Getting the right kind of training is crucial if you're a novice rider. To learn how to ride a motorbike competently and securely, enrol in a training program where you can learn about the rules of the road for motorcycles. Additionally, you'll learn the right actions to take in unpredictable riding circumstances. A course will help assist you in developing the good judgment and skills needed to operate a motorcycle.

#### Follow Traffic Laws

When riding a motorbike, it is essential to follow all applicable traffic laws. Pay attention to road signs, such as speed restrictions and traffic lights. Never make a lane change or turn without signalling and keep a safe distance from other cars.

#### CONCLUSION

Having a motorbike of your own may be a liberating and exhilarating experience, with advantages including little maintenance, low fuel consumption, and excellent manoeuvrability. Yet, safety is of paramount importance when riding a motorbike, and it is critical to take all mandatory steps to avoid accidents. You may get over your fear of riding a motorbike and experience the freedom and thrill it brings by investing in the right safety gear, keeping your bike in good working order, and attending a few safety classes. Keeping these tips in mind can help ensure a safe and enjoyable trip.



**H**aving a motorbike of your own is an adventure that may alter your life for the better. In comparison to other forms of transportation riding a motorbike offers a level of independence and excitement that is hard to compare. The trip itself is just as important as arriving at the destination. You may see the world in a whole new light when you hop on your motorcycle and go for a ride. It's a great way to connect with others who understand and appreciate your love of bikes.

#### Some Interesting Facts About Motorcycles

Bikes have long been relied on for both practical purposes and fun pursuits. Their quickness + dexterity and one-of-a-kind style have made them famous. Here we'll go through five motorcycle-related tidbits you probably didn't know.

#### Motorcycles Are More Fuel-Efficient Than Cars.

Motorcycle gas mileage is significantly higher than that of the ordinary automobile, at 35-60 miles per gallon (mpg) compared to 20-30 mpg. Because of this, bikes are a greener mode of transportation than cars.

#### Motorcycles Have been around for a Century.

Motorcycles have existed for well over a century. The

Daimler Reitwagen, created in 1885 was the first internal combustion, petroleum-fueled motorcycle. Two German inventors Gottlieb Daimler and Wilhelm Maybach built it.

Motorcycle Helmets became a Requirement by law after the Death of Colonel T.E Lawrence. According to legend, Colonel Lawrence was riding his bike close to his home when he nearly collided with two young boys who were riding bicycles. He maneuvered to avoid hitting them but regrettably got thrown off his bike. He died a few days later from severe head wounds. His death led to research by a neurosurgeon named Hugu Cairns who started researching the importance of crash helmets. Once his work was published, motorcycle helmets became a mandatory requirement by law.

#### The World's Smallest Motorcycle is called "SmallToe"

The world's smallest functional motorcycle "Smalltoe" was created by a Swedish Engineer called Tom Wiberg. It weighs only 2.4 Pounds measures 2.5 inches in length and is 4.5 inches in height. Its tiny, ethanol-powered combustion engine gives it a top speed of 2 Km/h.

#### Motorcycling: A Surprising Cardiovascular Workout

The health benefits of a 30-minute motorcycle ride are

comparable to those of a jog or a round of golf. Motorcycling is a low-impact, calorie-burning exercise that can even aid in weight loss.

#### TOP BENEFITS OF OWNING A MOTORCYCLE

There's no denying that riding a motorcycle may be exhilarating, but it shouldn't be the only factor you take into consideration when thinking about buying one. If you cannot get a new one, there are used motorcycles for sale as well. Enhanced Portability Bikes are more compact and easier to manage than vehicles, making them a good choice for getting around crowded locations and parking in limited spaces. They can also take use of the space between vehicles by using lanes.

#### Reduced Expenses

In the long run, you may save quite a bit of money by riding a motorcycle rather than a car because motorcycles use less gas. Motorcycles are a more cost-effective transportation alternative than vehicles since insurance and upkeep are often less expensive.

#### To One's Health and Happiness

Riding a motorbike is great for your body and mind since it takes so much physical exercise, including balance and coordination. In addition, being outside in nature and taking in the sights, sounds, and scents



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Welcome to the second of three editorials looking at the joy and art of container gardening (planter boxes and pots) ~ a wonderful way to bring plants into living spaces such as patios and balconies. They can be used to create garden rooms, frame a seating space, demarcate a pathway or simply beautify a space. For areas that get a lot of sunlight, they can also bring welcome shade.

In Issue 187 we covered a variety of shade plants. Today we move on to sun-loving plants. Those boxes and pots can get quite hot in the sun, raising the temperature of the soil within. For success, it's important to use plants that can handle the heat, and also survive without watering if you're going away for a while. A variety of watering tips can be employed to help ~ put bases under pots to create a reservoir, use inverted water bottles to drip feed over time, or plant in self-watering pots and containers. Water crystals are very effective too. When choosing the right plants at your local nurseries and markets, look for ones which are already being displayed in the sun, or ask which ones will work well in the spaces they'll be inhabiting.

All of the plants listed below are perennial, will grow well together in the same box/pot, whether receiving sunshine in the morning, on a hot afternoon, or growing close to a hot brick wall. For those near a metal fence, it might be best to secure a bamboo screen (or similar) in place behind your boxes or pots, to protect the plants from added reflective heat.

Most of the plants below will keep flowering when the soil is dry, even if you've been away for a few weeks. Check with your retailer regarding your specific plant, or research online for more details.



### Tall plants

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

Azalea hybrids, brazilian red (alternanthera), dwarf leptospermum, grevilleas, callistemons, plumeria - also known as native or evergreen frangipani, dwarf tibouchinas (jazzie or jules).

### Medium / short

Agapanthas, aloe hybrids, chrysanthemum hybrids, desert rose, dusty miller, gazania, liriopse grasses, little ruby, mandevilla (creeper or bush), small rose bushes, almost all succulents, vinca.

### Trailing / ground cover -

(Ideal for the front edges of your pots or hanging over the side).



By Peter Schinkel

Blue star creeper, dichondria (silver falls, etc), oregano, pigface, portulaca, sedum, swedish ivy, creeping thyme, native violet. In addition to the above, there are countless other stunning plants to choose from, so happy hunting out there. I look forward to seeing you in issue 191 on 19th May where we'll be looking at alternative container gardening ~ bonsai, hanging baskets, terrariums, etc. Meanwhile, as always, thanks for reading and happy gardening :-)



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## WEED SPRAYING

- **Bindii**
- **Clover**
- **Nutgrass**
- **Oxtails**
- **Dandelion**
- **Onion Weed**
- **Paspalum**
- **Carpet Grass**
- **And Many Others**

## LAWN GRUB SPRAYING

- **Lawn Army Worm**
- **Sod Web Worm**
- **Billbug**
- **Black Beetle**
- **Lawn Grubs**

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## BEING A BEACHMERE COMMUNITY GARDEN MEMBER

### PART 1

With our amazing arbour and accessible pathways completed, the garden is certainly getting a lot of attention in the community.

We have had a noticeable increase in people requesting information about the garden and also to become members. It's important though, that people signing up have a clear understanding of what our garden is about and the expectations of being a member.

A lot of thought and effort has gone in to making the community garden as inclusive as possible. We have enshrined embracing the diversity of our community into our guiding principles, so we expect members to not only follow these principles, but to champion them. Recognizing and respecting our differences and celebrating our shared

passion for gardening is a prerequisite of being a BCGI member.

Community gardens mean something different to everyone. People may have past experiences with other gardens or seen them featured on shows like Gardening Australia. With these experiences and perceptions come certain expectations. While growing healthy food is the primary goal of most gardens, they all differ in a variety of ways. It's fair to say, we are doing things a bit differently at Beachmere.

Ours is a display and educational garden - a botanical garden for food plants. There will be no allotments available and no large communal growing areas. Members will assist in the upkeep of the garden, with any produce grown on site used in cooking demonstrations, seed saving or donated to local charities.

Please don't expect to be taking produce home from the garden each week, instead we hope members and the Beachmere community will

take the knowledge they learn onsite (with some locally saved seeds) and grow their produce at home. Once constructed and the plants are in, there won't be a great deal to do on site, not enough to keep all the members busy. So, what else will members do?

There are a range of projects we are partnering with in the community, and we would like members to assist with these wherever they can. These projects not only help spread the ideas of healthy food and sustainable gardening but also strengthen connections and relationships among the community. We also fully understand how busy people are and are grateful that they would choose to spend their free time helping our group.

All we ask is that members help where they can. Other than these community projects, there is always fundraising and admin to help with. This could mean assisting with peeling onions for a sausage sizzle, taking bottles and cans to containers for change, writing

a story for the newsletter or looking after plants at home. Every little bit helps.

These we believe are the main reasons to be a member of the Beachmere Community Garden - helping in your own way to inspire others in the community to learn all about healthy food. Next issue we will discuss the community projects BCGI is involved in and delve deeper into how we can promote inclusion.

"To get the best results, you must talk to your vegetables."

**E:** [beachmerecommunitygarden@outlook.com](mailto:beachmerecommunitygarden@outlook.com)

**W:** [beachmerecommunitygarden.com.au](http://beachmerecommunitygarden.com.au) or **FB:** [facebook.com/BeachmereCommunityGarden](https://www.facebook.com/BeachmereCommunityGarden)

#### THINGS WE NEED.

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- Indigenous food
- plants
- Fruit trees
- Wicker baskets
- New members
- Your help with raising plants, fundraising, spreading the word!

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**BUYING A HOUSE IS EXCITING AND LIFE CHANGING. IT ALL STARTS WITH SAVING FOR THE DEPOSIT. FIND OUT HOW MUCH YOU'LL NEED TO SAVE AND GET TIPS TO HELP YOU SAVE FASTER.**

**FIND OUT HOW MUCH YOU NEED FOR A HOUSE DEPOSIT**

Before you start building a deposit, work out how much you can afford to borrow. Be sure to include the other costs of buying a house like stamp duty and conveyancing fees.

To work out how much you need for a deposit, your calculations might be:

- Amount you need to buy the property
- Plus fees and charges
- Minus the amount you can afford to borrow
- Equals the deposit you need to save
- Work out what you can afford to repay

**GET HELP TO BUY A HOME**

If you're buying your first home, you may be able to get help from the government.

**FIRST HOME OWNER GRANT**

If you're a first home buyer or building a new home, you may be eligible for the First Homeowner Grant (FHOG).

Different rules apply in each state and territory, but the grant can:

- help you pay for your home — you

can receive up to \$20,000 in some states reduce how much you pay for land transfer duty (stamp duty)

- First Home Super Saver Scheme
- The First Home Super Saver Scheme (FHSSS) lets first home buyers save a deposit through their super. You can make up to \$15,000 of voluntary super contributions a year that can be withdrawn to buy your first home.

- Across all years, the maximum amount you can save in super for the scheme is \$30,000 of personal contributions plus earnings.

**START SAVING YOUR HOUSE DEPOSIT**

Now that you have a good idea of how much you need for a deposit, put a savings plan in place. If you are buying a house with someone else, make a savings plan together.

**PREPARE A BUDGET**

The first step is to get your finances sorted. If you're planning to buy a house with a partner, do this together.

Do a budget so you can see:

- What money is coming in and going out each month
- How much you can afford to save regularly for your deposit
- Where you can cut back
- See if you can find simple ways to save money and boost your savings.

**Save for  
a house  
deposit**

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# FOR RENT

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**41/97 Sylvan Beach Esplanade, Bellara**  
\$490 per week - Available Early May

**5 Gidya Avenue, Bongaree**  
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## 1293 Bribie Island Road, Ningi 3 BED | 1 BATH | 4 CAR

Firstly, we have "the shed" a whopping 8m x 12m of man or lady cave heaven, ideal for just about anything within reason, Then there is "the land" a gigantic 1,481-sqm approx. parcel of prime "General Residential" zoned land ideal for those who need space for vehicles; free range animals or for those who may be wanting to potentially develop in the future, subject to council approval of course.

**For Sale:** Offers Over \$599,999  
**Land Size:** 1,410m<sup>2</sup>

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



## 13 Emu Walk Bongaree

**2 BED | 2 BATH | 3 CAR**

When it comes to why people purchase a property, sometimes you just can't explain "why" they buy it but it just has a good feeling about it. 13 Emu Walk in Bongaree is that property! From the moment you walk around it you just feel like your home, whether it's the comforting hardwood timber floors, the light-filled rooms, the simple but practical layout or the central location.

**For Sale:** Offers Over \$599,999  
**Land Size:** 536m<sup>2</sup>

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



## 145-147 Peel Road, Ningi

**5 BED | 2 BATH | 6 CAR**

This home offers huge versatility, with five bedrooms, plus a study/sixth bedroom, two living areas and grand outdoor alfresco all overlooking the pool. The kitchen, dining and lounge area are centrally located making the layout practically perfect. All the finishes are of a high standard as you would expect from a home of this calibre.

**For Sale:** Contact Agent  
**Land Size:** 3,000m<sup>2</sup>

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





# How to Prepare for a Long-Distance Move

Moving can be a daunting task, and long-distance moves are especially challenging. It's not just the sentiments of maybe leaving your current home but also the immense preparation and time to pack up and leave.

However, with the right timeline and service help, it can easily become a seamless experience. Keep on reading to find out how.



## Challenges of a Long-Distance Move

### Time and Distance

One of the most significant challenges of a long-distance move is the distance and time it takes to move from one location to another. Suppose you're moving across states or even countries. Just the transportation on its own can take days. You might feel very uncomfortable in this area of uncertainty while you fly or drive to your new destination.

### Expenses

Another challenge of a long-distance move is the cost. Packing up your entire life and transporting it across the country can be expensive. You will likely face expenses from flight prices, packing material, moving supplies, and even hiring a moving service. Additionally, you may need to consider the storage cost if you need to store some of your belongings during the move.

### Home Sickness

A long-distance move can also be emotionally challenging. You're not just leaving behind a house, but possibly a home, a job you loved, or even

family. There is always the fear of being unable to build a parallel connection in your new surroundings.

### How to Prepare for a Long-Distance Move- Plan, Plan, Plan

It would be best to create a checklist before you even begin taking up any task while moving. It is essential, especially for a long-distance move. With a proper checklist, you can focus on one thing at a time and manage your stress levels. Your checklist may include packing, arranging for transportation, and notifying your utility companies.

### Ditch the Hoarding

Before packing, investigate your hoarding closet; now it's finally time to throw all that away. You need to pick and choose which clothes and outfits you need or don't need anymore. It will make the packing process easier, the transport move lighter, and the overall moving experience much more cost-efficient.

### Hire a Long-Distance Moving Service

Hiring a professional moving company can make a long-distance move much easier.

You might be unable to take up the task of moving all your things alone, and you don't need to burden your friends and family. Therefore, look for long-distance movers that have positive reviews. Make sure to get several quotes and compare prices before deciding on which service to use.

### What to Look Out for When Hiring Movers

Great, you've got the idea to hire professionals. How do you make sure that process is smooth?

### Licensing and Insurance

When hiring a moving company, check their licensing and insurance. When they have an official license, they have all the proof of being a genuine company. Then you can even check them out online and see what others say about them. If anything goes wrong, you can take legal action because they are a legal company that must comply with all the business laws. With an insurance plan, if anything goes wrong during the service, such as lost furniture or misplaced items, you know that the company is there to support you. It

will also help to protect your belongings during the move.

### Experience

As mentioned earlier, look for a moving company that has experience with long-distance moves. Experimenting with a new company during this difficult period is unnecessary. Ask for customer reviews to see other people's experiences as well.

### Price

Price is an important factor to consider when hiring a moving company. Get several quotes and compare prices before deciding. However, remember that the cheapest option may not always be the best. You want to look for value for money, rather than just cheap. All your belongings are at risk, so you need to be safe. Many movers might be a little more expensive, but they might include travel insurance, so they are a better option.

### Conclusion

By understanding the challenges of a long-distance move, you can take steps to make the process smoother. Consider the above tips to properly prepare for a long-distance move.



# MMA

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# THE BENEFITS OF A SWIMMING POOL COVER

Having a swimming pool is great fun, particularly in the Aussie climate, however maintaining a pool, keeping it clean and protecting it from the elements can often be time consuming, hard work and costly.

Swimming pool covers give multiple benefits to pool owners. It's a small investment for a long term gain, and here's a few reasons why:

Maintains your water temperature for free!

A swimming pool cover will reduce up to 95% of heat loss, and can even increase the water temperature, making for a more relaxing and comfortable swimming experience. Some covers actively warm the pool while others aid in heat retention. Opting for a solar pool blanket can increase the water temperature by up to 8

degrees and for heated pools it will help to significantly reduce your heating bills. Reduces leaf litter and cleaning time

Another advantage of a pool cover is that it will reduce the amount of leaf litter and garden debris in your water. Leaf litter causes algae to grow and your pool can become cloudy, green and out of balance. It can also stain the floor of your pool, which takes hard work and specialised chemicals to remove. A pool cover will also save daily scooping of your pool, and less build up in your skimmer basket.

You'll use less chlorine Having a pool cover will reduce the amount of chlorine you'll need. Why? The sun's UV rays degrades chlorine levels, and introducing a pool cover will protect the water. You'll

save money on chlorine products, and for salt water pool owners you'll use less energy on your chlorinator system.

Reduces evaporation and saves on water bills Daily evaporation can cause substantial water loss, particularly in sunnier areas such as Queensland. A pool cover will conserve water by reducing the amount of extra 'top-up' water needed by 30% - 50%! Keeping a constant eye on your water levels is a regular part of maintenance, and having a pool cover means that's one thing you have to do less regularly - particularly when the pool is not in use.

## WHICH TYPE OF POOL COVER IS RIGHT FOR YOU?

There are different styles of pool covers to choose from

depending on how much sun your pool gets and how much garden debris you have. One of the more popular choices is a solar pool blanket by Australian company Daisy. A 'bubble' style solar blanket lets the sun heat your pool by up to 8 degrees and is one of the most affordable pool covers on the market today.

**TALK TO THE EXPERTS AT AQUANEO WHO CAN ADVISE ON THE RIGHT POOL COVER FOR YOU. THEY SUPPLY AND INSTALL AUSTRALIAN MADE DAISY POOL COVERS, WHICH ARE BACKED BY IMPRESSIVE WARRANTIES. TALK TO JAMIE AND THE TEAM BY SEEING US IN STORE AT 179 First Avenue, Bongaree or call 1300 279 502.**



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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. Why not chill with us and have a coldie and help us with our raffle to raise money to support T.S. Koopa Naval Cadets, our future sailors. Members of our association enjoy bus excursions, welfare support, mateship and more... so please give us a call we would love to welcome you!

**PLEASE CONTACT  
PRESIDENT: DAVID BIRDLING  
ON 0476 161 886 OR  
VICE PRESIDENT: JOHN FINCH  
ON 0403 603 059**

**Always**

**SHIPMATES**



**NAVAL ASSOCIATION  
OF AUSTRALIA**

*Once Navy, Always Navy*





# Please BE Seated

by Tony Longland

*"I think we have one of the best dog parks in Queensland,"* says Karen, a regular user of Cosmos Dog Park in Banksia Beach. "Council have provided good activity training and exercise facilities, and the extensions they made a couple of years ago mean that there's plenty of room for all dogs, big and small."

But Council's budget didn't extend to providing more shelters, and only two new benches, so the users have come up with a clever solution - they've brought their own garden chairs and left them for all to share.

Because the chairs can be easily moved, everyone, especially the many older users, is guaranteed a

comfortable seat in the shade during summer and can also find a sunny spot on a cold winter's day.

"But the best part is how sociable it's made the place," says Chris. "The benches are fine, but because they're fixed in place it meant that a few people could sit here, and a few there, and while we were still friendly, there wasn't the same sense of community we now have. People can choose to sit in a big circle, or in a small group or by themselves - whatever suits them".

Karen added "I've gotten to know so many people that I otherwise wouldn't have, and the socialising makes all the difference. We hear a lot about loneliness and social isolation these days, and I just think it's amazing how much difference can come from just having a few moveable chairs."



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# VMR BRIBIE ISLAND



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

## DONATION - WOOLWORTHS BRIBIE

Friday 31st March 2023 Senior Staff from Woolworths Bribie Island attend the Base and donated a goodies package for the volunteers and VMR Bribie. The package included slabs of bottled water, Easter goodies, a fruit package, muesli bars, biscuits, and other items suitable for SAR packs. Commodore Ces then conducted a quick tour of the base and gave a brief commentary of our operation. VMR Bribie supports Woolworths in purchasing for our catering at the Base – Thank you Woolworths!



Coleen and Janelle from Woolworths Bribie Island presents the goodies package to Commodore Ces Luscombe, Vice Commodore Wayne Sclater and Social Committee and Functions Coordinator Kelly Langworthy.

## SUNSET DRINKS -31/3/23

55 Active members and partners attended this Easter themed event. The Social Committee put on a “Build your own Burger meal” for \$5, which was a buffet style meal with hamburger buns and beef or chicken patties, with all the trimmings of your choice including: cheese, eggs, bacon, fried onions, beetroot, pineapple, tomato, lettuce, or cucumber, followed by ice-cream in waffle cones with a choice of toppings. There was a door prize plus many raffle prizes of Easter goodies!



VMR Bribie Secretary and Senior Coxswain Gary Voss congratulates Brenda Allardyce and Leona Patrick for the wonderful spread!



Gwen McNamara has just returned from a cruise around Australia was impressed by “Build your own Burger meal”.



Brenda Allardyce assists with handing out fried eggs to Graham and Kerrie Parker, and Lindsay and Colleen Crompton.



Brenda and Social Committee Member Kaye Hammond enjoying their meal.



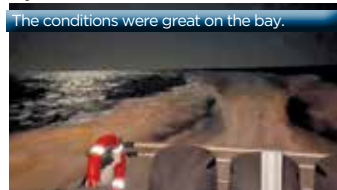
Life Member and Radio Officer Peter McNamara and Life Member and Social Committee Member Betty Snell select options for their burgers!



Commodore Ces Luscombe presents Geoff Boucaut with his Door Prize kindly donated by Woolworths Bribie Island.

## MEDEVAC FROM TANGALOOMA

The night call-out crew were called out just after midnight Wednesday morning to assist with a Medevac at Tangalooma. With 2 Paramedics on board and in utterly perfect conditions the crew picked up young Henry and his Mum who were the perfect passengers and all were back to the base by 4am.



The conditions were great on the bay.

## BRANDING AND MARKETING TEAM

The Marine Rescue Implementation Branding and Marketing Team visited VMR Bribie at 9am Wednesday 5th April 2023. Liz, Simon, Allan, and Steve were shown over the base and our assets, and listened to our concerns regarding uniforms and branding such that we wouldn't become unidentifiable from our foundation community. As Murphy's Law would have it, Commodore Ces Luscombe was on an assist when the team arrived! Secretary Gary Voss and Vice Commodore Wayne Sclater, Coxswain Mike Looney, Radio Officer Peter McNamara, HR and Functions Coordinator Kelly Langworthy, and Public Relations Officer John Traill were present to forward “our brand” to the team and ensure we didn't lose our identity in the process.



Bribie 2 returning with Commodore Ces and the assisted vessel rafted up against Bribie 2, a little late for the meeting with the MRI Team



Meanwhile Secretary and Senior Coxswain Gary Voss runs through the community engagement via his locally produced Beacon to Beacon for the Passage and Moreton Bay specifically.





Secretary Gary Voss and Vice Commodore Wayne Sclater demonstrate the difference between VMRAQ issue trousers and VMRBI sourced ones.



Secretary and Senior Coxswain Gary Voss gives the team a run through of our VMR Fleet.

## LIFELIGHT

Fun with Helicopters! Bribie 1 exercising with Lifelight Rescue 511 in Moreton Bay. Turns out it is pretty wet work on the deck!



Senior Crew Doug Lythgo and Coxswain and UTC Allan Tranter deploy the dummy for rescuing in this exercise. Note the clear conditions, as when the helicopter arrives it becomes very "misty"!



A diver is deployed from the helicopter.



Above and below: The helicopter delivers the diver to the site to pick up the "person" in the water near Bribie 1.



With the tow line attached the diver brings the rescued person onto Bribie 1.

## BRIBIE POLICE HIT THE WATERWAYS

By Senior Constable Jo Arthur  
Last week, Bribie Island police teamed up with officers from Maritime Safety Queensland (MSQ) and the Queensland Boating and Fisheries Patrol (QBFP), for a joint cross-decking operation in the Pumicestone passage. Over two days, April 5th and 6th the officers intercepted 86 vessels and issued 10 marine infringement notices, seven fishing infringement notices and two traffic infringement notices. Overall, the officers were pleased with the general compliance of the laws around safe boating, with carrying the required safety equipment being the biggest issue, especially relating to lifejackets and out of date flares. In total, 86 boaties were breath tested with no positive tests detected, just the way we like it. Great job everyone!



## 2023 YEAR RADIO ROOM STATISTICS

To Thursday 13th April 2023  
4,827 Calls, 1,482 vessels logged on,  
84 Vessel Assists, 511 Sitreps, 248 Requests,  
19 overdue vessels, 3 Vessel Tracking,  
515 Radio Checks, 3 Weather Broadcasts,  
2 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 63.1%, 27MHz 0%, Phone 18.9%. GWN 2.8%

## APRIL VESSEL ASSISTS:

FRI 31/03 0826AM – Water Police tasked VMR Bribie to prepare for a SAR at the Northern end of Moreton, as debris including life jackets & Epirb were washed up at Comboyuro Point – we were stood down before leaving as owner had been contacted, his boat had drifted away.  
SAT 01/04 0837am – 6.2m Half Cabin member with motor overheating at Brennan Shoal near Cape Moreton, required a tow to Spinnaker Sound Marina.  
SAT 01/04 0952am – 5.8m Half Cabin non-member drifting near FADS required a tow to Scarborough Harbour.  
SUN 02/04 0647AM – 5.6m non-member with water in fuel, required a tow from Woorim to Spinnaker Sound Marina.  
SUN 02/04 0946AM – MOP reported upturned Dinghy in little Ningi Creek, investigate and tow to Base Ramp.  
SUN 02/04 1348PM – 4.8m Half Cabin non-member with motor issues, required a tow from Woorim to Spinnaker Sound Marina.  
TUE 04/04 0613AM – 9m Sloop member with engine overheating South of Bongaree Jetty, required a tow to Monty's Marina Caboolture River.  
WED 05/04 0037AM – QAS activated Medivac to transport 2 ambos from VMR base pontoon to Tangalooma and return with 11 yr old boy and his mother for ambulance to Caboolture Hospital.  
WED 05/04 0721AM – 4.75m Runabout member lost steering at Mission Point, required a tow to Base Ramp.  
FRI 07/04 0808AM – 12m Cruiser member with fuel issues off Scarborough, required a tow to Pacific Harbour Marina.  
FRI 07/04 1148AM – 15m Cruiser non-member aground opposite Donnybrook on Bribie side requiring refloating, was stuck fast and will wait for higher tide.  
FRI 07/04 2036PM - 15m Cruiser non-member, refloated and towed into Pacific Harbour.  
FRI 07/04 2324PM – Tasked by QPS to Provide Medevac via Scarborough to Tangalooma and back to Scarborough, 24-yr old male with head injuries, returning at 0222AM.  
SAT 08/04 1210AM – Canoe stranded at White Patch, couldn't paddle against the wind, required a tow to Toorbul.  
SAT 08/04 1631PM – 7m Pontoon Boat member, neighbour reported vessel required resecuring to pontoon investigated and secured in Pacific Harbour canals.  
MON 10/04 1231PM – 5.8m Runabout member with motor issues required a tow from Toorbul Red to Toorbul Boat Ramp.  
TUE 11/04 0701AM – 4.5m Tinny member with flat battery, required a tow from between Green Markers South of Bridge to Spinnaker Sound Marina.  
TUE 11/04 1203PM – 4.6m Allycraft non-member with motor issues off Sandstone Point, cancelled assist was able to start and make own way to Marina.

## SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says "Check your safety gear, ensure your flares are in date and dry, that you have a fire extinguisher, torch, v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life jackets that we see a lot of on vessels. A lot of the time these are stashed away in the boat they get wet and sun damaged and forgotten about, these need to be checked annually too.

Check the life jacket for signs of:

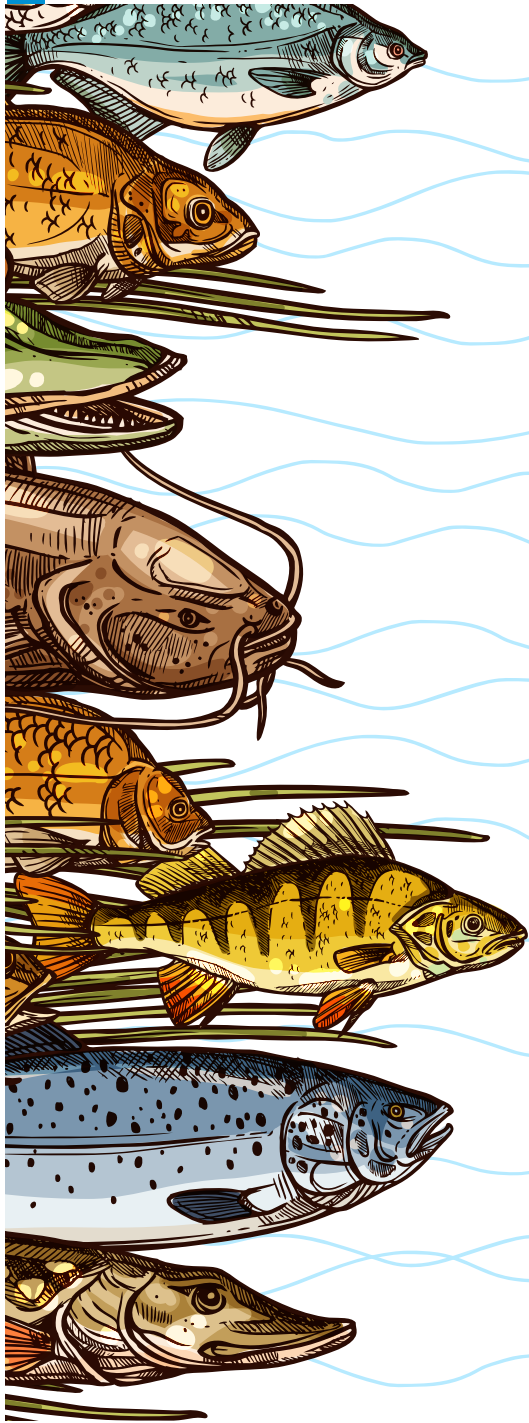
- Sun Damage
- Fading
- Rips
- Check the buckle work
- Inspect straps for any deterioration
- If reflective strips are attached make sure they are clean and undamaged.
- Make sure the whistle works. Look after the equipment that will look after you.!"

## "PLEASE WEAR YOUR LIFE JACKETS!"

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







# FISHING REPORT

BY: ROBYN  
BRIBIE ISLAND BOAT CHARTERS

This is generally the time of year when the summer species are still prevalent in the Passage, but you start to see the cooler weather fish turning up as well. Tides, moon phases, weather and wind all affect what's biting and where but there's usually a good chance to catch something in April.

The baitfish have been schooling throughout the Passage and the prawns are abundant, too. I've heard that Glassy Creek and Bullocky Creek are loaded with prawns, but really they are pretty much everywhere – one even jumped into our boat as it was leaving the marina! Lots of bigger fish are on the chase and some lovely bream have been caught (especially with freshly netted prawns), along with grassy sweetlip and an occasional decent Moses perch. Lyn and Margie were out "scoping" for good spots to fish in next month's Alvey Women's fishing competition – at White Patch, they caught 10 bream "in no time at all, and every one of them was big enough to keep".

Other places to target bream have been north of the Ningi Creek yellow marker, where Dave and Amanda caught 5 biggies; off Banksia Beach or north of the Toorbul boat ramp. The rising tide has been the best time to try these spots and prawns have been the most successful bait but oily fish strips have also been the go.

Some good grunters have been taking bait in the same areas as the bream, again on the rising tide. Squid and worms have been good baits to choose from; however, the squid is much better if you can get onto

genuine local squid – better quality and a lot more effective. Jay and a mate caught a 40cm grunter and a 50cm golden trevally at Ningi Creek on fresh squid.

Flathead fishing hasn't really been as successful over the past while. There has been plenty of sand flathead, not much more than 35cm but duskies are harder to find. The Fishability Qld team did get a fat 65cm dusky, using a whole pilchard, and Mau had a 63cm one on mullet fillet – both up near Ningi Creek. Anthony's flathead was also 63cm – Sandstone Point, using a pilchard. The falling tide has been the best time for flathead fishing and don't mind the wind, because the flathead doesn't seem to!

As the weather starts to cool, we can expect to see some bigish snapper. So far, the snapper has been mostly under-sized but some more mature fish are showing. South-east breezes and early morning starts are a good recipe for snapper fishing, at this time of year, especially fishing at the bridge. North of the entrance to Pacific Harbour, along past Banksia Beach, is fine, so long as you remember not to anchor anywhere near the shore at Kakadu Beach. Bob and Peter brought in three nice 40cm+ snapper off the ripples but they seem to be the exception – most of the snapper so far have had to go back in the water. Soft-plastic lures should work well – laced with a fish attractant, even better, but fresh bait is always good. I've also heard that there is good snapper right up at the north end of the ocean beach.

There are plenty of good stories

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# TIDE TIMES

## Bribie Island AND Moreton Bay

<b>FRI 21 Apr</b> 4:38 am 0.38m 10:43 am 1.78m 4:41 pm 0.31m 11:13 pm 2.08m	<b>SAT 22 Apr</b> 5:23 am 0.46m 11:20 am 1.64m 5:13 pm 0.37m 11:52 pm 2.05m	<b>SUN 23 Apr</b> 6:09 am 0.53m 11:57 am 1.51m 5:45 pm 0.44m	<b>MON 24 Apr</b> 12:31 am 2m 6:58 am 0.6m 12:38 pm 1.39m 6:23 pm 0.52m	<b>TUE 25 Apr</b> 1:14 am 1.93m 7:53 am 0.66m 1:26 pm 1.3m 7:08 pm 0.62m	<b>WED 26 Apr</b> 2:01 am 1.85m 8:58 am 0.7m 2:29 pm 1.24m 8:04 pm 0.71m	<b>THU 27 Apr</b> 3:00 am 1.76m 10:11 am 0.72m 3:54 pm 1.22m 9:15 pm 0.79m
<b>FRI 28 Apr</b> 4:12 am 1.69m 11:23 am 0.71m 5:27 pm 1.26m 10:33 pm 0.81m	<b>SAT 29 Apr</b> 5:25 am 1.67m 12:23 pm 0.66m 6:30 pm 1.36m 11:45 pm 0.78m	<b>SUN 30 Apr</b> 6:23 am 1.69m 1:08 pm 0.6m 7:16 pm 1.47m	<b>MON 1 May</b> 12:43 am 0.72m 7:08 am 1.72m 1:40 pm 0.54m 7:52 pm 1.59m	<b>TUE 2 May</b> 1:30 am 0.64m 7:44 am 1.77m 2:06 pm 0.46m 8:25 pm 1.71m	<b>WED 3 May</b> 2:09 am 0.57m 8:16 am 1.8m 2:32 pm 0.38m 8:56 pm 1.83m	<b>THU 4 May</b> 2:47 am 0.51m 8:48 am 1.81m 2:59 pm 0.32m 9:28 pm 1.94m

about crabbing. Jonno and crew had some pots up at Elimbah Creek and got “a whole bunch of muddies” – 30 all up. Three were undersized, three were keeper bucks and the rest were jennies. Duncan said a couple of mates spent a few days anchored up near Mission Point and got so many mudcrabs out of Glasshouse Creek that the pots had to be emptied out on the last day. Duncan headed up there to repeat his mate’s

success, but he left the pots out three days in a row and had only two muddies and four sandies in total. He had another go the next week and didn’t do much better. On the same day, Rayben caught one mudcrab and five sandcrabs in a couple of hours! Brandon and Jay had two sandcrabs and two big mudcrabs in one afternoon, one of the mudcrabs was too big to sit flat in the bucket – it got some revenge for being caught,

by pinching Jay’s finger – ouch! Outside the Passage, there has been a bit of action with mackerel. Luke says any of the beacons at the north end of Moreton Bay are great for school mackerel and suggests slug lures are the best – “every man and his dog are out there.” If you don’t want to go that far, try the bridge early in the day; there are plenty of good school mackerel being caught there,

too. Tailor have been showing up already, which is encouraging news as we go into the cooler months. There’s also lots of good fishing in the Caboolture River lately. One bloke even said that there are a few barramundi being caught – his mate has a “secret hole” that’s holding a nice supply of them.



The ten lucky bream Lyn and Margie found at White Patch were all catch-and-release – just practice for the Women’s Comp next month.



Emma’s mackerel, from somewhere in the Passage.



Bob and Peter seem to have found a “magic snapper spot” – a good sign for the coming winter, to be catching good sizes already!

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The closest boat ramps are on the mainland at Donnybrook, Toorbul and Sandstone Point. Boat ramps are also located at Golden Beach, Bells Creek and Coochin Creek on the mainland.

You can also launch your boat from the island at Bellara and Bongaree boat ramps.

When boating over seagrass beds in Pumicestone Passage, do your best to minimise impacts on dThis camping area is accessible by boat only and has relatively protected Dugongs.

Read boat and fish with care for tips on boating and fishing safety and caring for parks.

**CAMPING AREA FACILITIES**

- Anchoring allowed
- Wood-fired barbecue (BYO wood)
- Campfires allowed (conditions apply)
- Tent camping
- Picnic Tables
- Short walk to tent

- Toilets (flushing)
- Cold Showers
- Walking
- Canoeing and kayaking
- Boating
- Swimming
- Fishing

Set out in your boat to your secluded camp site with expansive views of the Glass House Mountains. You'll find a relatively protected anchorage with access to great fishing in Pumicestone Passage.

Try your luck at reeling in a flathead, bream, whiting, tailor or mangrove jack in the passage or explore its sheltered waters by canoe or kayak. If you're lucky you may spot a dugong grazing on seagrass beds.

Stroll along the water's edge at low tide to see migratory shorebirds refuelling here during summer before their April departure. You'll also see birds of prey, such as ospreys, sea eagles, and Brahminy and whistling kites all year round. Before you visit

**Opening hours**  
Lime Pocket 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. No of sites: 6 numbered sites.

Camp sites are suitable for: tent camping only. Camp site surface: sand, dirt, grass.

**BEFORE YOU VISIT:**

**Opening hours**

Mission 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.

**No of sites:** 12 numbered sites.

**Camp sites are suitable for:** tent camping only.

**Camp surface:** sand, dirt, grass.

**Facilities:** micro flush toilets, screened cold showers, water tap (not suitable for drinking), picnic tables and fireplaces.

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

**Generators:** not permitted.

**Pets:** Domestic animals are not permitted in the national park or recreation area.

**Essentials to bring**

Preparation is the key to a safe and enjoyable visit. Make sure that you bring:

- Enough drinking water for your visit as fresh water is not available at any of the camping or day-use areas.
- A fuel stove for cooking or clean milled timber for use in the QPWS provided fire rings.
- Protective clothing, sunscreen, hat and sunglasses to protect yourself from the sun.
- Insect repellent to avoid mosquito and sandfly bites. Mosquitoes are especially prevalent during the warmer months of the year.
- A portable enclosed toilet system if you are camping in areas without toilet facilities.
- Extra tarpaulins to protect tents and vehicles from flying fox droppings—foraging flying foxes may be encountered at certain times of the year.

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# LETTERS TO THE EDITOR



Dear Editor,  
It is sad to see the Opposition up to their usual old tricks, spreading misinformation to counter a Yes vote in a referendum.

Dutton's claim that it will be a "Canberra Voice" is so wrong when the idea came from the grass roots through the Uluru Statement from the Heart. He should be ashamed of the way he is insulting all those involved in the decades of hard work to bring us to this point.

Those who claim that by listening to the original inhabitants of this amazing country, we will be practicing racism, are clearly wrong. How can listening divide the country? I'm sure the rest of the world will see the opposite: a No vote will confirm the racism for which our divided Australia is renowned.

H.Beneke

Dear Editor,  
I refer to the article in edition 188 by members of the Bribie Island Environmental Protection Association advocating beach driving be banned on Bribie. Whilst it is a well-researched article it cherry picks the information presented

to give a distorted picture of the issues at hand. An important fact omitted is that the 22kms of beach in question represents .16 of 1% of Queensland's 13400 km total coastline making recreational beach driving a very

small impact on our environment and if you add in Moreton and Fraser Island driving permits, I doubt you would reach half of 1%. A further point to note is that the authors have no skin in the game here with none of the lost \$8M per

annum they admit coming to the island as a result of beach driving visits coming out of their pockets directly. Maybe some local business owners would be able to provide a more balanced view.  
Mick Logan - Bongaree

Dear Editor,  
Congratulations on your new feature, Australia Together. I read the article in your 7 April issue with interest. As a retired teacher, I thought I had a fair understanding of the result of colonisation by the British but now realise this understanding lacks much detail of the

direct impact on the First Nations Peoples. For example, I was not aware that in the first 10 years after Captain Cook's arrival it is estimated that a 90% reduction took place in the First Nations population - due to new diseases, conflict and dispossession. The actual figure is astounding. Smallpox was one

of the diseases. 'It is estimated that 700,00 Indigenous Australian people died during the smallpox pandemic from 1789 to the 1830s.' (Taylor, J 'Nguya: The Australian smallpox epidemics in the late 18th and early 19th centuries'). A further source of the impact of new diseases is Peter Dowling's 'A

Great Deal of Sickness: Introduced diseases among the Aboriginal people of colonial Southeast Australia 1788-1900'. I look forward to your further articles and will widen my reading and research in the meantime.  
Lyn Rushby

Dear editor,  
Wrong flags flying on Bribie Island "No Beds- Pie in The Sky" Satellite Hospital Site. Construction is underway at the Queensland Government's infamous "No Beds- Pie in the sky" Satellite Hospital site on Bribie Island incredibly with only CFMEU Union Flags flying over the site.

There are 2 red and 3 black CFMEU Flags and 2 "Mates in Construction" Flags plus 1 Eureka Flag but no Australian, Queensland Government or Aboriginal Flags on this Government White Elephant.

This is totally disrespectful to most Australians particularly as we approach ANZAC day and the Government needs to display some courage and stand up to the militant union bosses on such a delicate matter as flag flying on Government Buildings.

Hopefully such Socialistic displays will not present

themselves on any future construction sites related to the Brisbane 2032 Olympics or we will become a laughing stock to the rest of the world.

The "No Beds-Pie in the Sky" Satellite Hospital has been underway for a year and has at least another 6 months to go even though it is just a single level equivalent in size to 12 medium size houses as a single level building with no Hospital Beds.

Almost \$7 million has been spent to fill the site which means that the money to provide as many as 20 possible beds has been buried in the dirt under this extravagant and wasteful development.

Most towns in Queensland with more than 20,000 residents already have a hospital and despite the median age of residents on Bribie Island being 63 years of age the Government has treated Bribie Residents as "silly old buggers" and will

provide NO BEDS, in this "Pie in the Sky" shambles.

The Empire State Building took just over 1 year to build but it didn't have Unions dominating and slowing down the Construction to benefit their overpaid unionised workforce and throughout the construction the USA flew the Stars & Stripes proudly above their project.

The CFMEU lollypop guy stopping walkers on the walking path leading to the hospital earns more than registered nurses will when the hospital opens.

What are the Government's priorities?

STOP wasting money! Give Bribie Islanders a hospital with beds and civic flags.....without beds it is not a hospital and without proper flags it is despicably Un-Australian.

Rod Dominish  
Bongaree

## FUNERAL NOTICE

With sadness, we announce the passing of Donald Griffiths, late of Bongaree, on Easter Saturday. He will be missed by wife, Ivy (Regis Caboolture) and 18 children, grandchildren and great grandchildren.

CRIME REPORT



# BRIBIE ISLAND WRAP

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



## BRIBIE POLICE HIT THE WATERWAYS

Last week, Bribie Island police teamed up with officers from Maritime Safety Queensland (QSM) and the Queensland Boating and Fisheries Patrol (QBFP), for a joint cross-decking operation in the Pumicestone passage.

Over two days, April 5 and 6, the officers intercepted 86 vessels and issued 10 marine infringement notices, seven fishing infringement notices and two traffic infringement notices.

Overall, the officers were pleased with the general compliance of the laws around safe boating, with carrying the required safety equipment being the biggest issue, especially relating to lifejackets and out of date flares.

In total, 86 boaties were breath tested with no positive tests detected, just the way we like it.

Great job everyone!

A jet-ski rider was issued with a Marine Infringement Notice for riding above the speed limit within 60 meters of a person. Police attended after receiving a complaint about the conduct of the driver.

It is alleged the 48-year-old North Lakes man was spraying children known to him, intentionally with his wash, while the children were playing in the shallows.

The ticket incurred a \$400 fine.

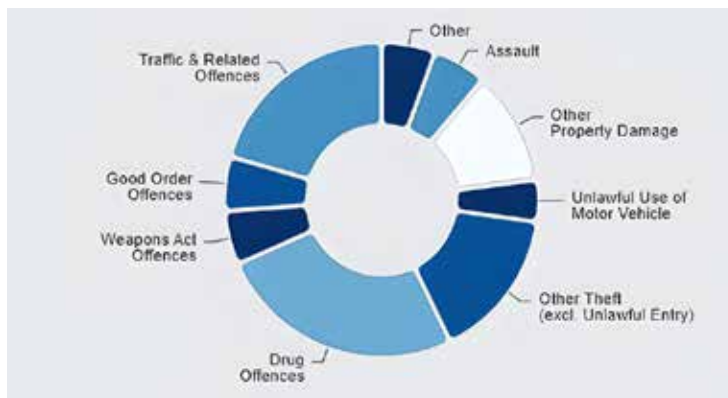
If you would like to find out more information around safety and licencing, please visit Maritime Safety.

**If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at [www.police.qld.gov.au/reporting](http://www.police.qld.gov.au/reporting).**

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### OTHER

- Other 4
- Assault 4
- Other Property Damage 9
- Unlawful Use of Motor Vehicle 3
- Other Theft (excl. Unlawful Entry) 12
- Drug Offences 20
- Weapons Act Offences 4
- Good Order Offences 4
- Traffic & Related Offences 16



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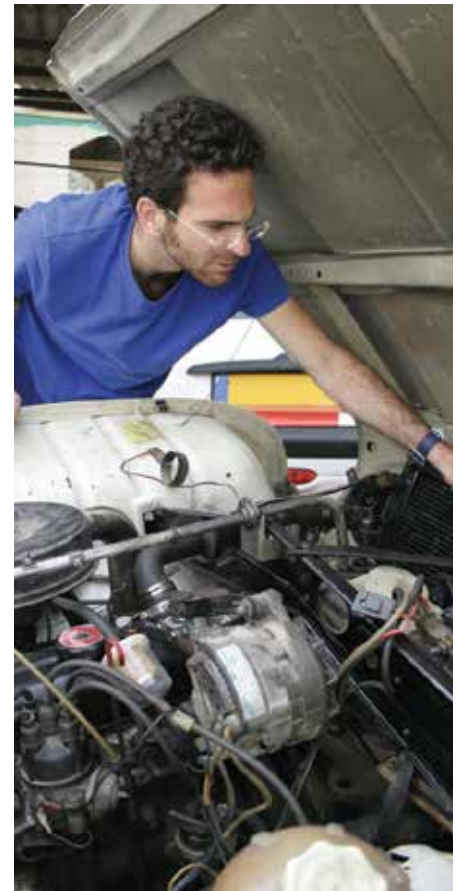
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