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Bribie Islander AND DISTRICTS
COMMUNITY
MAGAZINE

ISSUE 190 May 5, 2023

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May 5, 2023

Cherrie Wilson

EDITOR | GENERAL MANAGER

on 0448 694 507

editor.thebribieislander@gmail.com

Michele Doran

ADVERTISING MANAGER

on 0448 448 457

sales.thebribieislander@gmail.com

Debbie Hunter

GRAPHIC DESIGN

design.thebribieislander@gmail.com



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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Welcome

Dear Readers,
 Welcome to edition 190. Our beautiful Mother's Day front cover is a photo of my stunning niece Melissa and her adorable little boy Archer which was taken by the very talented Annie Metcalf. Thank you very much for allowing me to share your lovely mum-and-son moment, the love between you both is clearly evident.
 As it is coming up to Mother's Day, we have some lovely stories and recipes which may be able to help you when deciding what gift to give your mum or just a special treat for her. I would also like to shout out to all the single dads as well, who take on both roles! As a parent myself, I know just how difficult it is to raise children in this day and age, everything I was raised with and taught by my parents, seems to be falling by the wayside these days and it makes it even harder to parent your child.
 Speaking of lost ways, I have noticed a lot of old sayings,

names for certain items and etiquette skills seem to be disappearing at a rapid rate! I was speaking to my partner about pillow shams, and he had no idea what they even were. I know, most men don't follow these types of things, but I was very surprised when asking around, that only a few people did know what they are! Also, coverlets, netti-pots and attending your debutante ball seem to be some of the other few things that have gone by the wayside.
 I would love to hear what sayings, items or traditions you have noticed are no longer common things, so please email me with yours!
 Also, we want to give all of the winners of the Pumicestone Small Business Awards a huge congratulations. What a wonderful turnout the event was and is a credit to our local businesses for having such a fantastic support base. We cannot wait for next years awards as they will be even bigger and better!
 Until next time, enjoy your Mother's Day and spend time with your mum if you are fortunate enough to still have her here, I know I will be!
 Take care, Stay safe,

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CONTRIBUTORS

Anne Matthews
 Al Finegan
 Barry Clark
 Bribie Bait & Tackle
 Colin Walker
 David Horrocks
 Elaine Lutton
 Joie Scheinplufg
 John Traill
 Karyn Chalk

Katherine Miller
 Kathy Vincent
 Maria Christina
 Marj Webber
 Peter Schinkel
 Peter Dallimore
 Philip Arlidge
 Robyn- B.I.
 Boat Charters
 Sue Wighton





What's The Difference Between **ACRYLIC**, **GEL**, & **SHELLAC** Nails?

Nowadays, many options are available when visiting a salon for a manicure, which makes it challenging to figure out where to begin! There is an option for everyone, whether you want something extra shiny, chip-free, incredibly durable, wild in design, or truly attention-grabbing in length. Because of this, you may have a lot of inquiries about gel, shellac, or acrylic nail extensions and what they all entail.

The choice of nail extension depends on your personal preference, occasion, and lifestyle.

However, you must know the basics of these extensions and their differences to choose the one that will suit you and your lifestyle the best. In this article, we will cover all the information you need to make your decision. So, let's get started!

WHAT ARE SHELLAC EXTENSIONS?

Shellac nails are quickly becoming popular due to their beautiful, natural finish. They are a nail polish and gel mixture and do not extend your nail but add durability and strength. Shellac is

far less harmful to nails than conventional gels (or acrylics), and if you don't want to make your nails longer, they're an excellent choice. Shellac resembles a thick, glossy gel polish; its main advantage is lessening chipping.

WHAT ARE ACRYLIC EXTENSIONS?

Acrylic is a transparent mixture your nail technician creates that hardens when exposed to air (instead of UV lights). It forms a hard, thick nail topper, achieving the dramatic length many clients' desire. It's also an excellent base for art, as

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the length and space provided by the acrylic surface make a perfect canvas for your crazy creations! You could also add a gel topping to help the design last longer.

Besides, acrylic is ideal for nail biters because it protects your natural nails and makes it easier to break the habit. An acrylic manicure also lasts a long time and can be easily refilled to make it last even longer! Because acrylic is so versatile, you can have the nail size and shape of your dreams without waiting for your natural nails to grow. Acrylic is also the least expensive option in most salons.

WHAT ARE GEL EXTENSIONS?

Gel nails are the reason for the revolution of nail extension. For gel nails, your nails will first be shaped and polished to get the ideal surface for the gel to adhere to while removing any natural oils. After that, the fingertips are exposed to a UV light to cure the gel polish after you have selected it. This process transforms the conventional mani into a superhero version that is

glossier, shinier, and more durable. Gel manicures provide a durable base for subtle artistic designs that last a fair amount of time (at least 2 weeks, and possibly longer with some maintenance). Besides, they are anti-chip. It makes them ideal for those who perform more manual labour.

SO, WHICH ONE IS BETTER?

If you want strong and natural nails, shellac is an excellent option because it is gentle on your nails and leaves a beautiful natural finish. It is also the least damaging to your nails, so it will keep your nails from becoming weaker with each manicure.

However, gel and acrylic extensions are your best options for long nail extensions. The results of gel manicures and acrylic are similar but with some differences. The outcomes of gel and acrylic manicures are identical, but some differences exist.

They both help to lengthen short nails, strengthen them, and make your fingers appear

longer. However, depending on your lifestyle, the occasion, and the length of time you require them to last, one may be a better option. Here are some advantages and disadvantages to assist with selecting which nail application to use:

WHAT'S THE DIFFERENCE BETWEEN ACRYLIC, GEL, & SHELLAC NAILS?

Pros of acrylic nails
If your acrylic nails break, you can quickly repair them at home.

When done correctly, they are highly durable and can last very long.

Acrylic nail application is less expensive than gel nail application.

CONS OF ACRYLIC NAILS

They can cause damage to your nail bed, which can serve as a breeding ground for fungus and bacteria.

If applied improperly, acrylics may appear less natural than gel nails.

Pregnant women are not advised to get acrylic extensions because the application process uses strong chemicals and fumes.

Pros of gel manicures
Gel nails could appear glossier and more natural than other types.

The curing process is quicker than acrylics.

Gel nail mixtures are safer and more environmentally friendly than acrylic nails because they don't produce the same fumes.

CONS OF GEL MANICURES

They don't last as long because they are less enduring than acrylic (even though they cost more)

Most gel nails need UV light to cure.

Gel nails typically shatter and are challenging to repair when they break.

CONCLUSION

Now that you understand the fundamentals of acrylic, gel, and shellac nails and their benefits and drawbacks, you can select the best option. The decision on which is better is based on one's needs, and one extension may be ideal for one situation but not at all suitable for another. As a result, you must make an informed decision.

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length, height and volume, and lasts between 6 and 12 weeks. Most people's natural lashes grow straight out, with no curve, and can often look nondescript without the aid of a mascara.

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strong, soft, and healthy - making the lash curl last even longer. Available to purchase at appointment.

• It is a Really relaxing treatment, that lasts up to an hour and a half. Clients have likened it to a therapy experience with gentle music and lovely setting. A lot of clients fall asleep, which Vanessa takes as a compliment.

The YUMI™ Keratin Lash Lift - also includes an Upper Lash Tint and Keratin Nourishing Treatment - All Just for \$99

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

Vanessa Taylor
M: 0412 273 530

Facebook: Forever Vee
Instagram: @vanessa.taylor.
forever.vee

Website: ForeverVee.com



- Vanessa is a local resident to Bribie Island, with a love for Health, Lifestyle, and Community.
- Her Lash Lift and Beauty studio is based in Banksia Beach
- Bookings are available by prior appointment throughout the week (evenings and weekend by special request)
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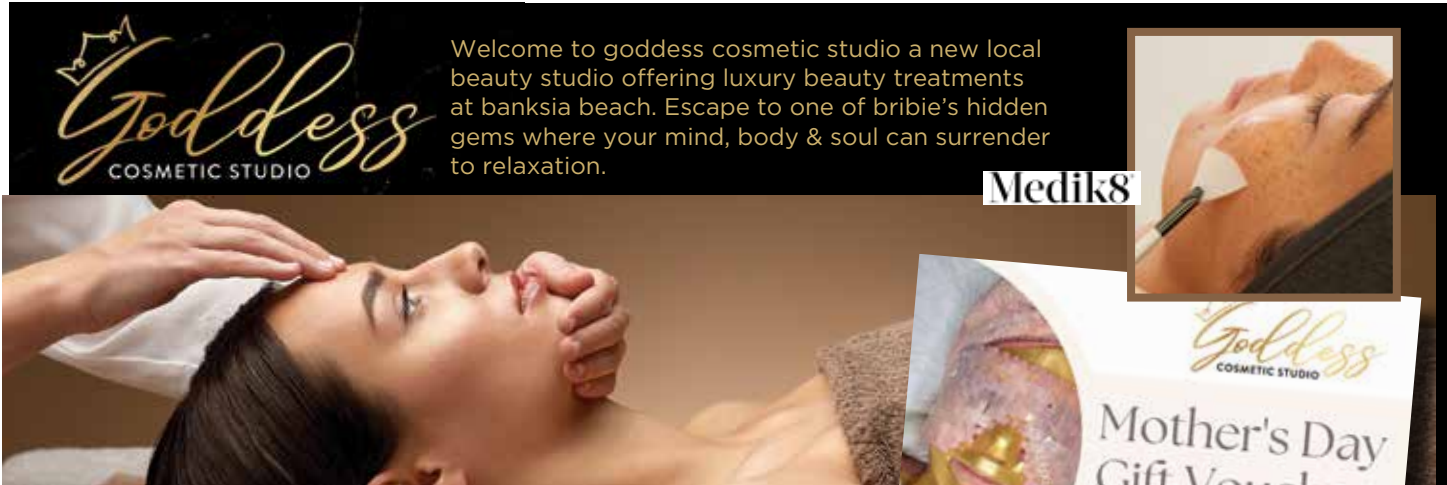


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From the moment you step inside the stunning space at Goddess Cosmetic Studio owner Carine Armstrong makes you feel right at home. Offering holistic and advanced skin treatments catered to every individual need you can Indulge your senses with a Goddess Signature Facial featuring ice globe massage and luxurious crystal eye mask or one of their incredible reiki healing sessions featuring crystal sound bowls. Soothe sore muscles with a customised Swedish or Aromatherapy massage. Goddess cosmetic studio offers a wide range of services including:

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- Massage & Reiki
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- Sound Healing

Mother's day is an exceptional occasion to honour & appreciate the remarkable women who support us in our lives. It's a chance to express our gratitude showering them with love and appreciation. If your searching for the perfect

gift for your mother, wife, aunt, grandmother, or any other mother figure in your life Goddess Cosmetic Studio has you covered. Allow us to make Mother's day an unforgettable experience by spoiling your loved one. Gift vouchers are

available online or at the studio and bookings can be made online.

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The feeling of a massage also produces feelgood hormones, called endogenous opioids, that inhibit painful messages from travelling to the brain. These 'painkiller' opioids are the same type of drugs as morphine, but they are made within our own bodies. Massage can also result in the release of serotonin, the same chemical that provides us with that good feeling after exercise and can significantly affect pain modulation. Pretty amazing, right?

The Benefits of Massage:

1. Posture gradually improves as the muscles around the spine become more flexible and less tense.
2. Circulation is encouraged, which is good for muscle recovery and healing
3. Massage encourages deeper breathing, helping oxygen circulate encouraging healing and growth
4. Joint flexibility is increased and tension relieved
5. A calm mind is encouraged by massage along with a completely relaxed body.
6. A massage is claimed to boost alertness and improve attention.

7. The cortisol that is decreased by massage is said to boost your lymph flow and immune cells (though I think the massage I had by the sneezing, sniffing masseuse in Bali probably didn't have such a benefit to my immune system)
8. The decrease in cortisol and increase in serotonin and dopamine provided by the massage may also reduce stress, anxiety and depression.

When we consider why massage can make us feel so good and alleviate pain, it becomes clear that the role of the far-reaching nervous system is key. There's science behind the magic in those healing hands.

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“Dr Ensieh Madhkhanehshani (Dr Ensi), has joined the team at Elysian Medical Centre . Dr Ensi is available Monday - Friday. **She is currently taking new patients**

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

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

Dr Ensi speaks English and Farsi/Persian.

She has keen interest in

- ✓ Geriatric Medicine : Chronic conditions management including hypertension, kidney disease, cognition disorders, asthma, COPD, etc.
- ✓ Endocrinology : thyroid disease, diabetes mellitus, osteoporosis.
- ✓ Women's health : contraception, antenatal care, abnormal bleeding and infection.
- ✓ Paediatrics health : immunisation, regular growth checks, infections, behavioural problems.
- ✓ Preventative health: cancer screening, immunisation
- ✓ Mental health : depression, anxiety, sleep disorders.
- ✓ Dermatology : acne, eczema.,



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

**NEW PATIENTS WELCOME
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When Caroline Stuart first experienced slurred speech, she thought it was a one off.

“It’s like the message from my brain to my mouth isn’t working,” she joked to her daughter Aimee Whittaker.

Ms. Stuart had enjoyed a few vodkas the night before.

“We both had a laugh and put it down to that,” Ms. Stuart said.

“My days were busy as I had just opened Rainbow Respite, a home away from home for adults with a disability in Beachmere.

“I had found my life’s calling

at a late age - to become a disability support worker - and the idyllic setting in Beachmere made it the perfect place to set up a respite home for people who needed a break and some extra support.”

Ms. Stuart said seeing the joy the visits to the beach, strawberry picking and getting up close with crocs and snakes at Australia Zoo brought the clients made the hard work worth it.

“I just want to help people,” Ms. Stuart said.

“I’ve never felt more alive than I do when I’m helping people as a support worker.”

However, she never could have predicted that within less than two years she would come to rely on a disability support worker.

“After the initial incident with my speech, I noticed it was happening more often and I was having issues with my balance,” Ms. Stuart said.

“I had an MRI, and the doctor said my brain had shrunk due to dying cells.

“Life was hectic - I had just become a nan for the first time

to my grandson Alec, now 2, and my son Jacob Little had started a business helping survivors of institutional abuse - so I didn’t think much more about what I had been told.”

However, in late 2022 her slurred speech and balance was becoming a common occurrence.

“I would notice simple tasks like hanging out the washing were becoming taxing due to my balance issues,” she said. “Reluctantly, I took a step back from running the business to further investigate my health issues.

“I’ve seen five specialists and my latest prognosis is Multiple system atrophy (MSA).

“Another doctor believes I may in fact be suffering from something else and I desperately hope this is the case because there is no treatment or cure for MSA.”

The rare, degenerative neurological disorder affects your body’s involuntary (autonomic) functions, including blood pressure and motor control.

“I want to watch my grandson grow up and continue to help

other adults living with a disability,” Ms. Stuart said.

“I never expected my life would come full circle - from becoming a disability support worker to relying on one to help me chop up vegetables, type emails and clean the house.

“When I’m fatigued my symptoms become worse.

“I miss paddle boarding at the beach, riding a bike, swimming and enjoying long walks.”

Ms. Stuart said she wished she had listened to her body and the doctor when she got the first MRI.

“I would encourage people to keep asking questions and never give up when you’re not feeling well,” she said.

“I hope I can bring joy to the lives of others experiencing a disability like mine by welcoming them to Rainbow Respite.”

Caroline Stuart, 52, Beachmere, Queensland

The photo of Caroline in the bar is before her diagnosis and the one on the beach is after.

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

He is also taking on new patients.

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

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

Areas of interest:

- ✓ Chronic disease management; Diabetes, IHD, Asthma, COPD, CKD.
- ✓ Weight Management
- ✓ Men’s health
- ✓ Mental Health
- ✓ Dermatology
- ✓ Family Medicine
- ✓ Minor Surgeries



NEW PATIENTS WELCOME

**BRIBIE ISLAND
MEDICAL CENTRE**

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Phone 07 3408 1288

Dr Lalit Mohan, has joined Elysian Medical Centre. He is taking new patients, and is available Monday to Friday.

Dr Lalit Mohan has experience in Cardiology, Accident and Emergency medicine and General practice. Dr Lalit is passionate about all areas of General Practice with special interest in chronic condition management and preventative health. Lalit enjoys watching cricket, movies and travelling. He also speaks Hindi and Russian.



NEW PATIENTS WELCOME

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BRIBIE SIMPLY HEALTHY

By Heenam Kim

Gumbi Gumbi Aboriginal Native Medicine

This particular product available from the shop is called Gumbi Gumbi Superfood. This is a liquid extract from the Australian native Gumbi Gumbi tree that offers numerous health benefits due to its rich content of powerful saponins and antioxidant, tannins, flavonoids and other medicinal properties. These compounds work together to boost the immune system, reduce cholesterol level, and aid in the treatment of conditions such as cancer, cardiovascular disease, and strokes. As a result, many cancer patients seek out Gumbi Gumbi as natural way to improving their health.

Gumbi Gumbi is known for high antioxidant, anti-allergic, anti-viral, anti-bacterial, anti-fungal, anti-inflammatory. The product's powerful anti-inflammatory property is especially beneficial for arthritis and joint pain. It also has a strong antibacterial property that can kill bacteria and Candida fungi, and it's anti-pruritic property can relieve itching. Also it has been found to regulate blood pressure and increase blood circulation, making it helpful for vascular problems of the legs and other diseases.

Studies have shown that Gumbi Gumbi can aid in the treatment of Chronic Fatigue Syndrome, eczema, psoriasis, rashes, acne, and other skin diseases. It has also proven to be very effective in the treatment of lung diseases such as emphysema, as it targets inflammation causing the problem.

Gumbi Gumbi can also benefit those with autoimmune disease and related problems by continuously cleaning the blood and killing harmful viruses and bacteria in the

system. Additionally, it has been shown to help those suffering from Meniere's Disease which causes balance problems, vertigo, ringing in the ears, and hearing problems. Because of its healing properties, Gumbi Gumbi can also help with diverticulosis, IBS, cramps and other GI diseases.

This Gumbi Gumbi liquid is biofermented, a process where the property is enhanced by microorganisms. The benefits are that it is easily digested, allowing the body to absorb up to 30 times more than normal capsules or powder. It also contains probiotics which support good digestive health. Furthermore, **sea minerals** have been added into this product, providing a rich source of trace minerals and nutrients, including iodine, magnesium potassium and calcium. These minerals can help to support overall health and wellbeing and promote healthy blood flow, and offer immune-boosting effects that can help protect against illness and disease.

Auto immune Disease and Anxiety - Clinical Hypnotherapy. (Inflammatory bowel disease (IBD) Crohn's disease)

Increasing evidence suggests a link between Post-Traumatic Stress Disorder (PTSD) and auto immune disease may be stem from anxiety caused by trauma. People who suffer from autoimmune disease often have a history of trauma, high stress and suffer from anxiety or and depression. These issues can be combated with Clinical Hypnotherapy.

Your quality of life is largely dictated by what you tell yourself about yourself and the world around you. How does it affect your mood, behaviour, and physiology when you tell yourself, "Life is so unfair!" Likewise, how does

it affect you when you tell yourself, "I can do this!" Each person has countless thoughts each day, ranging from profound to mundane. Which one you focus on, which ones you absorb as true, can generate symptoms.

Hypnosis is more common phenomenon than most people realise. Hypnosis involves the deliberate structuring of experiences go beyond simple relaxation. It is integrated with mind-body healing approaches.
- *Essential of Hypnosis* by Dr. Michael Yapko -

When the nervous system is under fire, triggered by emotional burden, it can result in multiple sclerosis, while the gut may be impacted with conditions such as celiac disease or inflammatory bowel disease (IBD). You are having a virtual civil war inside the body. All autoimmune diseases are characterised by inflammation of the afflicted tissues, organs, and body parts. - *The Myth of Normal: Trauma, Illness*, by Gabor Mate -
We weren't taught how to appropriately process our stress and anxiety became part of us. Perhaps it's time for you to



learn how to address worry and anxiety properly. You can stop reliving the past pain and will learn to handle difficulties and navigate forward an exciting future.

If you want to speak further, please drop by the shop and discuss with Kim.

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Here we are with summer well and truly behind us, moving towards the end of autumn, with winter before us. Life is always changing and even though we may experience another autumn day, one thing is for sure; no day will exactly be the same.

Like the seasons, changes in our life happen. It is inevitable. Sometimes the transitions can be slow or can happen in the blink of an eye. How it affects us is all due to one thing; the way we perceive it. It is through this decision, whether we view it as a positive or negative experience, that we will affect the outcome and

how we manage it.

For me, even though some experiences may be deemed as more positive, I appreciate all experiences, including the not-so-favourable, as it gives us the opportunity to grow. This expansion helps us understand who we are and our capabilities.

Sometimes change can be unexpected or anticipated, but it does not make it any easier or harder to manage, though when we are able to embrace it, it makes all the difference.

Here are a few ideas to help make transitional times easier:
Have acceptance
It is what it is; look at it as an

opportunity to learn, grow and exercise flexibility.

Look for the positives

Seeking the positive of any situation helps you manage how you cope with change. When you look closely, there will always be something positive, sometimes many things.

Allow for things to happen

There are things we can control and things we cannot control in our life. When we are open for things to unfold, without forcing things to happen, it can work out even better than we imagined.

Create an action plan

When we can make changes,

write out a plan of action. Look for different ways to address this transitional time, and be open for something better to arise.

Manage any stress

Take time for yourself to be, create stillness, breathe and meditate. Remember it is during these times we should care for ourselves the most and nourish our bodies with plenty of water, rest, and nutritional food. Do things that make you feel good.

Seek support

There are times in life when having support can make all the difference. Sharing with a loved one or friend can lighten the load, or seek professional help from someone like myself who can listen without judgement and give you the tools to empower yourself to make times that are more challenging, easier. I offer individual or group holistic counselling and empowerment. I can be contacted on 0405 361 882 or on FB : MariaChristina. Love

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GREAT GIFTS for New Mothers



The joy of becoming a mother is indescribable, especially for women who spent years waiting for a child. Most expectant mothers, if not all, fantasize over the day they finally give birth. What better way to celebrate such a special moment than buying gifts for the new mum?

Digital Storage Device

No doubt, mothers enjoy every moment they share with their little ones. Thanks to technology, they can capture these moments with pictures and videos. With a digital storage device, the new mum in your life can store photos, videos, and files in one place—be it on her mobile device, external drive, or cloud account.

A Helping Hand

A present doesn't necessarily have to be wrapped to be considered a gift. Gifts can take different shapes and forms. The truth is, new mums always appreciate any acts of kindness, whether it's a material gift or a phone call. As a family friend, you can consider lending a helping hand, especially during weekends or holiday seasons. You can do the dishes or laundry, clean the refrigerator or oven, mow the lawn, or even carry out some minor repairs.

Mum Journal

One of the most critical roles in life is being a mum. From the moment a woman gets pregnant, her life is forever changed. The beautiful memories a mother creates with her tiny infant make the journey worthwhile. Beyond the chaos, a mother and child share a lot of sweet moments. A mum journal will help her capture all the special moments. More so, it can help keep track of the seemingly minor details of the child's growing years. Besides, a mum journal can serve as a cherished family keepsake for years to come.

Sleep Mask

New mums tend to experience many sleepless nights, especially in the first few months of giving birth. No wonder they get to experience so many sleepy afternoons. A comfortable sleep mask can prevent those sleepless nights by blocking out light. When purchasing a sleep eye mask, opt for a high-quality one. In addition to blocking out light, a good sleep mask must be durable and provide an overall fit. For comfort, pay close attention to the material the sleep mask is made from. Sleep masks come in various materials, including cotton, silk, polyester, foam, and beads.

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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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8 REASONS WHY HUMANS NEED CONSISTENT BRAIN STIMULATION

HUMANS CANNOT BE FULLY HAPPY WITHOUT HAVING A CERTAIN LEVEL OF MENTAL STIMULATION. SOME PEOPLE USE DRUGS; OTHERS USE ALCOHOL, MEDITATION, AND OTHER PRACTICES TO STIMULATE THEIR BRAINS. THE THING IS, HOWEVER, THAT THESE METHODS OF BRAIN STIMULATION CAN HAVE DEVASTATING EFFECTS ON OUR MENTAL AND PHYSICAL HEALTH AS A WHOLE. SOME EXAMPLES OF THE NEGATIVE EFFECTS OF THESE STIMULANTS ARE ADDICTION, HALLUCINATIONS, OR EVEN SUICIDE IDEATION, AMONG MANY OTHER POSSIBILITIES. HERE ARE SOME REASONS WHY HUMANS NEED THAT CONSISTENT BRAIN STIMULATION:

IMPROVED MEMORY

The human brain requires consistent stimulation to function properly. Without constant stimulation, our memories will slowly deteriorate. The parts of your brain that are responsible for imagination, concentration, and focus will slowly decay over time as a result of not having enough stimulation.

INCREASED INTELLIGENCE AND COGNITIVE SKILLS

One of the major functions of the human brain is to give us access to information that we would otherwise not be able to obtain on our own. It is called insight. Insight is knowing what your brain tells you without thinking about it consciously. It is essential for many professions like doctors, lawyers, scientists, and military personnel. When you stimulate your brain with consistent external stimuli, you can bring new insights to anything you are working on.

BETTER DECISION-MAKING ABILITIES

The main cause of depression is the lack of mental stimulation. We all like to think that we have some control over our lives and can make the right choices when faced with any situation. The truth is, however, that most of the time, someone else is making the decisions for us.

INCREASED SECURITY

When it comes to self-defence, our brains are programmed to recognize danger when faced with a challenge that requires quick thinking. It is called the "fight or flight" response. When we are faced with potential threats, it's the job of our brain to detect what the best course of action would be.

IMPROVED ATTENTION SPAN

The more you stimulate your brain, the better you will be able to pay attention. In the modern age of technology, we are all so heavily dependent on our devices and social media sites that we often find ourselves constantly distracted from what's happening in real life.

INCREASED AWARENESS AND INDEPENDENCE

With the ability to explore things on your own, life as we know it evolved in the way it has. Major developments such as the wheel, agriculture, and language have all been revolutionary technologies that came about when our brains were fully stimulated. When you stimulate your brain, your awareness and independence levels also improve. You will feel freer to explore new possibilities and develop new ideas.

IMPROVED MOOD

One of the greatest benefits of brain stimulation is that it improves your mood in a very direct way. Many people struggle with depression or anxiety regularly; this can often be traced back to being disconnected from their instincts which often tell them how they should feel at any moment. When we are not connected to our natural impulses, it can often lead to massive depression and anxiety. When you stimulate your brain, you can release natural chemicals into your body that can help you feel better by making you happier, more focused, and more productive.

IMPROVED LEARNING ABILITIES

Most have heard at least once that learning something new can be difficult and impossible without proper mental stimulation. It is true, but most don't know that the brain can learn many things just through repetition or repeating something over and over again.

CONCLUSION

It's very clear that humans need a certain level of brain stimulation to feel happy and make good decisions. Without it, we risk losing our independence, our ability to retain information, and many other very important things.



In true Anzac spirit, Bribie Dragons experienced the camaraderie of an inspiring International Dragon Boat Festival with our New Zealand cousins.

As survivors, we share a common diagnosis of Breast Cancer. With this in our minds, the significance of the dignity of human life, "dragon boat paddling as a means of rehabilitation", it encourages us to promote love, goodwill, health and well-being, with ongoing gratitude.

This past week, Bribie Dragons, one of 74 clubs from around the world, combined with

Dambusters from Melbourne as a composite team, "DamDragons" to compete with 20 other countries' survivors in the week-long International Breast Cancer Paddlers Commission event. This included two days of racing on Lake Karapiro, NZ.

Our team of six raced well, (38th out of 74). The inclusivity and comradeship, fostered by our amazing, appointed Ambassador, Melinda Griffiths, ensured we had the most fabulous time!

While the two afternoon's schedule was cancelled, due to the blustering winds; it

did nothing to impair the exuberance and enthusiasm of our 89-year drummer, Joyce, who was the oldest paddler present. Joyce was chosen to drum and represent the club in the "Sandy Smith Global Final Event" and "to carry the Australian flag at the closing ceremony".

Her vibrancy, fitness and paddling longevity was so respected and honoured by the Asian teams; that they facetime home to present Joyce to the rest of their club and families.

The IBCPC closing event is usually held on the water

with boats rafting up in remembrance and respect, to honour our "Angels", with a Flowers on the Water" ceremony. This is always a very poignant experience; but the "sea of pink on the ground" and the arms embracing amongst us, was particularly emotional.

It was the most engaging, wonderful and unforgettable experience. "Bribie Dragons always welcome new members to strive to live life to the fullest".

FOR FURTHER INFORMATION, CONTACT THE PRESIDENT, MAREE, AT 0405550960

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Time for you!

One of the joys of aging is that you have more time on your hands! No more rushing to work or getting kids off to school. No more endless hours watching the cricket match or standing in queue to buy school stationery. Those were the exhausting 'good old days' but now, finally, you have time for yourself!

Suncare recognises the importance of staying active and in touch with others. Making new friends and trying new interests. So they broadened their Community Outings program and now offer Social Support groups for those in the Bribie Island and Caboolture areas. Every Thursday sees a new 'adventure' – chats and laughter at the Sip and Dip Paint Class or lunch at the waterfront. A time to meet new people and share stories.

And staying on the beautiful Bribie Island, Suncare's Boronia Cottage, fondly referred to by many as 'home away from home' is a respite cottage with a difference. It's not just about a change of scenery. It's about genuine care and companionship. It's about planning your own day and whether that means breakfast in bed or a social outing. Or both!

The spacious bedrooms and all-ability en-suite bathrooms make for a comfortable stay, but the real treat is in the warm and welcoming atmosphere so abundant at the Cottage.

As a regular customer Jim says, "My time there feels like a holiday with the qualified staff always up for an easy conversation, an outing and a good meal."



Since 1970, Suncare has specialised in the delivery of in-home services for older Australians throughout central and southeast Queensland. The dedication of the 'Suncarers' ensures that getting older doesn't have to mean moving into residential aged care.

From everyday services such as housekeeping and meal preparation to a lift to the shops or a garden tidy-up, the Suncare Team knows how to make the most of their customer's funding and options.

According to the YouGov Suncare Community Services Customer Satisfaction Survey 2021, 93% of customers said that Suncare treats them like valued customers.

For more information on Suncare's services, please visit suncare.org.au or contact them on 1800 786 227.

Suncare Boronia Cottage

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

Visit suncare.org.au/community-connections/ or contact Suncare at 1800 786 227 for more information.



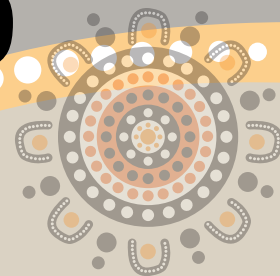
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IN THE NAME OF PROTECTION

By the mid-1800s, the violence, disease and dispossession resulting from colonisation had dramatically reduced the Indigenous population. For those who remained, survival often came at the expense of culture, family, land, language and independence, demanded in exchange for 'protection'.

"The question to ask did not seem to be whether Aboriginal people were a dying race or not, but what should be the response to this situation. The convenient and widespread assumption was that their death was inevitable. Appeal could be made to biology ('We cannot fail to recognise in their extinction a decided widening of the chasm by which mankind is now cut off from its animal progenitors': to history ('This is the history of all new countries... The Australian blacks are moving rapidly on into the eternal darkness...'); to theology ('One of those necessary processes in the course of Providence... To some, like the Melbourne columnist, 'Vagabond', the Aborigines were about to die out and 'the sooner the better.

There were a rare few who saw the situation more clearly. Bishop Matthew Gibney, for instance, regarded the phrase "doomed to disappear" as a convenient euphemism for genocide:

"The Aboriginal races of Australia are doomed to disappear before the advances of the white man'... 'Doomed to disappear!' Blessed phrase! Over how many bloody outrages, over what an amount of greed on the part of some, weakness on the part of the government and apathy on the part of the public does this convenient euphemism throw a thin but decent disguise."

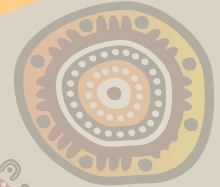
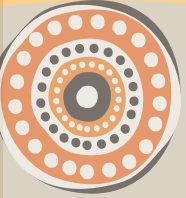
MISSIONS AND RESERVES

By the beginning of the twentieth century, the colonial authorities felt obliged to protect Indigenous people, in order to ease the process of extinction. In the name of 'protection', Indigenous Australians were made wards of the state and subjected to policies that gave government the power to determine where Indigenous people could live, who they could marry, and where they could work.

Despite the benevolent intentions behind these policies, in practice, they denied Indigenous people control over almost every aspect of their lives. One of the main features of protection legislation was the establishment of government reserves, tracts of land designated for Indigenous people to live on. Originally intended to shelter Indigenous people from colonial violence, reserves ultimately facilitated government control over the lives of Indigenous people.

Colonial authorities also regarded Christian missions as agencies to which government responsibilities for Indigenous people could be delegated. These responsibilities included the distribution of government rations and the provision of medical aid and education. Consequently, Christian missionaries were in a position to assume extensive control over Indigenous people's lives.





“(The missionaries) failed to distinguish properly between the gospel and what they called ‘civilisation’... Thus, they assumed roles which were dominant rather than equal, powerful rather than serving, even arrogant rather than humble.”

Indigenous people were often forcibly removed from their lands and made to live on the reserves and missions. These were mostly highly institutionalised environments, aimed at ‘civilising’ Indigenous people and eradicating Indigenous culture and heritage. As a result of forcible removal, many Indigenous people were robbed of the culture and language specific to their country and consequently have no legal claim to their lands.

“Although there was a large variety of different institutions and reserves, the majority of them shared a common regime of restricted movement, regimentation and loss of freedom. Some were more oppressive than others, but almost all denied Aboriginal people any freedom of choice and therefore any real dignity.

Most of the surviving Christian missions, like Maloga (Cumeroogunga) and Warangesda in NSW, were taken over by the government and given secular administration late in the nineteenth or early in the twentieth century... All of them functioned to a greater or lesser degree as de facto detention centres.”

By 1911, every mainland State and Territory had introduced protection policies that subjected Indigenous people to near total control, and denied them basic human rights such as freedom of movement and labour, custody of their children, and control over their personal property.

Stop and think: who decides? How would you feel about someone else being in charge of where you live, when and where you move around, who you marry and whether your children can live with you? How would it make you feel if those people believed that you and your family and friends had no future, but were ‘doomed to disappear?’ How might it change the way you think about

yourself and your life if you were in this kind of situation? How would it affect your relationships, your motivation and your self-image?

The policies put in place by past governments to deny Indigenous Australians control over their lives have had ongoing impact on families and wellbeing. The realities of the gap between Indigenous and non-Indigenous Australians with regard to many important life indicators are evidence of the continuing impact of the damage done by these disempowering approaches.



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Dear Pumicestone

HAPPY SMALL BUSINESS MONTH, AND CONGRATULATIONS TO OUR 2023 PUMICESTONE SMALL BUSINESS AWARD WINNERS!

Our first-ever Pumicestone Small Business Awards were a huge success. Now the winners are out so it's time to learn if you voted for the winners!

Over 60 businesses and their employees attended the first-ever Pumicestone Small Business Awards presentation on Friday.

Our Awards truly showcased our vibrant and diverse local businesses, and it was very special to have Minister for Small Business Di Farmer MP join us to celebrate.

It was great community event, including delicious afternoon tea catered by Bribie Island State High School hospitality students. What an opportunity for these creative and talented students to show off their skills to local employers!

Thank you to the students for their dedication in staying back on their Friday afternoon, and to every small business who closed the doors early to come along.

Now, I know everyone is very excited to find out the winners. Drumroll please...

The category winners were:

BEST BEAUTY AND HAIRDRESSING Business was Frankie & Co hairdressing salon at Bellara.

BEST RETAIL BUSINESS was In My Belly - Pupcakes & Treats, based on Bribie but selling their popular pet treats across the region.

BEST HOSPITALITY Business was a tie between Annie Lane at Bongaree and local favourite the Toorbul Store and Tavern. Amy from Annie Lane was also awarded the **Outstanding Customer Service Award**.

THE BEST TRADE Business was awarded to Hans and Petra of Hans Electrical Service.

BEST HEALTH, WELLBEING AND FITNESS Business went to local legends Island Dance.

THE BEST BUSINESS NEWCOMER was awarded to Camping, Fishing, Prospecting located at First Avenue Bongaree.

BEST BUSINESS AND PROFESSIONAL SERVICES

Business award went to Bribie Cinema.

Bribie Cinema received thousands of votes, which shows how much the Bribie community appreciates both having good local entertainment, plus their strong commitment to community.

So it's no wonder Bribie Cinema took out the coveted 2023 Pumicestone Small Business of the Year!

Huge congratulations to our Finalists and the Award winners, but I also want to say a big thank you to our Pumicestone community.

Together, you nominated 2,000 businesses and cast 7,000 votes in the first Pumicestone Small Business Awards. Without your input, these awards would simply not have been possible.

As a former small business owner, I know how much it means for small businesses to be recognised for their hard work. Businesses told me that the Awards helped spotlight and grow their reach, both online and in terms of customers through the door.

It was such a pleasure to spotlight and celebrate our local small businesses and their passionate owners and employees through the 2023 Pumicestone Small Business Awards.

The Pumicestone Small Business Awards will be back bigger and better than ever in 2024, including new categories, more regional focus and with a much-requested Small Business Awards Gala Dinner!

Again, Happy Small Business Month!

Let's keep supporting our small businesses this month by shopping local and showing our appreciation to the owners and employees.

As always if you have any State Government issues, please contact my office on 3474 2100 or at pumicestone@parliament.qld.gov.au. Warmly

Ali King MP





Congratulations
ALL WINNERS

MEDICINE SHORTAGE To WORSEN Under FEDERAL BUDGET



The Pharmacy Guild of Australia says the Albanese Government's intention to introduce 60-day dispensing (which doubles the number of medicines patients can receive at once, regardless of need) in this year's Commonwealth Budget will significantly worsen the medicines shortage crisis.

According to the Guild, this will lead to millions of patients being worse off.

This proposal will mean that already stretched supply chains of crucial and everyday prescription medicine will be made much worse. Shortages already exist for medications to treat a range of conditions, including blood pressure, diabetes, cholesterol, depression, anxiety, osteoporosis, Parkinson's Disease.

The Guild says that by providing some patients with twice as much medication as they need, many more Australians will be forced to go without. The policy will also lead to panic buying, hoarding of medicines and increased overdoses

Pharmacy Guild of Australia Professor Trent Twomey said, "We have very real concerns around the impact of this policy on patient safety."

"If the Federal Government puts this proposal in the Budget, I am very concerned for millions of Australian patients who need regular access to critical medicine.

"There are already some 400 medicines in short supply in Australia and around 70 more at risk of becoming short," Professor Twomey said.

"Australians may not be able to access medicines equally, with one patient having double the amount and another missing out.

"Local Labor MPs will need to explain to their communities why their community pharmacist cannot supply critical medicine to patients when they need it."

The Pharmacy Guild is calling on the Albanese Government's to further reduce the general PBS patient co-payment to \$19, supporting 19 million Australians in this cost-of-living crisis.

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“One of the main contributors to the cost housing is the significant tax added to build a house. The Federal Budget is an opportunity to reform the way home building is taxed to increase the supply of new housing and improve affordability,” said Jocelyn Martin, HIA Deputy Managing Director – Policy and Industry. “Taxing housing only contributes to less houses being built causing rentals to increase and home ownership to decline.

In 2019, the Centre for International Economics (CIE) released a research report Taxation on the Housing Sector which identified the costs associated with bringing land and housing to market and provided a breakdown of these costs as either resource costs, regulatory costs (red tape), statutory taxes (federal, state and local) or excessive charges.

The research showed that the combined costs of the statutory taxes, regulatory costs and excessive charges equate to 50 per cent of the

cost of a new house and land package. The situation since 2019 has only worsened.

“While many of the taxes are applied by local and state governments, there are a range of federal financial relations mechanisms that could be used to leverage reforms that directly impact the price of new housing.

“The tax that has a direct impact on home ownership is stamp duty. The often large, one-off tax is a major barrier to first home buyers getting into a new home. The added cost of stamp duty often means the difference of being

able to buy or not.

“The Government needs to lead the way via National Cabinet and encourage the states and territories to universally drop stamp duty and replace it with another more equitable and affordable tax.

“There are also many examples of cascading taxes where a tax paid at one point in the process of bringing a new home to market forms part of the taxable value at a subsequent stage of development further eroding affordability.

“With the Federal Budget just around the corner, HIA believes the opportunity needs to be now for the Federal Government to enter into frank discussions with the states and territories around tax reforms for home building. Addressing the way the industry and home buyers are taxed is key to bringing the problem of housing affordability under control,” concluded Ms Martin.



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Do you have too many options in your closet yet nothing to wear? A minimalist outfit is perfect for this situation. A capsule wardrobe is a small selection of versatile pieces that may be used to create a wide variety of looks. It's a way to streamline your wardrobe, cut costs, and minimize stress caused by too many choices.



CAPSULE Wardrobes:

How to Build a Simple Style

REASONS TO USE CAPSULE WARDROBES

A capsule wardrobe is not only a fad rather an effective method of clothing management. The idea behind a capsule wardrobe is to streamline your clothing options so that getting ready is a breeze.

Simplify Your Closet

Creating a capsule wardrobe can streamline your wardrobe, focus on quality over quantity, and eliminate items that no longer serve a purpose. With a simplified closet, you can easily mix and match pieces to create endless outfit combinations and have a better sense of your personal style and what you truly enjoy wearing.

Reduce Clutter

The minimization of clothing options is the second reason for adopting such a system. Having an excessive amount of clothing might make it difficult to go through and find the item you need. By carefully curating your wardrobe down to the items you use most often, a capsule wardrobe makes getting dressed in the morning a breeze.

Effortless Style

The ease with which one can get dressed is the third goal of the capsule wardrobe concept. A capsule wardrobe is a limited selection of clothing that may be worn in a variety of ways and are easily combined with other items. A capsule wardrobe allows you to focus on quality pieces that will last longer and look great season after season rather than constantly chasing after fast fashion trends.

BUILDING A SIMPLE STYLE

Assess Your Current Wardrobe

The first thing you should do when creating a capsule wardrobe is take stock of your current clothing. Go through your wardrobe and make a list of the items you reach for most often and the ones you could live without. You may then list the goods missing from your closet and prioritize their acquisition.

Choose a Color Scheme

To ensure that all of your pieces can be mixed and

matched, it's best to choose a colour scheme for your capsule wardrobe. Stick to neutral colours such as black, white, grey, and beige, with one or two accent colours that complement each other. Choose Versatile Pieces Selecting pieces that can be worn in a variety of combinations is essential for a successful capsule wardrobe. Choose timeless cuts and hues that will always be in vogue. Instead of buying fashionable things that will soon be outdated, invest in timeless classics.

Invest in Quality Basics

A capsule wardrobe consists of a small number of high-quality garments that can be styled in a variety of ways. Put money into staples like well-fitting denim, a sharp blazer, a crisp white button-down shirt, and sturdy footwear. You can count on these staples to serve as the backbone of your wardrobe year after year.

Mix and Match

Once you have your capsule wardrobe in place, have fun mixing and matching your

pieces to create a variety of outfits. Don't be afraid to try new combinations, and remember that accessories can completely change the look of an outfit.

Embrace Simplicity in Style and Fashion

It's easy to get caught up in the latest trends and end up with a closet full of clothes you never wear when fast fashion rules the market.

Timeless Appeal

The beauty of a timeless, traditional look is that it can be worn by anyone at any time. You can always look put together if you invest in high-quality basics like tailored blazers, crisp white shirts, and adaptable pants.

Manageable

It is really easy to shop for simple styles, and you can easily find clothes for yourself in different stores without wasting time. It's a win-win scenario that makes room in one's life for more meaningful pursuits.

Sustainable Fashion

The fashion industry is notorious for its destructive effects on the natural world and its exploitative treatment of its workers. You may do your part to alleviate these problems by adopting a minimalist approach. By investing in high-quality, long-lasting pieces you can reduce your overall consumption and waste.

Conclusion

A capsule wardrobe is a fantastic tool for streamlining your own look. You may create a wardrobe that serves you well and looks great by focusing on investing in adaptable and classic pieces. A capsule wardrobe is a way to streamline your closet, save money, and experiment with your style. You may create a compelling, unique aesthetic that's all yours by starting with a few foundational items and growing from there. Anyone looking to simplify their wardrobe while still looking and feeling their best should consider adopting a capsule wardrobe.



BRIBIE ISLAND SEVENTH-DAY ADVENTISTS

Bribie Island Seventh-day Adventist church hosted an Easter program entitled "The Lamb." Our congregation, dressed in Bible time costume, re-enacted the story of the first Passover, culminating with the crucifixion. Congregational singing was enhanced by a team of instrumentalists. Ray Bolz's deeply moving music clip "Watch the Lamb" concluded the presentation which was followed

by a delicious vegetarian Mediterranean-themed lunch. Our guests were totally engaged as Pharaoh "dropped dead," the spies returned carrying a ginormous bunch of grapes (purple balloons), a golden calf "appeared" from jewellery thrown into a pot on the fire, a "lamb" was roasted over a "fire" on a rotisserie, John the Baptist appeared in his wild camel's hair garment and palm fronds were waved to welcome Jesus, King of

the Jews.

A big thank you to the team for a superb effort and to each attendee. It was a wonderful Easter celebration. Mother's Day is next on our calendar. Saturday, May 13 will feature a tribute to mothers followed by high tea. All are welcome, but especially mothers whose families are far-flung. Please phone Jeanette at 0418 875 659 to register for catering purposes.



THURSDAY MAY 11TH FROM 6PM

Mother's Day PAMPER HAMPER GIVEAWAY

10 X MOTHER'S DAY HAMPERS TO BE WON!

TO ENTER, SWIPE YOUR MEMBERSHIP CARD AT THE KIOSK DAILY. EARN EXTRA ENTRIES FOR EVERY \$5 OR MORE SPENT AT THE BAR, BOTTLESHOP, BISTRO OR GAMING WITH YOUR MEMBERSHIP CARD. MUST BE AT THE CLUB TO WIN. TERMS AND CONDITIONS APPLY.

Mother's Day BRUNCH

SUNDAY MAY 14TH

FROM 10AM - 11.30AM

BOOKINGS ESSENTIAL

PLEASE CALL 3408 1018 TO RESERVE YOUR TABLE NOW

BRIBIE ISLAND BOWLS CLUB
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www.bribiebowls.com

Mother's Day Cakes



Mother's Day is just around the corner and Mother's Day themed cakes have always had a way to set the entire day apart. Whether you are baking yourself or ordering a cake, below are the 10 best Mother's Day cakes that are sure to put a smile on your mum's lovely face.

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)

TEN Best Mother's Day Cakes

1. Coconut Layer Cake with Cream Cheese Frosting; this cake itself is a personal favourite. A decadent coconut cake with either cream cheese frosting or chocolate frosting is guaranteed to put a smile on your mum's face. The best way to have this cake is to keep it in layers.

2. Lemon Pudding Cake: lemon pudding cake spells beauty and its soft custard nature could be used as a symbol for your mother's gentle nature. She is sure to love it.

3. Raspberry Pink Velvet Cake; not red velvet, but pink velvet cake. The cake is a whole new world with this raspberry pink velvet cake. For Mother's Day, getting uniquely baked cakes for your mum simply tells her how unique and special you think she is. And so, what if she has heard it so many times, you can never get enough.

4. Almond Poppy Seed Loaf Cake: A slice of this nutty goodness either at the end of the day or during dinner would seal the event with the lovely tasting flour of the nuts lingering on your mum's taste buds for days to come.

5. Vanilla Blossom Cake: the central idea behind this cake is vanilla goodness and a lot of flowers blossoming hither and thither in a comely manner. Flowers have always been used to represent mothers (women). Your mum will get the idea at first glance and further fall in love upon the first bite.

6. Carrot Cake: Carrot cakes are a healthy way to enjoy the goodness of cake. If your mom has an underlying health condition, she need not miss out on the Mother's Day bakery. Treat her to this healthy yet bursting flavour cake.

7. Chocolate Cakes: despite the stick to a healthy nutrition plan glued to your fridge, a little indulgence never hurts anybody and a little indulgence on Mother's Day is even better.

8. Blueberry Jello Cake: this clear cake with blueberries popping from all corners, is completely photo-worthy and aces the entire day for your mum who so much deserves it.

9. Triple Citrus Bundt: upon making this cake, ask yourself, why should my mum get one citrus when she can have them all? She deserves them all. This cake leaves a pleasant lasting flavour.

10. Lemon Poppy Seeds with Strawberries Cake; is your mum a fan of strawberries? If yes, this lemon seed strawberry cake not only packs all of the trophies, but it is also entirely photo-worthy and tends to hold a lot of memories.

CONCLUSION

All of these Mother's Day cakes come in all shapes and sizes and they are guaranteed to please your mum. The best part yet is they can all be baked right in the comfort of your home!

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

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Price Includes BBQ lunch and cruise

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VERNAZZA brieisland 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 \$50
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

new menu

new cooking

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

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With the Italian night coming to The Bribie Island Golf Club in June the wine on arrival will most certainly be a Prosecco and almost certainly be one from Italy. At the moment the rise and exposure of Prosecco in Australia reminds me of the 1970's and 1980's when pretty well every Australian sparkling wine was labelled Champagne and it took legal action from the French winemakers of Champagne in conjunction with the European Union to stop the use of the term Champagne, failure to do so would result in Australia being stopped from exporting wines to countries within the Union which included our huge market in the United Kingdom. The reason was twofold, firstly Champagne is a district in France and even wines produced a stone's throw outside this district cannot use the label Champagne even if they use the same grape varieties. Whilst not only were we outside the area but we used any grape variety we could lay our hands on as long as it sparkled, also Champagne is made within the bottle you finish up buying whereas most of our sparkling wine in those days was made by the adding of carbon dioxide in much the same way as a fizzy soft drink.

The reason I mention this because at this moment the Italians are trying to stop Australian wineries from using the term Prosecco with the support of The European Union, however firstly there is no region in Italy called Prosecco which is actually a grape variety, having been renamed from its original name of Glera in 2009, however the wine is made with the regions of Veneto and Friuli Vernezia regions of North West Italy exclusively. The problem is as I see it is that any banning of this name would cause severe problems to the Australian wine industry as so many wineries have jumped on the band wagon producing a Prosecco sparkling wine, whether they are using the true grape variety is debatable and are just cashing in on the name. I do believe however that as the E.U. has to support its member countries, especially on trade, and every bottle of Australian Prosecco sold is one less Italian and that in due course the E.U. will use its might and threaten some form of embargo on Australian wine if Australian wineries continue to use the term Prosecco.

Let's have a look at what alternative white wine grape varieties are now moving into the market place and give a brief description, Sauvignon Blanc only became the successful wine it is by consumers looking for

something different to Chardonnay and Riesling in the mid 1990's. Instead of Prosecco try Freixenet Cordon Negro Brut Cava from Spain this wine is one of the world's largest selling sparkling wines and is available in most liquor outlets.

Dry white wines

Pinot Grigio, Albarino, GrunerVetlinger, Muscadet, Gewurtztraminer, Vihno Verde, Fiano, Marsanne, Richer white Varieties Pinot Gris, Chenin Blanc, Viognier, Vermentino

Red Wine varieties

Lighter styles
Cinsault, Gamay, Lambrusco, Nebbiolo, Pinot Noir
Medium Bodied
Grenache, Carmenere, Cabernet Franc, Sangiovese, Merlot, Montepulciano, Zinfandel

Big reds

Tempranillo, Malbec, Mourvedre, Pinotage, Petit Syrah, Tannat
Having said that several wines from Tuscany use the Sangiovese grape and can also be classed as big for example Brunello and Chianti Classico. Super Tuscan wines use non Italian varieties such as Cabernet Sauvignon, Merlot and Cabernet Franc.

Like in France where outstanding wines are submitted to a panel to be classified as Appellation Controlee which give consumers confidence when deciding which wine to buy, Italy have two grades of classification that is DOC and DOCG which is shown on the neck of the bottle by a paper strip, again wines carrying this paper strip should be amongst the best produced, however because Super Tuscan wines are made with 'foreign grapes' they can't carry this label. Enjoy something different this week-end.

Cheers

Philip Arlidge

It amazes me that many of the sayings included in these articles go back hundreds of years here are couple.

George Herbert penned this in 1651

Gaming women and wine
While they laugh they make men pine.

In 1818 Lord Byron wrote

Let us have wine and women, mirth and laughter. Sermons and soda-water the day after!

From an anonymous author and no doubt one of many

Formerly I was rich, but three things made me bare. Dice, wine and love, by these I am destitute!



winelander

WEEKDAY EATS Specials



It's A Steak Out MONDAYS

200G STEAK SERVED WITH YOUR CHOICE OF CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, RED WINE JUS, BEARNAISE, GRAVY*.

NB: All sauces are Gluten Free.

\$20 SPECIAL OFFER



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PURCHASE TWO MAIN MEALS FROM THE 'TWO FOR TUESDAY' MENU AND PAY JUST \$35. CHECK OUT THE DAILY SPECIALS BOARD FOR TODAY'S SELECTION*.

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A CHICKEN PARMIGIANA SERVED WITH CHIPS AND SALAD OR CREAMY MASH & SEASONAL VEGETABLES*.

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Spice It Up THURSDAYS

YOUR CHOICE OF ONE, TWO OR THREE AUTHENTIC CURRY DISHES SERVED WITH SCENTED RICE & ACCOMPANIMENTS. MILD, MEDIUM OR HOT HOT HOT!*

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Kids Eat Free FRIDAYS

KIDS EAT FREE FROM THE LIL' NIPPERS MENU*. ONE COMPLIMENTARY KIDS MEAL WITH EVERY MAIN MEAL PURCHASED.

\$FREE SPECIAL OFFER

*Terms & Conditions apply. Subject to availability, not available in conjunction with any other offer, not redeemable for cash, not transferable. Offer may be changed at any time at manager's discretion. Images are for illustrative purposes only. Not available on Public Holidays.



Chicken Enchilada CAKE

Add a bit of salsa for your dinner tonight!

INGREDIENTS - 4 SERVES*

- 567 g Mission Wraps 8 Pack
- 450 g jar enchilada or salsa sauce
- 2 cups leftover shredded roast chicken
- 150 g mozzarella cheese, grated.

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

METHOD

- Preheat oven to 180°C.
- Line a 20cm cake tin with baking paper.
- Onto the base lay a tortilla.
- Simply layer in this order: tortilla, salsa, chicken, cheese.

- Continue the layering until all ingredients are used.
- End with a tortilla, spread over salsa and sprinkle with last bit of cheese.
- Bake until the cheese is completely melted, and the sauce is bubbling, about 30 minutes.
- Remove from oven, rest for 10 minutes then slice (and slice into wedges as you would a 'cake') sprinkle some chopped coriander to serve.

TOP TIPS

Optional: This recipe lends itself beautifully to successful Veggie Smuggling. Sprinkle chopped shallots, capsicums and corn with the chicken and served garnished with fresh coriander.

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OPENING HOURS:
MON - FRI 6AM - 4PM
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Shop 3/33 Benabrow Ave, Bellara, Bribie Island
The Big Bun Bakery and Takeaway

PH: 3408 7609



Come and enjoy local Bribie band **MOVING PARTS**

Sunday 7th May from 2pm - AUDITORIUM, BRIBIE RSL

This emerging band plays a rich mix of reggae, rock, and funky blues with heartfelt lyrics and an upbeat tempo...

They write all their own music and the band include three guitarists, percussion, and horns!

Do yourself a favour - treat yourself to a special Sunday afternoon at this fundraising event.

to support Bribie Island Environment Protection Association Tickets are selling fast at only \$20 - buy them here <https://biepa.online/events>

There will be a raffle with some excellent local prizes, and an art auction of three stunning local art works so bring some cash!

The emerging band Moving Parts formed about a year ago in Bongaree on Bribie and they play a lovely mix of reggae, rock and blues with heartfelt songs and an upbeat tempo. There's a horn section, percussion and three guitarists and they all sing too. They are a great mix of folk who come from Papua New Guinea, England and South Africa - with one born in Australia! They write all their own music and lyrics, and the lead guitarist Pedro even makes his own guitars. Juggling work and family commitments, the band try and practice fortnightly - in our garage.

When I am not dancing around to their music with our dogs, I often join in and add a bit of percussion - and the music they play is just magic. There is nothing quite like experiencing live music.

The sense of wonder and joy by being in the same room - both with musicians and their supporters creates a fabulous feeling of joy and affinity with others. ... things we sometimes feel we have missed out on over the last couple of years - due to you know what!

So, do yourself a favour, treat yourself to a special Sunday afternoon at this fundraising event to support Bribie Island Environment Protection Association - proudly supported by the Bribie RSL. It's on Sunday 7th May at 2pm. Tickets are selling fast at only \$20 - so buy them here <https://biepa.online/events>. There will also be a raffle with some great local prizes PLUS an art auction featuring three fabulous local art works - so bring some cash too!

One good thing about music, when it hits, you feel no pain. Bob Marley

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

\$22

Bribie-Moreton Hospice Health Services Inc.

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 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.

Arts Centre



AGM May 28

Nominations for BICAS Board by May 11.

Members of the Bribie Island Community Arts Centre are urged to consider nominating for the BICAS Board for 2023/2024.

Applications are through the BICAS website or with forms at the Arts Centre front desk.

Applications close on May 11.

The new BICAS Board will be voted and announced at the BICAS AGM on Sunday May 28 at 11am in the Centre Boardroom.

BICAS chair, Carolyn Wheeler said :

“It’s YOUR Arts Centre, so if you have ideas and suggestions about aspects you’d like to see more (or less) of, turn up and tune in.”



NOTICE IS HEREBY GIVEN OF THE

ANNUAL GENERAL MEETING

**OF BRIBIE ISLAND COMMUNITY ARTS
SOCIETY INC.**

**TO BE HELD 11.00 AM SUNDAY 28 MAY 2023
Studios 2 & 3**

**ALL MEMBERS ARE REQUESTED TO ATTEND MEMBERS
SHOULD REGISTER THEIR ATTENDANCE AT FRONT DESK,
BY PHONE (07 3408 9288) or EMAIL to [board@brib-
ieartscentre.com.au](mailto:board@brib-
ieartscentre.com.au) by 26 May 2023 Sue Davy Board
Secretary 17 April 2023**

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

Contact president: 0415 237 167
Bribie Island Gem Club

Open Day & Markets on the last Sunday every month 8am -12pm
At 191 Sunderland Drive, Banksia Beach.

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

The Discovery of BRISBANE RIVER

By Al Finegan

Of all the stories of Moreton Bay, by far the most exciting adventure, and tale of historical note, is the events that led to the discovery of the Brisbane River. Erroneously, John Oxley (1784-1828) is memorialised as the discoverer of the Brisbane River and the man who selected the site for the embryo of our capital city. Both are incorrect. He reported the existence of the river after being led to it by John Finnegan. His recommendations for a site for the Brisbane settlement were ill advised. It was Lt Miller, the commander of the first convict colony in Moreton Bay who, after careful exploration, chose the site to begin our mighty city. Oxley was a shameless self-promoter. Governor Macquarie stated that Oxley was, "...loose with the facts and dissatisfied," and had him benched until Governor Brisbane arrived.

John Finnegan (1789-1858) was an Irish convict. In the eighteenth century, Irish Catholics did not exist in the eyes of the law. Most were impoverished and uneducated, forbidden to acquire knowledge and skills. Such was the lot of Finnegan who, despite his courage and drive, has been mostly ignored by historians for 200 years.

He could be an ancestor of mine, despite a difference in the spelling of our names, but as an illiterate, when questioned, Finnegan would mumble his name and the clerk would write it down as he chose.

To commemorate the 200th year anniversary of the landing of the castaways on Moreton Island, I have written a poem, from the heart, of the story of Finnegan, and his rise from ignominy to one of success. I hope you enjoy this poem. **Al Finegan 2023.**

Convicts, Parsons, Pamphlett, and Finnegan,
Sailed out of Sydney, on a voyage to begin,
A business venture, trading rum for trees,
On a day trip to the south, in 1823.

It was Parsons' boat, he rarely spoke,
Pamphlett his mate, was a dodgy bloke.
Parsons was the boss, and in control,
Stern and cranky, a tricky soul.

Tickets-of-leave, these two had gained,
But Finnegan, a convict, was restrained,
At Parsons' mercy, he had to obey,
His every order, on every day.

Finnegan had sailed for fifteen years,
On Irish seas, he had few peers.
Parsons knew his skills were true,
So he had him assigned to his crew.

Also on board, was a sailor called Thompson,
An ex-Navy gunner, but never a bosun.
Parsons had hired him, as a member of crew,
But sailing a small boat, he hadn't a clue.

Buoyant they were, all hope and cheer,
Expecting a profit, the start of a career,
An assigned convict, Finnegan did fear,
No coin for his part, that was clear.

The wind was fair, the sea serene,
Just off the coast, a sailor's dream,
Yet Finnegan saw what the others missed,
Dark clouds gathering, that Parsons dismissed.

With little warning, a tempest brewed fast,
Fierce winds and waves attacked their small craft.
The sailors fought hard to save their boat,
Fighting the ocean, barely staying afloat.

Southward they ran, driven by the gale,
Senses strained, trying not to fail.
The weeks passed by, with no end in sight,
Battling the tempest, by day and by night.

Thirst and hunger tormented each soul,
Bodies so painful, yet performing its role,
Fearful what nature would next bring forth,
Unaware the wind was now driving them north.

Thomo In a delirium, tried swimming ashore.
Restrained by the rest, he couldn't take more.
He died soon after, dried out and spent,
Until he smelt obnoxious, so over he went.

No choice they had, but to crash onto a beach.
Their boat smashed to pieces, the sea out of reach,
No idea where they were, or what was to come,
Their voyage ended, a new adventure begun.

Their spirits unbroken, they looked around,
Despite their hunger, hope they found,
They walked on blindly to a big surprise
In a sight they saw, right before their eyes.

It was a wide strait, that made them stare.
Determined to cross, and without a care,
They borrowed a canoe, and battled the flow,
To cross South Passage, they gave it a go.



From their shipwrecked state, in a twist of fate,
Came the Quandamooka, who did await,
With open arms, and plenty to eat,
Shelter and comfort, and a fire for heat.

The gentle people of Stradbroke Island,
Taught them to adapt, to understand,
The secrets of Moreton Bay's natural ways,
And the beauty it held in its hidden bays.

To the north they thought, was civilisation.
To get to the mainland to start their salvation,
They built a canoe, the start of their plan,
Arriving on shore, their journey began.

One day in June, they did blunder,
On a sight that had them, standing in wonder,
A mighty river that went on forever,
A huge barrier, to their hopeful endeavour.

They stood in awe, and at a loss,
Just how on earth, could they cross,
They could barely see the other side,
Not an aborigine in sight, to be their guide.

The river we know, it was the Brisbane,
But at the time, they knew nothing akin,
To a discovery that would last in history,
And lead to a city, of great prosperity.

Stunned, bewildered, unsure and lost,
They had to progress at any cost.
Their eyes reflected grim determination,
A spark of courage, despite God's creation.

They banded together, and set their sights,
On finding a way, to cross this night.
Bashing their way along the bank,
As every day passed, their morale sank.

Naked bodies freezing, and at the mercy,
Of millions of mozzies, endlessly thirsty.
Still they trudged on, hardly saying a word,
Till lo and behold, a canoe was observed.

Courage won through, and in the end,
Weeks of slogging, finally did send,
A solution and, a means to subscribe,
A joyful meeting, with a new tribe.

The Redcliff people, aghast at their condition,
To restore their health, became their mission.
Finnegan learned to hunt, and catch fish,
Pamphlett and Parsons, just relax, was their wish.

Finnegan adopted their culture, their grace,
And found a home in this sacred place.
Listened to their stories, sung their songs,
Felt a belonging he had missed, for so long.

Amidst this land of beauty and mystery,
Learning their ways, their language, their history.
With new friends in canoes, he roamed the bay,
Into the mighty river, he found the way.

He learned their tongue, to speak with glee,
And felt his heart and soul, set free,
Alive and open, like never before,
Obeying their ways, the Aboriginal lore

Parsons decided on a big expedition,
With his two mates, without their permission,
To find their way to civilization.
His friends felt nothing but aggravation.

Trudging north, for only a few days,
Pamphlett deserted, back to the bay.
Parsons attacked Fin, who returned in fear,
Parsons not seen again, for nearly a year.

Weeks of bliss for Finnegan passed,
When to great surprise, he spied a mast,
A ship, a symbol of white-man's supremacy.
To signal forever, a change in his destiny.

John Oxley, a man of great renown,
Anchored in the Passage, to lay his head down,
Unable to find, a new convict place.
A failure he thought, I'll be in disgrace.

A lookout on board, called out in surprise,
Not believing what he saw, with his own eyes,
A white man on shore, calling out for friends he,
Needed for rescue, he was in a frenzy.

The castaway was Pamphlett, not a nice person.
A thief, a conman, one to put a curse on.
He told Oxley of the river, that he had crossed,
When leading his friends, when they were lost.

Oxley was excited, for to find a huge river,
Would be redemption, this news to deliver.
Pamphlett revealed that the man to be guide,
Was Finnegan, a crazy Irishman, he cried.

As fate would have it, they saw this man,
Finnegan fishing, only a short span
From their ship, and easy to snatch,
Then parade to Oxley, he was a good catch.

In a sudden mood change, Oxley was excited.
This news would make the Governor delighted.
The whole world would finally know the truth,
That he was a hero, and here was the proof.

Finnegan as guide, showed Oxley the way,
To the river he had travelled, many a day.
Oxley was ecstatic, naming it Brisbane,
Honouring the Governor, to add to his spin

.Quickly to Sydney, and great admiration,
Swiftly he placed Finnegan, back in detention,
While Oxley regaled the officials who listened,
To the story of the river, that he had christened.

So Oxley the liar, in shameful skulduggery,
Formally claimed the river's discovery,
In telling his story, never did he mention,
Those who should have had, all the attention

But the actual truth will always out,
Pamphlett said that, without any doubt,
He was the first, to see the river's flow,
So he told the Press, for all to know.

Finnegan, in surprise, was given his liberty.
The Governor had plans, to use his ability.
He was appointed as guide, and to translate.
More adventures for Finnegan, did await.

With Oxley and the Governor, in his charge,
To Redcliff and the River, a journey large.
Into the bay, that he knew so well,
And onto the river, he had so much to tell.

Later he explored with Major Lockyer,
Up the Brisbane River and into a valley.
Befriending the locals, in their own language,
While Lockyer watched on, void of anguish.

For weeks Lockyer mapped, while they did roam,
For pioneers to follow, to make it their home.
This beautiful valley, now named the Lockyer.
The start of our State, a place for a settler.

On return, Lockyer praised the contribution,
Of Finnegan's assistance in the expedition.
The Governor decided to acknowledge his worth,
On a pilot ship in Moreton, he was given a berth.

In his Bay, Fin piloted ships with ease,
A master of the river to guide and to please.
But Pamphlett, his former partner for a time,
Was back in chains, for committing more crime.

For three happy years, Finnegan each day,
Guided ships through the waters, of Moreton Bay.
With care and trust, he showed the way,
From the skills he had learned as a castaway.

Fin's story is one of triumph, and the right,
To rise from darkness, to shine ever so bright.
A guide, explorer, and pilot of the sea,
Sometimes it takes courage, just to be free.

Oxley cited for his deception,
Retired alone, without exception,
Dying in disgrace, very young,
But still today, his lies are spun.

Horoscope

As Venus enters home-loving Cancer, wealth, beauty and values associated with the past are on the agenda. It's perfect for the Coronation Weekend - when traditions of yesteryear dominate the media. Yet the legacy of the Lunar Eclipse (linked with quirky Uranus) suggests that conformity won't be high on this week's agenda. Conventions can be stretched to create spaces to be innovative. We can find the freedom to push beyond our normal limitations whilst being respectful... and having fun.

CAPRICORN (Dec 22 - Jan 20)



Nothing changes when you walk into a dark room and switch the light on. It's just that you can see what you could only imagine. Shadows are replaced by colours. It's astonishing how much our perception can be altered by a small amount of information. Even though it can reveal faults that were indiscernible, ultimately, knowledge is always valuable. This week, as your ruler, Saturn, links to Mercury and Venus, your understanding of a difficult situation improves. It brings you closer to making a life-changing, positive decision. Oscar's gift... completely free audio and video forecasts. Go to ozfree.cainer.com

PISCES (Feb 20 - Mar20)



You don't want everyone to know what's hidden in your heart. Yet you're a treasure-trove of emotions: you wear your heart on your sleeve. Does that mean you've got two hearts (one you show and one you keep hidden away)? No! You do, though, often have two minds. At one moment, you think you feel one way. The next, you feel sure you think something else. Yet that's a sign of intelligence and strength. We live in a world where nothing stays the same for long. You don't need to disguise your feelings this week. Be honest. Unmissable gift... completely free audio and video forecasts. Go to ozfree.cainer.com

GEMINI (May 22 - Jun 22)



Power comes hand-in-hand with responsibility. And responsibility brings pressure. And pressure reduces our ability to focus. And when we're distracted we lose power. Which is perfect! Otherwise, we'd achieve what we want to achieve once and forever. And then what would we do? We'd be so bored. Be thankful for the fact that you're not all-powerful. And don't be sparing with the power you have. Not only do you have less responsibility (in a tricky situation) than you imagine. You've got less of a problem than you think. Right here, right now... completely free audio and video forecasts. Go to ozfree.cainer.com

VIRGO (Aug 24 - Sept 23)



You're expected to be a reliable and kind-hearted character who shares perception and insight when other folk are feeling bewildered and overwhelmed. Yet this week, your ability to rise above conflict and fear won't be as consistent as usual. It's likely that you, too, will feel under pressure and frazzled. Although your strength will be tested, you'll find it easy to pass this test. By demonstrating patience and forgiveness (with yourself as well as others) you'll open the way for other people to offer you the support you so freely give. Hooray! There's more... completely free audio and video forecasts. Go to ozfree.cainer.com

SAGITTARIUS (Nov 23 - Dec 21)



Those fairytales we heard as kids (and watch on Disney films) have a lot to answer for. Princes and princesses. Gleaming castles. Magical forests. Ogres, giants, and wish-granting genies. We're subjected to so many of these kinds of story that we start to believe in them. But they can't be true... can they? This certainly isn't going to be a happy-ever-after week. But I'd like to predict a 'much-happier-than-you-have-been' time. It will come about through a series of unlikely events. And the impact will last longer than you might think. Don't miss out... completely free audio and video forecasts. Go to ozfree.cainer.com

ARIES (Mar 21 - Apr 20)



We spend years in an education system that's meant to prepare us for life as an adult. As we gain life experience, we often realise that we need to unlearn some of what we were taught! We never stop learning and making discoveries. You're wondering whether you're prepared enough to deal with your current situation. You're worried you'll 'get it wrong'. But the only person judging you is...you! Why are you being so hard on yourself? This week, a problem only matters if you think it matters. Investigate more before making a decision. Try this out... completely free audio and video forecasts. Go to ozfree.cainer.com

CANCER (Jun 23 - Jul 23)



In order to vastly improve your life you don't have to take dramatic action. You just have to do something that's almost too simple. You need to accept a change you're trying to oppose. Or let go of a dream you don't really believe in. As Venus moves into your sign a decisive development is about to take place. It will liberate you from a state of doubt. And expedite much-needed progress. Your task, is to accept what seems to be rolling in so fast - and let go of whatever is keen to roll out of your life. You'll like what happens next! Our gift to you... completely free audio and video forecasts. Go to ozfree.cainer.com

LIBRA (Sept24 - Oct23)



Every now and then everything goes pear-shaped and we end up racing round and round getting nowhere. In these moments, we get so caught up in the cycle that we forget that life can sometimes be straightforward, with a clear, obstacle-free path ahead. We almost expect disappointments. If you've been feeling this way recently, you're in for a welcome change. As your ruler, Venus, changes signs, it brings a glow of warmth to your relationships and fresh hope to your financial situation. You'll begin to see signs of change this week. A brilliant offer... completely free audio and video forecasts. Go to ozfree.cainer.com

AQUARIUS (Jan21 - Feb 19)



Things only ever fall apart for one of two reasons: so we can experience the excitement of their reconstruction, or so we can create a better alternative. You don't believe me? You're worried you're witnessing the end of something that deserves to last longer? Then you need to be prepared to psychologically fight for it! Just make sure that's what you really want to do. It might be much easier to gracefully accept the change that seems to be happening. (It might be perfect). If you're determined to take the harder route, you'll make progress. An amazing service... completely free audio and video forecasts. Go to ozfree.cainer.com

TAURUS (Apr 21 - May 21)



We're not always as nice to each other as we could and should be. We complain and criticise. We coax and cajole. Then we wonder why our relationships aren't as healthy and fulfilling as we'd like them to be! Or why we're surrounded by tension and angst. Of course, one of the reasons we treat others badly is because we're too harsh on ourselves. This week, as your ruler changes signs, inspiring events come along. As you get comfier with your own abilities, your connections with other people will grow sweeter and happier too. Especially for you... completely free audio and video forecasts. Go to ozfree.cainer.com

LEO (Jul 24 - Aug 23)



It's frustrating when things you want to stabilise refuse to stay still (particularly when the things you want to change are refusing to budge). Aargh! Yet, this week, as your ruler, the Sun converges with quirky Uranus, change is on the cards. Expect events that boost your self-esteem and enable you to see that your ideas are supported. The cosmos brings surprises your way. As long as you keep focused on your positive aspirations, and remain open to creative ideas, you'll see signs of the changes you wish to see. Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com

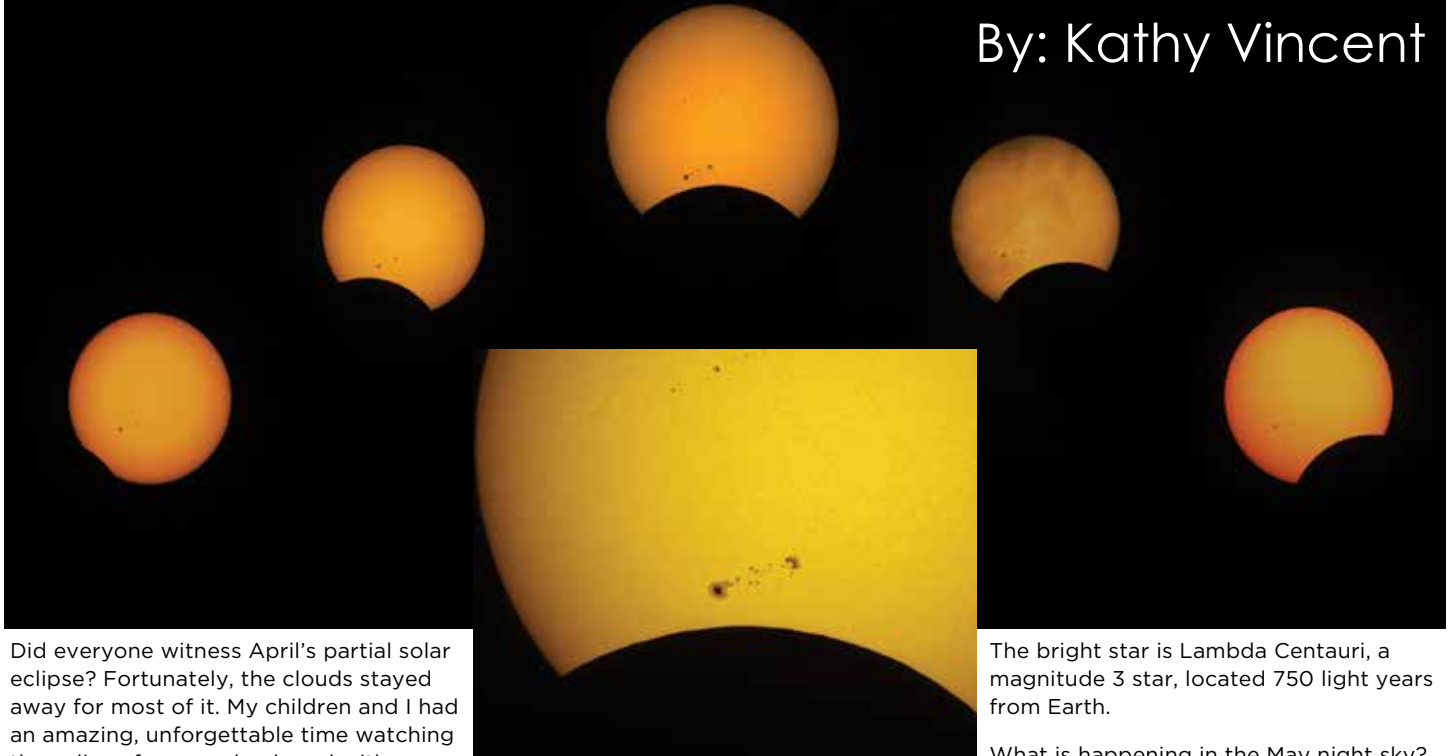
SCORPIO (Oct 24 - Nov 22)



Sometimes life seems short and sometimes it feels long. Some moments are over in the blink of an eye, while others seem to take an eternity. Our perception of the passage of time is subjective. So is our view of what's important. Despite the pressure you feel subject to: the doubts you're experiencing and the frustration you're starting to feel, this week brings tangible proof of why exactly the right amount of time is being taken, and the right result is about to be attained. Here comes an outcome you've been striving for. Discover the inner you... completely free audio and video forecasts. Go to ozfree.cainer.com

The Skies Above Bribie

By: Kathy Vincent



Did everyone witness April's partial solar eclipse? Fortunately, the clouds stayed away for most of it. My children and I had an amazing, unforgettable time watching the eclipse from our backyard with our special solar glasses. I even managed to capture a few images with my telescope! Pictured is a composite of the different stages of the solar eclipse and a close-up view. In the close-up photo, you can see the bumpy outline of the moon as it passes between the Sun and Earth. The Sun's photosphere shows a few large sunspots. Because solar and lunar eclipses come in pairs (within a fortnight of each other) there will be a penumbral lunar eclipse the early hours of Saturday, 6th May. A lunar eclipse is when the Earth passes between the Sun and the Moon, the shadow of the Earth falls on the lunar surface.

I have also included an image of The Running Chicken Nebula, that I took in April. This image is colour matched to the SHO palette, S - Sulphur, H - Hydrogen and O - Oxygen, made famous by the Hubble Space Telescope. This region is popular to photograph, I have imaged this nebula many times. It is also known as IC 2944, the Lambda Centauri Nebula or the Centauri Nebula. It is about 6500 light years away from us. One notable feature of this region is Bok globules. Bok globules are small dark nebula, filled with cosmic dust and gas. They are often associated with active star formation. Despite this, no evidence of star formation has been found in the Bok globules of The Running Chicken Nebula.



The bright star is Lambda Centauri, a magnitude 3 star, located 750 light years from Earth.

What is happening in the May night sky? Full Moon occurs on the 6th of May. There will also be a penumbral lunar eclipse in the early hours of the morning of May the 6th. The eclipse starts at 1:14 AM. It will reach maximum at 3:22 AM and will end at 5:31 AM. Penumbral lunar eclipses are hard to see with the naked eye. But you will notice the moon appears a bit dimmer. The Aquariid meteor shower also peaks on the night into the early hours of the 6th of May. The radiant rises above the eastern horizon in the early hours of the morning. Under ideal conditions up to 50 meteors per hour can be observed. As the meteor shower peaks on the same morning as the lunar eclipse this would be the best time to see for stargazers. A full moon will affect all but the brightest meteors on the days either side of the meteor shower peak.

On the 23rd of May, there will be a conjunction of the waxing crescent moon and Venus. Look towards the north-west after sunset. The following night on the 24th of May, there will be a visual alignment of Venus, the waxing crescent moon, and Mars. Then on the 25th of May, there will be a conjunction of the moon and Mars.

If you have any images you want to share or questions to ask, you can always send me an email astrogirl.au@mail.com.

Until next month, clear skies! Kat



“occlupanida”

There's A Word For It ...

BY: Sue Wighton - Accidental Writer

Website and blog: suewightonaccidentalwriter.com

I've been receiving emails from 'A Word a Day' for years. I don't know how this came to pass, but for a logophile like me – someone who loves words – it's a no-brainer.

A recent week's theme was 'There's a word for it'. And it's true. If it's a thing, no matter how obscure, how esoteric, the English language (with occasional thefts and borrowings) has a word for it.

Today's word is nemophilist. It means 'lover of forests'. I'm guessing Robin Hood and maybe the Sheriff of Nottingham were both nemophilists.

In a previous life as a columnist for an esteemed newspaper (alright I made up that bit about 'esteemed') I wrote a whole column on those little tags that seal up your loaf of bread. In case you're curious, according to my extensive research, they're called occlupanids.

There's even a dedicated crew of occlupanid groupies, the Holotypic Occlupanid Research Group (HORG), who gave the humble bread clip its name.

They devote hours of precious time – time they will never get back – to collecting and studying what they've identified as a class of complex “parasitoids living on bagged pastries”.

Their website proclaims that the term “occlupanida” derives from “occlu” to close and “pan” for bread, surely as credible and logical a nomenclature that ever was.

As an amateur lexicographer, I have collected an 'omnium gatherum' (another favourite expression) of strange and wonderful words to enliven our everyday language.

Anyone who knows me well will acknowledge that I am a hypochondriac who suffers from the occasional genuine illness or syndrome. For example, my extreme gamophobia (fear of marriage) has ensured that I remain cheerfully single, though I do enjoy the occasional frolic with another gamophobe. At least I'm assuming he's afraid of marriage since he hasn't asked me. Except for when he found himself accidentally on

his knees (A fall maybe? Or did he lose a button?) and popped the question just because ... well ... he was down there! I've sometimes wondered if he also has nifaliophobia (a fear of sobriety) but that's an issue for another day.

Still, we get along and have plenty of fun adventures so we're both totally mabsoot in our relationship. That's 'happy' to you! What with his dipsomania and my ventripotent tendencies (I do have a great capacity for food, which sounds better than 'gluttonous' or 'fat-bellied') we're the perfect match. Though we sometimes suffer crippling bouts of crapulence from over-indulging.

Another favourite word of mine is 'vigestimation'. It's a term for the putting to death of every twentieth man. I wonder. In which circumstances would you need a word like that? Perhaps the Vikings, when they were in pillaging and raping mode, were into a little vigestimation as a warning to their enemies. Though I expect they were more

prone to mass annihilation ... slaughter first, calculate after, sort of thing?

Then there's abacination which refers to blinding a person (an enemy obviously) by 'putting a red-hot copper basin near the eyes'. So specific and so hideous. Once again, when would you ever need such a word? On reflection, it may come in handy as a threat to that annoying parking attendant. 'If you insist on giving me that ticket – mark my words, kind sir, I WILL abacinate you.' Damn! Where's that red hot copper basin when you need it?

Hopefully this dissertation (commentary, thesis, tract) has sent you scurrying for your favourite dictionary or thesaurus. Samuel Johnson was a true lexicographer who created a fabulous dictionary full of wonderful words and expressions. He called himself a “a harmless drudge” who “busies himself in tracing the original and detailing the signification of words.”

I'm hearin' ya, Sam.

Writers CORNER

The Publishing Process

by W.H. Kennedy (Howard)

The reasons we write may vary but usually, it is something we love doing and completion is all the reward we need. However, ask a writer who has published, and they will tell you that the best feeling was holding their first published book, seeing their name on the cover and turning the pages.

'So why doesn't everyone publish?' The same published writers will admit that publishing, promoting, and selling are by far the hardest steps. Authors face self-created barriers as well as hurdles and traps within the publishing industry. First, there is your fear of failure or the refusal to accept advice or critiques from editors and the like. To publish, you really must take these steps.

Secondly, there's the confusing myriad of publishing options available from self-publishing, vanity publishing, hybrid publishing

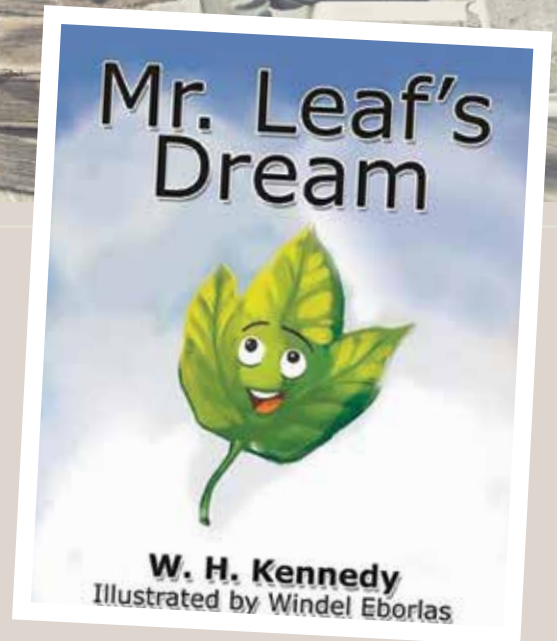
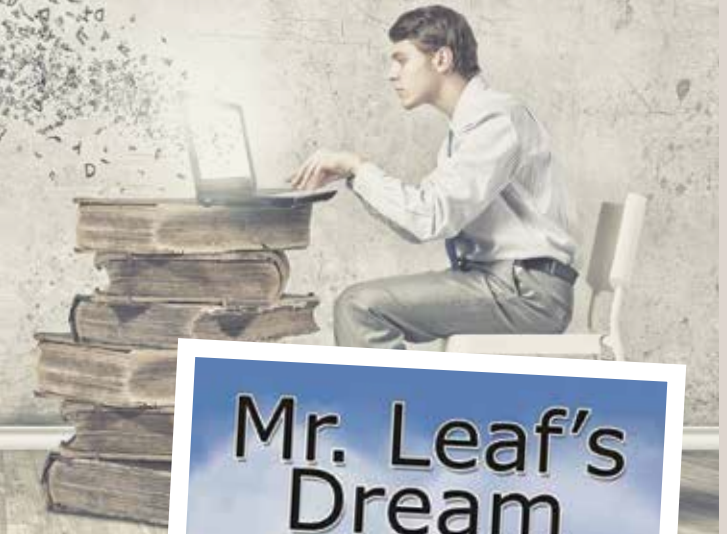
and of course traditional publishing. Do research all of these, because there are costs involved and your budget will become an important consideration. Fair warning: there are some shysters out there who will gladly fleece you of your money!

Thirdly there are unrealistic expectations.

- (i) Most books only ever sell about fifty copies but there are exceptions.
- (ii) Major bookstores do not stock books by unknown authors.
- (iii) Independent bookstores may take copies of your book but at 40% plus commission.
- (iv) Traditional publishers may also expect you to pay to promote and distribute your book.

The publishing world can be tough.

So, you have written something you think is worth sharing with the world. Great! You will need all your self-belief to follow through but please be receptive to advice.



To reach your goal you will have to define what your publishing goals are. They may range from publishing a few books for your own satisfaction to wanting to make a career out of it. The lower your sights, the less complicated and easier it will be to achieve. If you want to make a career out of writing you will need to learn the craft, understand the industry, and have a business plan in place. All that may take years but if you are prepared to put in the hard work, go for it! Join a writers' group. Find an agent. Start off small with self-publishing and print on demand. Build a following and who knows -

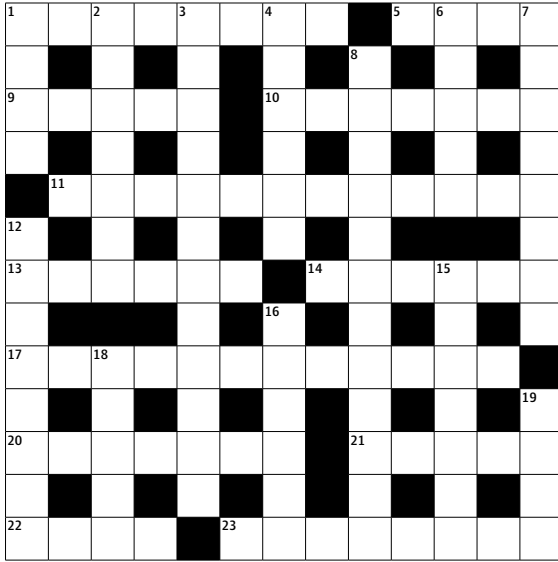
after a few setbacks, you might become one of the lucky ones.

Good luck to you!

As I previously stated here, there is nothing quite like having a copy of your book arrive in the mail.

W.H. Kennedy (Howard) published his first book Mr. Leaf's Dream and learnt from his own mistakes. His next two books will be illustrated by Sean Leahy and will be available at the Bribie Island Community Arts Centre. One will be titled Christmas in the Tropics and the other is tentatively titled The Monster Petting Zoo.

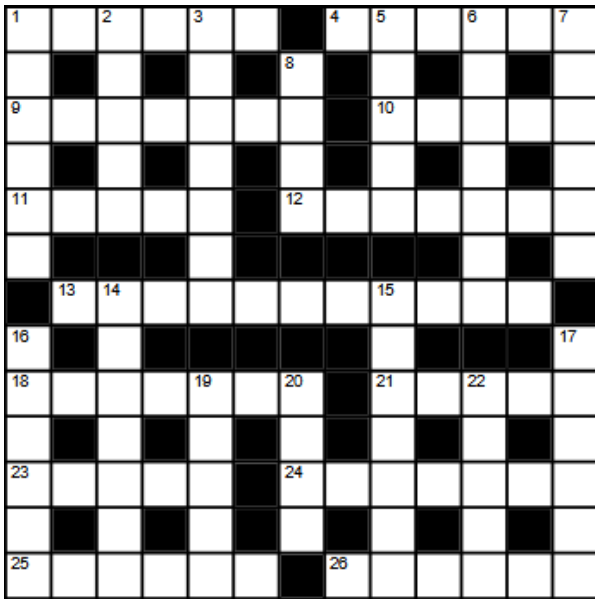
Crosswords - QUICK & CRYPTIC



- Across
- 1 Ship's crew member (8)
 - 5 Domestic water sources (4)
 - 9 Sound the strings? (5)
 - 10 Very disorderly (7)
 - 11 Fab funeral do (anag) — prohibitively expensive (12)
 - 13 Last runner in a relay race (6)
 - 14 A kind of design (6)
 - 17 Script reader? (12)
 - 20 Afraid (7)
 - 21 Guileless (5)
 - 22 Twosome (4)
 - 23 Well disposed (8)

- Down
- 1 Last of the evening? (4)
 - 2 Very serious (informal) (7)
 - 3 Cosy and relaxing place to stay (4,4,4)
 - 4 Vague impression (6)
 - 6 Unrehearsed remark (2-3)
 - 7 Out of the blue (8)
 - 8 Dec guideline (anag) — detailed checks about a company before finally signing a deal (3,9)
 - 12 Forefront (8)
 - 15 Annul (7)
 - 16 Aircraft lacking power (6)
 - 18 Not dormant? (5)
 - 19 Tax (4)

CYRUS

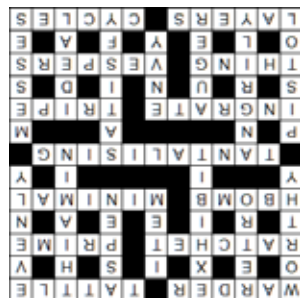


- Across
- 1 A bit of land oddly accursed (4)
 - 3 Enlightened about due date - ironic, ultimately (8)
 - 9 Presume to order pizza? (7)
 - 10 Praise Church before arranged meeting (5)
 - 11 Digger doesn't sound very important (5)
 - 12 Five tense displays at the Olympics (6)
 - 13 Good man found remains 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 Capable are those who try flying (6)
 - 2 Old but cool in style? (5)
 - 3 Display show-off (7)
 - 5 Mid season writer meets at ski resort (5)
 - 6 Thin, I'm a mess needing vitamin (7)
 - 7 Calmly, the first lady opened new library wings (6)
 - 8 Having it saw me back to object (4)
 - 14 Any girl can get upset displaying it (7)
 - 15 Quench one's thirst and please pay in full (7)
 - 16 Shooter is featured in suitable plot (6)
 - 17 Muddles found in service canteens (6)
 - 19 Hesitation after short month for drill (5)
 - 20 Ambassador loses nothing displaying jealousy (4)
 - 22 The best spirit and beer mixture (5)

SOLUTIONS

CYRUS
SOLUTION 190



QUICK
SOLUTION 190



Vegetables

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

- CELERY
- PUMPKIN
- LEEK
- SPINACH
- PARSNIP
- CARROT
- BEEF
- ZUCCHINI
- ARUGULA
- PEA
- POTATO
- BROCCOLI
- RADISH
- RUTABAGA
- CAULIFLOWER
- SWEDEN
- TURNIP
- GINGER
- CABBAGE
- CASSAVA



BERRYLICIOUS FROZEN YOGHURT BARK

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Ingredients - 10 Serves*

- 2 cups Community Co Greek Yoghurt
- 2 cups mixed berries
- 2 tbsp Community Co Honey
- 1/2 cup extra berries for topping
- 2 tbsp desiccated coconut

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

Method

- Using a blender, blend yoghurt, honey and mixed berries together until smooth.
- Pour the mixture into a deep dish, lined with baking paper.
- Sprinkle extra berries and coconut on top and freeze for 3 hours until frozen.
- Break up into small pieces to serve.

6 Differences

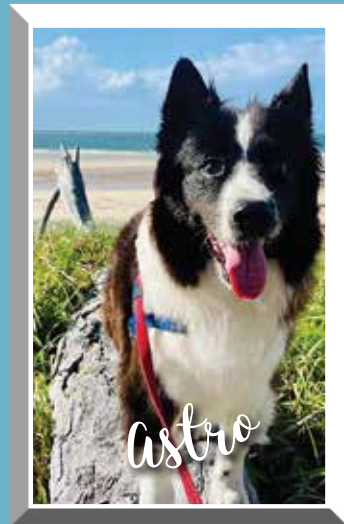
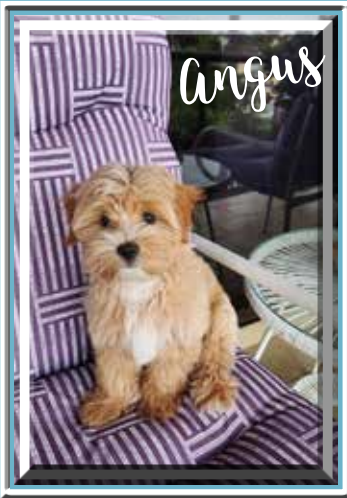


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WE ♥ PETS

SIGNS THAT YOUR DOG HAS SENSED A SNAKE

Dogs can smell many things. Their sense of smell is so finely tuned that they can smell termites underground, rats hiding in tunnels, and snakes slithering in the bushes. Dogs have an amazing olfactory system and although their brain is one-tenth the size of the human brain, their sense of smell section is forty times larger than ours!

Dogs are often curious about snakes. This curiosity leads to most snake bites happening on the dog's face or nose, as they try to sniff out the snake they have found. Many snakes give off a bad smell when they are disturbed to warn their enemies. Dogs pick up that scent and want to investigate.

Dogs are naturally curious about their environment. Going out on a walk is going to be their opportunity to smell and sniff out old and new smells. They can retain a memory of the smells they come across and will be

scent marking to put their smell out there too. Most snakes will be at ground level and although they give out various warning signs, a dog could easily be the target for a striking, venomous snake. You will notice signs of curiosity and a lot of extra sniffing in an area that is potentially the hideout for a snake. Snakes are seasonal and many of them do hibernate, so the chances of seeing snakes are heightened in the spring and summer months.

Dogs would also be alerted to the sound of hissing and slithering in the grass as they can hear these sounds on the ground. You may see your dog whining or even barking to alert you to the presence of some other creature. Your dog may wait on your command if he or she is unsure of what to expect and, depending on the breed of your dog, there may be time for you to keep your dog by your side. But if their prey drive kicks in, your dog may

just want to find that snake! Dogs are naturally protective of their owners and their families. There are many stories of dogs saving families from snakes - especially young children who may be playing in the garden and unaware of the dangers hiding under the bushes or under rocks. The snake's most important form of defence is their camouflage, so it is not surprising that they go unnoticed.

Safety Tips for Dogs Around Snakes:

1. Do not let your dog go off-leash in areas where dangerous snakes are known to live.
 2. Brush up on your dog's "leave it" and "come" commands - in case you need to call them off a snake.
 3. Know the snakes in your area so that you can identify harmless or dangerous snakes.
- Next edition... Training dogs to sense snakes.

TO PUNISH OR NOT TO PUNISH - BARKING PART 3

One of the most common forms of barking that we unintentionally encouraged our puppies to do is to bark at us to get our attention. This is a learned behaviour that we have caused.

Puppies are very cute and the things they do make us laugh. We think it is so adorable when our puppies bark at us and we say they are talking to us and as we are sociable as well we respond. Then we say we are having a two way conversation. I met an adorable cat at an animal shelter and we used to have conversations and it was so cute he would meow and then when I spoke he would stop and listen to me.

Then, puppy grows up and demand barks either to get our attention, which they always receive. Yelling at him is giving him attention. They

bark because they want something to eat or to play with them, or to solicit pats etc. We then get cranky and forget that we encouraged him when he was a puppy.

The best way to stop this behaviour is do not let it start in the first place. It is never to late but the older the dog the more persistent he is. This is because it worked in the past so hence it will work again. The only thing to do is to totally ignore him and that means do not look, speak or touch the dog, just walk away. When he is quiet, reward him and the reward can be a treat or even tossing a ball. Some people find it successfully to teach the dog to bark on command by using a hand signal and say "speak"

Happy training
Yvonne

Yvonne's Dog & Puppy School

Yvonne Bishop (Dog Behavioural Trainer)
Professional member APDT, PPGA

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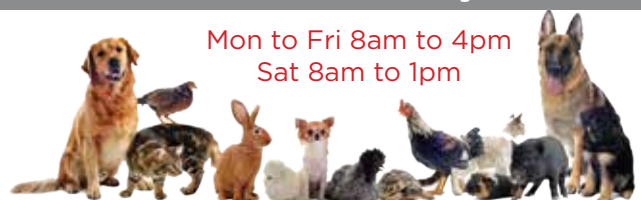
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BOWLS RESULTS

SOLANDER LAKE BOWLS CLUB

Men's "B" Singles Final
 Champion: Ron Boddenberg
 R/U: Brad Jackson
W/E 29/04/2023
 Tuesday: Winners: Trevor Jones, Liz little & Alan Matheson.
 R/U: Jane Gill, Marg Weeks & Carol Langley.
 Wednesday: Winners: Cheryl Dann & John Dann.
 R/U: Allen Lavender & Richard Wales.
 3rd: Keith Tucker & Brian Harris.
 Jackpot (\$82) – Tony Ollier & Digby De Grono and Mike Wilson & Graham Hubbard.
 Thursday: Winners: Lynn Shorter, Ian Carr & Bruce Hill.
 R/U: Geoff Cusbert, Marie Torrington & Trevor Rolfe.
 3rd: Chris Cummins, Mike Jones & Digby De Grono.
 Jackpot (\$180) - Not won.
 Friday: Winners: Robert Stumbles & Steve Ross.
 R/U: Wayne Mitchell & Ray Zahl.
 1st Rnd: Vanessa Smith & Trevor Smith.
 2nd Rnd: Carmel Sorrenson & Geoff Sorrenson.
 Saturday: Winners: Joan Corbett, Chris Cummins & Jan Oakley.
 R/U: Trevor Jones, Beryl Cowperthwaite & Alan Thompson.
W/E 22/04/2023
 Tuesday: Winners: Brad Storey, Mal Dawson & Ib Larsen.
 R/U: Ian Gillies, Robyn Carter, Mike Jones & Andy Ives.
 Wednesday: Winners: Ian James & Peter Hourigan.
 R/U: Cheryl Dann & John Dann.
 3rd: Andy Dehnert & Doug Brown.
 Jackpot (\$310) – Mark Lowry & Rob Horsfall.
 Thursday: Winners: Kev Moore, Steve Todd & Geoff Sorenson.
 R/U: John Gemmell, Andy Wilkie & Daryl Wilkins
 3rd: Chris Cummins, Keith Reithmuller & Digby De Grono.
 Jackpot (\$102) No winner.
 Friday: Winners: Allen Lavender & Brad Jackson.
 R/U: Glen Merrin & Brett Sellars.
 1st Rnd: Carmel Sorenson & Geoff Sorenson.
 2nd Rnd: Vanessa Smith & Trevor Smith.
 Saturday: Winners: Dudley McKenzie, Robert James & Rosa McLeod.
 R/U: Hester Pillos, Chris Cummins & Allan Matheson.

RANDOM SELECT FOURS

Saturday 8 April 2023
 Highest margin: B Smith, R Hunter, L Murphy, W Gillard
 Lowest margin: F Crockett, L Hackwood, C Halley, J Lonsdale
 Out of hat winner: J Dunn, J Wallis, BJ Adams, C Kelly
 Out of hat winner: G Olsen, r Bickerton, W Kelly
Self Select Triples Tuesday 11 April 2023
 Winners: J Ferguson, R Hunter, P McCarthy
 Runners up: S Lobo, L Mackay, A Cornett
 Lucky Draw: B Robinson, W Kelly, A Sturm
 Lucky draw: G Woodlett, G Jackson, C Davis
 Lucky draw: R Glasser, F Grimsey, T Phillips
Scroungers Results Wednesday 12 April 2023
 1st: C Halley
 2nd: G Skoien
Self Select pairs Wednesday 12 April 2023
 Winners: T Smith, C Hayles
 Runners up: E Bateman, M Garfield
 Lucky Draw: S Swain, J Howarth
 Lucky draw: K Burdon, F Grimsey
 Lucky draw: d Heath, R Eaton
 Lucky draw: T Phillips, R Glasser
Random Select Triples Results Thursday 13 April 2023
 Winners: L Mather, L Mather, G Hutchinson
 Runners up: P Mann, A Mann
 Lucky Draw: J Iggy, N Smith, W Gillard
 Lucky draw: G Riley, L De Roule, M Roberts
Self Select pairs Fri 14 April
 Winners: R Elmore, K Ford
 Runners up: B Hosie, M Beutel
 Out of hat winner: W Holzberger, G Woollett
 Out of hat winner: K Opray, J Oliver
 Out of hat winner: P Cook, B Priest
 Out of hat winner: J Izzy, G Skojen, A Mann
Random Select Fours Results Saturday 15 April 2023
 Highest margin: R Davenport, W Kelly, A Jennings, H Anderson
 Lowest margin: L Jennings, S Lonsdale, M Lyons
 Out of hat winner: M Cherry, L Hackwood, L Murphy, G

Hutchinson
 Out of hat winner: J Dunn, C Kelly, K Muller
Self Select Triples Tuesday 18 April 2023
 Winners: R Leith, M O'Neill
 Runners up: H Groves, B Castle, D Groves
 Lucky draw: N Gray, S Hose, G Riley
 Lucky draw: A Kinnear, B Doe, P Ryan
 Lucky draw: L Jennings, A Jennings, C Davis
Scroungers results Wednesday 19 March 2023
 1st: H Anderson
 2nd: a Russell
 3rd: R Eaton
Self Select pairs Wednesday 19 April 2023
 Winners: J Oliver, P Gray
 Runners up: C Thornton, K Thornton
 Lucky draw: C Dean, T Dean
 Lucky draw: C Hayles, T Smith
 Lucky draw: S Swain, J Howarth
 Lucky draw: S Root, A Boyd
Random Select Triples Thu 20 April 2023
 Lowest Winning Margin: A Jennings, G Low, D Groves
 Runners up: L Jennings, P Neumann, R Bickerton
 Lucky Draw: G Riley, R Leth, W Follett
 Lucky draw: P Ditchburn, R Davenport, M Roberts

BONGAREE BOWLS MEN'S

Scroungers April 15th
 1st Ann Clarke 2nd John Bell, 3rd Lynn Bell
Wed 4's April 19th
 Winners Doug Meikle, Rose-marie Domino, Andy Jennings, Libby Jennings
 Runners Up Ian Patterson, Col Valentine, Gary McCarthy, Graham Symonds
Thurs Jackpot pairs April 20th
 Winners Col Valentine, Gary McCarthy
 Runners Up Paul Hill, Ray Huggins
Sat Scroungers April 22nd
 1st Gideon Croukamp, 2nd Tony Jericevich, 3rd Ron Wilson, 4th Glen Colledge
Wed 4's April 26th
 Winners Tony Jericevich, Gordon Pitts, Ian Virgen, Ray Home
 Runners Up Doreen Pennery, A Wright, Morris Huddleston, Wayne Baker
Thurs Jackpot pairs April 27th
 Winners Col Erhardt, John Park
 Runners Up Paul Hill, Ray Huggins

BONGAREE LADIES BOWLS

Patroness Day - A lively day of bowls was held on Friday, 14th April, for Patroness Day hosted by Ladies President, Wendy Rollason and sponsored by our Patroness, Joy Lambie. Paddle Pop Triples were enjoyed followed by a scrumptious afternoon provided by the Ladies Committee. Special guests for the afternoon were Joy Lambie (Patroness), Doreen Pennery (Life Member), Honey O'Neill (Life Member), Rose Smith (Matriarch), and Jewell Walker (Long Time Member). Unfortunately, Edna Pennington (Previous Patroness) and Jeanie Coper (Long Time Member) were



unable to attend.

Friday 14th April Patroness Day

1st place Billy Moor, Jen Hadley, John Morrison
 2nd place Rose Smith, Maureen Ferguson, Graeme Hanlin, Ron Corrick

3rd place Clare O'Donohue, Steve Mogan, Robert Johnson

Tuesday 18th April

Winners: Richie Ferguson, Lyn Southall

R/U: Averyl Symonds, David Dixon

Bonus Draw: Ray Broughton, Ron Wilson

Friday 21st April

Winners: Billy Moor, Rhonda Warwick

R/U Lyn Bell, Ernie Connolly, Ian Gillies

Tuesday 25th April ANZAC DAY No Play.

CROQUET

WIN, WIN, WIN,

By KATHY VINCENT

Well, this is a great start to the season of competitions. The croquet Clubs of the Sunshine Coast have competitions against each other. Players from Noosa, Caloundra, Nambour, Headland Buderim, Coolum and Bribie all take part. There are 10 games altogether each club hosts one game and then plays the same club away.

So how well is Bribie doing so far?

The Plate team are members who have joined fairly recently and still have a high handicap. It is their first experience with competitions. They have played two clubs now and won both – a great start to the season and great encouragement for the members.

The Shield Team are players who have more experience, and their handicaps are lower than the Plate team. Again, they have played two competitions so far and won both. The Shield team won the competition last year and is keen to repeat the success. Noosa was second last year, so the Bribie Shield team were pleased to win against Noosa in their first game.

The Pennant team! Well, they are our experts. Many players who play Pennant are also State players, so the competition is Fierce.

But yes, yet again Pennant won their first two games. This is against very difficult opposition.

This just shows what a good club Bribie Croquet Club is. It's fun, it's friendly and great exercise. We have started a new training session for anyone wanting to have a go. If you think you would like to give it a go just ring: - Jan on 0437008042

We might see you there.

RESULTS FOR
BRIBIE ISLAND
WOMEN'S GOLF

13 APRIL TO 20 APRIL 2023

13/4/23 – 4BBB Stableford

Winners: Rita de Bondt & Anna de Bondt 46, 1st Rs/Up Roslyn Crossley & Ailsa Lauchlan 45, 2nd Rs/Up Vicki Jones & Leonie Buxton 44 ocb

NTPs: Hole 4 Judith Umlauf, Hole 7 Maureen Bailey, Hole 14 Abby Driver, Hole 16 (2nd shot) Leonie Buxton, Hole 4 (Div 3 2nd shot) Di Croft

18/4/23 – Single Stableford (1st Round Silver Salver)

A Grade Winner: Myra Thomsen 35 ocb, 1st R/Up Ros Gardiner 35 ocb, 2nd R/Up Linda Urquhart 35 ocb

B Grade Winner: Mary Barbeler 39, 1st R/Up Debra Dunn 38, 2nd R/Up Lyn Cockerell 37 ocb

C Grade Winner: Margaret Peterson 34, 1st R/Up Jennifer Mckay 33 ocb, 2nd R/Up Yvonne Nicklin 33

NTPs: Hole 4 Suzanne Fowler, Hole 7 Lyn Cockerell, Hole 14 Lesley Heap, Hole 16 (2nd shot) Dianne Hayward, Hole 4 (Div 3 2nd shot) Jennifer Mckay

20/4/23 – Single Stableford (2nd Round Silver Salver)

A Grade Winner: Fitzie Jackson 38 ocb, 1st R/Up Gaby Bennett

38, 2nd R/Up Paula

Mckenzie 37

B Grade Winner: Jennifer Stafford 32 ocb, 1st R/Up Sue Graham 32, 2nd R/Up Angela Jordan 31 ocb

NTPs: Hole 4 Yuko Nakamura, Hole 7 Sue Navie, Hole 14 Gill Lee, Hole 16 (2nd shot) Yuko Nakamura, Hole 4 (Div 3 2nd



shot) Sonia Ferrante

2023 Silver Salver Winner (Maree Bailey) and Runner Up (Debbie Dunn)



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As a homeowner, you want your home to be both functional and stylish. A well-designed home can not only enhance your daily life but also increase your property value. Whether You Are Renovating Your Existing Home Or Building A New One, There Are Many Design Tips You Can Follow To Make Your Home Both Functional And Stylish. In This Article, You'll Learn Five Design Tips For A Functional And Stylish Home.

TIPS FOR CREATING A FUNCTIONAL AND STYLISH LIVING ROOM

The living room is often the centre of the home, where family and friends gather to relax and spend time together. To create a functional and stylish living room, consider the following tips:

Choose the right furniture. Start with a comfortable and stylish sofa and add chairs and tables that complement it. Consider the size of your living room and the number of people who will be using it when choosing furniture.

Create a focal point. A focal point can be a fireplace, a piece of artwork, or a large window. This will draw the eye and create a sense of unity in the room.

Add storage. Adding built-in shelves or cabinets to store books, games, and other items is a great method of storage.

Light it up. Lighting is key in any room. Use a mix of overhead lighting, table lamps, and floor lamps to create a warm and inviting atmosphere.

Add personal touches. Finally, add personal touches like family photos, artwork, and decorative items to make the room feel like home.

TIPS FOR CREATING A FUNCTIONAL AND STYLISH BEDROOM

The bedroom is your sanctuary, where you go to rest and recharge. To create a functional and

How To Create A Functional And Stylish Home

stylish bedroom, consider the following tips:

Choose the right bed.

Start with a comfortable and stylish bed that fits the size of your room. Consider adding a headboard or canopy for added style.

Create a colour scheme.

Choose a colour scheme that makes you feel calm and relaxed. Consider using soft, muted colours like blues and greens.

Add storage.

Consider adding a dresser, nightstands, and a closet organizer to keep your clothes and belongings organized.

Layer your bedding.

Layering your bedding with pillows, throws, and blankets can add both style and comfort to your bedroom.

Keep it clutter-free.

Finally, keep your bedroom clutter-free by storing items out of sight and keeping surfaces clear.

TIPS FOR CREATING A FUNCTIONAL AND STYLISH KITCHEN

The kitchen is often the heart of the home, where meals are prepared, and memories are made. To create a functional and stylish kitchen, consider the following tips:

Choose the right layout.

Start with a layout that makes sense for your daily routines. Consider the work triangle, which includes the stove, refrigerator, and sink.

Choose the right appliances.

Choose appliances that are

both functional and stylish. Consider stainless steel appliances for a modern look.

Add storage.

Storage is important in any kitchen. Consider adding cabinets, drawers, and a pantry to store your food, dishes, and cookware.

Choose the right countertops.

Choose countertops that are both durable and stylish. Consider granite or quartz for a high-end look.

Add personal touches.

Finally, add personal touches like a backsplash, decorative lighting, and a colourful rug to add style and personality to your kitchen.

TIPS FOR CREATING A FUNCTIONAL AND STYLISH PLAYROOM

The playroom is where kids can let loose and have fun. To create a functional and stylish playroom, consider the following tips:

Choose the right flooring.

Start with durable and easy-to-clean flooring like hardwood or vinyl. Consider adding a colourful rug for added style.

Create zones.

Create different zones for different activities like reading, playing games, and building with blocks. This will help keep the room organized.

Add seating.

Add comfortable seating for kids and adults. Consider bean bag chairs or floor cushions.

Make it fun.

Finally, make the playroom fun with colourful artwork, wall

decals, and a chalkboard wall for drawing.

HOW TO INCORPORATE YOUR PERSONAL STYLE INTO YOUR HOME DESIGN

Your personal style is what makes your home unique. To incorporate your personal style into your home design, consider the following tips:

Start with a colour scheme.

Choose a colour scheme that reflects your personality and makes you happy. Consider using bold colours or patterns if that is your style.

Mix old and new.

Mix old and new pieces to create a unique and eclectic look. Consider incorporating vintage pieces or family heirlooms into your design.

Add texture.

Add texture to your home design with pillows, throws, and rugs. Consider using materials like velvet, fur, or leather.

Display your collections.

If you have a collection of items like books, records, or figurines, display them in a way that reflects your style.

Make it personal.

Finally, make your home design personal by adding artwork, family photos, and other items that have special meaning to you.

Conclusion

Creating a functional and stylish home takes time and effort, but it is worth it in the end. By following these design tips, you can create a home that meets your needs and reflects your personal style.

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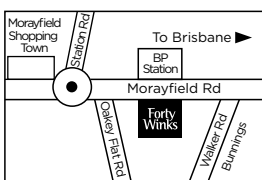
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RENTAL SURVEY 2023: TOO DAMN HIGH?

THREE IN FIVE AUSSIES SAY Their Rent Is “Overpriced”

- 58.9% of renters say they feel their rent is overpriced.
- 64.7% of women say they feel their rent is overpriced, compared with 52.9% of men.
- 9% of renters spending 61% or more of their income on rent
- 33.9% say they feel their rent is “fair.”

A nationally representative survey of Australians (n=1,000) conducted by Savvy has shown that almost two in five renters (59.2% of 392 renters) are spending over 31% of their weekly income on rent.

30% spend between 31%-45% of their income on rent; 20% spend between 46%-60% of their weekly income on rent. 9.2% of renters say they are spending over 61% of their weekly income on rent.

Women are also disproportionately spending more on rent; only 3.8% of men are spending between 61%-75% of their income on rent, compared with 8.3% of women. There is also disparity in the 46%-60% band (17% of men vs 24% of women.)

This is potentially alarming, as the Australian Institute of Health and Welfare define households or individuals are under rental stress if they are spending more than 30% of their income on rent.

Compared with numbers from 2022, higher proportions of people are spending far more on rent, with 5.9% saying they

spend between 61%-75% of their weekly income on rent, up from 4.3% in 2022.

3.2% say that they are spending over 76% of their weekly income on rent, up from 0.43% in our last survey.

Three in five say rent “overpriced.”

58.9% of renters said that they feel their rents are “overpriced,” broken down into 64.7% of women and 52.9% of men.

33.9% say that their rent is “fair” while a mere 7% say their rent is a “bargain.”

The average median rent in Greater Sydney is \$470 while the median weekly household income is \$2,077 according to the latest data from the Australian Bureau of Statistics, which was taken in 2021.

This data was taken when inflation was tracking at RBA-standard levels and interest rates were at record lows of 0.1%p.a. The cash rate is now at 3.6%p.a., and inflation is at 7.8% (Dec Quarter 2022, CPI.)

Savvy spokesperson and finance expert Adrian Edlington says that the trend towards people paying rent in the extremes is concerning.

“Households devoting over forty-five percent or more of their income toward rent are in rental stress which can put a strain not only on finances, but people’s mental health and wellbeing. With utilities set to rise later this year, it could lead to an even greater cost of living crisis for renters in Australia, setting back plans for home ownership or other major asset purchases.

“Also, the fact that women are paying more than men is worrying. However, both men and women can agree that their rents are overpriced; and that may get worse as time goes on.”

If you are experiencing acute mental stress due to finances, contact Beyond Blue on 1300 22 4636 or Lifeline on 131 114.



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sales of new homes continue to fall in March

“Sales of new homes across Australia fell by a further 7.2 per cent in March compared to the previous month as the rise in the cash rate over the past year continues to impede sales,” stated HIA Senior Economist, Tom Devitt.

The HIA New Home Sales report – a monthly survey of the largest volume home builders in the five largest states – is a leading indicator of future detached home construction.

“The latest decline leaves sales in the first three months of the year down by 45.9 per cent compared to the same quarter last year,” added Mr Devitt.

“Compounding the decline in sales is the rise in projects being cancelled.

“The cancellation rate increased in March to 30.5 per cent. This means for every three new building contracts that are signed, one sale from a previous month is cancelled. Many

builders have reported ‘negative sales’ over recent months. The last time the rate was near this high was the start of the pandemic.



“The RBA’s rate increases last year, and this year will continue to hold down new sales and cause further cancellations as finance becomes unobtainable for an increasing number of buyers.

“The significant increase in the

cost of land and construction across all jurisdictions over the past two years is compounding the impact of higher interest rates. The additional costs of

compliance with the National Construction Code, that come into effect this year, will further increase the cost of new home construction and dampen demand further.

“The combination of low sales volumes and rising cancellations

of existing projects will hollow out the pipeline of building work over the coming months,” concluded Mr Devitt.

The largest declines in sales in March compared to the previous month were seen in Victoria (-23.4 per cent) and South Australia (-22.4 per cent), followed by Queensland (-2.2 per cent), while increases were seen in New South Wales (+1.7 per cent) and Western Australia (+22.5 per cent).

Over the last year, New South Wales has driven the declines, with sales in the first three months of 2023 down by 75.9 per cent on the same quarter last year. This was followed by Queensland (-54.3 per cent), Victoria (-43.4 per cent) and South Australia (-13.7 per cent). Western Australia was the only large state to see an increase over the last year, up by 1.0 per cent.

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TALK TO US ABOUT YOUR SALES GOAL**

WHEN PURCHASING YOUR HOME, THERE ARE SEVERAL THINGS TO CONSIDER GETTING THE BEST DEAL POSSIBLE. IT'S IMPORTANT TO CHECK THESE THINGS OFF OF YOUR LIST NOT ONLY FOR THIS BUT TO ALSO ENSURE YOUR PEACE OF MIND IN KNOWING THAT EVERYTHING IS THERE AND RUNNING SMOOTHLY. THIS ARTICLE WILL COVER TEN THINGS YOU SHOULD KEEP IN MIND AND CHECK BEFORE BUYING A HOME.



House Size and Square Footage
Knowing the measurements of the house can help you decide whether or not it will be a good match for you and your family. Additionally, the square footage can affect the overall value of the property. This data can be crucial if you plan on reselling it in the future. Hire a professional inspector to measure the house and ensure the square footage is accurate.

Hvac Systems

Have the heating system and central air conditioner been professionally examined to ensure they are in good working condition? Consider the age of the system and ask the seller for documentation of any recent maintenance or repairs. Taking this route ensures that the system is in good working condition and can pinpoint any potential issues that may need to get addressed. A properly functioning system lets you maintain a comfortable living environment.

Yard

Review the yard to ensure it meets your needs. Consider the size of the yard and if it is suitable for your preferred

outdoor activities. Also, check for potential hazards such as inadequate drainage and large trees that can fall during a storm. This assessment lets you see opportunities for improvement and provides a better sense of the overall condition and potential of the estate.

Roof

Check the condition of the roof to ensure it is in good shape. Look for any missing or torn shingles and signs of water stains. Also, consider the age and if recent upgrades have gotten completed. Gathering this information during a roof assessment helps you identify potential leaks or deterioration. This knowledge can help you decide if you want to deal with the repairs and any price adjustments you should discuss with the seller.

Foundation

A stable dwelling allows you to enjoy even floors and walls, straight rooflines, and the absence of cracks in the walls. Because of how vital the foundation is to the stability and safety of your home, hire a skilled technician to examine its condition. You will need to

know about the age of this base if there are any cracks and if restorations or reinforcements have gotten added to it.

Bedrooms

Check the number and size of bedrooms to ensure they meet needs like having enough natural light and suitable space for furniture. You can review the walls and floors for signs of damage or wear and tear. This knowledge helps you make a well-informed decision regarding your purchase and end up with a residence that best suits your lifestyle.

Bathrooms

Reviewing the bathroom can ensure it meets your needs, such as having a functional layout, sufficient space, and beneficial storage. Check for adequate lighting and ventilation, suitable counter space, and ample shelving. Also, review the area for signs of leaks or broken fixtures, which can cause you to spend more after your purchase.

Garage

A garage that has been maintained satisfactorily can shield your vehicle from exterior elements and increase

its utility within the home by serving as a crafting space or workshop. Thoroughly study the garage looking for damage, and then review the garage door, corresponding accessories, and any security features. Understanding the condition of the garage can also help you negotiate a fair price for the home and avoid unexpected expenses and repairs in the future.

Neighbourhood

Reviewing the neighbourhood can also help determine if the area aligns with your lifestyle and needs, such as proximity to schools, grocery stores, public transportation, and entertainment options. Ultimately, it can ensure you make a wise investment and avoid potential regrets in the future.

Conclusion

By checking these ten things before buying a house, you can make a more informed decision and avoid costly repairs or renovations in the long run. Ensuring that you are safe and happy in your new home is a top priority, so make sure to run through this checklist before signing the papers.



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Carolyn Drane
0418 283 762



SHARE THE Dignity MOVIE Night

We have partnered with Share The Dignity and Bribie Cinemas to put together a movie night to raise funds for Share The Dignity.

Share the Dignity works to make a real, on the ground difference in the lives of those experiencing homelessness, fleeing domestic violence, or doing it tough. They distribute period products to those in need and work to end period poverty here in Australia.

Share The Dignity assist those in need through collecting thousands of hygiene products each year through our collection drives and campaigns and distribute them directly to charities across Australia.

Throughout the night there will be raffles and auctions to raise even more funds for the charity. To purchase tickets to the movie night scan the QR Code on the back of this flier or come into our office at 2/2 Eucalypt Street, Bellara.

WHEN: Thursday May 18th, 2023

WHERE: Bribie Cinemas

COST: \$25 per ticket + booking fee (this includes a movie ticket, a glass of bubbles, popcorn and a gift bag)

MOVIE: FAST X

FAST X

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MOVING TIPS AND HACKS TO MAKE MOVING A BREEZE



FOR MANY PEOPLE, MOVING MAY BE A DIFFICULT AND STRESSFUL EXPERIENCE. THE TASK OF PACKING UP YOUR POSSESSIONS, TRANSFERRING THEM, AND UNPACKING THEM CAN BE ONEROUS WHETHER YOU'RE RELOCATING TO A NEW HOUSE ACROSS TOWN OR IN ANOTHER CITY. YET, MOVING MAY BE A SNAP IF YOU USE THE APPROPRIATE TRICKS AND TECHNIQUES.

Start Preparing Early

One of the most important tips for making your move as stress-free as possible is preparing early. As soon as you know that you'll be moving, start making a checklist of everything you need to do. This will help you stay organized and ensure that you don't forget anything important.

When it comes to packing, don't wait until the last minute to start. Begin packing up items that you don't use regularly, such as seasonal clothing or decorations. You can also start boxing up items that you won't need until after you move, such as books or kitchen appliances.

Use the Right Tools

When it comes to packing, having the right tools can make a big difference. Invest in high-quality packing materials, such as sturdy boxes, packing tape, and bubble wrap. You can also use metal toolboxes to store and organize small items like screws, bolts, and nails. If you're packing fragile items like glassware or artwork, be sure to wrap them carefully with bubble wrap or packing paper. You may

also want to consider using specialty boxes designed for these types of items.

Pack Strategically to Save Space and Time

When packing your belongings, it's important to pack strategically to save space and time. For example, use towels or clothing to wrap fragile items instead of buying extra bubble wrap. You can also use suitcases to pack heavy items like books, making them easier to transport. Another strategy is to pack items in a way that makes them easy to unpack. For example, pack all of your dishes together so that they can be easily unpacked and put away in the kitchen. Similarly, pack all of your bedding and linens together so that you can quickly make your bed in your new home.

Label Everything

Labelling your boxes is one of the most important things you can do to make your move easier. Be sure to label each box with its contents and the room it belongs in. This will make it easier for you (and your movers) to unpack quickly and efficiently.

You may also want to colour-code your boxes by room. For example, use red tape for boxes that belong in the kitchen and blue tape for boxes that belong in the living room. This can help you quickly identify which boxes go where when it's time to unpack.

Pack a First-Day Essentials Box

When you arrive at your new home, you'll likely be tired and hungry. Make the transition easier by packing a first-day essentials box. This box should contain everything you need to get through your first night in your new home, such as toiletries, bedding, and a change of clothes. You may also want to include some snacks and easy-to-prepare meals, as well as any important documents or medication that you'll need right away. Work with Licensed Movers If you are relocating a long distance or have a lot of things, hiring a professional moving company may be a smart investment. Moving companies with experience will ensure that your relocation goes off without a hitch. Before choosing a moving

company, make sure to do extensive research. Consult with family and friends for recommendations, then check reviews. Furthermore, you should verify the company's insurance and license status.

Declutter Before You Move

When you move, it's the best time to organize your possessions and get rid of everything you don't need or want. After sorting through your belongings, decide what to keep, donate, and throw away. You might also consider organizing a garage sale or selling stuff online to make some extra cash. Not only can decluttering your home make moving easier, but it will also give you a fresh start in your new home.

MOVING CAN BE A DIFFICULT AND STRESSFUL EXPERIENCE, BUT WITH THE APPROPRIATE ADVICE AND TRICKS, YOU CAN MINIMIZE ANY DIFFICULTIES. CONSIDER HIRING PROFESSIONAL MOVERS, START PLANNING EARLY, USE THE CORRECT TOOLS, MARK EVERYTHING, PACK A BOX OF FIRST-DAY NECESSITIES, AND TIDY YOUR HOME BEFORE MOVING.

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COME AND HELP US MAKE THIS A REGATTA TO REMEMBER!

SATURDAY May 20th

Starting in the morning from 7am at Spinnaker Sound you can have a sneak preview and see the boats and crews arriving to attend the briefing and have enjoy their breakfast at the Beach Hut. Then come along with your family and friends later at 10.00 am to the Beach at Toorbul. The Toorbul Community Association will greet you offering refreshments, entertainment and Shelter. Raffle tickets for the "Joey" sailing dinghy will be available. The Classic Boats will arrive from 10am onwards until about 12.30 when the boats cross the Pumicestone Passage to the Pacific Harbour Marina on Bribie Island.

On Saturday evening why not bring your family and friends to see all the boats up close in the Star Marina at Pacific Harbour? There'll be live music and refreshments available.

SUNDAY May 21st.

On Sunday morning 21st May 9:00 am and join in the fun at Sylvan Beach, just north of the bridge. Starting with an "Acknowledge-

ment of Country" and after you will hear the haunting Conch Shell Horn sound heralding the arrival of the Grand Parade from Pacific Harbour Marina. Then you can wander around the specialty pop up stalls, check out the Classic Cars, Model Boats while enjoying an ice cream and a sausage sizzle at the beach.

You can judge for free and vote on the boats and crews along the waterfront which will result in the People's Choice" Trophy being awarded by our Patron Ali King.

Following the trophy presentation, we will announce the lucky voters prize winners for the Adventure flight and the Ferryman eco- cruise. Various marine clubs will demonstrate their vessels right in front of you followed by classic sailing boats, motor boats and speedboats in action.

You can watch the Wooden Boat Association Queensland's Raffle Prize "Joey" sailing dinghy being launched by its donor George Galea, and the naming of her in honour of his wife. The launching of "Sheila" will be followed by the drawing of the lucky winners of the raffle. There will also be live musical offerings from the popular "Mullet Gut String Band" on the foreshore. Activities throughout the morning will be announced by the MC and for any other information visit the team at the BACE Inc. Marquee.

We take this opportunity to extend our thanks to generous supporters without whom the Regatta would be unable to continue.

Our thanks go to our Patron, Ali King MP for Pumicestone, Nautilus Marine Insurance, Moreton Bay Regional Council, The Wooden Boat Association Queensland, Bote Cote and Aqua Cote, Road Tech Marine Northlakes, Bribie RSL, Pacific Harbour Marina, The Beach Shack, Spinnaker Sound Marina, Terry Young, Norman-Wright Shipwrights, International Paints, Ferryman Cruises, Lady Brisbane Cruises, Caboolture Bus Lines, Bribie Seaside museum, War Planes Pty Ltd., Toorbul Community Association, Terry Young, Lulu Drew, Bribie Island Hotel and The Bribie Islander Magazine.

Saturday 20th MAY 2023

Come to Toorbul Beach
from 11 am to 12-30pm

Pacific Marina

from 1 pm to 4 pm

See classic boats, Model boats up

close, with live music

Raffle - Win a brand new

"Joey" Sailing boat!

Family Fun!



24th BRIBIE CLASSIC BOAT REGATTA



The largest gathering
of Classic Boats in
Queensland

FREE TO PUBLIC



Sunday 21st MAY 2023

Come to Sylvan Beach

on Sunday, 9 am-1 pm

to see

Grand Parade 9 am Classic Boats

Cars, Model boats, pop-up stalls,

face painting, live music and food.

Go in the draw for a prize by voting

for the People's Choice Award



SNORKELLING TIPS FOR FIRST-TIMERS

Snorkelling is an exciting and adventurous water activity that allows you to explore the beauty of the underwater world. Snorkelling is a must-try experience for every traveller. However, for first-timers, snorkelling can be overwhelming and challenging. To help you make the most out of your kauai snorkelling tour, here are five tips for first timers that will help you avoid common mistakes.

Choose the Right Equipment

The quality of your snorkelling experience greatly depends on the quality of the equipment you use. Make sure the fins, mask and snorkel you hire all fit you comfortably before you go snorkelling. The mask needs to be a tight fit around your face. Put the mask on your face without the strap and see if you can breathe normally through your nose. The mask should seal tightly against your face and not fall off. The snorkel's mouthpiece must be small enough to fit comfortably in your mouth and long enough to allow you to breathe while floating on the surface of the water. Your fins should be comfortable, but not too loose.

Practice breathing techniques

Holding your breath underwater for the first time can be difficult. Practice breathing through the snorkel in shallow water until you feel confident doing so in deeper water. You need to practice blowing water out of the snorkel with a strong exhalation. If you're feeling tired or uncomfortable, take a break. Calm down and take a few slow, deep breaths in through your lips.

Stay aware of your surroundings

Snorkelling is a great way to explore the undersea world, but it's easy to become distracted by all the fantastic sights. Maintain situational awareness and never venture outside your safe zone. Keep an eye out for boats and other water vehicles and don't stray too far from your group. Corals and other marine life are delicate ecosystems that human interference can easily disrupt.

Use sunscreen and wear a rash guard

Spending hours in the water can be harsh on your skin. Make sure to apply waterproof sunscreen before you go on snorkelling tours to protect your skin from sunburn. Wearing a rash guard can also protect your skin from the sun and prevent skin irritation from saltwater.

Relax and enjoy

While doing something new for the first time, it's crucial to relax and enjoy yourself. Exploring the ocean floor by means of snorkelling is an exciting and fun activity. Don't rush things; take your time. If you need to take a break and relax, go ahead. Try not to lose your temper and enjoy yourself

Know your swimming abilities

To snorkel, you need to be able to swim. Before going on a snorkelling trip, brushing up on your swimming skills is a good idea if you're not 100% sure of your abilities. You should be confident swimming in open water before going on a snorkelling tour, even if the company provides a life vest or other buoyancy aids.

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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**

HAPPY HOUR

Friday 14th April 2023 --
Approximately 50 members and guests attended the April Happy Hour, bar snacks were provided and drinks at our usual great prices.



Lyn Boucaut and Pauline Amourous were behind the bar for the evening.



Wendy and Commodore Ces Luscombe with guests.



Phil Enright, Vanessa and Rob Taylor, Andrew Wilmot and Jen Herbert, and Alison Heywood enjoy the evening.



Bernie Hayes, Tom Buckley and Mark



Peter and Gwen McNamara.



John and Sheryl Traill, with Chris Beanlands and Brenda Allardyce.

PROMOTION LINDSAY CROMPTON

A massive shout out to Lindsay for gaining his rank as Crew Day Coxswain. Lindsay has worked hard since joining as Trainee Crew 6 years ago to get there and he has been a real inspiration. Congratulations Lindsay prizes of Easter goodies!



Commodore Ces Luscombe presents Lindsay Crompton with his Crew Day Coxswain epaulettes.

PROMOTION STEVE PARRY

A big Congratulations to Stephen Parry for gaining his Competent Crew rank after joining as a Trainee in November 2021.



Commodore Ces Luscombe and crewmate Mark Young present Steve Parry with his Competent Crew epaulettes.



Massive Day for the VMR Parking team at the Sandstone Point Hotel Concert with the Smashing Pumpkin headline act. Thanks Everyone.



Maintenance Never Stops. B2's SeaPen has its overhaul at low tide.

WOODFORD EMERGENCY SERVICES EXPO

The VMR Bribie Team attended the Woodford Emergency Services Expo Saturday 22nd April 2023 held at the Woodford Showgrounds between 9AM and 1PM. It was the first time that VMR Bribie's new Events Trailer had been used and was towed behind our 4x4 Hilux supplied by Martin Jonkers Toyota at Morayfield. VMR Bribie Team answered questions on Boating Safety, Membership, and all the kids enjoyed hopping up on to Jonkers Bribie 3 to be the pretend Captain for a few moments. Great Day promoting Safety.



VMR Bribie's new events trailer towed by our Martin Jonkers Motors sponsored HiLux 4x4.



VMR's Mike Looney, Ruth Trojan, and John Warner chat with the public.



The VMR Team at the EXPO: Arthur Spratt, Ruth Trojan, Kelly Langworthy, Charles Guesdon, John Warner, and kneeling: Mike Looney and Commodore Ces Luscombe.

There was a Tug Of War Competition between all the various agencies. VMR Bribie had to take on The Team from Moreton Bay Regional Council and decided to try to have a secret weapon by having an anchor dug into the ground, but Vicki Anderson from the council was wise to the VMR secret plan and released VMR's anchor. VMR Bribie lost their heat. But all-round good fun for all.



VMR Bribie's Tug of War Team: Gary Voss, Ruth Trojan, Arthur Spratt, Kelly Langworthy, and Ces Luscombe.



Commodore Ces Luscombe, Kelly Langworthy, Federal Member for Longman Terry Young MP, Arthur Spratt, with VMR Bribie Secretary Gary Voss."



The public queue up to check out Jonkers Bribie 3.



The VMR Team at the EXPO: Arthur Spratt, Ruth Trojan, Kelly Langworthy, Charles Guesdon, John Warner, and kneeling: Mike Looney and Commodore Ces Luscombe.



All the Emergency Services Groups that attended the Woodford Emergency Services Expo.

ANZAC DAY 2023

VMR Bribie took part in the 2023 ANZAC March with 200 volunteers taking part. Others also marched with their respective unit formations.



Kelly Langworthy, Aamir Cao, John and Sheryl Traill and Cheryl Robinson



Mike Looney chats with Mark Paterson prior to the march commencing.



Commodore Ces Luscombe leads the VMR contingent in the march to the Bribie RSL.

APRIL VESSEL ASSISTS:

APRIL VESSEL ASSISTS:

SAT 15/04 1158AM – 5m Half Cabin non-member with engine failure, required a tow from Poverty Creek to Toorbul Boat Ramp.

SUN 16/04 0557AM – 4.3m Runabout member motor wont start required a tow from Skirmish Point to Bellara Boat Ramp.

SUN 16/04 1057AM – National Parks rang requesting VMR to investigate turtle caught in crab pot off Skirmish Point.

SAT 22/04 0641AM – MOP requested VMR to investigate

security of 6m drifting vessel they had tied to mangroves at White Patch.

SUN 23/04 0657AM – MOP advised a turtle was tangled in a crab pot at the entrance to Ningi Creek, investigated and released.

SUN 23/04 0736AM – MOP reported a 44-gallon drum South of Bribie Bridge, retrieved.

WED 26/04 1336PM - MOP requested a jump start for vessel near Toorbul Boat Ramp. Unable to start vessel, towed back to Spinnaker Sound Marina.

2023 YEAR RADIO ROOM STATISTICS

To Thursday 27th April 2023

5,275 Calls, 1,606 vessels logged on, 90 Vessel Assists, 545 Sitreps, 283 Requests, 24 overdue vessels, 3 Vessel Tracking, 565 Radio Checks, 3 Weather Broadcasts, 2 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 62.3%, 27MHz 11.1%, Phone 9.5%. GWN 0.7%

SAFETY DAVE THE FRENCHIE'S MESSAGE:



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

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

Beyond Moreton Bay an EPIRB is also required.

For full details visit the MSQ Website:

<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>

"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!"

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

Minimum Safety Equipment in Moreton Bay:

FISHING REPORT

BY: CLAUDE
BRIBIE BAIT AND TACKLE & BIKES

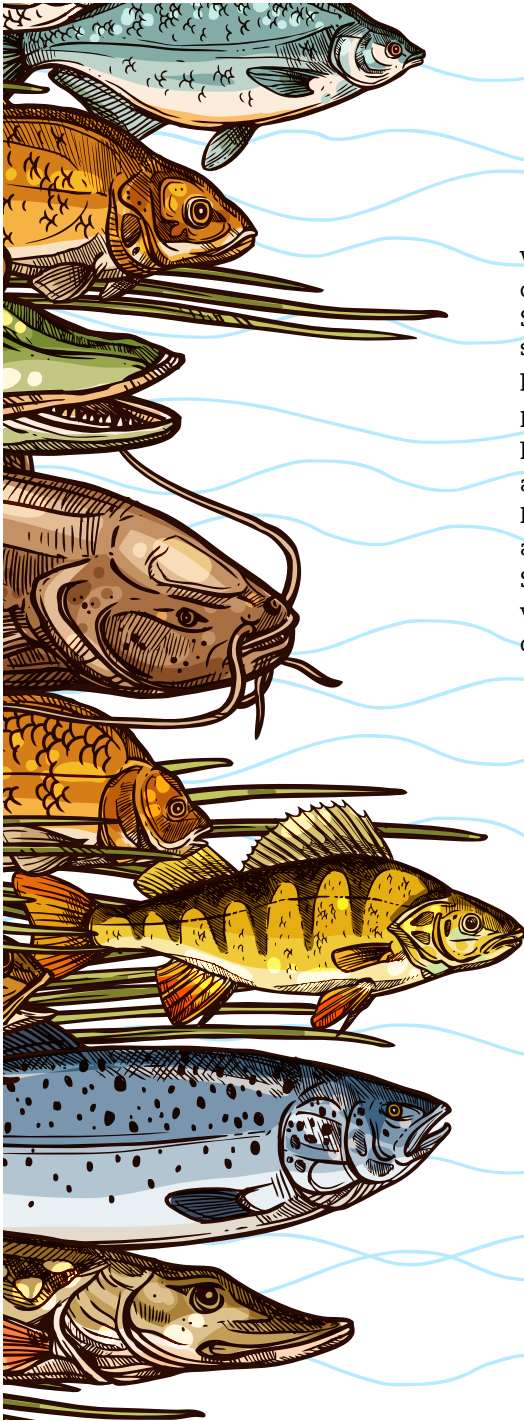
With the cool breezes starting, the cross over species are moving in. Some nice pan size snappers have started to be a regular catch in the passage.

Rigged on a Snell or a set of 2/0 gang hooks, I prefer the baby blue pilchards as a bit smaller and can also catch Bream and Moses perch, these are available at Bribie Bait Tackle & Bikes. Single long shanks hook around a 1/0 with hardy heads or white bait also doing the damage.

Some Summer whiting are still being caught in smaller numbers, Red Beach and Woorim being the best spots. Tailor being one of my favored fish, have shown up early with 35cm to 40cm being caught, around Bongaree and right up to White Patch, Responsible for bit offs with the Sea Toads also removing lots of hooks. Off-shore, regular Cobia have been caught with some real monsters, also Trevally over a meter not uncommon.

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TIDE TIMES

Bribie Island AND Moreton Bay

FRI 5 May 3:27 am 0.48m 9:22 am 1.78m 3:27 pm 0.29m 10:01 pm 2.02m	SAT 6 May 4:08 am 0.47m 9:58 am 1.71m 3:56 pm 0.29m 10:38 pm 2.07m	SUN 7 May 4:52 am 0.5m 10:36 am 1.61m 4:26 pm 0.33m 11:15 pm 2.08m	MON 8 May 5:40 am 0.54m 11:17 am 1.5m 4:58 pm 0.39m 11:57 pm 2.07m	TUE 9 May 6:30 am 0.58m 12:03 pm 1.39m 5:36 pm 0.45m	WED 10 May 12:43 am 2.03m 7:28 am 0.63m 12:56 pm 1.31m 6:24 pm 0.53m	THU 11 May 1:34 am 1.97m 8:32 am 0.65m 1:58 pm 1.27m 7:25 pm 0.6m
FRI 12 May 2:36 am 1.9m 9:43 am 0.64m 3:15 pm 1.29m 8:42 pm 0.66m	SAT 13 May 3:46 am 1.84m 10:47 am 0.6m 4:40 pm 1.38m 10:13 pm 0.67m	SUN 14 May 5:01 am 1.81m 11:46 am 0.53m 5:57 pm 1.53m 11:37 pm 0.63m	MON 15 May 6:10 am 1.81m 12:39 pm 0.44m 6:59 pm 1.71m	TUE 16 May 12:50 am 0.56m 7:10 am 1.8m 1:28 pm 0.36m 7:53 pm 1.88m	WED 17 May 1:54 am 0.5m 8:01 am 1.78m 2:11 pm 0.3m 8:42 pm 2.03m	THU 18 May 2:49 am 0.46m 8:49 am 1.73m 2:49 pm 0.27m 9:27 pm 2.12m

RECREATIONAL FISHING RULES

Fishing gear restrictions apply to fishing gear to prevent overfishing.

PROHIBITED FISHING METHODS.

JAGGING OR FOUL HOOKING.

Using underwater breathing apparatus (other than a snorkel) to catch fish.

Using a crab hook.

Using fishing gear (including nets) across a waterway or navigation channel if it makes more than half its width impassable to a boat or fish.

Responsible Crabbing - Do

Make sure your crab pot/dilly is heavy enough and has enough rope attached to the float, so it's not lost in strong tidal currents. Lost crabbing gear can harm marine animals and becomes marine litter.

It's best practice to make sure your pots/dillies are in water deep enough at all stages of the tide so marine animals caught in the gear are not exposed to the sun and unwanted crabs can be released alive.

Sort your crabs on a pot-by-pot basis to remove any no-take crabs before moving on. If you don't, any illegal catch in your pot is considered to be in your possession.

Check your pots/dillies regularly to ensure any bycatch or no-take crabs can be released unharmed. Ideally, you should not leave gear unattended for more than 7 days. If you're not sure when you'll be back, take it with you.

Don't Hook crabs - hooking crabs is illegal.

Interfere with another person's crabbing gear - this is a serious offence that carries heavy penalties. Stealing crabs or crab pots is a criminal offence. If you're caught you will be reported to the police.

Cast nets.

Maximum net size is 3.7m - measured from the point of attachment of the cord or rope to the rest of the net, the net leadline or the bottom of the lowest pocket of the net (whichever is greater). Maximum mesh size is 28mm.

Crab pots and dillies

You can use up to 4 crab pots or dillies (or a combination of these) per person.

You can't have more than 4 pots or dillies per person on a boat in the water.

A pot or dilly must have a tag attached with the surname and address (number, street, town, state and postcode) of the person using the pot/dilly - this information must be clearly visible, legible and in English.

The pot or dilly must be attached by a rope to either a: solid, light-coloured float at least 15cm in all its dimensions and marked with the user's surname.

fixed object above high water (e.g., a jetty or tree) - the rope must have a tag attached to it above the high-water mark with the user's surname on it (sunken and unmarked pots are illegal). You can't use inverted dillies (witches' hats).

Fishing lines

You can use up to 3 fishing lines with up to 6 hooks in total (in any configuration).

An artificial fly, lure, bait jig or gang hook is counted as 1 hook. A fishing line may be handheld or attached to a rod or reel, but you can't use a cross line, drum line, free-floating line or set line. You must stay with all your fishing lines at all times.

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This is a walk along the beach from the car park at red beach bribie island to the patrolled surf beach at woorim. Nestled between the surf side of woorim beach and the calm waters of bongaree, red beach is the number one bribie island dog beach. It's best to time your walk around low tide as at high tide the water comes right up to the trees in some places. Also, after significant rain there can be run-off from the island causing water courses that will need to be crossed - not really a problem unless you don't want to get your feet wet. It is generally a pretty easy walk if you stay on hard sand. If you're looking at a work-out, maybe walk on the soft sand and then the difficulty would definitely be harder. If you decide to do a return walk, you can pick up something to eat or drink at woorim before heading back.

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Of an early morning from Red Beach, you can often see dolphins catching their breakfast meal close to the shore. Of an afternoon you will be delighted to watch the sun set from one of the top spots in Moreton Bay Region. Watch day turn to night as the sun dips below the horizon.

ON-LEASH AND OFF-LEASH BEACH AREA

Dogs may be exercised on a leash on the foreshore between Red Beach access off Tully Street, Bongaree, heading east along the beach for a distance of about 700 metres. At this point there is signage installed indicating the end of the on-leash area and the commencement of the off-leash area.

From the car park off Tully Street, Bongaree, you can

reach Red Beach by following a vegetation-shrouded path to the surf-side stretch of sandy shores. With the vine-covered dunes



spanning a few kilometres, Red Beach eventually meets up with Woody Bay making for a great scenic walk for dog owners (best done at low tide).

There are no amenities at Red Beach so please be mindful of your waste and always clean up after your furry little friend. Please also be considerate and respect of the surrounds and ensure your pooch is always on a leash.

Please note that the foreshore area between Red Beach access off Tully Street Bongaree and the carpark at the southern end of South Esplanade Bongaree is a dog prohibited area.

Walk around the metal gate in Kendall St. & take the track, which leads to the east. After about 25 mins. you will reach Red Beach. A round trip can be made by walking west along the beach to Red Beach track, to Kendall St. Dolphins & the occasional Dugong can be seen. Rainbow Bee-Eaters maybe seen nesting in the sand dunes. Roundtrip, approx. 1hr 30mins.

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

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LETTERS TO THE EDITOR



PLEASE KEEP
LETTERS TO A MAX
OF 200 WORDS TO
ALLOW EVERYONE
THE CHANCE TO
HAVE THEIR SAY

Hello Editor

As a group of returned servicemen, we take offence at your Acknowledgment of Country written up in your magazine on p 04. There is no legitimate history to this. It is just a constructed marketing ploy thought up recently by Ernie Dingo in his outback show for tourists. We rail against this racially divisive and factually incorrect publishing about being welcomed to country. There is no need because it's ours. We fought for it. Thankfully the RSL on Anzac Day at Bribie have seen through the ploy to divide Australians by race and refused to utter those words designed to offend insult and hurt returned veterans and others in the community. They stated in clear language that we are one nation, one people.

In the opinion of an advisor, it is asserted that the writing is an act that may rightfully

Dear Editor,

Contrary to comments by M Logan (Letters, Issue 189), BIEPA has never called for a total ban on beach driving. BIEPA's Tourism Model has always promoted and advocated for tourism activities on Bribie that are appropriate and sustainable as well as being environmentally, socially and culturally responsible. BIEPA supported a private petition to the Environment Minister in 2021 that called for some modest restrictions to help minimise the destructive impacts of beach driving. That Petition attracted some 28,000 signatures and about 5000 of them came from the Bribie area. The Petition was tabled in Parliament, but the Minister has not responded to the Petition's requests.

Queensland is the only State that allows beach driving in World Heritage areas and areas like Bribie Island which are supposedly protected by the international Ramsar Agreement. Beach driving was further restricted recently in NSW to day-driving only in just two small

northern beach sections. It has been banned in Victoria since the 1970's. It was banned this year on Cable Beach at Broome. It was banned in South Africa in 2002. And locally, MBRC has removed all promotion of beach driving from its website.

M Logan is correct that the UQ researchers estimate the gross contribution of beach driving to the Bribie economy at \$5 - \$8m. But the researchers point out there are significant associated costs and when those costs are taken into account, the net contribution to the local economy is closer to zero. The researchers note that when beach driving was banned in South Africa, it was replaced with other tourist activities that are more sustainable. And subsequent studies by the South African Government demonstrate those replacement activities have made a greater contribution to the local economy than beach driving.

John Oxenford Woorim

be viewed as racist and discriminatory and so offend 18C of the Racial Discrimination Act.

The action of promulgating Welcome to Country we are advised is offensive, and insulting because we are one nation, and all are equal before the law. We all are custodians of the country.

As a group of returned servicemen, we feel deeply offended by these writings in this magazine.

So, it is then that, Welcome to Country, we assert is manifestly racially divisive.

We will be complaining to the Human Rights Commission regarding this opinion that we have received.

The complaint will be so drawn by our advisor as to allege that these writings in your magazine described as the Bribie Islander, may

well constitute a breach of 18C of the Commonwealth Human Rights Act 1975, and require a determination by that body.

We say based on the opinions we have received that they may constitute a breach by reason of the intent of the writings which is to racially vilify by offending or insulting members of that class of Australians not deemed to be Aboriginal or Torres Strait Islanders.

The written words "we acknowledge any Sorry Business", we are advised, also may constitute an implied racial vilification of our group of Australians, who are Australians not otherwise identifying as Aboriginal or Torres Strait Islanders.

Yours sincerely

Karl Steel

Dear Editor,

In answer to the last issue's letter from H. Bedneke, I believe that fair-minded indigenous people would not be totally unhappy with their position in today's society. We acknowledge the fact that their ancestors did suffer, badly, in earlier times but they were not unique in that regard as the same applied to almost all cultures including the English and of course, it is still happening in some parts of the world.

However, promoting the "voice" is wrong, in my view - all Australians are entitled to be and should be, treated equally. However, this ideal has already been put aside as, by my understanding, there are some 50-odd agencies specifically in place for indigenous people. In addition, all have access to a federal member to represent them whilst, in the Senate and Parliament, there are 11 indigenous members no doubt raising such issues of concern.

To me, the "voice" will create further division and I am sure that society will continue to do much to encourage education and focus on improved living conditions by developing job opportunities wherever needed.

An internet search suggests that there are 250 separate nations - Is it credible to suggest that the voice could or would represent all of them or could it be a benefit to favoured groups?

A final comment - A previous writer has said that Australia is well-known for "racism" - nearly every culture is guilty of that tag but it's always good to point the finger.

Ruggles

Dear editor,

As a former engineer, I have always based my ideas and actions on logic, usually supplemented by a mathematically based analysis of any problem. I suppose that is why I have difficulty with the Labor/Greens government which bases many of its decisions on 'The Vibe'. When asked where the power will come from overnight, when 'the sun doesn't shine and the wind doesn't blow', the usual response is 'from batteries, of course'.

In 2017 South Australia installed what was then claimed to be 'the World's biggest battery'. Following an expansion of this battery in 2020, the current specifications of this battery are as follows. Power 150MW, Energy 195MWh. Cost \$172 million. Observant consumers will know that when they pay their monthly power bill, they are actually paying for the energy consumed. At the present time, that is at a rate of

about 22 cents per kilo-watthour (kWh).

At the end of April, this year, AGL Energy will close the Liddell power station in Muswellbrook, NSW, in all probability blowing it to smithereens. Closing Liddell will remove 2,000 MW from the grid. Overnight that will require fourteen (14) big batteries that will power the grid for only 80 minutes. This is insanity.

An alternative approach is to continue operating Liddell and immediately order some Small Modular Nuclear Reactors to replace coal over the next ten years. If any Greenies find the small amount of Carbon Dioxide released into the atmosphere objectionable, then they should travel to Canberra and protest outside the Chinese Embassy against the enormous amounts of CO2 emitted by their coal-fired power stations.

Michael Cavenor

Dear Editor,

Mick Logan, in his letter published in your edition of 24th April 2023 (No. 189), claims that the article by BIEPA in the previous edition (on the impact of beach driving on the local Bribie economy) "cherry picks the information presented to give a distorted picture of the issues at hand".

According to Mr Logan, the distortion is the result of the article's having omitted the "important fact" (as he puts it) "that the 22 kms of beach in question represents 0.16 of 1% of Queensland's 13400 km total coastline, making recreational beach driving on Bribie Island a very small impact on our environment".

But how exactly does the so-called "omission" of that "important fact" produce the "distorted picture"? Not all of "Queensland's 13400 km total coastline" (consisting of 6973 km of mainland coastline and 6374 km of island coastline) is accessible to recreational beach driving. So the suggestion implicit in Mr Logan's invoking that mathematical statistic is misleading and the conclusion that he draws from it is invalid.

It is not BIEPA who has distorted the picture here but Mr Logan. This is most blatantly obvious in his remark that the authors of the BIEPA article "have no skin in the game". By this, he means that they have no economic stake in what he regards as "the issues at hand" — "none of the lost \$8M per annum ... coming to the island as a result of beach driving coming out of their pockets directly" (as he puts it). "Maybe some local business owners would be able to provide a more balanced view," he says. The fact that there is, by Mr Logan's own account, no self-interest involved in BIEPA's efforts, on behalf of the inhabitants (human and non-human) of Bribie Island, to protect the place is regarded by him (and others) as a mark against them — a deficit, a failing, a disqualification, a narrowness, something to be deplored. Look to the people (he suggests) who do have an economic stake in the matter and there you will find a "more balanced view".

Just who is being myopic here?

Bill Shearman.May

Dear editor,

Just felt that a couple of letters and articles from your excellent magazine should be commented on.

Firstly, the 4wds on our lovely beach. I have seen the drivers letting the tires down on their 4wd and checking their eskies to make sure that they have brought enough food and drink from home for the day. About the only thing they get on the island is free air to pump the tires back up. So, who are the winners of this, Ali King and the state government who can see the money rolling into their coffers from the beach permits. About \$60 for a one week permit and a grand total of \$3.50 a week if you buy a yearly permit - that's gotta be the cheapest game in town, pollute the beach with diesel fumes and scare the daylight out of the wildlife. How about we make some intelligent decisions and turn this into another Mon Repo style destination and actually earn our rightful place as an eco-tourism Island complete with turtle hatchery events and interpretive tours.

Are we trying to rewrite history? There was a picture of a bronze sculpture on an Anzac Day feature, the last figure was of a possibly Pacific Islander of unknown origin, that has nothing to do with Australia or aboriginals. The figure has a headdress with feathers, a woven belt, arm and ankle adornments, and two types of skirting attached to the woven belt. Almost none of which were, according to historical content, used by native aboriginals.

5 Interesting Facts about Motorcycles. 2 interesting facts were missing; 1. Motorcycle Drivers are more likely to have a fatal accident than car passengers. Based on kilometres travelled per vehicle, statistics show that motorcycle riders and passengers were nearly 30 times more likely to die in an accident than people driving riding in cars. Their injury likelihood is also five times that of car accidents.

2. In Queensland in 2022, motorbike accidents accounted for 25% of all road deaths, yet there are 15 times more motor vehicles on the road than motorbikes. So, if you are a motorbike rider, enjoy the ride, after all you're here for a good time, not a long time.

Charles at Banksia

Dear Editor,

The question has to be asked, why are we dividing our Country on racially discriminating lines. This change that we are being asked to approve to the Constitution is just wrong. I believe it has fallen to Australians both First Nations and White

Australians to defend our Constitution against attack by those who would have our Country divided. The Constitution is in place for the benefit of all Australians no matter the colour of their skin. It should not be changed to give one group more say than another.

First Nations peoples are Australians and already have the same rights to vote as White Australians do, in that way have the same say as everyone else. Who has claim to Australia - no ONE group has claim - we ALL have claim. Leticia Ryman

Busy Fingers...



DONATIONS THIS MONTH

With the help of our supporters and the many customers that come through the shop we have been able to assist many associations on the island this month including our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite, and the monthly assistance with Foodbank and Fuel for BI Global Care. We also assisted RSL Sub Branch which required some canopy gazebos, and BI Thursday Quilters who produce many items and donate them to aged care and schools on the island needed some materials for new projects. BI Netball Club asked for some fruit boxes for the end of their training sessions each week and also some solar sensor light panels for security at night. BACE have a regatta on the 19th of May weekend and needed some port-a-loos and also a shuttle bus and the Bombaro Outriggers required a much-needed tradie trailer to store all their equipment. BI Fishing Club is growing in numbers and assisting many people not only anglers, in need of a new veranda. We were also able to give a partial donation to the BI Historical Society to elect a sculpture at the seaside museum.

PRICING

We often have customers complaining at the counter about our prices after they have just paid \$4 for a jacket, or linen for three bedrooms under \$20. I can assure you that we survey every other Op shops on the Bribie and at Caboolture and we are very reasonably priced. We also check all items and if we feel they are not in good condition, we do not put them out, they have to be clean and resaleable. I often check out the Op shops in country towns while travelling and I can assure you their prices are higher or on par. We continue to keep prices as low as possible, but we do have overheads including the wages for our paid staff, insurance and running the truck, the remaining funds are used for associations, clubs and schools on the Island. Each month we support our VMR, Hospice for Palliative Care and Global Care with fuel and their foodbank account, these 3 alone give care and support to our residents. Our mission has always been to support and enhance the quality of life for all our residents from Kindergarten to Aged Care. Our volunteers give us some of their precious time to give something back to their community and it is their help that enables us to continue to assist the island. If you honestly believe our prices are high, see our manager and put your case forward or go to the other op shops and see if you can find your items there.

VOLUNTEERS

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

SHOP SALES

With the sale of clothes the \$10 a Basket has changed - a basket can contain 10 items for the \$10 and extra items above the 10 will be costed at \$1 each, this bargain does not include Jackets, Coats and Dressing Gowns. This is still a great bargain, if you have any issues with this please ask our manager, Stacey, please do not harass our cashiers. Remember to always check out Blackboard as you enter the shop.



REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all not-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance. When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please be aware we only support Bribie Island associations and groups, not individuals.

I would like to thank all our supporters and customers, and a very special thank you to the Bribie Islander and staff for their continuing support. I hope to see you in the shop soon. Sandra support Bribie Island associations and groups, not individuals.

I would like to thank all our supporters and customers, and a very special thank you to the Bribie Islander and staff for their continuing support. I hope to see you in the shop soon. Sandra



CRIME REPORT



BRIBIE ISLAND WRAP

www.mypolice.qld.gov.au/moreton

BRIBIE ISLAND OFFENCES

Police are investigating multiple offences that occurred on Bribie Island between April 24 & 26.

Attempted burglaries

Between 9pm on April 23 and 4am on April 24, it alleged that two doors, a garage door and a laundry door, were twisted and damaged in an attempt to gain entry to a house on Baza Place, Banksia Beach.

Between midnight and 1am on April 24, it is alleged a laundry door handle was damaged at a second residence on Baza Place, Banksia Beach. No entry was gained to either residence. Police are also investigating multiple incidents of cars that were broken into.

At 12.40pm on April 23, it is alleged a window of a vehicle was smashed while it was parked at the carpark on Marine Parade, Bellara. Nothing was stolen from the vehicle.

Unlawful entry to motor vehicles

At 10.48pm on April 23, police patrolling in Banksia Beach alerted a car owner that their vehicle had been entered after finding the door open. It is alleged that cash and a torch were stolen from the unlocked vehicle.

On April 24, a Verdoni Street, Bellara resident found their car open. It is believed the offence occurred between 7pm on April 23 and 6am April 24. It is alleged jewellery was stolen from the

unlocked vehicle which was parked on the driveway.

Between 10pm on April 24 and 3am on April 25, a front personalised number plate was removed from a vehicle parked in Paradise Parade, Bongaree. The plate is Queensland Registration BMX000.

If you live in the area, police are asking you to check your CCTV cameras to see if you may have captured the alleged offenders. Police are urging residence to report any offences, even if nothing has been stolen or damaged. Your CCTV or witness account may hold the piece of the jigsaw puzzle that assists in solving these offences.

It is great to let your community know what is happening on social media but unless it is reported to us, we may not know that has even occurred. It is disappointing to see CCTV images of potential offenders being posted on social media, but the offences are not reported to police.

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. **Report crime information anonymously via Crime Stoppers.** Call 1800 333 000 or report online at www.crimestoppersqld.com.au.

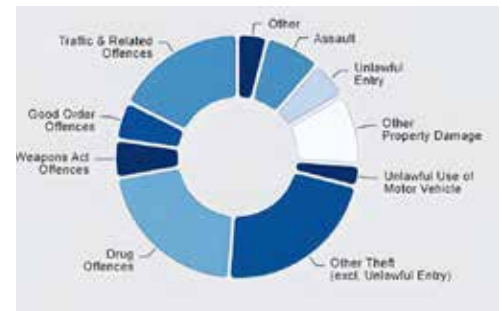
Quote these reference numbers:

QP2300677909, QP2300675771,
QP2300677058, QP2300677785,
QP2300678493

83 Offences

2 APR 2023 — 1 MAY 2023

- Other 3
- Assault 6
- Unlawful Entry 4
- Other Property Damage 8
- Unlawful Use of Motor Vehicle 2
- Other Theft (excl. Unlawful Entry) 19
- Drug Offences 18
- Weapons Act Offences 4
- Good Order Offences 4
- Traffic & Related Offences 15



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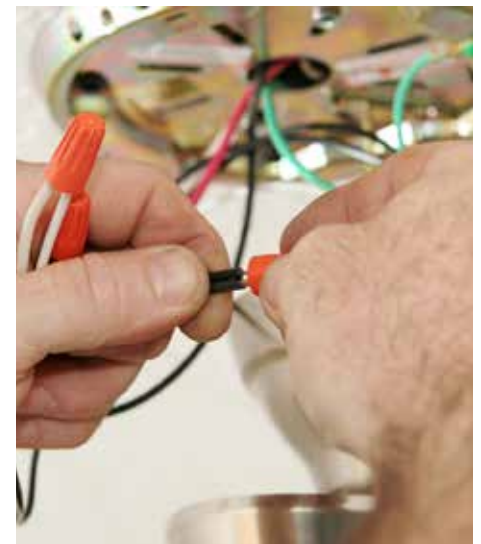
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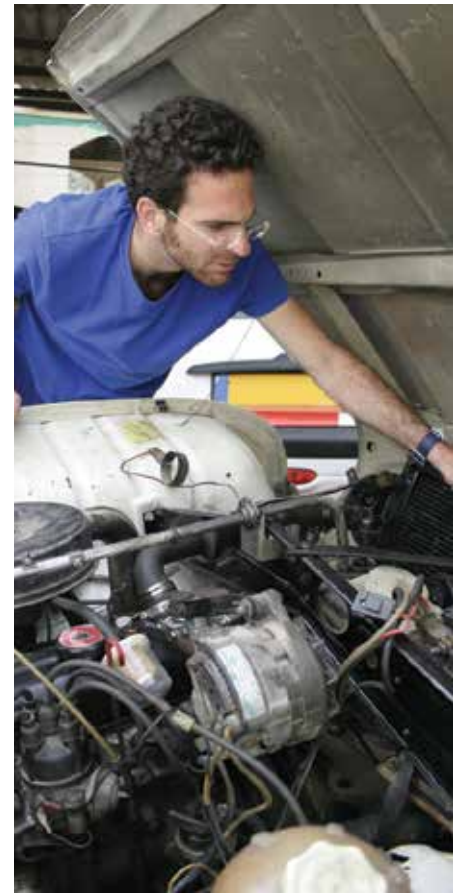
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