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COMMUNITY
MAGAZINE

ISSUE 191 May 19, 2023

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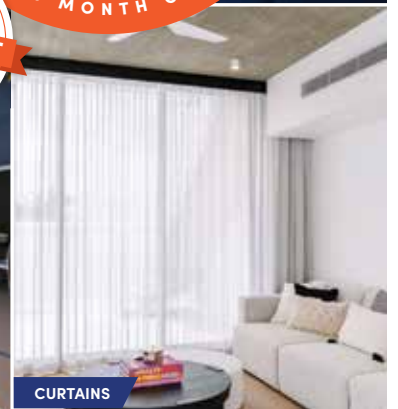
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May 19, 2023

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We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging of the lands, winds and waters where we live, learn and work. We pay our respects and acknowledge the important role of Elders past and present, for they hold the memories of the traditions, cultures and aspirations of Australia's First Nations peoples, and have taken on the responsibility to protect and promote their culture and leave a legacy for future Elders and leaders.

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Welcome

Dear Readers,
Welcome to edition 191. As an editor, I find myself in difficult situations where I must decide what goes in our community magazine and what doesn't. I have always prided myself on being fair, unbiased and a voice for the whole community, putting my personal beliefs and opinions aside. I realise that some of the content I run may upset some people, but it is not for me to decide what you should or shouldn't read, based on my own opinion. This is a community magazine, and as an editor, it is my job to put forward what all the community has to say, not edit out parts of it due to what uproar it may cause.

I have never withheld letters to the editor when they are having a go at me, you get to see and read it all, as that is my job. The world is changing at a rapid rate, much of it to my disgust, but that is life, you roll with it, the good the bad and the ugly. But my promise to you

is while I remain in this role, I will stand firm on being an inclusive, non-bias, not political or religious editor. I know the letters to the editor, will keep coming, and the accusations of being biased will still come from those who choose to not see the magazine as a whole, but only see what they find offensive and I am proud of this as it means I am not a people pleaser who bends to the will of a small minority, but I am doing what I am supposed to do. Putting out an inclusive magazine for the wonderful community that we are.

Until next time,
Take care, stay safe,

Cherrie

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WHY NATURAL



IS BETTER

Natural ingredients are great for improving skin health, as they are safe, non-toxic, and have anti-inflammatory properties. Unlike conventional skin care products, natural skincare products are free from harsh chemicals such as parabens and sulphates.

Natural ingredients contain beneficial vitamins and minerals that help nourish the skin and protect it from environmental damage. Natural exfoliators like fruit acids gently remove dead cells while balancing oil production for a clearer complexion. Look for natural products with ingredients like organic oils, plant extracts, chamomile, sunflower or olive oil, and aloe vera.

When it comes to skincare, there are a lot of options out there. From prescription medications to over-the-counter treatments, the choices can be overwhelming. But did you know

that natural ingredients can be just as effective, if not more so, than traditional treatments? Natural ingredients are safe and non-toxic, making them a great choice for anyone looking to improve their skin health. Here's why your skin will thank you for using products with natural ingredients.

The Benefits of Natural Ingredients

When considering skin care products, always read the label before purchasing. Look for labels with natural ingredients like organic oils, shea butter, and plant extracts. These natural ingredients have anti-inflammatory properties that can help soothe redness and irritation caused by dryness or sensitivity. Many also contain antioxidants that help fight free radicals that can damage skin cells over time. Many natural ingredients also have moisturizing properties that keep your skin hydrated and healthy.

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Some of the benefits of natural ingredients include: No Harsh Chemicals

Unlike conventional skin care products, which often contain harsh chemicals like parabens and sulphates, natural skincare products are free from these potentially irritating components. Parabens are preservatives used in many cosmetics but can be absorbed into the bloodstream through topical use. They may cause skin irritation or hormone disruption. Additionally, sulphates are added to create a foaming lather in cleansers. Still, they can strip away important oils on the skin's surface, leaving it feeling dry or tight after cleansing.

Good for Your Health and Environment

Another great thing about natural skin care products is that you know exactly what's going into them-no hidden nasties! And because many of these products come in biodegradable packaging or containers made of glass or aluminium (which is infinitely

recyclable), less waste is created, which positively impacts the environment.

Beneficial Vitamins & Minerals

Another reason why your skin will thank you for using natural products is that they often contain beneficial vitamins and minerals that help nourish the skin from within. For example, vitamin E is an antioxidant that protects the skin from environmental damage caused by free radicals like UV rays and pollution. Vitamin C helps fade discoloration while promoting collagen production for firmer, brighter-looking skin. And plant oils like jojoba oil are packed with essential fatty acids that help keep the skin moisturized while locking in hydration.

Improved Texture & Tone

Natural ingredients can also help improve texture and tone over time. Natural exfoliants such as fruit acids gently slough away dead cells on the surface of the epidermis without stripping away moisture or causing irritation,

as abrasive scrubs do. Plant oils also soften rough patches while balancing oil production for a clearer overall complexion. By removing impurities from deep within pores and boosting cell turnover rate with gentle exfoliating agents, natural products help give you smoother-looking skin with an even tone overall.

Products to Use

Now that you know more about why natural ingredients are better for your skin, here are some natural products you should consider using:

Cleanser: Look for a gentle cleanser with organic oils like jojoba or coconut oil. These ingredients help remove dirt and makeup without drying out the skin.

Moisturizer: A natural moisturizer with ingredients like shea butter, aloe vera, or olive oil helps to lock in hydration and protect the skin from environmental damage.

Sunscreen: Natural sunscreen is a must for protecting your skin from UV damage. Look for a sunscreen

with zinc oxide and titanium dioxide, as these provide broad-spectrum protection.

Exfoliator: Natural exfoliators like lactic acid or fruit enzymes help to remove dead skin cells without causing discomfort or irritation. They also help boost cell turnover rate and keep skin looking brighter.

Lotion: Hypoallergenic lotion for sensitive skin is a great choice if you want to soothe and moisturize without causing any irritation. Look for hypoallergenic lotions specifically formulated for sensitive skin with natural ingredients like oat extract, chamomile, sunflower or olive oil, or aloe vera. These are specifically designed to soothe the skin without triggering an allergic reaction.

By incorporating natural ingredients into your skincare routine, you can take advantage of all the benefits they offer for healthier, younger-looking skin. So go ahead and try some natural products-your skin will thank you!

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Turn Back the clock and keep it there

YOUNGER LOOKING SKIN – A NEW APPROACH.

Promises of younger-looking skin have been around for as long as women and men have been concerned about ageing. However, contrary to popular belief, lotions or creams are simply unable to fully penetrate the skin's surface. And since much of the ageing process occurs in the deeper layers of the skin, these products are ineffective at reversing the signs of ageing.

But there is a solution – Forever Young BBL™ from Sciton, a

revolutionary treatment that transmits light energy deep into the layers of the skin, boosting your body's natural ability to rejuvenate. This results in skin that's visibly younger looking, year after year!

Forever Young BBL is ideal for women and men who have experienced sun damage over the course of their life, as well as it's PREJUVENTION™ benefits to keep young skin looking young.

HOW MANY TREATMENTS WILL I NEED?

The number of treatments needed will vary from patient to patient and your physician will personalize a treatment plan based on the level of improvement you desire. Your physician may also combine your treatment with other popular aesthetic procedures to further personalize your treatment.

HOW LONG DOES THE TREATMENT TAKE?

It can take as little as 15 minutes, depending on the area you are looking to treat, as well as the treatment you are receiving. Treatment time varies from patient to patient.

WHAT WILL HAPPEN DURING THE PROCEDURE?

Your eyes will be protected with safety shields or glasses. You may briefly feel a warm or "rubber band snap" sensation as the light is absorbed by the targeted areas. Your procedure may take a few minutes to half an hour depending on the size of the area to be treated and the type of procedure performed. Your physician will discuss all of your options with you including the benefits, risks and what to expect.

WHAT SHOULD I EXPECT AFTER THE TREATMENT?

You may experience some redness that should resolve within a few hours. Consult your physician if it does not. For some spots, you will see a darkening of the treated areas followed by fading and flaking off at a later stage. Results depend on your skin type, the number of treatments, and the area treated. Your physician will provide you with complete information about the post treatment care and results.



HOW LONG WILL IT TAKE TO RECOVER?

This is a non-invasive and typically gentle procedure with virtually no downtime. In most cases, you are able to return to work, and resume most of your activities immediately.

WHAT AFTERCARE DO I NEED?

It is important to follow your physician's instructions. You may be given some skin care products and instructions on how to use them. You will be sensitive to ultraviolet light, and you must avoid direct sun exposure until completely healed. Fully cover your skin or use a good sunscreen whenever you go outdoors.



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WHAT IS A YUMI™ KERATIN LASH LIFT?

It enhances the natural beauty of eyelashes in a painless, safe, and non-invasive way by boosting, curling and lifting each individual lash, combined with tinting the upper lashes to give the illusion of thickness.

Why does the YUMI™ Keratin Lash Lift differ from an ordinary Lash Lift?

Our hero ingredient – **Keratin** – is inside YUMI™ products. Our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age. **With a YUMI™ Keratin Lash Lift** we replenish your lashes with Keratin in order to strengthen them, keeping them healthy, strong and shiny.

• A Push Up Bra for your Lashes

THIS CAN BE ACHIEVED WITH A YUMI™ KERATIN LASH LIFT.



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(more info Vanessa Taylor
M: 0412 273 530
Facebook: Forever Vee
Instagram: @vanessa.taylor.
forever.vee
Website: ForeverVee.com



• **Yumi™ Lash Serum** will help keep your eyelashes strong, soft, and healthy - making the lash curl last even longer. Available to purchase at appointment.

• The treatment is very relaxing, which lasts up to an hour and a half, and Vanessa aims for an all round Zen experience with gentle music

and lovely setting. Clients have likened it to a therapy experience, where they can come and switch off and just relax **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

- 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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Vanessa Taylor
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@Vanessa.taylor.forever.vee

Pina Colada has its very own shoe store within the boutique stocking the most amazing shoes. Brands include Bare Traps, Lorella, Zeta and Cabello and Auyi shoes.

Bernie from Pina Colada says "We love offering such a great range of shoes. Our customers love having a quality range of shoes on the island. It means they can find a nice pair of shoes to wear for a wedding or for everyday without leaving the island."

We started 2 years ago with a small offering of shoes and due to the demand we keep expanding our range which now includes some of the most beautiful shoes available, but all at reasonable prices.

Last year we introduced Cabello shoes into the range because our customers wanted something very comfortable for everyday wear that was also leather. We started with a small range of colours but now have over 15 different colours in stock. The colours are so beautiful it makes it hard to choose just one.

When I came across Cabello shoes recently I was won over not only by all the gorgeous colours they come in, but the quality of leather. The shoes are a beautiful quality and handmade in Turkey. They are so comfortable and our customers think so too, so many of our customers keep coming back for another colour!

We are proud to also now be stocking the fabulous Zeta shoes which are exclusive to private boutiques. We have a long association with the Zeta range, in fact, Bernie says her mother sold Zeta 30 years ago in her shoes business. Zeta is an amazing family company that offer a great range of quality shoes and sandals.

For generations, Australian women have seen Spanish footwear



as the epitome of fashion. Zeta Shoes is the combined efforts of Spanish flair and Australian knowledge to create shoes that are as beautiful as they are comfortable.

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what's the difference between an **EAU DE TOILETTE** and **AN EAU DE PARFUM** for men? **PART 1**

Eau de toilette and eau de parfum may sound similar, but they're entirely different.

Thankfully, it's easy to remember what makes each unique. Essentially, an eau de toilette is lighter and wispier than an eau de parfum, which tends to be more concentrated, and is thus stronger in aroma. The two vary in intensity, with eau de parfum containing a higher strength and concentration of fragrance. Because the fragrance profile of an eau de toilette is lighter, this is what most people turn to for daily use. The product has more essential oils and a lower alcohol content, making it suitable for daily use.

That said, for some people, an eau de toilette doesn't have as strong a staying power on the skin as an eau de parfum, but of course, this all depends on the structure of the fragrance itself as well as the wearer. In contrast, an eau de parfum may be overpowering and only fit for a special occasion. Some companies offer the same scent in both an eau de toilette and an eau de parfum version—in this case, it's likely that the fragrance is exactly the same, but the concentrations in each differ.

HOW SHOULD I STORE MY COLOGNE?

Don't ignore the "store in a cool, dry place" on the bottle of your colognes—they're written on there for a good

reason. Many people store their fragrances in their bathroom, but because your bathroom tends to be a warm, moist environment, it's not the best choice of storage when it comes to your fragrance.

Your cologne is best stored in its original box, standing upright, and in a cool environment such as your nightstand, inside your closet or tucked inside your dresser drawer. Also, avoid putting your fragrance in the refrigerator—while this may prove to be beneficial for your hydrogel sheet mask, your fridge can oxidize the cologne or degrade the formula.

HOW LONG DOES A BOTTLE OF COLOGNE LAST?

The standard shelf life of a bottle of cologne varies, but it's typically three to five years. Still, you should always check the label of your product to confirm. Because fragrance isn't like food in the sense of having an expiration date, in some cases it may be appropriate to continue using it past the five-year mark. Formulas with heavier base notes tend to be longer-lasting, while oil-based fragrances as well as those with citrus notes tend to have a shorter shelf life. In either case, if your product smells sour, appears oxidized, or boasts an acidic or metallic scent, this may be a sign that too much oxygen entered your bottle, and it may be time to toss it.

Looking for a rewarding **CAREER** & a welcoming and inclusive community to work?

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- **Professional Wellness:** Enhance your career with two days of paid study leave combined with yearly study assistance!
- **Financial Wellness:** access not-for-profit salary packaging up to \$18,550, receive 17.5% annual leave loading, and up to \$1,892 per annum in financial discounts from our Lifeworks EAP and wellbeing portal!



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Thank you all for the support and taking us to the Top 10 in the 'Best Health, Wellbeing and Fitness' category in the Pumicestone Small Business Awards. We're grateful for our Bribie Acupuncture community! "Katherine, Jess & Wendy"

ACUPUNCTURE FOR PREGNANCY SUPPORT

Chinese medicine has promoted specialised treatment for women during pregnancy and postpartum for over 3000 years. Today this care is becoming increasingly popular and used by acupuncturists and specially trained midwives all over the world. Pregnancy, childbirth, and postnatal recovery are viewed in Chinese medicine as ideal times to nurture a woman's wellbeing to promote foetal and maternal health. Acupuncture is used to assist with a range of pregnancy related conditions, alleviating the discomfort that is often part of many pregnancies, and offering women an alternative to medication. Many integrative doctors, particularly those with a special focus on women's health, fertility, and pregnancy, in fact recommend their clients to incorporate acupuncture as part of their pregnancy journeys.

Nausea

Though nausea during pregnancy is sometimes dismissed as a nuisance, it can be a significant concern for many women. Nausea or vomiting may occur at any time, day or night, and can interfere with quality of life - in some cases resulting in hospitalisation for rehydration therapy. In Chinese

medicine nausea and vomiting can arise from a variety of causes. Treatment is typically aimed at strengthening and correcting underlying imbalances in the digestive system which can be very effective in reducing both the severity and incidence of nausea and vomiting.

Musculoskeletal pain

Back pain, rib pain, sciatica, and pubic symphysis pain are common in pregnancy as the woman's body adjusts to accommodate the growing baby. These pains can be significantly reduced with acupuncture.

Breech and posterior babies

Though breech babies (positioned bottom first instead of head first) are common in the second trimester of pregnancy and often turn themselves before birth, some do not. A baby coming bottom first may have a more difficult birth or may require a caesarean section. Moxibustion is a type of Chinese medicine that (amongst other things) is helpful in turning a breech baby. Moxibustion involves burning mugwort leaves close to the skin's surface at specific acupuncture points. The New Zealand evidence based practice guidelines for care of women with breech presentation in fact recommends that moxibustion may be offered to women from

bribie acupuncture



33 weeks gestation. Techniques can also help babies that are not in the optimal position prior to birth, such as those in a posterior position.

Labour preparation

Three to four weeks prior to the due date specific acupuncture treatments are performed to prepare the pelvis and cervix for birth. Treatments encourage the baby to position itself into the best position for birth and relaxes the mother's muscles and tendons. Research indicates that women who have undergone labour preparation treatments often have more efficient and active labours and reduced need for medical intervention, including medical induction and caesarean section.

Induction

Acupuncture can provide a gentle inducement to labour and can be an effective alternative to a medical induction for overdue babies. Rather than 'forcing' the body to do what it is not yet ready to, acupuncture encourages the natural flow of hormones involved in the progression of labour. Research has found that women who have received regular acupuncture in late pregnancy tend to have shorter active labour stages and tend to deliver closer to their due dates.

Pain relief during labour

Acupuncture and acupressure offers drug free alternatives for pain relief during labour. We love teaching labour support partners where and how to administer acupressure on their partners for pain relief and to encourage labour progression. We ask that support partners come to our clinic near the due date so we can show

them the point locations and demonstrate how much pressure they need to provide. We've had many partners later comment that they were grateful to have had an active role and a 'job' to do while their partner was in labour.

Other pregnancy concerns

Acupuncture treatment can also be used to help relieve a variety of other pregnancy conditions including: anxiety, constipation, carpal tunnel syndrome, heartburn, haemorrhoids, insomnia, oedema, headaches, sinus problems, threatened miscarriage, and fatigue.

Postnatal care

Postnatal care is vitally important in Chinese medicine, a period known as the "sitting month" or the forty days after birth, where emphasis is on the woman's rest and recovery. "Mother warming" treatments, include nourishing foods, strengthening and blood building herbs, acupuncture, and moxibustion to assist healing and circulation. Other conditions that can be helped by acupuncture include insufficient lactation, wound healing and scar tissue repair, postnatal depression and urinary incontinence.

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

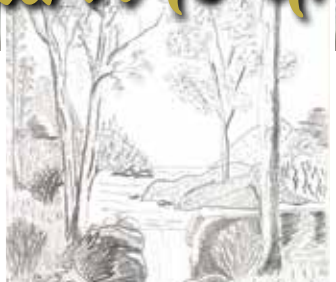


Peter Schinkel's Learn to Draw workshops are back, being held at the Bribie Island Community Arts Centre next month.

This informative two-day workshop is both an enjoyable social occasion and a rewarding one, with everyone drawing their chosen subject from landscapes, buildings and flowers, to portraits and pets.

Pictured here are drawings by participants who couldn't draw before.

On day one, get some hands-on experience practicing the basic principles of line, shape,

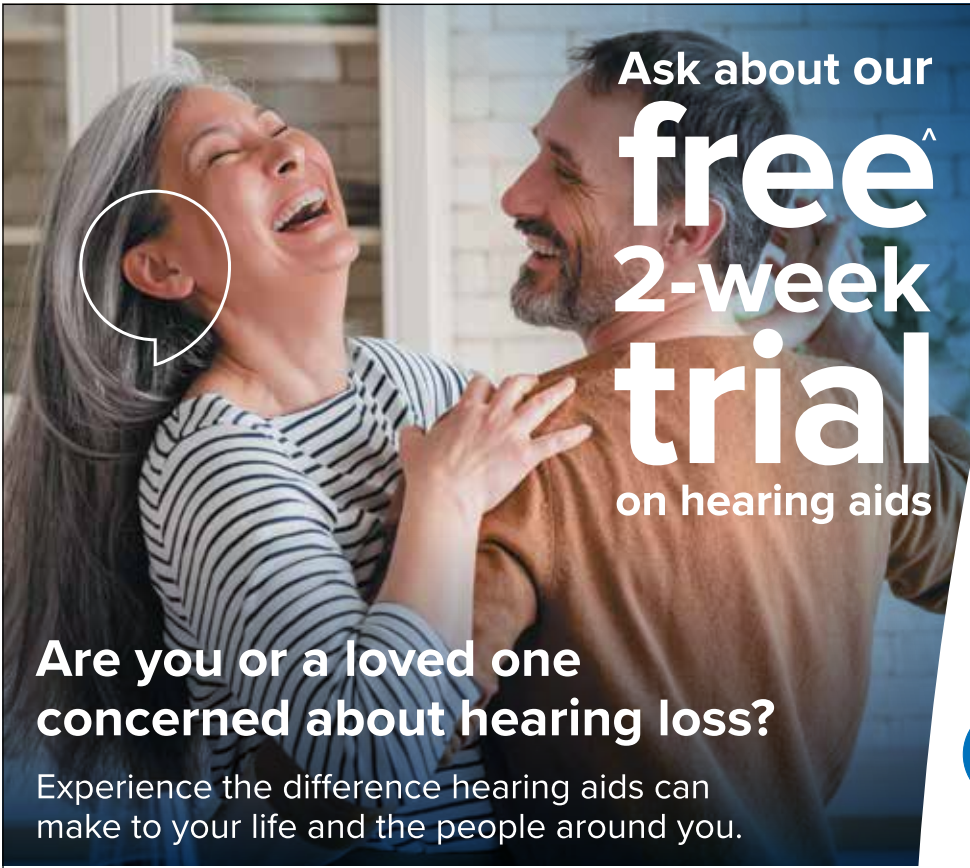


perspective and tone. This sets you up with all the skills you need to draw anything you like.

On day two, work on the drawing of your choice, with one-on-one time to guide you through.

To book your place in the workshop on Saturday 17th and Sunday 18th June (both days 9:30am to 12:30pm), please call Peter on 0436 320 848 or email peterschinkelau@gmail.com

Cost is \$80, all materials provided. Class size is limited to sixteen.



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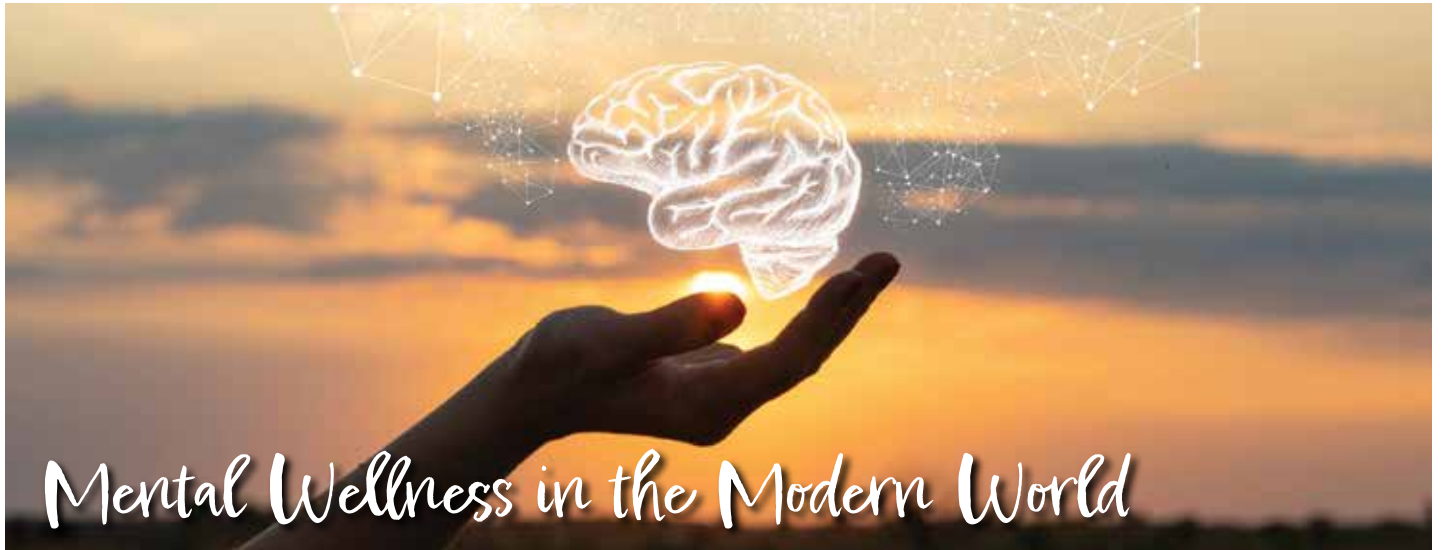
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Mental Wellness in the Modern World

Living in today's called "modern world" has many benefits, technology and medical advancements, to name a few, though there are some downsides too!

Sometimes, I feel we need to go back in time to move forward. To regain old school values, where the art of writing a letter meant something, where life's pace was slower, where time was more still. Life is fast-paced, and keeping up can leave one feeling stressed and anxious.

Many factors indicate the modern world is more stressful than in the past. We see more people consuming alcohol and the usage of illegal drugs as well as products to help aid sleep. There are also more

people taking prescribed medication for such things as anxiety and depression and seeking support to manage their life more effectively.

Mental illness is on the increase and refers to various health conditions involving changes in thinking, behaviours as well as emotions. It can impact the person as an individual as well as their relationships with others. It can affect daily functioning, social, work and family activities as well as the ability to make healthy choices.

I often get asked what is normal, and to explain that is more complex to define in today's changing world. Perhaps, a person that can manage themselves and their everyday environment, in a

typical way, allowing a person to function to be in balance.

A person who is open to working with others and new experiences, meaning that at times one will have to exercise flexibility and understand that life is forever changing and has its ups and downs, sometimes these times are managed with ease or can be stressful, though this is part of life. Someone that can express themselves in a positive way, enjoys life and is able to balance and harmonise with others, in a kind and thoughtful way.

We can all suffer moments of stress, anxiety, or a blue day, though it's the ability to cope and navigate through the situation that makes all the difference. Two people can experience the same thing

but view it very differently, depending on what they feel about the stressor.

How the individual perceives the situation plays greater importance than the objective facts of the event, this helps minimise stress.

During times of overwhelm, having practises in place that can help you navigate your way through challenging times can make all the difference. As a holistic therapist, I work with the whole person which includes the mind body and spirit, giving people the tools to empower themselves and take back control of their life. Want some help? Give me a call on 0405 361 882 or connect through FB: MariaChristina. Love Always with love,

Maria Christina x



The most outstanding funeral venue in the Moreton region

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WHAT COMES OUT WHEN YOU OPEN YOUR MOUTH?

by Alison Kimble
Speech Pathologist and
Speech Coach, ClearSpeak Pty
Ltd (Bribie Island and region)

When did you last listen to a recording of your own speech? Most people find it a sobering experience. And, have you ever wondered what your speech says about you? It could be much more than you think.

The way you speak is as automatic as the way you dress or part your hair. But like these everyday things, there is no rule that says your speech can't be changed to give you a smarter or more business-like image. There is also the practical issue of being clearly understood. Nothing will undermine your confidence more than continually having to repeat yourself. Clear speech can make the difference between success or failure in both your social and working life. Poor speech habits are learnt early. But age is no object to speech change. You can change your speaking style at any age. All you need is motivation and dedicated practice.

WHAT YOUR SPEAKING STYLE SAYS ABOUT YOU

Psychologists tell us we form an impression in the first 30 seconds a person speaks. We all recognise a 'poor' speaker when we hear one but what exactly makes us think this? There are several features and any one of these can detract from the way you



ClearSpeak **SPEECH** therapy and **SPEECH** coaching

come across to others. The big question is: 'Might any of the following apply to you?' Do you have a monotonous tone? It can make you sound unmotivated or lacking in energy and enthusiasm. Is the pace of your speech so fast you frequently stumble over words? Your listener will struggle to process your meaning. Others may avoid you if embarrassed to constantly ask you to repeat.

Is your overall speaking pitch rather too high? It can sound like whining to your listener's ear.

Does your speech sound soft and breathy? This can convey an image of low confidence or lack of authority. It's a particular issue for go-ahead business and professional women. Those louder male voices may simply talk over you.

Struggling to make yourself heard in noisy places? Forcing your voice leads to a sore throat. Learn to use the professional projection technique instead.

Perhaps you speak with a very nasal quality? Yes, it is a feature of Australian English but too much will attract unwelcome attention.

We recognise all these features in others but often fail to recognise them in ourselves. Now that is a sobering thought.

FOREIGN ACCENT CHANGE AND MODERN ELOCUTION

Australia today is a melting pot of many language and accent influences. There are no rigid rules about 'right' or 'wrong' accents. But if your foreign or regional accent requires you to constantly repeat, it signals that speech clarity is an issue.

Of course, you may simply like to 'soften' your Australian accent or find your best voice. We've come a long, long way from 'The Rain in Spain'!

DEALING WITH IMPAIRED SPEECH

Those with an underlying

pathology require remedial help. ClearSpeak treats conditions such as Parkinson's Disease, stuttering, mild hearing loss, stroke, or neuropathies with muscle weakness. A generalist practice will also treat loss of language and word finding difficulty. ClearSpeak does not.

OUR FOCUS

Our focus is entirely on improving voice and pronunciation clarity. For this, we have developed a vast set of training resources. If unable to train F2F, you can self-study online anywhere with our Time-Online courses. We have students internationally. Maybe you would like a professional view on your speaking style? After all, even should you decide against any change, an assessment could let you know what your best friend may never tell you. ClearSpeak offers training

for adults and teens (14+) for either speech coaching or speech therapy. As a practising speech therapist, Alison Kimble is registered with Medicare and all private health funds. Her office is in Banksia Beach but a mobile service is available in the region. You can contact Alison at admin@clearspeak.com.au or find out more about ClearSpeak training at www.clearspeak.com.au.

Short bio [add photo]

Alison 'Kimi' Kimble recently relocated to Banksia Beach from Sydney. Her company, ClearSpeak Pty Ltd, has been providing speech training for over 25 years and she is very happy to now be based on the Island. She is an acknowledged authority in the field of accent and pronunciation clarity and is author of The ClearSpeak Method, taught in universities internationally.

ClearSpeak for adults 14+

Tired of repeating yourself?

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Speech Therapy *

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face-to-face or online

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VOLUNTEERING OPPORTUNITY:

DO YOU HAVE A FEW HOURS TO SPARE EACH WEEK?

Bribie Island Neighbourhood Centre

is looking for new volunteers to become caring, happy and non-judgmental BINCA team members. Are you able to maintain confidentiality and work respectfully with people of all ages, backgrounds etc.? If so, we would love to hear from you about training to work on Reception and in our Information, Advice & Referral Service. You can make a positive difference in your community by joining our friendly, helpful team!

Please phone us to enquire on 3408 8440 (Mon -Thurs 8.30-3, Fridays 8.30-12.30).



We all have them ... those old photos, slides and negatives in the back cupboard.

The ones that we hope have not been eaten by something, stuck together or ruined by mould. Precious memories in the 'too hard' basket.

You are invited to join our fun new group to learn how to ensure that your fragile old photos are backed up onto a computer or another device so that if something happens to their print versions, you will have them saved. Also, you can adjust colours and fix damage such as fold marks or scratches!

Once your photos are digitized, you'll be able to organize them, back them up, create multiple copies, print restored copies and share them easily with family and friends.

There are **only 10 places** available in this exciting new group, so **contact us asap** if you would like to reserve your place.

Ph: (07) 3408 8440 Mondays to Thursdays 8.30 am to 3 pm, Fridays 8.30 am – 12.30 pm. Email: neigh@binca.com.au

Where: **Bribie Island and District Neighbourhood Centre,**

9 Verdoni Street, Bellara.

When: Weekly meetings, Tuesday

Time: 10.00 am – 11 am.

Starts Tuesday 23rd May 2023.

This group will be facilitated until the members are able to continue independently.

**Join our FREE
Photo Digitizer
Group**



FROM EGG TO CATERPILLAR TO BUTTERFLY

A butterfly's life cycle is made up of four parts:

1. EGG (OVUM)

A female butterfly can lay more than 100 eggs. She detects a possible host plant and tastes the leaves with her feet to ensure it is the correct plant before attaching the eggs with an adhesive fluid. The caterpillars will hatch within a week or two.

2. CATERPILLAR (LAVA)

The butterfly larva is also known as a caterpillar. It eats its own weight in leaf material every day. As the caterpillar grows it will fill its skin tightly and moult about four times until it sheds for the final time.

3. CHRYSALIS (PUPA)

The caterpillar starts an amazing transformation and pupates. It sheds its final caterpillar skin to reveal a chrysalis underneath. The caterpillar attaches itself to a twig or leaf and forms a chrysalis around itself. This chrysalis is a hard shell encasing the caterpillar as it undergoes its metamorphosis into an adult butterfly. The caterpillar's tissues and cells break down inside the chrysalis and the adult butterfly structures are formed. This last chrysalis

stage can last weeks, months and sometimes years, depending on environmental conditions.

4. BUTTERFLY

The newly formed adult butterfly emerges when the final stages are complete, and the conditions are right. Its wings are soft, velvety, pliable and filled with veins. The butterfly pumps its haemolymph (butterfly blood) into its wings until they expand to their full size. It takes a few hours for its wings to dry before the butterfly is ready to take flight.

DID YOU KNOW?

The butterfly has a long straw-like structure called a proboscis, which unfurls during feeding. When emerged the proboscis is in two parallel halves and the butterfly needs to mould them together to make the single long tube to drink nectar from flowers.

The butterfly has six legs, two large compound eyes with a large visual field and extreme colour vision, and two antennae which help with navigation and detecting the aromas of host plants and prospective mates.



A Varied Eggfly caterpillar attaches itself to a twig or leaf when it's ready to pupate, forming a chrysalis around itself.



Become a social butterfly

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

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

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

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



 Bribie Island
Butterfly House

MAKE MAY YOUR MONTH TO LEARN SOMETHING NEW AT BRIBIE COMMUNITY ARTS CENTRE



THE OVERWHELMING POPULARITY OF THE FIRST AND SECOND ROUNDS OF THE BRIBIE ISLAND COMMUNITY ARTS CENTRE BEGINNERS BITES BEEN A DELIGHTFUL VALIDATION FOR THE ORGANISERS.

So they are running a third round beginning Monday May 29 BICAS Beginners Bites Round 3 bookings are open NOW.

The courses on offer are: wall hanging weaving, pottery, drawing, mosaics, watercolour painting and storytelling through journalling.

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

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

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

The cost is \$40.00 plus any materials the student may need to provide.

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

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

Inquiries to Jennie Beecroft on jlwren44@gmail.com

STORYTELLING THROUGH ART: STARTS 10AM MONDAY MAY 29

Debbie Scott will guide students through different ways to 'tell a/your story your way', such as where to start and using different mediums



such as pen & ink, collage, acrylics etc.

MOSAICS: STARTS 10 AM TUESDAY JUN 6



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

INTRODUCTION TO WALL HANGING WEAVING STARTS 1PM TUE JUNE 6



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

MAGIC MARKS (DRAWING): STARTS 1PM WED MAY 31



Terry Wilkinson is a retired midwife, who created portraits of babies as mementoes for their mothers. She believed her ability to capture their essence

was a gift and as such, gifted them on to the parents, now all over the world.

Her mediums are graphite, watercolour, pastel, oil and acrylic. With no formal training, Terry paints portraits, landscapes and "anything she sees". She is also a potter. She is great believer in everyone having an art ability. She says: "If you say I can't do that!" you're telling the Inner You that it is not possible. Believe me, you can do anything you set your mind to."

INTRODUCTION TO POTTERY: STARTS 12.30 TUESDAY MAY 30



Sue Davy will take you from a handful of wet clay to a beautiful bowl, teaching you the magical world of hand-built pots. She'll take you through each part of the pottery making process during very hands-on lessons. You'll learn pinch pots, coil building, slab forms and all the decorative techniques that make your work unique to you.

INTRODUCTION TO WATERCOLOUR PAINTING STARTS 1PM THURSDAY JUNE 1.

Mystery of watercolour painting unravelled with Terry Wilkinson. All you need to know about the right paints, brushes and paper and some theory.



TEXTILE ART GROUP TAG
QUEENSLAND SINCE 1980

Showcasing the diversity of processes between art and stitch

THE NATURE OF THREAD

30th May - 18th June

Meet the Artists:
Sat 3rd June 2023 10am - 12

ALL WELCOME

Bribie Island Community Arts Society Inc.

Matthew Flinders Gallery -
Bribie Island Community Centre
191 Sunderland Dr

OPEN TUESDAY - SUNDAY



PREMIER BRIBIE ISLAND ART PRIZE

July 14 - August 4

The starting gun has been fired for entries in the 2023 Matthew Flinders Art Prize at Bribie Island Community Arts Centre.

Now in its 25th year, this gala event remains an open prize exhibition, with no set categories. Artists may create in any media (except video). All details are on the entry form which can be downloaded from the Bribie Island Community Arts Centre's website <https://www.bribieartscentre.com.au/mfap-entry-2023>

or collected at the Arts Centre 191 Sunderland Drive Banksia Beach, Tuesday to Saturday 9am - 4pm and Sundays 9am - 1pm. Phone 07 3408 9288.

Entry deadline is Sunday June 25. Early birds who enter by June 18 save \$5 per entry.

Delivery of works to the Arts Centre is July 4 - 8, 9am - 12pm. The entry fee is \$40 per piece (BICAS members) and \$50 for non-Members, with a maximum of two artworks each. Gala

Opening night for the event in the Matthew Flinders Gallery is Friday July 15, with the exhibition running until August 6.

The first prize is \$5000, second prize is \$2000. There are two Highly Commended prizes of \$500, a \$500 People's Choice prize and a \$500 BICAS Members prize.

Organising committee chairman Stephanie White flagged daily artist demonstrations at the Centre during the exhibition to create a vibrant interactive ambience. Some of these would be past MFAP prize winners.

The Matthew Flinders Art Gallery and the art prize named after it, is a welcome gathering point and focus for local and visiting artists from around the region and interstate. It is produced, marketed, judged and largely run by dedicated volunteers.

Stephanie said the event also relied heavily for its success on the generosity of local sponsors.

A LITTLE CLUB WITH A LOT OF HISTORY AND FRIENDSHIP

BRIBIE ISLAND CONTRACT BRIDGE CLUB INC, THE OLDEST BRIDGE CLUB ON THE ISLAND, HAS BEEN SUCCESSFULLY CONDUCTING ITS WEEKLY SESSIONS FOR MORE THAN FORTY YEARS.

Bridge, an enjoyable card game is played by people of all ages, as was the case when people met at various locations prior to 1982, then they found a permanent home at the RSL club where 31 members chose to call themselves Bribie Island RSL Bridge Club. Unfortunately, due to renovations, they had to move to Bribie Island Golf Club then a fire forced them to move to the Community Arts Centre. The name was changed in 1997 to Bribie Island Contract Bridge Club Inc.

The Moreton Bribie Bridge Club constructed its custom-designed air-conditioned clubhouse on First Avenue and shortly afterwards we were invited to rent these premises from them. We moved there in April 2000, but we remain a separate identity and are unaffiliated.

Today our Club continues the rich traditions of fellowship by offering a friendly way to play bridge every Monday morning.

Our annual membership fee is only \$5, and our daily session fee is also \$5 which includes tea/coffee with biscuits and cheese (and if you are lucky scones). Contrary to a common belief, bridge is not a difficult game to learn or to play. Bridge is for fun and friendship. Like any other sport or pursuit, we all play to our ability and level. It also has a competitive edge that adds to the enjoyment.

For the last several years our club has held a Biggest Morning Tea for the Cancer Council with a bring and buy day in May, we have raised more than \$10,000 through the sale of baked and bottled goods, plants and produce during this time.

It is a common problem with most clubs that membership is



dwindling, from our high of 107 in 2003, our membership is now only 40, but due to illness and holidays etc., we are only averaging 22 players on our Monday mornings. We would encourage and like to invite anyone who has had lessons or has played in the past but has not continued TO GIVE US A TRY. We have many members who have taught Bridge and others who would be keen to help you gain confidence.

Playing Bridge is good "brain food". We draw your attention to the wonderful article in "The Bribie Islander" Issue 190 "8 Reasons Why Humans Need Consistent Brain Stimulation". Our game helps in that regard, we also offer you the opportunity to make new like-minded friends in a pleasant setting.

We are offering a 2-week free trial to all newcomers; you can bring a partner or we will pair you off with an experienced player to get you started.

Please give our President Noreen Everson a call on 0438144106 if you would like further information.

Woorim Handicraft

CRAFT THERAPY— GOOD FOR THE SOUL, CRAFTING HAPPINESS AND MEMORIES

The Handicraft Club is a Chat Club with the bonus of learning a craft! The club was started for people to meet and learn from one another crafts that are both new and old and the members can be young or old, men or women.

The Handicraft Club was started in Nov 1982 at Congaue House but when the numbers grew, and the venue couldn't accommodate the numbers it was decided to move the meetings over to the local bowls club as they now have 47 financial members.

The crafts made are the property of the people doing them, not the clubs and they don't sell the crafts. People do these crafts for themselves for keeping or as gifts. They teach each other crafts and chatter with occasional "Show 'n' Tell" and shares.

The Handicraft Club were

able to donate funds to the following local charities on the Island at their morning tea last Thursday.

The Funds were donated to:

- B.I.K.E. S
- Hospice
- Community Transport and maintenance scheme
- Toc H

The Club has formed beautiful friendships over the years as the members are friendly and very helpful. Some members have been coming for 40 years! Jan Donovan used to come with her mother (and original founding member) Jean Winnett, and she has continued as she had children and they also all participated in the Club.

Another member Helen started coming for the company to keep her sanity after her husband passed and she became housebound. Now she is learning and sharing patterns and different ideas to make. It provides mental stimulation for lots of members

when they feel alone.

This is not just a club; it is key to their sanity.

The group meets every Thursday to have a cuppa, craft & chat from 8am to 11am

Come get crafty with us!





© Anne Matthews Public Image
Director D9560 Passport Rotary Club



Around the World Flight to End Polio

ARRIVING IN AUSTRALIA JULY 2023

The Around the World Flight to End Polio is an initiative of Rotary Districts 5970 and 6000 which are located in Iowa USA. The purpose of the flight is to raise funds and awareness for polio eradication. Two pilots, John Ockenfels and Peter Teahen will fly a 1977 Cessna T210M single-engine airplane around the world. They will travel more than 40,000 kilometres (25,000 miles) with 33 landings in 25 countries.

John and Peter have been friends for many years. They are cousins through marriage, pilots who share a passion for aviation, Rotarians and members of the Fellowship of Flying Rotarians. They took off from Cedar Rapids, Iowa on 5 May and landed in Portsmouth New Hampshire, where they were met by Mike McGovern, Chair of Rotary's PolioPlus Committee. Throughout the journey, they will encourage and support Rotary's End Polio campaign and if the first stop is any indication, they will receive great media coverage.



The pilots' John Ockenfels (left) Peter Teahen (centre) with Mike McGovern & the Cessna

The estimated date for the Brisbane landing is 6 July. Brisbane Islander resident, D9560 Passport Club member and polio survivor, Wayne Slattery, will be at Brisbane Airport to meet Peter and John. Wayne's wife Ravy, who is also a polio survivor, will attend the Brisbane welcome along with polio survivors from the Brisbane District. I am working with Darryl Iseppi, who is the Public Image Coordinator for the Brisbane District, on the media coverage for the Brisbane stopover.

Both pilots agreed that Rotary's End Polio campaign would be the beneficiary of their fundraising flight. 100% of the funds received will be donated to the Rotary Foundation Polio Plus Program. And thanks to the Bill and Melinda Gates Foundation,



Wayne Slattery and his wife Ravy

each dollar donated turns into three dollars with their generous 2:1 match. John and Peter are covering the entire cost of the flight as well as taking time away from their careers and lives to help end polio.

Even though both John and Peter have hours of flight experience, this will be their first around-the-world trip. Surprisingly, only 700 pilots have ever flown around the world and fewer than 300 of those people are alive today. This trip puts John and Peter in unique and incredible company. Upon considering the idea of this daunting endeavour, Peter light-heartedly says that he thought, "One of the things I hadn't done yet was fly around the world!"

If you are interested in following the trip see: : <https://www.flighttoendpolio.com/>



Dear Pumicestone

SERVICES FOR OUR BRIBIE ISLAND SATELLITE HOSPITAL ANNOUNCED!

Our Bribie Island Satellite Hospital will deliver 100% free public hospital services, right in the heart of our community.

I know locals have been waiting to find out what hospital services they will be able to receive at our Bribie Satellite Hospital and now the time has come!

Our Satellite Hospital will include a Minor Injury and Illness Centre. This will provide urgent walk-in care 7 days a week from 8:00am until late, with the last patients being accepted at 10pm and health workers onsite until 11.30pm.

Our Minor Injury and Illness Centre will provide an important free health service for common injuries and illnesses like infections, broken bones, strains and sprains, minor illnesses, minor eye issues, minor wounds and burns.

This Centre will prevent time consuming and costly travel to access healthcare, while taking pressure off our busy Emergency Departments.

Our Bribie Island Satellite Hospital will also include:

- Renal dialysis chairs, so locals who currently have to travel long distances multiple times a week can get care close to home
- Day medical chairs, for services like iron infusions, IV medications, IV antibiotics, steroids and blood transfusions
- Mental health appointments provided by mental health specialists
- A rehabilitation gym
- Oral health services
- Aboriginal & Torres Strait Islander Health Hub
- Medical imaging and diagnostic services including ultrasound,

X-ray and pathology to support the services provided at the Satellite Hospital

The Bribie Island Satellite Hospital will have consult and treatment spaces for up to 480 appointments with Queensland Health doctors, nurses and allied health professionals each week.

That means locals will be able to attend geriatric assessment and intervention, kidney care, mental health support and Rapid Access Clinic closer to home.

I worked hard to get the health services our community needs provided in the heart of our community at our Bribie Island Satellite Hospital.

Thank you to all the workers who are building our Satellite Hospital. Over 100 good local construction jobs have been created by the build, and even more health jobs will be available once the Satellite Hospital is open.

If you need any assistance with any State Government Issues, or want to book in for a meeting at one of my Mobile Offices in May, please contact my office on (07) 3474 2100 or email pumicestone@parliament.qld.gov.au.

Kindly



Ali King MP





Airservices Australia is hosting community engagement sessions across Brisbane to discuss new flightpath change options to reduce the impact of current over-water operations on bayside communities, as well as night-time operations on legacy runway communities.

Residents are encouraged to attend 13 Noise Action Plan for Brisbane drop-in sessions throughout April and May, as some of the new flightpath options to be discussed with the community shift aircraft operations across various suburbs.

Where feasible, Airservices has designed options to travel over green space and less-populated areas, but it is not possible to avoid all communities.

The sessions are the first of many that will be held as Airservices works to deliver the recommendations of the Noise Action Plan for Brisbane.

Airservices Australia Chief Executive Officer Jason Harfield said any proposed flightpath changes were subject to extensive

community engagement prior to implementation.

“These community engagement sessions will help Airservices identify preferred options for further investigation and potential implementation,” Mr Harfield said.

“Airservices wants to ensure it is a transparent process, which demonstrates the organisation’s commitment to improving noise outcomes for the Brisbane community, were safe and operationally feasible.

“I urge the Brisbane community to get involved.”

ABOUT AIRSERVICES

Airservices Australia is a government-owned organisation responsible for the safe and efficient management of 11 per cent of the world’s airspace and the provision of aviation rescue firefighting services at Australia’s busiest airports. We connect people with their world safely – linking family and friends, generating economic activity, creating jobs and facilitating trade and tourism.

Noise Action Plan for Brisbane

Airservices Australia is calling for your feedback on the recently-released flight path options to reduce the impact of current over-water operations on bayside communities, as well as night-time operations on legacy runway communities.

Residents are encouraged to view the information online at Engage Airservices, as some options shift the location of aircraft operations.

Submissions close 28 May 2023.



For more information visit: engage.airservicesaustralia.com/nap4b

THE Bribie Pantry MAKE LIFE BETTER



The Bribie Pantry is a not-for-profit, community service – established by Freedom Church to make a positive difference for the Bribie community.

The Pantry was previously part of the 'Mercy Shop' but moved into the new space three years ago (just before the pandemic years hit.) The Pantry has expanded, continuing to provide low-cost grocery and personal items to the local community.

On Bribie Pantry mornings, the place is bustling early! A dedicated team of enthusiastic volunteers prepare the space and serves customers – always aiming to 'make life better' with a smile, sincere care and some encouragement for the people that come in. There's no doubt that times have been tough in recent months - It's so good to be able to provide some practical help to young and old, singles and families – stretching budgets for a weekly shop quite a bit further. The Pantry is open two mornings a week – with items predominantly from Foodbank Queensland.

Customers love the fresh produce that regularly comes in through our partnership with the community garden at "The Mini Farm Project." Other community partnerships and donations are much appreciated and add to the variety of stock available.

On arrival, customers are welcome to take a basket (or trolley) and browse the shelves and freezers. Free bread, fruit and vegetables are offered with any grocery purchase of \$5 or more. Each week stock changes, and regularly available items often include pasta, tinned food, long-life kinds of milk, lunch-box fillers, canned goods, soups, breakfast cereals, oil, sauces, noodles, rice and personal items. The Pantry is located behind Freedom Church - 195 First Avenue, Bongaree. (Right opposite the Footy Fields)

Open 7 to 11.45 am on Tuesday and Thursday mornings. (Cash purchases only) Phone 3450 0606 and have a chat with Sue or John for more details, if you need help or would like to help!



Mid-week Special

FISH CHIPS & SALAD or COLESLAW

\$9.50



Savige's
SEAFOOD



TRADING HOURS

Tuesday - Thursday 10am-7.30pm

Friday - Saturday 10am-8pm

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)





The Focus on Fellowship (the Ecumenical Women's Group of the combined churches of Bribie Island) hosted a wonderful Coronation Morning tea to celebrate the crowning of King Charles the third. The morning was full of gaiety, fine food and much laughter. The guests were entertained by the Harmonies who sang regal and Kingly songs.

Photo: - L to R Margaret Weise, Anne Iverson, Kay Benson, Marion Sotiriadis

THE CORONATION OF KING CHARLES III



Jeanette Gardner and her cousins had a lovely a Coronation Celebration lunch at Bongaree on Saturday 6th May.

BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise'





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

BRIBIE ISLAND LUNCH CRUISE 2023
Enjoy a relaxing lunch time cruise while we prepare a delicious BBQ lunch onboard the Lady Brisbane. The cruise towards Skirmish Point, Gilligan's Island and Deception Bay is always a magical experience. Cruise route is weather dependent.

Buy a GIFT CARD or BOOK Online now at
www.brisbanecruises.com.au
Price Includes BBQ lunch and cruise
Prices: Adults \$45, Children \$25 (4 - 14yrs).
Sun 21 May, Wed 21 Jun, Wed 19 Jul, Fri 4 Aug,
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E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



wednesday nights

15 at \$ **15**

special menu items
available from 5.00pm

brieisland golfclub VERNAZZA

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

FRIDAY NIGHT MEAT RAFFLE

- 12 MEAT TRAYS
- \$500 LUCKY 13 DRAW
- QUICK TRIVIA
- MEMBER'S DRAW

TICKETS ON SALE FROM 5.30PM

10 QUESTION TRIVIA 6.15PM

RAFFLE DRAWN 6.45PM

brieisland golfclub VERNAZZA

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

Links Court Woorim Ph 3408 1457



Cottage PIE

8 SERVES- PREP TIME: 15 MIN COOKING TIME: 20 MIN

The name "cottage pie" was first used at the end of the 18th century. It was around that time that the poorer people of Britain, people who lived in cottages in the country, started using potatoes as everyday food. Then, pies made this way were very popular because they were economical, today they are popular because they are easy, economical and delicious.

Ingredients

8 Serves*

1 kg lean beef mince

500 g frozen mixed vegetables, thawed.

2 x 500g jar vegetarian pasta sauce.

1 kg mashed potato (I used Birds Eye Traditional Mashed Potato)

*Serving size calculator is approximate

Method

In a large non-stick frying pan over medium heat, brown the mince and season with sea salt and cracked pepper.

Add the frozen vegetables and mix well.

Pour over the pasta sauce, stir, reduce heat and simmer for 10 minutes.

Preheat oven 180C.

Pour the mince into a pie dish and top with mashed potato and season well.

Bake for 20 minutes or until the potato is golden brown.

pie Shop...

Coffee Shop...

Cake Shop...

Takeaway Shop...

BIG BUN
EST. 1997

YOUR Shop!

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

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

PH: 3408 7609



ON FRIDAY 28TH APRIL, BONGAREE BOWLS CLUB HELD THE LAUNCH OF ITS LONG-ANTICIPATED FUNDRAISING COOKBOOK, "THE MIXING BOWL". THE BRAINCHILD OF CLUB MEMBER, JULIE SERGEANT, WITH SUPPORT FROM THE BONGAREE BOWLS CLUB CRAFT GROUP, THE BOOK INCLUDES RECIPES FROM CLUB MEMBERS FRIENDS AND CLUB SPONSORS. FOOD CREATED FROM RECIPES IN THE COOKBOOK WERE AVAILABLE FOR ALL PRESENT TO SAMPLE. DELICIOUS!

Each sponsor received a complimentary copy of the book.

The book retails for \$20 - a great Mother's Day gift, birthday present or Christmas stocking filler.

Order your copy by emailing the club - bongbowl@bigpond.net.

au Or call Gail 0428439338

SPONSORS INCLUDE:

- Poolwerx Bribie Island
- Traditional Funerals
- Ali King MP
- Remax Advanced Bribie Island
- Ireland Flooring Solutions
- First National Real Estate
- Simply Good Morayfield
- Wallace Davies Solicitors
- Leading Appliances
- Bribie Island
- Sandy's Sheet Service
- Brooke Savige Councillor Div 1 Moreton Regional Shire Council
- Island Curtains and Verticals



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

POSITION VACANT
Special Needs School Bus Driver

Current Driver's Authority (Police Check), and requirement of minimum LR (low rigid) driver's licence. Casual morning and afternoon work during school year.

Holder of a current Blue Card
 Experience with disabilities an advantage

Please contact Pelican Buses on
07 5495 7600



Charity Concert

The girls of "Good Company" invite you to come along to a wonderful afternoon of songs and fellowship in support of School Chaplaincy on beautiful Bribie Island.



"Music & Muffins", songs we know from the 60s and 70s and a delicious afternoon tea with all proceeds to support those who have a heart and desire to promote the well-being of our youngsters at schools on Bribie.

A warm greeting awaits you on Saturday 17 June at 2:30pm, at Bribie Community Hall, Arcadia Avenue, Woorim.

Tickets only \$15 per person and can be purchased at the Ink Shop, Benabrow Avenue (cnr Warana Ave), Bellara (cash only please). Sorry, no tickets will be available at the door.

Follow us on Facebook or contact us

Phone: 0418 157 486

Email: goodcompanysingers@gmail.com

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

TRACES of OLD

Bribie



Barry Clark
Bribie Island
Historical Society



Bus transport to Ocean Beach 1940's".

Like other regular contributors to this magazine, my Bribie History Page will only be published monthly in future. I am never short of things to write about, and I know residents and visitors enjoy reading and seeing old photos of the variety of people and events that made Bribie such an interesting place.

Birth Of An Island-

How long has Bribie been an island is a question I am often asked.

I can't give you an exact date, but just a few thousand years ago the whole of Moreton Bay was dry land, and the ocean shoreline was east of Moreton Island. The diagram map shows what the area was like 9000 years ago was kindly given to me by Archaeologist Michael Strong and shows that the sea level has risen about 140 metres over the last 9,000 years. The sea was at one stage even higher than it is now, with the south end of Bribie Island under water.

You can see clear evidence of old beach sand dune ridges as you drive across the island. The original indigenous people of Moreton Bay adapted to climate change slowly over time, and many of their camp and ritual sites have been identified under the waters of Moreton Bay. Bribie Island had a plentiful supply of fish and seafood,

edible plants, and berries, which were traded with mainland tribes for essential stone tools, as there were no stones at all on this sand island.



Settlement Of Bongaree

Steamship excursions started coming to Bribie from Brisbane from 1912 when the jetty was built, and people came in their thousand to camp and fish here. All along the Bongaree foreshore, and on the "Hill" where the library now stands, was covered with white canvas tents. The Brisbane Tug Company invested in development of the

island and built water tanks and a dozen small wooden huts, known as The 12 Apostles, that could be rented out for three shillings a week. (30 cents) Some cottages and guest houses were then built and by 1918 the first private shop operated from a cottage in Toorbul Street. With settlement came roaming domestic animals and collecting their droppings was a regular job to burn on open fires to reduce the significant mosquito problems.



Bribie Characters

The unique attraction of Bribie as a cheap and cheerful place to relax and fish spread, and the population slowly grew and attracted a different and interesting cross section of people. It started to become known as "The three D's" because of its appeal and reputation for Drunks, Dogs and De Facto relationships.

Many unusual characters made their way to Bribie in the early days. After the first World War it seemed to attract veterans with less than the full complement of arms or legs. In the 1920's there were several limbless people, one being Jimmy "No-Legs" Hagan who lost both legs in the War in France in 1915 and came back to Brisbane but decided to move to small and flat Bribie Island. He built his original cottage which still stands firmly beside Shirley Creek more than 100 years later.



First Car On Bribie

The first car was brought to Bribie in 1918 by the first store owner Artie Bestmann, six years before the first road was built. It took two days to drive the car from Brisbane over farm bush tracks and beaches, and eventually floated over to Bribie from Godwin beach.

The car was second hand when it came here and ran on bush and beach tracks for over 25 years before it finally rusted out.

Opening Up Woorim

It was several years later that the first basic road was cleared from the Jetty at Bongaree to the Ocean Beach at Woorim in 1924. The Surf Club started, and a few houses were built at Woorim. Some of the early houses were cottages relocated from the failed "Soldier Settlement" development at Beerburrum. Some soldiers returning from World War 1 were allocated a few acres to become farmers. It failed because of poor selection of crops and unreliable weather, and some of the abandoned government cottages were relocated to the new settlement at Woorim. The ocean beach at Woorim was then, and still is today, the closest surf beach to Brisbane, long before there were any roads to what is now the Gold Coast, even with the three-hour steam ship trip from Brisbane to Bribie.



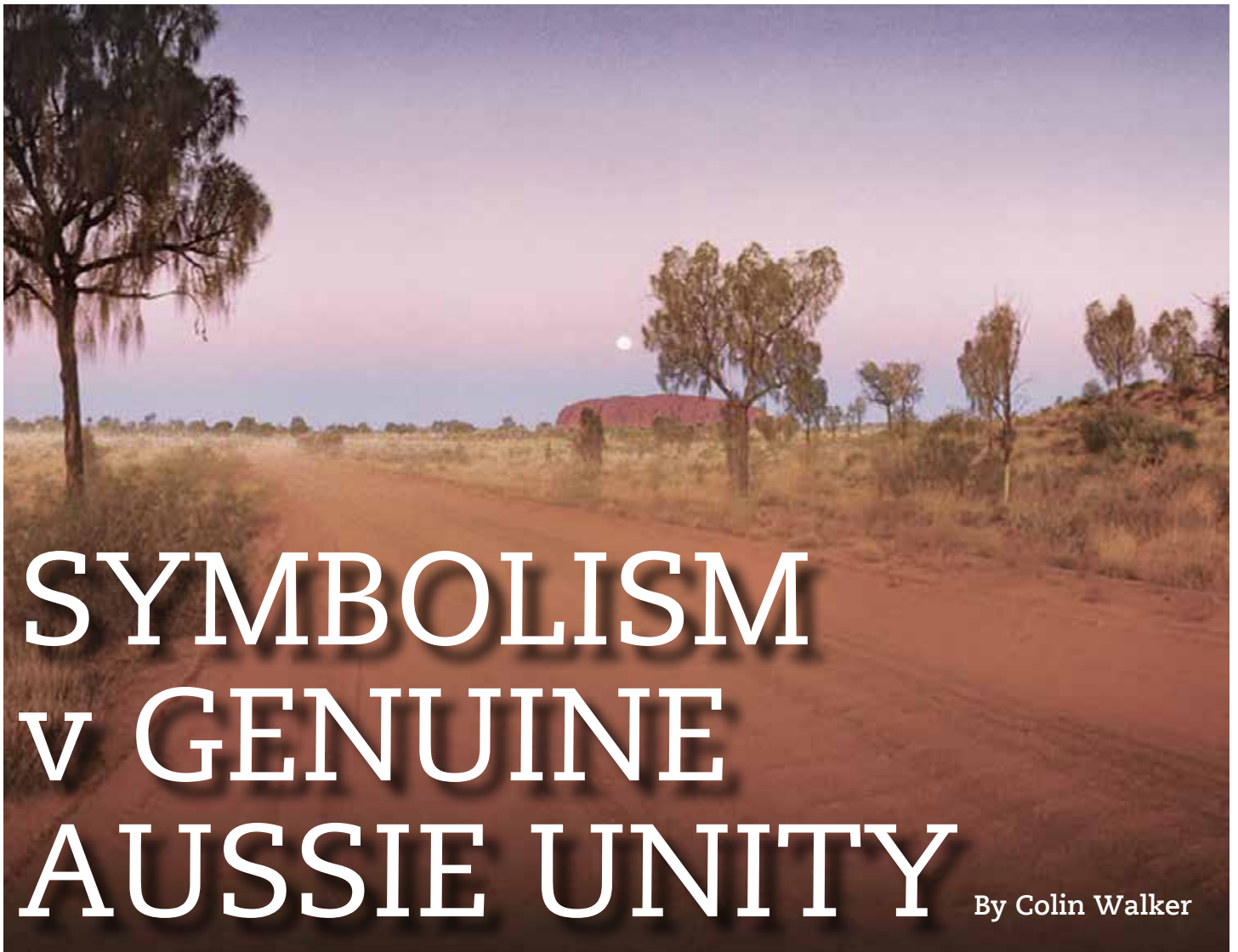
FISH and OLD BUILDINGS

Bongaree Jetty was the focal point of the island for the coming and going of visitors, and Oyster and Fish dinners were always available nearby for visitors. Competition was rife to entice customers to various food offerings and a stall on the Jetty sold large Oysters at 6 pence a dozen. (5 cents) During World War 2 (1939-45) many residents were evacuated and some private homes were occupied by the military. After the Wars, when construction materials were very scarce, some old buildings were relocated from Brisbane to Bribie and re-erected for various purposes. The Freemason Lodge in Banya Street was used as Church, and had been a School at Deception Bay, and Saviges Fish shop in First Avenue had been a military Hospital in Brisbane before it was moved to Bribie.



MORE BRIBIE HISTORY

Historical Society meetings are on second Wednesday of each month at 6:30 pm at the RSL Club and visitors always welcome. More stories and photos of Bribie on our Web Site bribiehistoricalsociety.org.au and Blog Site <http://bribieislandhistory.blogspot.com> or if you have a question contact us on bribiehistoricalsociety@gmail.com



SYMBOLISM v GENUINE AUSSIE UNITY

By Colin Walker

Wymbolism and special privileges for one category of Aussies based on race – or genuine unity for Australians of all races and cultures, with all of us (irrespective of racial or cultural links) sharing all things in modern-day Australia.... which is it to be?

Cutting through all the hype and hyperbole on the Voice referendum soon to confront all Aussie voters, this is where the debate on this unduly controversial topic is really at! It really is a very simple proposition.....

I believe most Aussies (a sizeable majority) have no qualms about formal recognition in our Constitution of Aborigines (and their unique culture) as the original “Australians” – denying the British claim that the country was “terra nullius” (or uninhabited) when the country was “acquired” and colonized by the Brits 250 years ago. That would simply right a historical wrong, which Britain presented to the world to justify its actions (at that time, and later).

But this is not where Australia is at today, and modern-day Aussies (of numerous racial ancestries and cultures) should not be subjected to being a “whipping post” for the actions (or perceived sins) of colonisation by the British, and by following administrations.

Australia today has become a multi-racial, multi-cultural powerhouse epitomized, worldwide almost, as a model for the peaceful existence of people of a multitude of cultures, and from almost 200 countries.

All of these racial and cultural groups have contributed, greatly, to what Australia has become, in the aftermath of British

colonialism.... much of it based on the positive aspects of the British culture and way of life (including our law, justice, governance, and public administration, to cite just a few). Aboriginal Australians have contributed much also and continue to do so....in all of these areas, and more. Many of them have indeed taken full advantage of the opportunities available to them under our systems of law, justice, public administration, the arts, medicine, education, business, politicsand sport, of course....to make their mark, spectacularly.

There has never been a time, since Federation, when (deservedly) Aboriginal achievers have made their mark as so many are doing, today..... across all disciplines, in all States and Territories, and across the nation’s three levels of government.

It is difficult to believe that this view would hold true, among ANY Australians today (including Aborigines) if the systems we “inherited” from British colonialism (and “reshaped” to suit our growing and changing needs) were not in place, for the benefit and betterment of all Australians.

The Seekers’ Bruce Woodley (and his co-author, Dobe Newton of The Bushwackers) got it right in their patriotic song, “I am Australian”, when they penned the lyrics “We are one, but we are many and from all the lands on Earth we come; we’ll share a dream and sing with ONE VOICE. I am, you are, we are Australian”.

I reckon they got it right. Let’s keep it that way. One COUNTRY, and an equal “voice” – and equal rights, benefits and entitlements – for ALL of us and NOT based on specially favoured racial or cultural backgrounds.

BEACHMERE 2023 ANZAC DAY COMMEMORATION

THE BEACHMERE COMMUNITY SHOWED UP IN DROVES TO COMMEMORATE THE SPIRIT OF ANZAC DAY.

Following a night of swirling winds and blasts of torrential rain, Mother Nature cleared the skies for the 6:45am parade followed by the Service at the Beachmere ANZAC Memorial and cenotaph.

Over 1200 attendees watched on as the Parade, along Moreton Terrace, was led by flag bearers, from TS KOOPA Navy Cadet Unit, to the Cenotaph, where 123 ACU Caboolture Army Cadet Unit mounted a Catafalque Party. LTCOL Michael 'Rory' Colquhoun was in attendance receiving the salutes of the passing parade and making the formal address, as the 2023 Reviewing Officer.

Beachmere State School Principal, Paul Thorpe, conducted the school choir as they sang Amazing Grace, the New Zealand, and Australian National Anthems, with two students tending to the flags.

A special youth initiative, 'Postcards of Honour', was activated around the State with local Sub Branches engaging with local schools inviting students to create images on the front of postcards and letters to veterans on the back, sharing what ANZAC Day personally means to them. Birali Steiner School and Beachmere State School embraced this opportunity, delivering heartfelt sentiments and imagery on postcards to current and ex service men and women in the crowd – identified by the wearing of their military medals!

Our local members each attended and laid wreaths, in honour and respect of the fallen.

Beachmere RSL Sub Branch made mention of the diligent, and ever ready, support of Moreton Bay First Aid Volunteers, who willingly support each of the public commemoration events held annually.

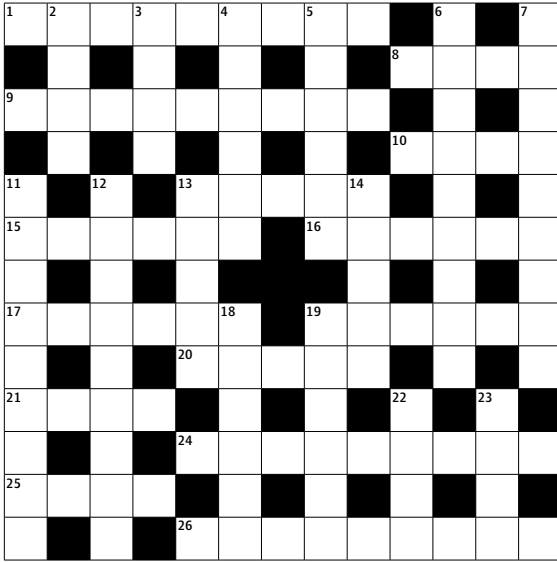
Lest we forget.

Beachmere RSL Sub Branch is a proud community organisation that welcomes new serving and ex-service personnel. Meetings are held every second Saturday of the month, at BCA Hall at 5 Progress Avenue. Enquiries: info@beachmere.rslqld.net.au.

Photos courtesy of Anthaea Dance – Photographer



Crosswords - QUICK & CRYPTIC



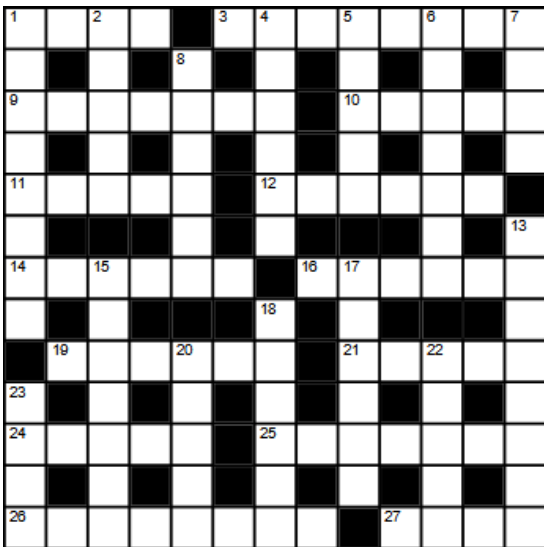
Across

- 1 Pests (informal) (9)
- 8 Room where martial arts are practised (4)
- 9 Denigrate (9)
- 10 Boss (4)
- 13 December deliveryman? (5)
- 15 Quality of being funny (6)
- 16 Gary __, English actor and filmmaker, b. 1958 (6)
- 17 City state of ancient Greece, famous for its military prowess (6)
- 19 Number one's stand-in (6)
- 20 Something submitted in a competition (5)
- 21 Informal valediction! (2-2)
- 24 Carnivorous mammal of the Eurasian tundra — Hugh Jackman's role the X-Men film series (9)
- 25 English pop duo of the 1980s — a big hit! (4)
- 26 Street vendor (6,3)

Down

- 2 Secret place of seclusion (4)
- 3 Expression of open-mouthed astonishment (4)
- 4 Incrustation that forms on teeth and gums (6)
- 5 Expression of agreement (6)
- 6 Cheers! (7,2)
- 7 Diving duck — Bond film (9)
- 11 Deserted residential area (5,4)
- 12 Unprejudiced (9)
- 13 Matching set of furniture (5)
- 14 Narrow passageway (5)
- 18 Kind of goat, rabbit or cat (6)
- 19 Large-headed golf club (6)
- 22 Boast (4)
- 23 Loosen (4)

CYRUS



Across

- 1 Thrown over your shoulders - bluff? (4)
- 3 Ignore Religious festival? (8)
- 9 Have mate rave - irritated with blather (7)
- 10 Redhead goes wild - like savages (5)
- 11 Lag behind Arthur, half-baked, and meeting the Italian (5)
- 12 Eye to eye - a facade, opposite (6)
- 14 Up in the air - floated about losing heart (6)
- 16 A vision of anger on the motorway (6)
- 19 Give way - the left move in to scrounge (6)
- 21 A certain type of horse with speed - right? (5)
- 24 Sultanas are not necessarily the pick of the crop, here (5)
- 25 Rule out old love with a hint about principal dancer (7)
- 26 Consider something odd in tea given a stir (8)
- 27 Colourful, sad or risque on behalf of Cambridge University, maybe (4)

Down

- 1 They begin sentences with some stress (8)
- 2 Kind of Dots' dance... (5)
- 4 Notice difference of opinion off track (6)
- 5 Indifferent to nervous twitches - nothing to add (5)
- 6 Queen enters V and A under cover (7)
- 7 Thoughtless regarding infection (4)
- 8 Change - go around topless? (6)
- 13 As agent I always mingle - Pardon? (8)
- 15 The point of some leverage can give balance, also (7)
- 17 Perform after little scamp gets a smack (6)
- 18 Don't like being sorely tested (6)
- 20 Academic holding me back is a monster (5)
- 22 A clown with a strange lurch (5)
- 23 Singe the help? (4)

SOLUTIONS

CYRUS
SOLUTION 191



QUICK
SOLUTION 191





Free Mindfulness and Movement Workshops for Children

This activity is suitable for ages 5-12

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

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

When

- Tuesday, 09 May 2023 | 03:30 PM - 04:30 PM

- Tuesday, 16 May 2023 | 03:30 PM - 04:30 PM
- Tuesday, 23 May 2023 | 03:30 PM - 04:30 PM
- Tuesday, 30 May 2023 | 03:30 PM - 04:30 PM
- Tuesday, 06 June 2023 | 03:30 PM - 04:30 PM

Location

Bribie Island Library, 1 Welsby Parade, Bongaree 4507

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

By making a booking, or choosing to participate, in a Moreton Bay Regional Council Recreation Program activity, you acknowledge and agree to the Program participant terms and conditions.

A I N X Y M P Y V R F E K P E O H	BLACKBEARD
L Q L D T O W X P O Z W P L H A I	HEIDI
I J I V I U L K A W T O G T T T E	LIBRARY
E A B G T N V M O D C N B S Y O A	ALIEN
N L R O H T W B V X U O U P R R V	SPACE
U Z A A I A N B H J I A D A A B L	MOUNTAINS
V D R T E I M R S H I P F C N U N	GOAT
Q Z Y O A N B E Z W G F A E N T R	PLANK
W Z I R V S E X J F D G Y O O H E	TREASURE
A W T B L A C K B E A R D Z S T A	SHIP
L O E U N I C O R N R O E T A L A	UNICORN
K B F T R E A S U R E C P H U T W	TYRANNOSAURUS
Q Q D H E I D I E V K T K R R A N	RAINBOW
C A P T A I N T I U O H Z O U I M	JUNGLE
U D P L A N K W H B F E F X S N B	



Ingredients

- 200 grams Arrowroot biscuits crushed
- 3 tablespoons cacao powder
- 400g can condensed milk
- 1/2 cup desiccated coconut

Instructions

1. Mix crushed biscuit, cocoa and condensed milk together to make a sticky consistency.
2. Using a generous teaspoon of mixture, roll into balls and cover in coconut.
3. Chill before serving. These can also be frozen.

MELSA PARK STEAM TRAIN RIDES

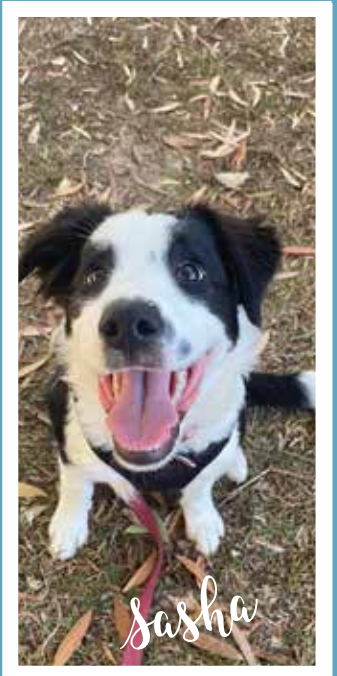
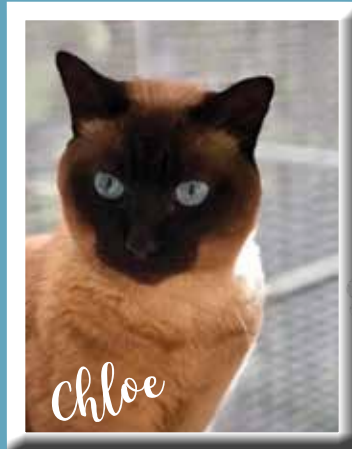
TRAINS RUN on 3RD SUNDAY of MONTH
21st May, 18th June, 16th July

\$250
a train ride

EVERYONE MUST HAVE CLOSED IN SHOES



Call Ian for party enquiry 0409 100 656



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editor.thebribieislander@gmail.com

WE ♥ PETS



TRAINING DOGS TO SENSE SNAKES



Scientists have been impressed by the canine sense of smell and investigations have shown just how special this sense really is. We know that dogs' sense of smell is far more sensitive than many

other animals, but scientists tell us that dogs have a special chamber in their nasal system that can collect scent particles. The scent particles stay there, in the chamber, even after the dog has exhaled. Dogs have a special organ called Jacobson's Organ and this extra sensory organ allows the dog to taste the smell. This makes a dog's sense of smell extra special. They have a memory for smells. Dogs become masters at recognizing the smells in their surrounding area and like to 'read' the signs of new smells as they explore and remember the smells of their area.

The first step to take would be some obedience training to ensure your dog pays attention to your command if they should meet a snake. Knowing the command of 'leave it' or 'stay' would be very important if you like to take your dog on country walks or hiking.

There are some areas of the outdoors that are more susceptible to having snakes in their surrounds. Find out what to expect from the area you are planning to walk in. Dogs will usually get bitten on their noses and faces as they curiously sniff out the snake they sense.

It is possible to get desensitizing training

or what is also known as aversion training to stop your dog from going after snakes. It is probably best to get an expert or

a behaviorist to assist with this kind of training and it may be hard to go through with shock collars and intense aversion tactics. However, if there is a real danger from snakes in your area, it may save your dog's life. This would be a personal choice, but aversion training would prevent your dog from wanting to tackle a snake because they remember what happens when they are near a snake.

Labradors have been trained to sense the presence of pythons in the Everglades to solve the Everglades' problem with the Burmese Python. The Auburn University Eco Dog Detection program has trained Labradors to use their swimming skills and their sense of smell to detect the invasive pythons.

The dogs have been trained to approach the pythons safely and their track record is impressive. A 92% success rate and added to that the Labrador can swim for 5 miles before having to stop. They have been top dogs on the team for search and trapping the pythons.



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ca - Prime 100 - Big Dog Raw - Canine Country BARF - Evolution
Holistic - Wag Treats - Huds & Toke - Next Generation - Bell &
Bone - Allora Grain & Milling

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



Wildlife Feeding



The best food for native wildlife is the food they find themselves. Human foods can be harmful and deprive animals of essential nutrients that allow them to stay healthy.

Native animals that are fed can become dependent on artificial food sources and be more vulnerable to attack by predators when they feed. Native animals that are fed can also develop aggressive behaviours that may cause injury.

There is a delicate balance in nature. Feeding wildlife encourages unnaturally high breeding and numbers of animals that the natural environment cannot sustain. Similarly, fed wildlife can lose the ability to find and capture their own food and will reduce the animal's chances of survival if the artificial food source is removed.

Keep wildlife wild - for their sake and ours, do not feed native animals.

WHAT CAN YOU DO TO ENCOURAGE WILDLIFE INTO YOUR YARD?

Encouraging birds to come to you and forage for their own native food allows you to observe some wonderful natural behaviours.

Encourage native animals into your backyard without feeding them by:

- planting native shrubs and trees to attract birds and butterflies - some good examples are bottlebrush, grevillea, and banksias
- installing a birdbath - you can provide a range of depths, but make sure to change the water regularly to prevent mosquitoes breeding

LAND FOR WILDLIFE

Land for Wildlife is a free, voluntary, and non-binding program that recognises the importance of habitat protection on private property and aims to encourage and support private landholders and community groups to preserve and restore as much habitat for wildlife as possible on their properties. Properties are assessed against specific criteria and receive access to officer support, incentives and grants.

IS YOUR PROPERTY ELIGIBLE FOR LAND FOR WILDLIFE?

Bush blocks, farms, schools, golf courses and commercial properties are all eligible to join Land for Wildlife. There must be a willingness to protect and improve all, or part, of your land for nature conservation. In addition to the size and vegetation criteria, other factors include connectivity (proximity to other bushland areas including other Land for Wildlife properties), presence of threatened species, habitat for threatened species, waterways, educational or broader community values.

Head to Moreton Bay Regional Council website for more information



Lewin's Honeyeater

Meliphaga lewinii

By Marj Webber

LEWIN'S HONEYEATERS ARE COMMON TO BRIBIE ISLAND IN FOREST AREAS, PARKLANDS & GARDENS.

There are 76 species of Honeyeaters in Australia. Lewin's Honeyeaters are medium sized at 19-21 cm in length and weighing 27-49 g. They are energetic and noisy, with their loud call sounding much like the rattle of a machine gun. The backs are olive, and the underparts are olive grey. Wings and tails are brown with feathers edged in yellow. The yellow can be seen when the birds are in flight. Eyes are blue-grey and black bills are curved down. Their most noticeable features are the crescent-shaped, yellow patches behind the eyes and the whitish-yellow gape lines. Both males and females are similar in appearance with the male being slightly larger. Two other Honeyeaters, the Yellow-spotted and the Graceful Honeyeaters are similar to Lewin's in appearance but are smaller, and the yellow patches are different shapes. There is an area in the northern tropics in Queensland where the three species overlap but we would be very lucky to see the Yellow-spotted or the Graceful in our area. Lewin's Honeyeaters prefer rainforests and wet eucalypt forests

on the ranges down the east coast of Australia from Cooktown to the Dandenong Ranges in Victoria but will reside in wetter parts of lowland areas as well. Most birds are sedentary, but some will migrate from the ranges to the lowlands in winter.

Fruit and berries are their preferred diet, but insects and nectar are also on the menu. Like other Honeyeaters their tongues are brush-tipped, allowing them to obtain nectar from flowering plants. Sometimes they hover to snatch insects from the air or from foliage high up in the canopies. Some insects are collected after removing bark from tree trunks, and occasionally they find food foraging the ground.

Breeding takes place mainly between July and March. Nests 1-5 m above the ground are cup-shaped, made of bark and grass, lined with down, and held together with cobwebs. Nest sites are often chosen above or near water. Females alone build the nests and incubate the 2-3 red-spotted, white eggs. Incubation takes about 14 days and when the babies hatch, males pitch in with the feeding and nurturing for another 14 days before the young leave the nest.

The name was chosen to commemorate an Australian artist, John Lewin.

Babies and eggs are in danger from other birds such as Currawongs, Crows and Butcherbirds. Feral cats, snakes and reptiles are also real threats.

Their population is stable, and conservation status is of the least concern for now.

BOWLS RESULTS

BRIBIE ISLAND BOWLS CLUB INC

Self Select pairs results Friday
21 April 2023

Winners: K Thornton, M
Durham

Runners up: M Beutel, B Hosie

Lucky draw: J Mercer, B Snare

Lucky draw: T Dean, I Cooper

Lucky draw: B Lamb, F Crockett

Lucky draw: J Marr, R Wood

Random select fours Saturday
22 April 2023

Highest margin: L Jennings, W

Kelly, D Hudson, R Bickerton

Lowest margin: M Cherry, W

Gillard, A Sturm, P McCarthy

Out of hat winner: F Grimsey, C

Kelly, M Young

Out of hat winner: D Neumann,

B Doe, R Hunter, W Hoelscher

Self Select Triples results

Tuesday 25 April 2023

Winners: C Brayley, V

McDermott

Runners up: L Jennings, A

Jennings, K Bennett

Lucky draw: M Ball, L Mather,

D Merrit

Lucky draw: W Ebert, C

Christiansen, C Kelly, S Kurtz

Lucky draw: N Ramage, J

Sutherland, G Bentzen

Self Select pairs results

Wednesday 26 April 2023

Winners: M Prewett, M Durham

Runners up: S Chandler, M Low

Lucky draw: C Thornton, K

Thornton

Lucky draw: M McIntyre, S

McLaren

Lucky draw: B Snare, J Oliver

Lucky draw: W McElscip, D

Gibson

Random Select Triples results

Thursday 27 April 2023

Highest score: G Frew, S Brown,

C Mork

Runners up: G Olsen, K

Bennett, L Hackwood

Lucky draw: P Ditchburn, R

Gilmore, M Young

Lucky draw: J Dunn, J Smith, P

Mork

Self Select Pairs Results Friday

28 April 2023

Winners: P Hughes, K Taylor

Runners up: W Simmonds, P

Adams

Lucky Draw: D Sharp, A Sturm

Lucky draw: B Ferguson, M

McClelland

Lucky draw: R Wood, T Marr

Lucky draw: B Hoffman, W

Holzberger

Random Select Fours Results

Saturday 29 April 2023

Highest margin: J Dunn, F

Berendrecht, P Neumann, W

Hoelscher

Lowest margin: B Doe, J Wallis,

L Murphy, G Mulpeter

Out of hat winner: B Castle, C

Kelly, S Lonsdale, P Ryan

Out of hat winner: A Engel, P

Mannion, C Halley, J Lonsdale

Self Select Triples Results

Tuesday 2 May 2023

Winners: L Deakins, E Deakin,

R Brinton

Runners up: H Groves, G

Jackson, D Groves

Lucky draw: T Turnbull, B

Turnbull, D Hudson

Lucky draw: P Mann, A Sturm,

S Hoelscher

Lucky draw: L Godfrey, M

Gittins, L Gilmour

Lucky draw: R Leth, S Hurtz, C

Monk

Scroungers Results Wednesday

3 May 2023

1st: M Roberts

2nd: BJ Adams

3rd: S Greensill

4th: L Williams

Self Select pairs results

Wednesday 3 May 2023

Winners: T Phillips, R Glasser

Runners up: L Gilmour, L

Godfrey

Lucky draw: A Sturm, E Sharp

Lucky draw: K Piva, M Prewitt

Lucky draw: W Kelly, P Conn

Random Select Triples Results

Thursday 4 May 2023

Highest score: P Ditchburn, R

Follett, R Bickerton

Runners up: M Andrews, P

Neumann, L Broomhead

Lucky draw: C Christiansen, W

Kelly, G Mellors

Lucky draw: P Mann, T Hudson,

M Young, D Groves

BONGAREE BOWLS MEN'S RESULTS SCROUNGERS APRIL 29TH

1st Jim Warwick, John Morrison,

3rd Sheena Bath, 4th Dee Morrison,

5th Tony Jericevich Wed 4's May

2nd

Winners Rose Smith, Rachel Mills,

Pat Clancy, Lorraine Clarke.

Runners Up Ernie Connolly, Doreen

O'halloran, Gaynor Johnson, Ron

Corrick.

Thurs Jackpot pairs May 3rd

Winners Diana Stowers, Ian Gillies

Runners Up Artie Hinton, Errol

Fender Scroungers

May 6th 1st Ron Wilson, 2nd Robert

Johnson, 3rd Lyn Southall, 4th Errol

Fender

Brekky Bowls May 7th

Winners Rose Smith, Lorraine

Clarke, Pat Clancy

Runners Up Carolyn Merritt, Sandi

Hodges, Col Hodges

Wed 4's May 10th

Winners Ann Clark, Ron Wilson,

Roy Merritt, Jim Warwick

Runners Up Ross Bryant, Brendan

Jones, Dee Morrison, John Morrison

Thurs Jackpot pairs May 11th

Winners Tim Carlton, Jaarpung

Blundell.

Runners Up Julie Sargent, Gary

Kuss



BRIDGE

MORETON BRIBIE BRIDGE CLUB:

Sat 29 April: N/S 1 R King & L Groves

2 Y Nakamura & R Pennington 3 P

Edis & J Medhurst

E/W 1 M Hardy & P Tipping 2 B Fuller

& P Breene 3 R Deacon & M Courtney

Wed 5 May

N/S 1 G & S Barnulf 2 L Carr & J

Wright 3 G Kavanagh & A Borchartd

E/W R Medhurst & A Tywanek 2 R

Webb & L McLaren 3 M Arthur & P

Edis

Sat 6 May 1

B Fuller & P Breene 2 R & C Cowley 3

M Hardy & P Tipping

Wed 10 May

GNOT1 1 J Reiter team 2 N Weyling

team 3 E Miller team

BICBC: Monday 1

May N/S 1 J Easey & D Quinan 2 M

Arthur & J Kennedy 3 R King & N

Everson

E/W 1 R Deacon & L Groves 2 E

Seeney & T Avenia 3 S Smith & J

Lawson

Monday 8 May

N/S 1 M Peterson & D Quinan 2 M

Peart & D Quinan 3 A Jones & R

Pennington

E/W 1 R King & N Everson 2 I Best &

B Moxham 3 J Day & S McCulloch

CROQUET

HOPE YOU READ THE LAST ISSUE!!

You may have read the last edition's story 8 reasons why humans need consistent brain stimulation for a healthy life

- Without constant stimulation, our memories will slowly deteriorate.

- We need to be able to concentrate and focus.

- We need cognitive skills
- We need to make

decisions

- Develop our concentration
- Improve our learning abilities.

The conclusion of the article stated, "Humans need a certain level of brain stimulation to feel happy and make good decisions".

Well, I have the answer for you to be able to achieve this. You need an activity that ticks all those boxes. That activity is croquet!!

IN ORDER TO PLAY PROPERLY

- You need to be able to concentrate and focus on what you are doing and what your opponent is doing.

- You need to think carefully

about your next move.

- You need to make a calculated decision on what to do next and what your opponent may do.

- You need to learn how to play the game.

- You need exercise, fresh air and friendships to lead a happy life.

You will have seen everyone, of all ages on the croquet courts having fun and ticking all those boxes. Come on down and try it for yourself.

You might be a member of a team in no time entering competitions. Look how happy

some of our team members look.

Give Jan a call on and join in the fun 0437 008 042!



GOLF

Bribie Islander: Results for Bribie Island Women's Golf 27 April 2023 to 09 May 2023

27/4/23 - 4BBB Stableford (Ann Caird Memorial Day)

sponsor Bribie RSL

Winners: Debra Dunn & Helena Winterflood 45, Runners Up: Margaret Peterson & Angela Roberts 43, 3rd Place: Leonie Buxton & Roslyn Crossley 42 cb, 4th Place: Vivi Lloyd & Judith L'Estrange 42 cb
NTP's: Hole 4 Linda Urquhart, Hole 7 Diane Fitzpatrick, Hole 14 Ros Gardiner, Hole 16 (2nd shot) Sue Navie, Hole 4 (Div 3 2nd shot) Jennifer Mckay

2/5/23 - Single Stableford (Patron's Bowl)

A Grade Winner: Vicki Jones 40, R/Up Pauline Grooby 38, 3rd Abby Driver 37

B Grade Winner: Debra Dunn 37, R/Up Lyn Beaven 35 cb, 3rd Maureen Bailey 35 cb

C Grade Winner: Jennifer

Mckay 36, R/Up Yvonne Nicklin 34 cb, 3rd Roslyn Crossley 34

NTP's: Hole 4 Linda Urquhart, Hole 7 Val Smith, Hole 14 Ros Gardiner, Hole 16 (2nd shot) Judy Graham, Hole 14 (Div 3 2nd shot) Sheila Stack

4/5/23 Monthly Medal - sponsored by Churches of Christ Qld

White Course Winner:



Patron (CR Brooke Savage) and Winner (Vicki Jones)

Linda Urquhart 74, R/Up Pauline Grooby 75 cb, 3rd Jo McCowan 75 cb

NTP's: Hole 4 Linda Urquhart, Hole 16 Pauline Grooby

Best Gross: Linda Urquhart 87

Red Course Winner: Maureen Bailey 70, R/Up Judith Umlauf 73 cb, 3rd Sandra Smith 73
NTP's Hole 4 Margaret Parkinson, Hole 7 Bibby Davies, Hole 14 Judy Graham, Hole 16 (2nd shot) Val Smith
Best Gross: Sandra Smith 89
Yellow Course Winner: Jennifer Mckay 75, R/Up Angela Jordan 76, 3rd Lulu Drew 79

NTP's: Hole 4 Nadia Aylott, Hole 7 Nadia Aylott, Hole 14 Angela Jordan, Hole 16 (2nd shot) Ailsa Lauchlan
Best Gross: Ailsa Lauchlan 103
9/5/23 - 4BBB Stableford



Linda Urquhart



Maureen Bailey



Jennifer Mckay

Winners: Judith L'Estrange & Roslyn Crossley 43 cb, 2nd Tricia Brown & Lesley Heap 43 cb, 3rd Gaby Bennett & Angela Jordan 43 cb, 4th Vicki Jones & Leonie Buxton 43

NTP's: Hole 4 Vicki Jones, Hole 7 Linda Urquhart, Hole 16 (2nd shot) Di Croft, Hole 14 (Div 3 2nd shot) Jennifer Mckay

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HOW blue is your loo

By Les Young

TIRED OF BEING RIPPED OFF? MAKE A CHANGE!!!

If your household is similar to ours, you are absolutely fed up with exchanging good quality, hard-earned money for fourth-rate products on the supermarkets, butchers and greengrocer shelves.

Apples that taste as you've bitten into a bag of flour, oranges that have no juice but high prices, corned beef that is only half the size when cooked because it had been pumped full of brine (brine that you paid \$20 plus per kilo for). What about the potato crisps in the new packaging that has 10% less crisps and 15% more cost? The list of profiteering and ripping us off is almost endless but we are not here to make up lists we are here to fight back, and my fight back is centred on Toilet Blue. Let me explain how I got from over-pumped corned beef, dry oranges and floury apples to new improved toilet blue.

Early this year my wife arrived home from her thrice weekly coffee & cake session with her girlfriends (which occurs after each Gym class) and reviewed the day's coffee & cake conversation. One member of the group complained about the new and improved toilet blue which seems to last 3 to 4 days when placed in the cistern compared to the original outdated model which lasted approximately 3 weeks. A member said her daughter had a very expensive plumber's invoice to pay because one

of her young children had dislodged part of the "in bowl" toilet blue unit and the part completely blocked the toilet. I'm a retired Fitter & Machinist who spends 3 to 4 days a week in the workshop building working steam engines, boilers, pumps and a myriad of things that friends and family need. By midday, on the following day, I had a dispenser/mixer designed, trialled, modified and working using a toilet blue cube purchased at the local supermarket at a cost of \$6.00 for 2 cubes. The dispenser/mixer will never wear out, rot or rust; it will last forever.

WITH 2 OF US IN THE HOUSEHOLD THE SINGLE TOILET BLUE CUBE LASTED 8 WEEKS!!

The dispenser/mixer in our second toilet, used by family and friends, has lasted 15 weeks and still going blue.

The cheaper version of toilet blue cubes costing approximately \$1.80 for 2 cubes was trialled and lasted almost as long as the more expensive product with the main difference being that the blue colour is a little paler. The choice comes down to paying \$3.00 for 8 weeks for a blue toilet or \$0.90 for 6 weeks depending of course on the number of people using the toilet. We've gone for the \$3.00 product to get a nicer shade of blue.

Family and friends including staff of the Bribie Islander & Surrounds Magazine wanted to try out the little dispenser/mixer and have achieved similar

results as we did.

Maybe I should start selling them.

We are the product of our environment, my environment was engineering, and yours may be office work, building, nursing, retail, education, journalism or like my beloved Mum, homemaker. We all think differently with varied knowledge, skills and experience and we can all see

different opportunities for improvement. We just need to identify an opportunity for improvement, visualise what it should be like, and work out how to make the change. I can only imagine the difference we could make using our combined knowledge, skills and experience against the profiteers.

"Give us a call"

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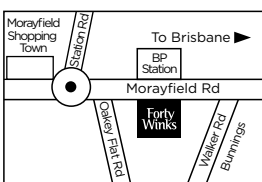
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F15011

Clean Your Kitchen!!

Regularly cleaning surfaces in your home helps prevent the spread of germs that can make you sick—such as norovirus, Shigella, and Giardia. Cleaning surfaces in your home removes germs, dirt, and other impurities and helps you and your family

stay healthy. Sanitizing or disinfecting to reduce the spread of disease at home is likely not needed unless there are sick people in your home.

CLEAN REGULARLY AND CLEAN FIRST

Cleaning is an important first step to make sure you remove most germs from surfaces in your home. Using household cleaners that contain soap or detergent will remove germs and dirt on surfaces and reduces risk of infection from surfaces in your home. Cleaning alone removes most harmful viruses or bacteria from surfaces. Surfaces should be cleaned before they are sanitized or disinfected because impurities like dirt may make it harder for chemicals to get to and kill germs.

SANITIZING REDUCES THE REMAINING GERMS ON SURFACES AFTER CLEANING.

Disinfecting can kill viruses and bacteria that remain on surfaces after cleaning. By killing germs on a surface after cleaning, disinfecting can further lower the risk of spreading disease. But for everyday cleaning, you probably do not need to sanitize or disinfect unless someone in your home is sick or someone sick has recently visited.

REMEMBER TO CLEAN FIRST, AND THEN SANITIZE OR DISINFECT IF NEEDED.

Clean high-touch surfaces (for example, light switches, doorknobs, and countertops) regularly and after you have visitors in your home.

Clean other surfaces in your home when they are visibly dirty or as needed. Clean them more often if people in your household are more likely to get sick, such as young children and people with weakened immune systems. You may also choose to disinfect.

Clean surfaces using a product suitable for each surface, following instructions on the product label.

In most situations, cleaning regularly is enough to prevent the spread of germs. Follow these tips to safely clean different surfaces in your home or book your cleaner in to do it all for you!



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CONTAINER GARDENING

PART 3

By Peter Schinkel

Next, hydroponics can be very easy and are great to have by a kitchen window to pick your herbs and greens from, or for simply beautifying a space anywhere. Pictured at the bottom-left is one of dozens of DIY systems for the home. * Water (or solution) drains out of the lower end for reuse.

Research simple DIY methods such as getting a pot with a base, then supporting the pot on some feet and using a thick wick to draw the water up through the pot and into the soil. Alternatively, go to a store that sells hydroponics and pick your favourite. Some will circulate water while you're away, or even draw from your home's water supply.

Lastly, bonsai and miniature topiaries are a popular way to combine greenery and art. There are plenty of books and online information about how to successfully grow your own bonsai plants. And the benefits are many. Bonsai can help you develop patience and encourage creativity. Many say it is meditative and helps to grow self-awareness and general well-being.

So, whatever you choose to do with your indoor spaces, happy gardening and thanks for reading. I look forward to returning in issue 193 on 16th June :-)

*Picture courtesy of Denise Greig's 'Better Homes and Gardens - Container Gardening', 1994, Murdoch Books.



Welcome to the third of three editorials on the joy and art of container gardening (planter boxes, pots, etc.) a wonderful way to bring lush green spaces onto your balcony or into your home.

Today we're looking at alternative options for beautifying even the smallest of spaces.

Firstly - a terrarium (as seen here on the top-left) is very easy to create. They usually don't have holes for drainage (yay - no leaks), so put small pebbles at the bottom to catch excess water and soil on top, then add small (or easy-to-prune) plants. Terrariums also come in Perspex and can be adorned with miniature trinkets to create a fairy garden for children.

Suitable plants will need to be okay in arid conditions. Examples include air plants, small ferns, peperomias (of which there are over a hundred small varieties), small succulents, Venus fly trap, and many more.

Terrarium bowls are available at discount stores, big hardware stores and online. Your beautiful creation can then sit by your office desk, kitchen table, mantelpiece or favourite seating spot, bringing a little extra joy to those living spaces.

On the top-right, are some plants in a small planter box, with a base to catch water. They make a beautiful addition to any room. Some suitable indoor plants include begonias, mini ivy for trailing, rabbit's foot and other ferns, peace lily, violets, and countless more. Your friendly local nurseries and market plant people will guide you.

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



LAWN CARE PROGRAM

The Coochie Hydrogreen Lawn Care Program (LCP) is a year-round schedule of lawn care treatments. These are positioned throughout the year to ensure optimum lawn results. Keeping your lawns a lush green and weed, disease and pest free from summer through to spring.

As the weather cools down and you spend more time under the blanket than out on your deckchair you may ask yourself, "why am I still getting my lawn looked after?"

Well here is why.....

1. The LCP is scheduled for 6 treatments each calendar year. These treatments are spread out slightly more during winter and occur more often during spring and summer. We know what your lawn needs and when it needs it.
2. Autumn and winter treatments are packed with pre-emergent herbicides which helps to reduce outbreaks of pesky weeds like bindii.
3. Damp, colder conditions are the perfect environment for fungal diseases to thrive. To avoid dollar spot and moss taking over your lawn, regular treatments are advised but outbreaks can also be treated on the spot.
4. The LCP comes with a warranty, which means if you have all 6 treatments during a calendar year and something in your lawn doesn't look quite right or you're not 100% satisfied then your local Coochie technician will come and spray free-of-charge.

Preparation For Winter

Keeping your lawn healthy throughout winter starts with good preparation in autumn and there's no better way to prepare than with Coochie HydroGreen.

In many other countries, winter is when lawn care takes a break, for Australian's this is not the

case. Australian lawn owners truly have their work cut out for them during this season. Due to the comparably warm temperatures year-round, with the majority of Australia experiencing a mild winter, lawn care is essential year-round.

It may be tempting to stop lawn care due to the slowed growth and lack lustre look of your lawn, but if you put in the hard work this winter you can have your lawn looking lush and green ready for next Spring.

Follow these 6 tips to have your lawn looking the best it can right through until Spring!

1. Get on top of weeds

Weeds take advantage of the low growth rate of your grass during winter and overrun your lawn. Winter weeds germinate at lower soil temperatures and weeds such as Bindi and broad-leaved weeds can be relatively easily controlled with the help of some pre-emergent herbicides.

2. Mow higher

During winter set your mower blade to be around 3-4 cm, and never cut lower than 2.5cm. repeated scalping will weaken your lawn and make it more vulnerable to diseases and weeds. Your grass will also be growing at a slower pace, so now is the time to be more relaxed with your mowing regime, and only mow when the turf needs it. Depending on the type of lawn you have you may only need to mow once a month!

3. Be wary of frost

It's important to try to keep off your lawn whilst it's covered in frost as walking on the frozen grass blades can cause them to snap and the lawn becomes damaged. Frost occurs when low

temperatures cause morning dew to freeze, this, in turn, can lead to leaf discolouration, stunted growth and sometimes the leaf to snap or break.

4. Aerate

Soils often compact during the winter so it is important to aerate as the soil warms up. Compacted soil is more susceptible to diseases, weeds and brown patches due to the lack of nutrients that are able to penetrate the soil.

5. Fertilise

Your lawn can and should be fertilised during winter to ensure it has all the appropriate nutrients to keep it green and healthy throughout the colder months. This being said, a different type of fertiliser should be used at this time of year, winter fertilisers typically contain higher levels of iron which will strengthen your lawn and keep the leaves healthy and happy.

6. Less water

Overwatering in winter can leave your lawn vulnerable to fungi and diseases. Only water when the lawn is visibly dry, and only water in the early morning until the frost is removed from the leaf. Having too much water in your soil can also lead to compaction, meaning you may need to aerate more frequently.

Jack says "At the end of the day winter lawn care isn't any harder than any other seasons, small adjustments just need to be made to cater for the changing conditions".

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BUILDING LOANS REMAIN AT 15 YEAR LOW

“Lending for the purchase or construction of a new home remains at its lowest level in 15 years,” stated HIA’s Chief Economist, Tim Reardon.

The ABS released the Lending to Households and Businesses data for March 2023 today.

“The number of loans issued to purchase or construct a new home remained stable in March compared to the previous month, to be 30.7 per cent lower than at the same time last year,” added Mr Reardon.

“The last time so few loans were issued for the purchase or construction of a new home was in November 2008, when the GFC caused a contraction in building.

“This data confirms that ongoing and significant declines in new home sales will see new home commencements slow significantly in the second half of 2023, under the weight of the higher cash rate.

“There are very long lags in this cycle and the full impact of the RBA’s rate increases are still to fully hit the housing market, let alone the broader economy.

“The weak lending figures observed by the ABS in March will not be apparent in other economic indicators until 2024, when the volume of homes under construction declines more markedly. Given these long lags, the RBA shouldn’t be waiting to see unemployment rising before pausing the increase in the cash rate.

“This month’s data does show that the value of lending for renovations and to owner occupiers and investors increased marginally compared to the previous month, contrary to the trend of the past year.

“Total new lending increased in March 2023 compared to the previous month by 4.9 per cent, to be 26.3 per cent lower than at the same time last year.

“This pick up in lending is likely to be short lived as the weight of interest rate increases continues to constrain confidence,” concluded Mr Reardon.

In original terms, the total number of loans for the purchase of construction of new homes in March 2023 declined in almost all jurisdictions compared to the same month a year earlier, led the Australian Capital Territory (-37.3 per cent), New South Wales (-36.3 per cent) and Tasmania (-33.0 per cent), followed by Western Australia (-30.6 per cent), South Australia (-29.7 per cent), Victoria (-28.0 per cent), and Queensland (-21.8 per cent). The Northern Territory saw the only increase, up by 26.1 per cent over the year.



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STAMP DUTY MUST GO IN QLD HOUSING CRISIS SOLUTION



The Queensland government needs to replace stamp duty with a more equitable, reliable and affordable income stream, according to the Housing Industry Association.

HIA Executive Director for Queensland, Michael Roberts, said that one thing economists could agree on was that stamp duty is an inefficient, unfair and outdated tax, and he called on the Queensland Government to phase it out. "While city parks are dotted with tents, a typical homebuyer in Queensland still pays an unjustified \$12,715 in stamp duty on a median property

worth \$597,000. Stamp duty on the purchase of an \$800,000 home is \$21,850," Mr Roberts said.

"Stamp duty is an inefficient, duplicative, inequitable and unreliable tax. If the state wants to deliver the services and infrastructure Queensland needs, then there are far better and fairer ways to finance it," he said. "Stamp duty impacts inequitably on first homebuyers, people moving for work, and those looking to downsize or scale up depending on changing household and family needs.

"It is a big hit on grandma when she sells the old family home and moves into a new accessible unit block – hopefully just down the street or closer to the grandkids. "It is also a harsh extra cost for those who have no choice but to move out of a home, like a divorcing couple. "The cost of collecting and administering stamp duty as estimated by Federal Treasury is 72 cents in the dollar. In comparison, GST costs 19 cents per dollar collected, and land tax collection and administration costs are almost zero.

"Stamp duty is also a very unreliable tax income stream. During the GFC, stamp duty revenues fell by more than a third. Just as governments needed a reliable income stream to stimulate the economy, they found their main tax measure failed to provide steady revenue and impacted state budgets. "Stamp duty is punitive and creates a 'tax on tax' outcome where the whole cost of the home is considered, even where substantial taxes have been levied on land and other inputs already.

"While there is no silver bullet, inefficient taxation at the state level must form part of the suite of reforms, alongside increased land supply, planning reforms, promotion of diverse home styles in communities, and more general industry red-tape reduction as broad reforms required to deliver long-term solutions to the current housing crisis in Queensland," Mr Roberts said.

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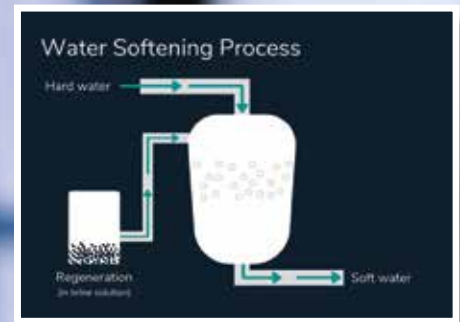
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*Source: <https://www.realestate.com.au/find-agent>

Why Every Home Should Have a Water Softener



Clean, soft water is a basic human need that is frequently disregarded. However, adding a water softener to your house may greatly improve your quality of life. Dishes might become stained, pipes can be damaged, and your skin and hair can become dry and irritated if you use hard water. The plumbing in your home may be preserved and water quality enhanced by installing a water softener. The return on investment for such a small expense can be significant, leading to a better quality of life and improved overall health.

HOW A WATER SOFTENER WORKS - ION EXCHANGE PROCESS

The water travels through a resin bed made of tiny polystyrene particles. Sodium ions have been added to these beads. Water is softened when it flows over a bed of resin because the sodium ions are released into the water, and the calcium and magnesium ions are drawn to the resin beads. This results in the softening of the water.

Regeneration

Over time, the resin beads will absorb all of the available calcium and magnesium ions, at which point they will need to be regenerated. A strong brine solution with a high sodium ion concentration flushes the resin bed to do this. The brine solution replaces the resin beads' calcium and magnesium ions, draining the ion-rich water.

Control Valve

A water softener's control valve adjusts how much water passes through the resin tank. It regulates the water flow through the system and triggers regeneration when the resin beads reach saturation.

REASONS TO HAVE WATER SOFTENER

Better For Your Skin And Hair

Hair might appear dull and lifeless, and skin can get irritated and dry from hard water. This is because the minerals in hard water can cause dryness and itching by reacting with the oils on your skin and hair. Using a water softener can aid in eliminating these minerals, resulting in softer, smoother skin and hair.

Saves Money

The pipes and appliances in your home may need to be replaced or repaired because of the hard water. Scale formation is avoided with the use of water softeners, which get rid of the minerals responsible for it. This can increase the longevity of your plumbing and home appliances, saving you money over time.

Cleaner and Brighter Clothes

The cleanliness of your clothes may also be diminished by hard water. It can reduce the effectiveness of stain removers and leave garments looking old and faded. With a water softener, you can use less soap and cleaning products, saving money in the long run.

Better Tasting Water

Drinking hard water may not be the most pleasant experience due to its metallic or harsh flavour. A water softener can eliminate the minerals responsible for the water's unpleasant flavor. This means the water from your tap will taste fresher and cleaner, making it more enjoyable to drink and cook with.

Things to Consider

Investing in a quality water softener is crucial to the health of your family. It's a big bet and a serious choice, so give it some serious thought. While deciding on a water softener for your house, take these into account.

Hardness Level of your Water

The water softener you'll need depends on how hard your water is. The hardness of your water may be determined with a professional water test, and the degree of hardness in your water will determine which water softener you should buy.

Water Usage

The size of the water softeners you need will depend on your family's water use. A smaller, lower-capacity water softener won't cut it for a large family that uses a lot of water. That way, you won't have to worry about your water softener failing to keep up with demand.

Type of Water Softener

Salt-based water softeners, salt-free water softeners, and magnetic water softeners are just some options. There are benefits and drawbacks to each variety. Water softeners that use salt to dissolve the mineral deposits in the water are the most efficient, but salt-free models are more cost- and resource-efficient.

Conclusion

In addition to softer skin and hair, longer-lasting appliances, and less cleaning time, there are many advantages to installing a water softener in your house. Think about the number of people living in your home, the hardness of the water where you live, and how much money you have available before purchasing your water softener. Knowing how water softeners function can help you select the one that best meets your needs. If you invest in a quality water softener, you'll have soft, contaminant-free water for your household.



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4 Arvon Avenue, Beachmere **3 BED | 1 BATH | 1 CAR**

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For Sale: Contact Agent
Land Size: 784m²

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John Sulkowski
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9 Oleander Drive, Bongaree **4 BED | 2 BATH | 2 CAR**

Is this Bribie Island's best buy? This is a beautiful, north-east-facing canal home that you won't want to miss. The house has been updated over the years and sits on a spacious 800m² block of land, this provides ample space for all the outdoor activities you can imagine. It boasts 4 spacious bedrooms all with built-in robes and a separate walk-in robe and ensuite for the master.

For Sale: Offers Over \$1,350,000
Land Size: 800m²

David, Brianna & Aisha
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12 Melrose Avenue, Bellara 4 BED | 2 BATH | 2 CAR

Are you looking to purchase in one of Bellara's most sort after streets? Be prepared to be impressed when you enter this superbly maintained and presented home set on a sprawling 602m² parcel of land. Perfect for a family or as a holiday retreat, this home is ideally positioned to enjoy the proximity to beaches, cafes and restaurants, shopping centre, and a selection of schools.

For Sale: Contact Agent
Land Size: 602m²

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10 Adrian Street, Caboolture 4 BED | 2 BATH | 2 CAR

Situated in a great location close to popular private and public schools, transport, shops and Golf Course is this fantastic 4 bedroom, 2 bathroom family home. This versatile family home also features modern stone bench tops to the kitchen, gas cooking, split system air-conditioning, ceiling fans, open plan family, insulated rear patio with down-lights and lovely landscaping and privacy.

For Sale: Offers Over \$680,000
Land Size: 601m²

Carolyn Drane
0418 283 762



156 Freshwater Drive, Banksia Beach

4 BED | 2 BATH | 2 CAR

This home has been designed to embrace the lifestyle offered by its location. What a lifestyle when you can sit back and watch the plethora of native birds, kangaroos, and animals roaming the par 5, 11th fairway all from the luxury of your alfresco area.

For Sale: Contact Agent
Land Size: 500m²

David, Brianna & Aisha
0409 255 255



92 Avon Avenue, Banksia Beach

4 BED | 2 BATH | 2 CAR

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

For Sale: Contact Agent
Land Size: 640m²

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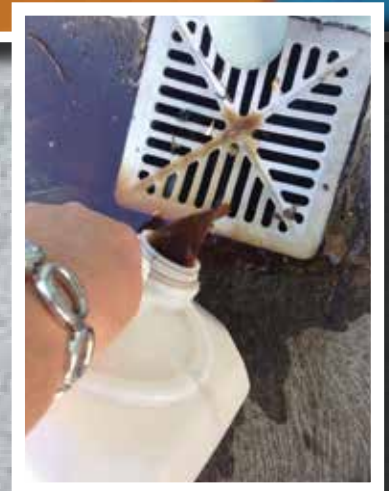
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Regular split system air conditioner cleaning is recommended to keep the system running smoothly and efficiently. In addition to improving indoor air quality and reducing energy costs, regular cleaning can help prevent breakdowns and extend the life of the system. If you're experiencing reduced performance or notice a musty smell coming from your split system air conditioner, it may be time to schedule a cleaning to ensure your system is running at its best.



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BRIBIE ISLAND



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SUNSET DRINKS -

Friday 28th April 2023

48 Active members and partners attended the ANZAC themed Sunset Drinks with monies raised being donated to Legacy. The fare for the night was a Sandstone Point Bakery pie with mashed potato, gravy and vegetables, followed by ice-cream in waffle cones with a choice of crushed nuts and toppings.



Commodore Ces Luscombe welcomed all and introduced our MBRC Division 1 Councillor Brooke Savage, who has a special relationship with Legacy as her husband Michael is a direct descendant of Lieutenant General Sir Stanley George Savage KBE, CB, DSO, MC, ED, a veteran of both WW1 and WW2, who was instrumental in setting up Legacy Australia after WW1. Brooke who attended with her son Jacob gave a donation to be included with our donation to Legacy.



In keeping with the ANZAC theme, a knockout 2-Up game was held, but using 3 pennies (for a defined result each throw), the room divided into heads or tails until eventually the winner was decided and received raffle tickets as a prize. Ian Grimes was the first tosser (spinner).



The room chose heads or tails by placing their hands in the appropriate place.



"Sheryl Traill, Kaye Hammond, Leona Patrick (background bombing), and Kelly Langworthy are ready for the hungry hordes with Sandstone Point Bakery pies, gravy, and mash with vegies."



"Wendy Luscombe with Gwen McNamara."



Ian Grimes, Linda Burdinat, Pam Grimes, Colleen, and Lindsay Crompton with Sue Slater.



"Doug Wilson, Mike Phillips, and Geoff Boucaut."



Lyn Boucaut, Marg Phillips with Cecilia Wilson.



Great to see Graham Patrick up and about again.



Mike Coles with Garry Bunker.



Allan and Karen Arthurs.



Kelly Langworthy and Gail Tranter serve Garry Voss his choice of ice-cream.



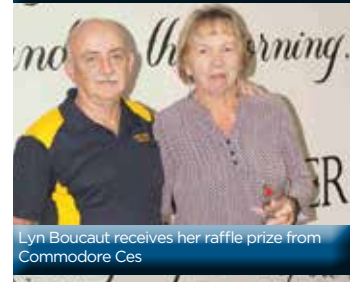
Finn Mullins has his waffle cone ice-cream.



"Wendy Luscombe receives her raffle prize from Commodore Ces."



Kaye Hammond receives her raffle prize from Commodore Ces.



Lyn Boucaut receives her raffle prize from Commodore Ces



John Burdinat receives his raffle prize from Commodore Ces.



Geoff Boucaut receives his raffle prize from Commodore Ces.



Mike Coles receives his raffle prize from Commodore Ces.



"Alan Trickey receives his raffle prize from Commodore Ces."



Finn Mullins receives his raffle prize from Commodore Ces.



John Trill receives his raffle prize from Commodore Ces.



Sandstone Point Hotel 2023 04 29 - An absolutely massive shout out to the car parking team who at the Sandstone Point Hotel relentlessly parked cars Saturday for 5 solid hours it was one the busiest we had seen.



White Saturday had a busy afternoon with Bribie 1 assisting an 8-meter vessel in the Port of Brisbane entrance. While this was happening Bribie 2 and an all-girl crew and headed off to help a jet ski at Bulwer. Well done crew.

NIGHT ASSIST

THURSDAY 4TH MAY 2023

Last night the call out crew had a call for help from a gentleman who had just left Scarborough and his engine failed and had no power and on top of that was drifting. The crew found the vessel by Newport and were able to take him under tow quickly and got him home safely to Pacific Harbour were Bribie 2 and crew took over the tow (due to Bribie 1 not being able to get under the bridge in Pacific Harbour) and put them all safely on their pontoon. The conditions were just perfect last night as you can see.



Above and below: - Beautiful conditions on the Bay for a night assist Thursday 4th May 2023.



LROCP RADIO COURSE

VMR Bribie Island ran a LROCP radio course over the weekend 6th & 7th May 2023. Radio Officer Peter McNamara said it is all part of VMRs Commitment to safe boating. The course was conducted by Deputy Radio Officers John Rice, John O'Hagan and Radio Officer Peter McNamara. There will be more courses later in the year gentleman who had just left Scarborough



Deputy Radio Officer John Rice delivers one of the training sessions.



Above and Below: - Early hours of Monday morning 8th May 2023, Bribie 1 attended to a 13m Yacht that had lost its propellor and steering in rough conditions at Gilligan's Island.



APRIL VESSEL ASSISTS:

- SAT 29/04 1156AM – 8m Cruiser non-member broken down near Mud Island required a tow to Spinnaker Sound Marina
- SAT 29/04 1247PM – 3 Jet Ski non-member won't start required a tow from Bulwer to Spinnaker Sound Marina.
- SAT 29/04 1926PM – 4.3mm Side Console has drifted North from Lime Pocket Campground, recover and tow to Lime Pocket.
- SAT 29/04 2142PM – 2 MOP required a lift to their boat off Bongaree, as their tender had drifted away.
- SUN 30/04 1036AM – 4.8m Runabout non-member with engine problems required a tow from Bongaree to Toorbul Boat Ramp.
- SUN 30/04 1527PM – Water Police requested we investigate upturned boat on Woorim Beach, unable to access vessel, advised owner.
- MON 01/05 0642am – MOP vessel with flat battery near Turner's Camp required a jump start.
- MON 01/05 0655AM – 4.5m Half Cabin non-member with motor issues off Bird Sanctuary off Kakadu Beach required a tow to Bellara Ramp.
- MON 01/05 1217PM – 7.1m Half Cabin with a flat battery required a tow from 22m North of Spinnaker Sound Marina to Bribie Gardens.

- MON 01/05 1651PM – 14m Yacht member required a tow off the rocks at Bongaree.
- MON 01/05 1737PM – 5m Cuddy Cabin non-member with engine issues required a tow from Entrance to Spinnaker to Spinnaker Sound Marina.
- TUE 02/05 1041AM – 4.25m Tinny member with engine problems required a tow from South of the bridge to Spinnaker Sound Marina.
- THU 04/05 1739PM – 6.5m Half Cabin non-member with electrical problems, required a tow from Deception Bay to Pacific Harbour.
- SAT 06/05 1322PM – 5.5m Runabout non-member Vessel drifting in the Southern end of the Passage required a tow to Bongaree Boat Ramp.
- SUN 07/05 0508AM – 7m Centre Console member with motor issues required a tow from Buckley's Hole to Spinnaker Sound Marina.
- SUN 07/05 1108AM – 3m Jet Ski non-member broken down on beach at Skirmish Point, required a tow to Bellara Boat Ramp.
- SUN 07/05 2316PM – 13m Yacht non-member had lost propellor and steering, Water Police requested VMR Bribie to assist PAN PAN at Gilligan's Island

2023 YEAR RADIO ROOM STATISTICS

2023 YTD RADIO ROOM STATISTICS
To Thursday 11th May 2023
5,913 Calls, 1,776 vessels logged on, 107 Vessel Assists, 616 Sitreps, 358 Requests, 30 overdue vessels, 3 Vessel Tracking, 628 Radio Checks, 3 Weather Broadcasts, 2 Securite Broadcasts, 1 Pan Pan 0 Mayday.
VHF 61.5%, 27MHz 10.0%, Phone 11.1%. GWN 1.1%

SAFETY DAVE THE FRENCHIE'S MESSAGE:

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



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

FISHING REPORT

BY: ROBYN
BRIBIE ISLAND BOAT CHARTERS

May 2023 FISHING REPORT

Winter fishing is just around the corner, here at Bribie. The change of seasons is obvious to us all, with average temperatures dropping by about 6°C over the past fortnight.

Water clarity is fair but not great, considering we've had precious little rain of late (although light showers are being predicted as this report goes to print). The daytime SW winds have been stirring up the waters of the Passage a little more than usual for May, which is usually the least windy month of the year in the South-East. Water temperature has dropped too. Interestingly, the windy weather around May 8th caused water temperature to plummet about 3°C, which coincided with a noticeable drop in fish catches being reported. Thank goodness it was only for a day or two!

Flounder has been the big winner this month. From the shore, south of the bridge, up the Passage on both sides – just about any sandbank is holding flounder. Sizes have been big enough, too, with plate-sized flounders common. Nori caught a big one using prawn bait, and Ian's crew caught one each! They anchored up around the Turner's Camp sand bank. It's a great spot for land-based fishing, too - with lots of room during low tide. Paul caught his flounder a little further north; he's a squid fan and never uses anything else. Jake's flounder also took squid at the entrance to Ningi Creek, but Ben caught a great



specimen all the way out at the South cardinal!

Flounder are a comical-looking fish and it'd be easy to underestimate them, but they are ambush hunters like flathead and will chase a good grub-lure or a bit of bait. Using a flathead rig and fishing the same sandflats that hold flathead will probably get you a few nice flounder as well, during the colder months.

A lot of flounder get thrown back, because people don't know what to do with them.

They're not hard to clean and can be cooked whole, and the larger ones are easy to fillet. A bit of butter, a squeeze of lemon, some crumbs if you like and in the pan for just a few minutes on each side – tah dah!!

Fishing the same sandbanks, will nab just as many flathead, or even more. Flathead have been keeping the flounder company, especially sand and bar-tailed, but also some impressive duskies. A lot of the flathead have been caught on hard-bodied lures, some on soft plastics. Ben's best flathead, from the sandbanks at Buckley's



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TIDE TIMES

Bribie Island AND Moreton Bay

FRI 19 May 3:39 am 0.44m 9:32 am 1.66m 3:26 pm 0.27m 10:08 pm 2.16m	SAT 20 May 4:25 am 0.46m 10:13 am 1.58m 4:00 pm 0.3m 10:46 pm 2.15m	SUN 21 May 5:09 am 0.49m 10:51 am 1.49m 4:35 pm 0.36m 11:25 pm 2.11m	MON 22 May 5:52 am 0.53m 11:30 am 1.42m 5:12 pm 0.43m	TUE 23 May 12:02 am 2.05m 6:37 am 0.57m 12:12 pm 1.36m 5:52 pm 0.5m	WED 24 May 12:41 am 1.97m 7:25 am 0.61m 12:59 pm 1.31m 6:37 pm 0.58m	THU 25 May 1:23 am 1.89m 8:16 am 0.64m 1:51 pm 1.28m 7:28 pm 0.66m
SAT 27 May 3:00 am 1.72m 10:04 am 0.65m 4:07 pm 1.29m 9:31 pm 0.79m	SUN 28 May 3:57 am 1.66m 10:55 am 0.63m 5:16 pm 1.36m 10:38 pm 0.81m	MON 29 May 4:55 am 1.63m 11:41 am 0.57m 6:13 pm 1.47m 11:41 pm 0.78m	TUE 30 May 5:48 am 1.63m 12:22 pm 0.5m 6:59 pm 1.6m	WED 31 May 12:38 am 0.73m 6:37 am 1.64m 1:00 pm 0.41m 7:40 pm 1.76m	THU 1 Jun 1:31 am 0.65m 7:22 am 1.65m 1:36 pm 0.33m 8:19 pm 1.91m	FRI 2 Jun 2:21 am 0.57m 8:07 am 1.64m 2:12 pm 0.27m 8:59 pm 2.04m

Hole, chased a hard-bodied fish-shaped lure. Nori used a winter whiting for bait and Paul's tally of 7 total (3 kept) were all taken with squid, which he said, "really hammered 'em out there!". Fishability Qld brought in three, all 50cm+. Their bait was baby blue pilchards, which generally hold firmer than the bigger ones.

Brendan says that they were fishing for 6 hours off a sand bank near White Patch and had nothing, "just about given up" – then at the turn of low tide - "it was on!". Using an oily-coloured soft plastic (fish-shaped again), casting over where the water was rippling in and winding back over the sandbank – "Whack! A flathead took it!". All 9 flathead, between 40-52cm in size (and a just-legal bream) were caught in the last twenty minutes of fishing. It was not just a case of what you know, but where you know; Brendan wouldn't reveal exactly where they were.

There are some bigger bream being caught. Alicia had a 32cm bream and Bob's was 27cm, both caught on peeled prawns, on a windy day up in



Ningi Creek. Bream numbers are usually on the increase at this time of year, in the creek mouths, Pacific Harbour and along the Bribie side of the Passage. A couple of women put their rental houseboat on a mooring just south of Pacific Harbour, because of the windy weather. They had a great time there – lots of bream!

Big bream will be a bit cannier, and not always easy to tempt – try using mullet strips; leaving a few scales on often attracts the bigger bream. Of course, there's the ever-popular chicken fillet, great bait for the kids to use.

Crabbing is still worth trying, although it's past the end of the traditional season. Armani and family kept ten big, rusty mudcrabs out of a total thirty in six pots, well up past Mission Point. Dakota was goggle-eyed, telling me about his dad pulling one out of a crab-hole in the bank – it was a jenny, but good fun anyway. Johnny had pots at Lime Pocket and near Pacific Harbour. The mudcrabs from Lime Pocket were all huge jennies but with no eggs. He did keep plenty of sandcrabs though, from both spots

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OFFSHORE FISHING

Offshore fishing has been good of late. Great catches of Pearl Perch East of Moreton and Snapper have started to show up in close with this close snap. Been some good catches coming from the bay. Spanner crabs are thick out in the 40 to 60m line.

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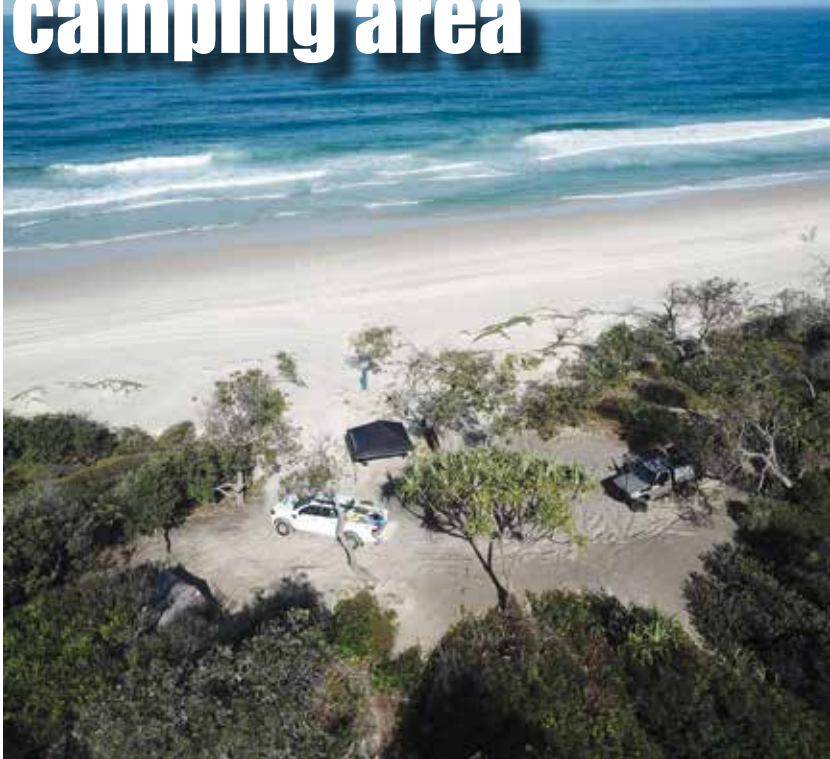
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 - Camper trailer camping
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 - Shower cubicle (BYO shower)

Pack the 4WD and head to Ocean Beach. This camping area stretches for 3km behind the sand dunes on the beach—you'll find plenty of space to set up camp in your own secluded site. Feel like exploring? Discover the remnants of gun emplacements, mine-control huts and

searchlight buildings at nearby Fort Bribie. Though some structures are visible on the beach, markers will help you find ruins behind the dunes.

GETTING THERE AND GETTING AROUND

The camping area is on the beach on the northeast side of the island and can be accessed via the Northern access track or Ocean Beach drive.

- A high clearance 4WD with low range capability is required to access this area.

• A vehicle access permit must be purchased. Display the permit on your windscreen before driving in the recreation area. 24hr number plate surveillance cameras in use. Please ensure vehicle registration details are correct on your permit. For more information see:

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

Northern access track

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

- At White Patch, follow the main track north to the gate at the turn-off to the Poverty Creek camping area. This is the start of the Northern access track.

- Drive 16.4 km along this inland track to the northern part of the island and Ocean Beach.

- Use the Ocean Beach camp site access tracks (signed with a letter symbol) to access your camp site. Ocean Beach drive

- From the bridge, follow the signposts to Woorim township on the east side of the island.

- The Ocean Beach drive starts at the end of North Street and continues along the beach for 23 km to Fort Bribie in the north of the island.

- Use the Ocean Beach camp site access tracks (signed with a letter symbol) to access your camp site.

Speed limits

- 50km/hr on the beach unless otherwise specified.

- 30km/hr from Ocean Beach drive to 300m north of Norfolk Creek (second lagoon), near camping areas and on inland roads.

• Before you visit

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

- Check Park alerts for the latest information on access, closures and conditions.

- Camping area features: bush camping behind the foredunes on the eastern beach.

- Location: from 16km to 19km north of the beach access point on North Street, Woorim. Camp sites just behind the dunes are accessible from defined track entrances—use these and do not drive over dunes. Track

entrances are designated with a letter symbol while all sites are numbered. Camping is not allowed in the foredunes or on the beach.

- Access: the camping area can be reached by 4WD only.

There are no boat launching or recovery facilities.

- Number of sites: 63 numbered camp sites.

- Camp sites are suitable for: tent camping beside your car; walk-in camping; camper trailers; large groups.

- Camp site surface: sand, dirt, grass.

- Facilities: micro-flush toilets, portable toilet dump point, screened cold showers, water taps (not suitable for drinking) are located in the camping area accessed by track 'P' (refer to map).

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

- Generators: not permitted.

Essentials to bring

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

- Enough drinking water for your visit as fresh water is not available at any of the camping or day-use areas.

- A fuel stove for cooking or clean milled timber for use in the QPWS provided fire rings.

- Protective clothing, sunscreen, hat and sunglasses to protect yourself from the sun.

- Insect repellent to avoid mosquito and sandfly bites. Mosquitoes are especially prevalent during the warmer months of the year.

- A portable enclosed toilet system if you are camping in areas without toilet facilities.

- Extra tarpaulins to protect tents and vehicles from flying fox droppings—foraging flying foxes may be encountered at certain times of the year.

• Pets




- Domestic animals are not permitted in the national park or recreation area.

• Generators



- Generators are not permitted anywhere in the national park or recreation area including all camping and day use areas.


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LETTERS TO THE EDITOR



Dear Editor,
I must say that I was taken aback by Karl Steel's missive in your May 5 edition. In my opinion, your Acknowledgement of Country is not offensive and merely a recognition of our great Country's First Nation people, their culture, beliefs and above all, our Nation's history. To see such bigoted and inflammatory views is an affront to the spirit of the Anzac's who Mr Steel seems to assume to speak on behalf of. All credit to your publication for your continued support of the Community and issues of importance.
Yours sincerely

Alan Johnston

Dear Editor,
Another dead rat, this time in the old Patrol ventilation. This ongoing problem is a consequence of people throwing food scraps in the bush in the parks (excuse, the wildlife loves it) instead of binning it and pet owners leaving bowls of uneaten dog/cat/bird food outside.

I have several bait stations outside (the house is well sealed, and all edible waste is promptly binned) and must replenish the baits regular basis.

My real concern is almost all home and vehicle/van insurance policies do not cover vermin damage.

A friend (his son is a mechanic with a dealership) was telling us about a 2yo mid-

range "dead" vehicle taken to the dealership and found rats had chewed the easily accessible under-bonnet wiring. This problem is caused by soy/corn compounds being part of the "biodegradable" insulation in the wiring and some plastic parts in late-model vehicles. The cost of the section of the chewed harness (3) left little change out of \$5000 without labour. This issue is becoming more common as degradable plastics are being used in new vehicles.

There are stories appearing in 4x4 magazines where vehicles are severely damaged by vermin when the owners were bush camping. A bit of a worry with electric cars!!!!

Mal Smith Woorim

Dear Editor,
Thank you for publishing letters with different points of view in your magazine.

I would like to support John Oxenford's opinion on beach driving. We are very lucky to live in paradise/ I think that we have a responsibility to protect it and preserve it for future generations. The significance of the flora and fauna of Bribie Island makes this island very important for all mankind, not just for Australians.

I think the financial benefits of beach driving are overrated. Even if they aren't, what is the money compared to ruined turtle nests? Turtles have been coming to this island for hundreds of thousands of years.

Many of us who have visited Mon Repos to see turtle hatchlings know that this centre brings in a lot of money to Bundaberg. I like MonRepo because it helps to protect the turtles and it

works hard to teach people environmental responsibility.

If you have been to New Zealand, you may know about the famous Milford track. It costs a minimum of \$2500 per person to walk a 53 km track with a backpack, staying in a tent at a walkin' camp. And you have to book a year in advance.

Bribie has a network of campsites. We can use the experience of New Zealand's Milford circuit to bring tourists to the island in a more sustainable way. We can organize guided tours/ hikes of the island. We can use the MonRepo experience to teach people to protect the turtles. And to bring more money to the island at the same time. Bribie is beautiful, and it's up to us to keep it that way.

Kind regards
Elena Telegina

The Editor

As the Coronation of King Charles III takes place, we are reminded of the importance of our system of government here in Australia.

Our Constitutional Monarchy, with its inherent checks and balances of power, has been a tried and true system for over 120 years.

Our Founding Fathers worked on the preparation of the document for about a decade before it eventually came into use on the first day of the 20th Century. They considered the types of governance in different countries, including Canada and the United States, and ultimately rejected the Republican system in favour of

a Constitutional Monarchy. Before the proposed referendum takes place, please take the time to read the short document, The Australian Constitution.

It is not about race.

M Keen
Beachmere

Dear Editor,
Firstly, I would like to thank you for issuing the "Welcome to Country" and second, for your display of courage and fairness of mind in publishing the letter by K. Steel in which he opposes you having done so. In addition, I wonder if K. Steel (and his mates) would like a big bag of balloons to help expend some of that hot air of which they are clearly in surplus? Their indignation and pompous response to your actions are simply laughable. Who is this so-called "advisor"? Who is the "we"? They seriously need to reconsider what it means to be insulted.

As a white, educated Australian woman, K.Steel and his mob don't speak for me and

furthermore, let me tell them what I think is insulting. Two hundred years of colonisation along with the systematic dismantling of the longest continuous living culture in the world and as a result has endured an array of privations such as sickness, death, intergenerational trauma and criminalisation. Australia's First Nations people have fought for this country, and, in many respects, they still are. The diatribe by K.Steel and others like it, are of a tone and content from another time and make no useful contribution to what Australia has yet to become, a fairer place for all.

Dr Carole Rushton

In reply to "Charles at Banksia" questioning the image of a bronze statue used in the 189 Issue concerning natives wearing feathers! please see below.

Aboriginal and Torres Strait Islander Memorial On 27 May 2022, a dedicated memorial to Queensland's Aboriginal and Torres Strait Islander service men and women was unveiled in Brisbane's Anzac Square.

Officially unveiled by the Premier of Queensland Anastacia Palaszczuk and the Lord Mayor of Brisbane Adrian Schrinner, the sculpture is one of only a few memorials to Indigenous veterans in Australia, and was created to honour, respect and remember the Aboriginal and Torres Strait Islander men and women of Queensland who have served and sacrificed their lives for our country.

Cast in bronze, the memorial features life-size figures standing on a 'Journey Stone'. Navy, Army and Air Force are represented alongside Aboriginal and Torres Strait Islander warriors / dancers, depicting a story of embarkation from home via air, land and sea.

The memorial project was funded by Federal, State and Local governments as

well as philanthropists and private sector organisations, working with the Aboriginal and Torres Strait Islander Dedicated Memorial Queensland Incorporated (ATSIDMQI) open_in_new to represent past, present and future Indigenous service, and to bridge 'the culture and traditions of Aboriginal and Torres Strait Islander peoples and their contributions to our shared military history'.

The ATSIDMQI committee worked in partnership with Griffith University, empowering master sculptor Liam Hardy of Sculpt Studios with Indigenous artist and cultural advisor John Smith Gumbula to bring the memorial sculpture to life.

President and Chair of the ATSIDMQI committee, Australian Army veteran and Quandamooka Elder Aunty Lorraine Hatton OAM, noted that 'Queensland being the only state that has Torres Strait Islander Peoples, is another reason the memorial is unique and truly, inclusively Indigenous.'

<https://www.anzacsquare.qld.gov.au/visit/parkland-features/aboriginal-and-torres-strait-islander-memorial>

Deborah Bongaree

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

Dear Editor,

Prompted once again to put this up, by the articles in the April ANZAC Day issue, re 'Australians Together, busting the myth of the peaceful settlement', the article by Col Walker re the shortcomings of the National Anthem, and finally the letter to you by H Beneke, expressing horror as to what it will mean if the yes vote for The Voice does not get up, might I have the temerity to propose the following thoughts and wording..?

Let's face it, the current anthem sucks..! The words are so saccharin sweet and out of date, aside from leaving the indigenous people out, (apart from the gesture of changing 'young' to 'one, are free'), so it's no wonder they do not inspire.

Many have mentioned that great Seekers song as a substitute, and yes, it brings tears to my eyes every time - the current anthem, never..! The ABC features a choir singing it quite often. Wonderful song...! However, (and I'm sure the Seekers would be the first to agree - the

wording would need slight changes to be ideal. Here is my suggested re-work to achieve that. Why not float it out there as a serious recommendation. I can't think anyone could ever come up with a better one. Sing the following in a packed stadium, and there'd not be a dry eye in the house. Suggested wording of new Australian National Anthem, based on "We are Australian". I came from the dream-time, from the dusty red soil plains. I am the ancient heart, the keeper of the flame.

I stood upon the rocky shore, I watched the tall ships come. For forty thousand years I've been the first Australian.

Refrain:

We are one, but we are many
And from all the lands on
earth we come
We share a dream and sing
with one voice:

I am, you are, we are
Australian.

(Re-worked verse 2 as more
appropriate for an anthem)

We came from other places,
some bound by iron chain.

We cleared the land,
endured the dries, and waited

for the rains.

From other lands and peoples
a unique culture we did gain.
With origins from many races,
we all became Australian.

Refrain

We are one, but we are many
And from all the lands on
earth we come

We share a dream and sing
with one voice:

I am, you are, we are
Australian.

Peter Bradley
0411 097 794

For a longer version at special
occasions the original last
verse could be added, followed
by
refrain to end?

I'm the hot wind from the
desert,

I'm the black soil of the plains
I'm the mountains and the
valleys,

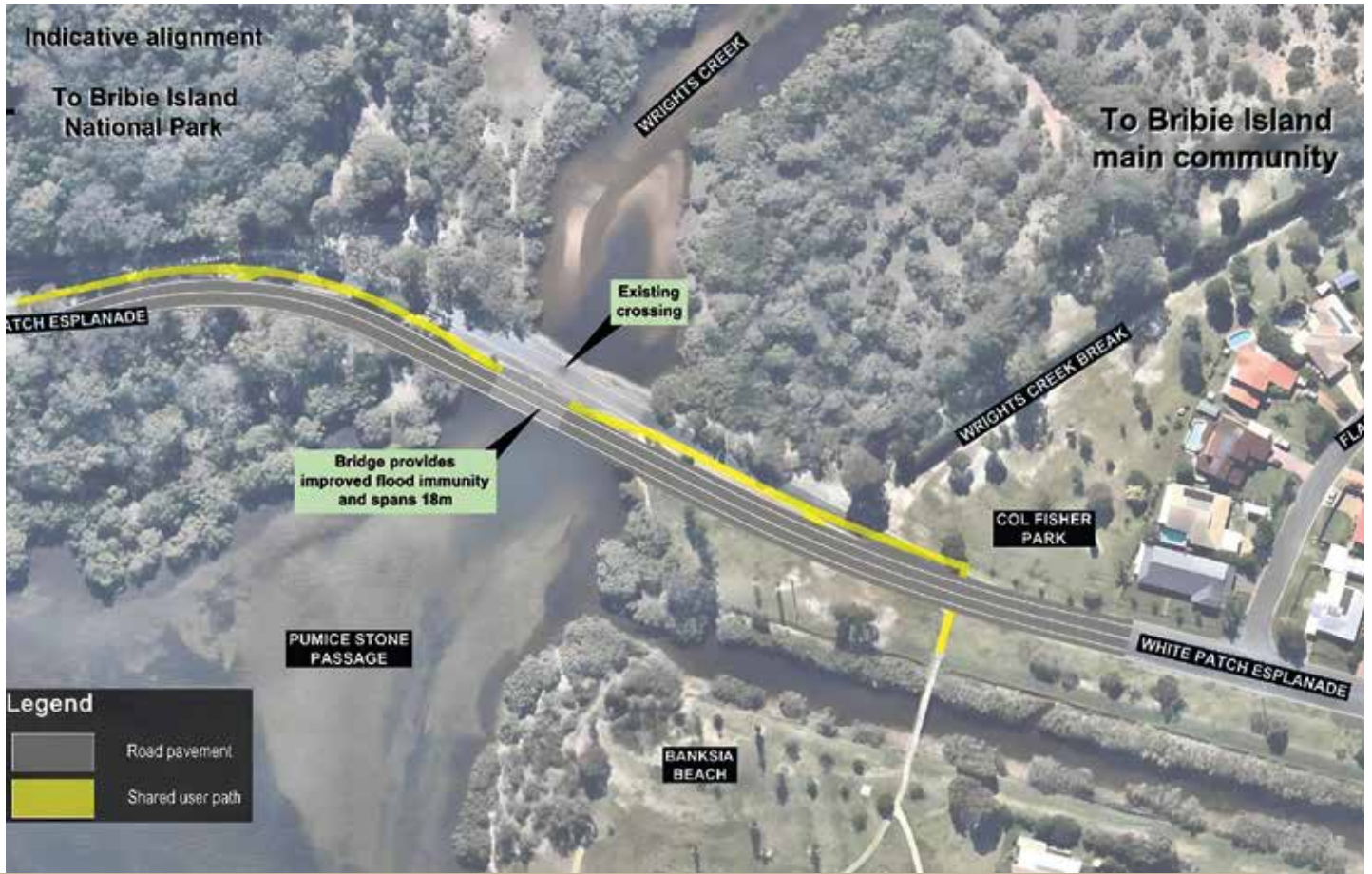
I'm the drought and flooding
rains

I am the rock, I am the sky, the
rivers when they run

The spirit of this great land, I
am Australia

Peter Bradley

Email to
editor.thebribieislander@gmail.com



New creek crossing for flood-affected community

The small community of White Patch is one step closer to being reconnected to the rest of Bribie Island for good after the Council awarded a tender for the concrete deck that will form the base of a new bridge over Wrights Creek.

Mayor Peter Flannery said it comes after the previous crossing was a causeway that was swept away during the devastating floods of February 2022, leaving residents cut off from the rest of Moreton Bay. *"The people of White Patch have been through enough uncertainty since February 2022, so I'm glad Council can get on with building a bridge that will improve the flood immunity and resilience of the crossing,"* he said.

"White Patch was the first community I visited during the floods to see how we could help them and the resilience and patience they showed was incredible considering the circumstances.

"Council and the SES transported supplies into the isolated community by boat, while we got to work constructing a temporary causeway which was up and running within 96 hours of the original structure being swept away.

"That temporary solution has served the community well, but this new bridge will be a more permanent structure that will stand the test of time and provide more certainty for the people of White Patch over the long-term.

"This project is thanks to the Australian and Queensland Governments' Disaster Recovery Funding Arrangements which has fully funded the project in response to last year's floods.

"Council is currently working with the State and Federal Government's to finalise approval applications for the construction of the bridge,

with the aim to complete it by June 2024."

Pumicestone MP Ali King said it was great to see recovery works continue on White Patch Esplanade Bridge and Road Construction project.

"The Queensland Reconstruction Authority (QRA) has committed an amazing \$8.9 million for the White Patch Esplanade Bridge and Road Construction works through the Disaster Recovery Funding Arrangements," she said.

"Both the Queensland Government and the Federal Government are committed to helping Moreton Bay residents get back on their feet as quickly as possible, and thanks to the Council who've done amazing work to support the people of White Patch since the floods last year.

"It shows that no community is too big or small when it comes to disaster recovery support.

I can't wait to see the works finally completed for White Patch residents who've already been through so much."

Councillor Brooke Savige said she was pleased to see all three levels of government working together to provide a solution for White Patch residents.

"Procuring the precast concrete bridge deck units ahead of the construction was a vital step to ensure the build is as smooth as possible, so Council can get on with the job of delivering a new bridge for the people of White Patch," she said.

"We have already received \$2.4 million of the total funding from the QRA to keep this project ticking along, which we are incredibly grateful for.

"This is also a win for the environment, because a bridge will allow the creek to flow more steadily than the previous causeway.

CRIME REPORT

BRIBIE ISLAND WRAP

MAY 2023



www.mypolice.qld.gov.au/moreton

Got an old phone? Donate it now

Did you know that your old phone could save a life? DV Safe Phone collect, repurpose, and gift mobile phones to victims of Domestic and Family Violence (DFV).

Stations across the Moreton District are now drop zones for any of your old mobile phones that you may wish to donate. Senior Sergeant Andrew Himstedt, Officer in Charge of the Domestic and Family Violence and Vulnerable Persons Unit and Administration, and Kristy Davidson, project officer from the Domestic and Family Violence High Risk Team, have been distributing phones and donation boxes across the district this week. "Moreton is pleased to be one of over 230 frontline agencies involved in the distribution of safe phones.

We hope that these phones provide people with a lifeline so that if needed they can make a life changing, lifesaving call for assistance", Senior Sergeant Himstedt said.

You can donate your old phone at stations located in Caboolture, Mango Hill North Lakes, Burpengary and Deception Bay. It is important that you prepare your phone correctly before donating, to find out more visit DV Safe Phone.



If you or someone you know is experiencing domestic and family violence, you should report it to police. Support and counselling are available from the following agencies:

- DVConnect Womensline: 1800 811 811
- DVConnect Mensline: 1800 600 636
- 1800 RESPECT: 1800 737 732

More information is also available from the Queensland Government Domestic and Family Violence portal.

From Steven's Dad, Jeff Tougher:



It's 3am and your newborn is coughing and turning blue...who you gonna call? Your elderly mum is lying in a crumpled heap after slipping in the shower...who you gonna call? You feel a biting pain in your chest...who you gonna call?

Well as of 14/4/23 there's one less angel of mercy to answer your call. Snatched away from the life he loved. People ask me if there's anything I need. Well, there is. I need your support. I need your voice. I need you to back me in a bid to advocate for Stronger laws to protect these people who serve the community with such passion and dedication. Laws like mandatory life sentences for killing anyone in the line of duty. A mandatory prison term for assaulting these people.

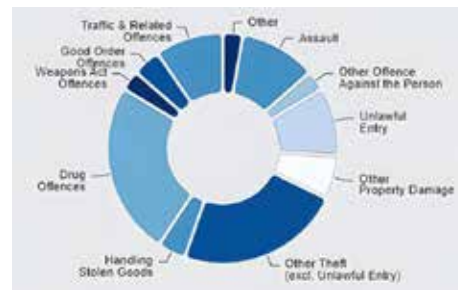
I'm asking for these laws to protect the service community, so they don't have to look over their shoulder while they are performing CPR on an unconscious baby.

If these sentences make a potential psychopath think twice, then somebody gets to go home to their family and kiss their kid's good night. Obviously, there is no way to quantify if they work or not but what possible harm could their existence have.

If you are appalled by what has happened to my son, then use that energy to support me on this quest for a safer workplace for all service workers. Ambos, Teachers, Nurses, Firemen, Police, and Defence personal. The very fabric of a safe society needs to know that they are protected by these laws.

And lastly please advocate for them to be named **STEVEN'S LAW**. We cannot let the anguish that we feel, be wasted as frivolously as was my son. It's hard to see through the tears right now but I look forward to making this world a better place just like my boy has done. In love and light. Please share this to everyone. I love you all.

Sponsor Stevens https://www.change.org/p/stevens-law/psf/promote_or_share
Law (change.org)



83 Offences

16 APR 2023 — 15 MAY 2023

Other 2
Assault 9
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Other Theft (excl. Unlawful Entry) 20
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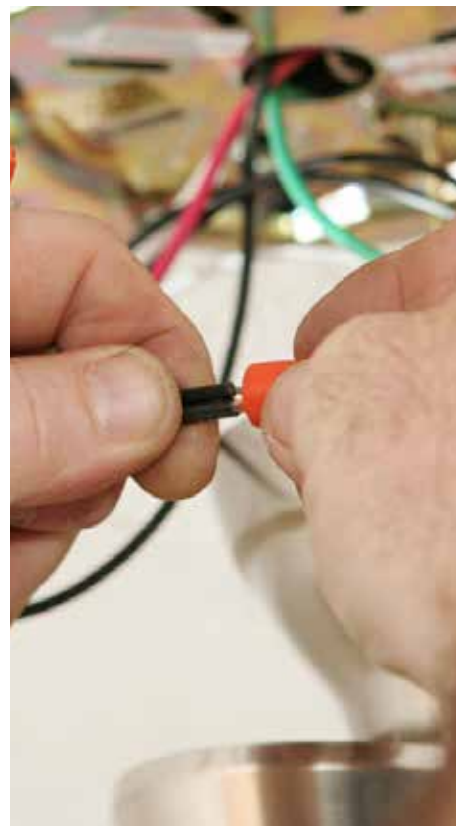
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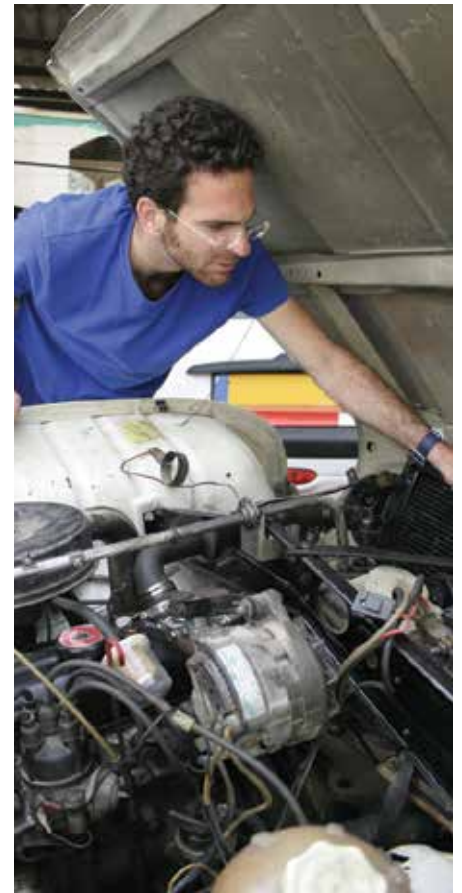
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