

A scenic photograph of a large tree at sunset by a lake, with a bench in the foreground. The tree is the central focus, with its trunk and branches silhouetted against the bright orange and yellow sky. The water in the lake is calm, reflecting the colors of the sunset. In the foreground, a wooden bench sits on a paved area. To the right, a street lamp is visible. The overall mood is peaceful and serene.

The Bribie Islander

AND DISTRICTS
COMMUNITY
MAGAZINE

ISSUE 193 JUNE 16, 2023

DELIVERED FREE FORTNIGHTLY

HEAT UP YOUR WINTER

NEWTON 3-IN-1 EXHAUST FAN \$89

- Longlife ball bearing Air Extraction: up to 500m³/hr (139l/sec)
- Change colour temperature from 3000K, 4200K or 6000K
- Available in White or Black



3A 3-IN-1 BATHROOM HEATER FROM \$129

- High Energy Efficient
- Low Noise
- Instant Infrared Heat
- 10W 4000K LED Downlight



70+
FANS ON
DISPLAY
IN STORE

SOLACE 4-IN-1 HEATLAMP \$199

- sleek black or white trim finish
- 900 lumens from the advanced energy efficient 12w LED panel



NEWTON 3 IN1 BATHROOM MATE \$135

- Newton 3-in-1 Bathroom Mate
- 1 x R63 9W 4200K LED
- Suits 4 x R125 Heat Globes



TABLE LAMPS



MARVEL 3-IN-1 BATHROOM \$335

- Longlife ball bearing Air Extraction: up to 500m³/hr (139l/sec)
- Change colour temperature from 3000K, 4200K or 6000K



MARTEC HEATED DOWNLIGHT \$69

- Instant Powerful Infrared Heatlamp
- Slimline profile
- Non dimmable
- 2700k warm white



CEILING FANS

AFFORDABLE, ENERGY EFFICIENT

LAGUNA 48 ABS FROM \$99

Available in 2 sizes

Black or White, 6 year Warranty



PRESTON 3 BLADE DC 48 INCH \$265

Light option available. White or Black



SKY FAN 3 DC 48 INCH FROM \$299

Available in 3 colour options



DESK LAMPS

FROM \$5



THE KIRRA 100 INCH \$1424



SANTA CRUZ FAN 52 INCH \$299

Available in Matt Black or White



VECTOR II 48 INCH AC \$189

Available in 48 & 52 inch. Light option available



PENDANTS



WIDE RANGE TO CHOOSE FROM

LAMP SHADES



20%* OFF

Transform and personalise your space easily with lampshades

FREE LIGHTING DESIGN ADVICE WITH OUR INSTORE CONSULTANT. CALL IN AND SEE US TODAY



LOCK SHUT SECURITY SCREENS



PIVOT ARM AWNING



CURTAINS



AUTO ROLL UP BLINDS



TEMPO ALUMINIUM SHUTTERS

ENTIRE RANGE

50% OFF

UNTIL JUNE 30*



ALTO POLYRESIN SHUTTERS



AWNINGS



ROMAN BLINDS



ZIPSCREENS



Transform your indoor & outdoor spaces today!

WHY FACTORY DIRECT?

Professional service and advice at the best price. And as you see, we have a truly extensive range of shutters, awnings, blinds and curtains. Call and talk to one of our local, friendly team members today.

*Offer valid until June 30th 2023. Excludes interest free finance.



FACTORYDIRECT

shutters, blinds, awnings, curtains & security

CALL US TODAY ON 1300 077 125 | www.factorydirect.com.au

193

June 16, 2023

Cherrie Wilson
EDITOR | GENERAL MANAGER
on 0448 694 507
editor.thebribieislander@gmail.com

Michele Doran
ADVERTISING MANAGER
on 0448 448 457
sales.thebribieislander@gmail.com

Debbie Hunter
GRAPHIC DESIGN
design.thebribieislander@gmail.com



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.



Cignall
SPECIALIST TOBACCONIST

**OPEN 7 DAYS
A WEEK**

SHOP 3/31 Benabrow Ave, Bellara



- Security Screen Doors & Windows Sales and Installations
- Glass Door Services
- Screen Door Locks and Handles
- Pet Doors
- Roller Replacements
- Fly / Pet / Midge Screening



IN-HOME CONSULTATIONS, WE COME TO YOU.
Call now for a free quote!
Phone: **0455 395 621**
www.interlocksds.com.au

The BIG Queenslander

Pie of Origin
\$29.95 Pack
normally up to \$45.75

4 x Big Qld'er Pies + 6 x Snack Pies
(LIMITED TIME ONLY)

Gluten Free Alternative Options available

\$5 will be donated
to the Qld Children's Hospital from every pack sold

20% BIGGER & BEEFIER

Hand in coupon in-store to redeem offer. Not valid with any other offer. Valid to Thursday 29th June 2023.

EST. 1997 **BEEFY'S**
FAMOUS AUSSIE PIES

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



B290623



FORGOTTEN TRADITIONS

12



RIDE FOR RED

16



NEIGHBOURHOOD WATCH NOW IN OUR MAG EVERY MONTH!

68

Welcome

Dear Readers,
Welcome to edition 193! This edition we have some fantastic stories about donations to community groups etc, new businesses opening and of course, our regular features, so make sure you check them out!

I am going to bring up a hot topic for a minute. There seems to be a lot of chatter about the Aboriginal and Torres Strait Islander Voice referendum. To be quite honest, I don't know much about it. All I know is, we are a country that welcomes and accepts cultures from around the world, wouldn't it be lovely if there was no divide? That we all are just a melting pot of traditions that become one people, accepting each other as we are, human beings. I Don't watch

the news anymore, there is too much grief and seems to be nothing positive to report on. To be honest I really wish we could all put our differences aside, treat people with dignity and respect and all work towards a better life for all. As Louis Armstrong once sang, what a wonderful world, it would be, have a look around you, the beautiful place we live, and you cannot help but to sing these words in your head... I'll leave you with those lyrics....

Until next time,
Take care, stay safe,

Cherrie

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself what a wonderful world

I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself what a wonderful world

The colours of the rainbow so pretty in the sky
Are also on the faces of people going by
I see friends shaking hands saying how do you do
They're really saying I love you

I hear babies crying, I watch them grow
They'll learn much more than I'll never know
And I think to myself what a wonderful world
Yes I think to myself what a wonderful world

CONTENTS

Crime Report.....	69
Crosswords.....	38
Fishing Report.....	62-63
History.....	34
Kids Page.....	37
Letters to the Editor.....	70-71
Market Times.....	33
Meet Your Local Tradie.....	58-59
Nature Page.....	39
Pet Pages.....	40-41
Recipe.....	31
Sports Pages.....	42-43
Tide Times.....	63
Trades And Services.....	72-79
VMR.....	66-61

CONTRIBUTORS

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

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





CELEBRATING **13 YEARS** OF VISIONARY CARE:



SALE

Birthday!

UP TO 50% OFF SELECTED FRAMES*

CALL US OR BOOK ONLINE

(07) 5432 3077

WWW.EYEENVOPTOMETRIST.COM.AU

SHOP 56A, MORAYFIELD S/C,
171 MORAYFIELD RD, MORAYFIELD QLD 4506

UP TO
**50% OFF
FRAMES***

A TESTAMENT TO LOCAL OWNERSHIP IN OPTOMETRY

In an age of commercialisation and conglomerates, it's increasingly rare to find locally owned businesses that have stood the test of time. One such remarkable establishment is Justin and Alayna's Optometry practice Eye Envy Optometrist, which has been providing exceptional eye care services to our community for an impressive 13 years. As we celebrate this milestone, it is worth reflecting on the unique qualities that set this family-owned clinic apart, and the invaluable contributions it has made to the local optometry landscape.

A COMMITMENT TO PERSONALISED CARE:

At Eye Envy Optometrist patients are not just numbers; they are treated like family. From the moment you step through the door, the warm

and friendly atmosphere is palpable. Justin and Alayna, with their expertise and dedication, have fostered an environment where patients feel comfortable and well-cared for. Their deep understanding of the community's needs allows them to provide highly personalized care, tailoring solutions to individual patients' visual requirements. This commitment to putting patients first has undoubtedly been a driving force behind the clinic's longevity and success.

BUILDING TRUST, ONE EYE AT A TIME:

Trust is the foundation of any successful Optometrist and Justin and Alayna have spent over a decade cultivating unwavering trust among their patients. Their dedication to transparency, integrity, and professional ethics is evident in every aspect of their practice. By keeping up with the latest advancements in eye care and technology, they have earned a reputation as trusted experts in the field. Patients can rely on the clinic to provide accurate diagnoses, effective treatments, and an honest, patient-centered approach.

SUPPORTING THE LOCAL COMMUNITY:

Eye Envy Optometrist isn't just a business; it's an integral part of our community. Over the past 13 years, the clinic has actively participated in various local initiatives, from supporting schools with vision screenings to partnering with charitable organisations to offer free eye care services to those in need. Their commitment to giving back is a testament to their genuine care for the well-being of the community they serve. By supporting a local business-like Eye Envy Optometrist, we are investing in the prosperity and vitality of our own neighbourhood.

CONTINUING THE TRADITION OF EXCELLENCE:

Eye Envy Optometrist celebrates 13 successful years, they are not resting on their laurels. They are committed to maintaining their clinic's reputation for excellence while embracing innovation and adapting to changing trends in optometry. By staying at the forefront of the field, they ensure that patients receive the best

possible care, backed by the latest research and technology. This dedication to ongoing improvement guarantees that Justin and Alayna will continue to be a leading provider of vision care in our community for years to come.

Eye Envy Optometrist stands as a shining example of the power and impact of locally owned businesses. Their unwavering commitment to personalised care, trust, and community support has been the cornerstone of their success over the past 13 years. As we celebrate this milestone, let us not only recognise their accomplishments but also acknowledge the immense value of supporting family-owned establishments in our community. In an era dominated by impersonal corporations, Eye Envy Optometrist remains a beacon of exceptional eye care, reminding us of the power of local ownership and the remarkable contributions that can be made by dedicated professionals who are deeply rooted in the communities they serve.



HALF HEAD FOILS \$99

15% OFF ALL SERVICES WHEN BOOKING ONLINE

ecovillage HAIR

TRADING HOURS:
Mon, Tue, Wed, Fri, 9 - 4
Thu 9 - 7 Sat 9 - 1
Sunday: CLOSED

1/17 First Avenue, Bongaree Bribie

PHONE 3408 3269

afterpay f i



NINGI PHARMACY

FREE PRESCRIPTION PICK UP & DELIVERY BRIBIE & NINGI

PHARMACY
MON - FRI 7:30am - 7:00pm
SAT - SUN 8:00am - 1:00pm

NORMAL PRICE \$10.95

OUR PRICE \$8.95

\$2 SAVINGS PANADOL OSTEOPAIN

OPEN 7 DAYS
MON - FRI 7.30AM - 7PM, SAT - SUN 8.00AM - 1PM

CALL US PH 5497 6644
1421 Bribie Island Rd Ningi



MINI
FRESHEN UP
Mini lip plump, ½ ml of filler
lip flip, & x2 areas
of antiwrinkle

\$469

CHEEKS
x 2ml premium filler
Plus a Dermaenergy skin serum
valued at \$69

\$799

“BIG” Bribie Island Glow
facial treatment PRP & Skin Needling
will have your skin cells glowing.

Don't waste your \$\$'s on regular skin needling,
come and try our PRP Platlet rich plasma skin
needling treatment. We use your own biology
to stimulate cellular activity, best results
3 treatments 1 month apart

\$350

Call us on 0423957558 or book online
<https://bookings.gettimely.com/me59/bb/book>

Lisa: 0423 957 558

Shop 2/21 First Ave,
Bongaree. Bribie Island

BUSINESS HOURS:
Wed 9 - till Late | Thu 10 - till Late
| Sat 9 - Later



FOREVER VEE

Say goodbye to Mascara, Lash Curlers or Lash Extensions, and with a YUMI™ Keratin Lash Lift, wake up feeling Amazing!

WHAT IS A YUMI™ KERATIN LASH LIFT?

It is the ideal way to enhance the natural beauty of eyelashes in a painless, safe, and non-invasive way. This high-quality lash lift solution works by boosting and lifting each individual lash to its full natural potential, combined with tinting the lash to give the illusion of thickness; it gives your eyelashes the perfect curl and lift, and an "open eye" look. Your eyes will look brighter, youthful, and glamorous with this lash lift treatment

NOT ALL LASH LIFTS ARE EQUAL!

• One of the many ways we differ from other Lash Lift systems - Our hero ingredient -

Keratin - Inside YUMI™ products is where science meets beauty. Keratin is a naturally occurring protein present in our hair, nails, and eyelashes. However, our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age.



• Additionally, applying a Lash Serum to your eyelashes will help keep your eyelashes strong, soft, and healthy - making the lash curl last even longer. The Yumi™ Keratin Nourishing Serum or Yumi™ Biotin Serum is recommended, and is available to purchase at appointment.



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

• **GIFT VOUCHERS** are available, and a Great idea for Birthdays and Special Events **The YUMI™ Keratin Lash Lift - also includes an Upper Lash Tint and Keratin Nourishing Treatment - All Just for \$99!**

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

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



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

FOREVER VEE

YUMI Keratin Lash Lift

Is a lash-boosting treatment giving your natural lashes length, height, volume and shape, as well as a tint to make them look bolder and more defined. Enhanced with Keratin.

Naturally complementing your eyes in the most powerful way



\$99 Includes: Lash Lift, Upper Lash Tint & Keratin Nourishing Treatment (Lash lift lasts 6-12 weeks)

Vanessa Taylor
0412 273 530

Forever Vee
@Vanessa.taylor.forever.vee





SERVICES AVAILABLE

- Anti Wrinkle
- Dermal Fillers
- PDO Threads
- Free consultations
- PRP (vampire facial)
- Lifting Threads
- Available Wednesday, Thursday and Saturday



WHEN YOU LOOK GOOD YOU FEEL GOOD AT AFFORDABLE PRICES

Lisa: 0423 957 558 | Shop 2/21 First Ave, Bongaree
 Book Online www.ljaesthetics.com.au

BUSINESS HOURS:
 Wed 9 - till Late
 Thu 10- till Late
 Sat 9 - Later




- Skin Rejuvenation & Correction
- Permanent Hair Reduction
- Skin Firming & Tightening
- Acne Treatment
- Laser Skin Resurfacing
- Hydra/Aqua Facial

- Skin Needling
- Microdermabrasion
- Cosmetic Tattooing
- Cosmetic Injectables
- Facials And Skin Peels
- Pigmentation Correction

WAXING, TINTING AND MORE !

Bribie Harbour Shopping Village
 Shop 14, 25 Sunderland Dv, Banksia Beach
enquiries@qldcosmeticclinic.com.au | www.qldcosmeticclinic.com.au

07 3410 7710  facebook.com/QLDcosmeticclinic





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 IMMUNITY

After a period of being unwell it can be difficult to shake off the fatigue that can continue for weeks on end after other symptoms have subsided. This is known as post infection fatigue and is often a reflection of a weakened immune system. Sometimes when symptoms such as muscle aches and heaviness, joint pain, sore throat, headache, cough, and fever seem to have abated and recovery is on the horizon, we can easily be knocked back down with extreme fatigue or exhaustion – a sign that the immune system needs some tender loving care. Acupuncture and Chinese medicine can be powerful yet natural methods in strengthening the body's immune defences. According to studies published in the National Centre for Biotechnology Information, acupuncture can help regulate the immune system by increasing the body's

immune cells, including red blood cells, white blood cells, and T-cells, as well as reducing inflammation in the body. As such, acupuncture is not only a great way to proactively boost your immune system but also help rebuild it after a bout of illness. From a Chinese medicine perspective, post infection fatigue is a result of a "lingering pathogen" that has not been completely expelled from the body - hence the persistent nature of intermittent symptoms. With our immune system facing challenges though everyday life, it can be difficult to sustain normal daily activities when your health is not yet up to par. Just like a plant needs water and fertiliser for nourishment, our bodies need its resources constantly replenished to defend against further infections. Acupuncture and Chinese herbal medicine can help stimulate the immune system to rid the body of lingering pathogens and restore healthy body function.



bribie acupuncture



GUA SHA, CUPPING & MOXIBUSTION FOR IMMUNITY

In addition to acupuncture other Chinese therapeutic techniques such as 'gua sha', cupping, and moxibustion can be used to help boost immunity:

- 'Gua Sha' is a type of friction massage that is used for many conditions in Chinese medicine. Though the technique is commonly used for musculoskeletal issues - sometimes called instrument assisted soft tissue mobilisation (IASTM) or in recent times trademarked as Graston Technique, and even used as part of cosmetic acupuncture or facials, gua sha has been used for thousands of years in Chinese medicine to stimulate circulation of oxygenated blood and increase lymphatic circulation and drainage to allow the body to more effectively flush toxins.

- Cupping is like an inverse massage which lifts, separates, and stretches the body (as opposed to massage, which pushes into the body) to allow blood and lymph fluid to flow more easily. Like gua sha, cupping is commonly used for musculoskeletal issues, but is also effective in increasing

immunity and reducing any lingering congestion or body aches.

- Moxibustion is a technique which involves external use of the herb mugwort (also known as moxa), which facilitates healing and is used to boost low immunity. Moxa helps nourish and rebuild the body, especially important when resources are deficient.

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).





PIÑA COLADA

**WINTER BOOTS JUST ARRIVED
BE QUICK SELLING FAST!**

FREE SCARF
with every boot purchase mention this ad

FREE SCARF with every full price purchase when you mention this ad offer ends 30/06/2023

37 Benabrow Ave, Bellara

mojito

ladies clothing & shoes

WINTER
PONCHOS \$49



**Bribie Island shopping Centre
(Next to Target)**



7 OLD TRADITIONS THAT WE NEED TO BRING BACK

As a society, we've lost touch with small, yet important expressions of respect for one another. We need to break out of the mindset of "me," and return to thinking of others before ourselves. You'll find that once you do, your needs will be met. Here are seven old traditions we've lost as a society that we should bring back!

Letters: There's nothing like a handwritten note. It's even better when the outside is designed by the author. It's incredibly personal and filled with love. It's much more sentimental than the store-bought cards. Include a heartfelt message to make that piece of paper the most valuable thing the recipient owns.

Dressing Smartly: There used to be a standard of dress that was customary in public. Everyone took time and care of their appearance. You don't have to spend excessive amounts of money on fancy suits, but it is nice to try to put your best foot forward and take pride in your appearance.

Maitre d's: Restaurants used to have someone at the door who was dedicated to your experience. They took care of your every need and anticipated what you wanted before you could ask for it. Typical wait staff is great, but the maitre d took pride in their jobs and had exquisite customer service.

Bringing A Meal to A Friend in Need: It used to be customary to bring a hot cooked meal over to a family who was in need. Whether they just lost a loved one, welcomed a new baby, or moved, it was normal for people to care for each other by taking the burden of cooking off their plates. We should go back to caring for people by serving each other when we need it most.

Manners: It used to be that it was unheard of to speak to someone else without addressing them as Miss, Ma'am, Sir, or Mister. Nowadays, it's a rarity. Manners don't cost you anything and it shows respect to others around you. Saying a simple thank you can tell a server that you appreciate the work that they do. You'll get farther in life with politeness rather than

barking at someone.

Sitting Through A Whole Dinner: Dinner etiquette is a dying art form. Stay seated for the entire duration of the meal, keep your elbows off the table, and take your time enjoying the meal. Most importantly, put the phone away. Have a genuine conversation with those sitting around you.

Singing Songs to Your Love: Men used to chase after women with songs, poems, and chivalry. It's not often that you'll see a man sing to a woman he adores. We should bring back romance into our relationships. Tell and show each other how much we love each other even years down the road.

We may have lost these traditions as a society, but that doesn't mean we should forget them forever. Change your thought process to think of ways to show others that you care for them. Treat everyone that you meet with the utmost respect, and you'll find yourself surrounded with close friends that also care for you.

GET TO KNOW ME

Nrglife is aptly named after natural life energy.

An Australian owned business based in Ningi Queensland created through a passion for beautiful natural soy candles.

I (Raquel) have made many dreams a reality and I was a very busy and successful wedding and event decorator and gift specialist in the Hunter Valley NSW for many years.

My attention to detail saw me taking out many acclaimed awards within the industry.



Experienced Instructor



CANDLE MAKING WORKSHOP

NEW in home studio
NINGI QLD
Only **\$125**

EVERYTHING YOU NEED TO KNOW TO MAKE SUCCESSFUL CANDLES FROM HOME!



GREAT TAKE HOME VALUE:

- Two glass candles; your choice to match your taste and décor.
- One travel tin candle.
- Two wax melts.
- Includes soy wax, wicks, wick stickers, caution stickers, fragrance.
- Instructional workbook, great links plus hints and tips (sent via email).

0428 811 124

nrglifeproducts@gmail.com

www.nrglife.com.au

[nrglifeproducts](#)  

PLEASE JOIN ME FOR MY

BOOK LAUNCH



14TH JULY 2023
6PM - 8PM

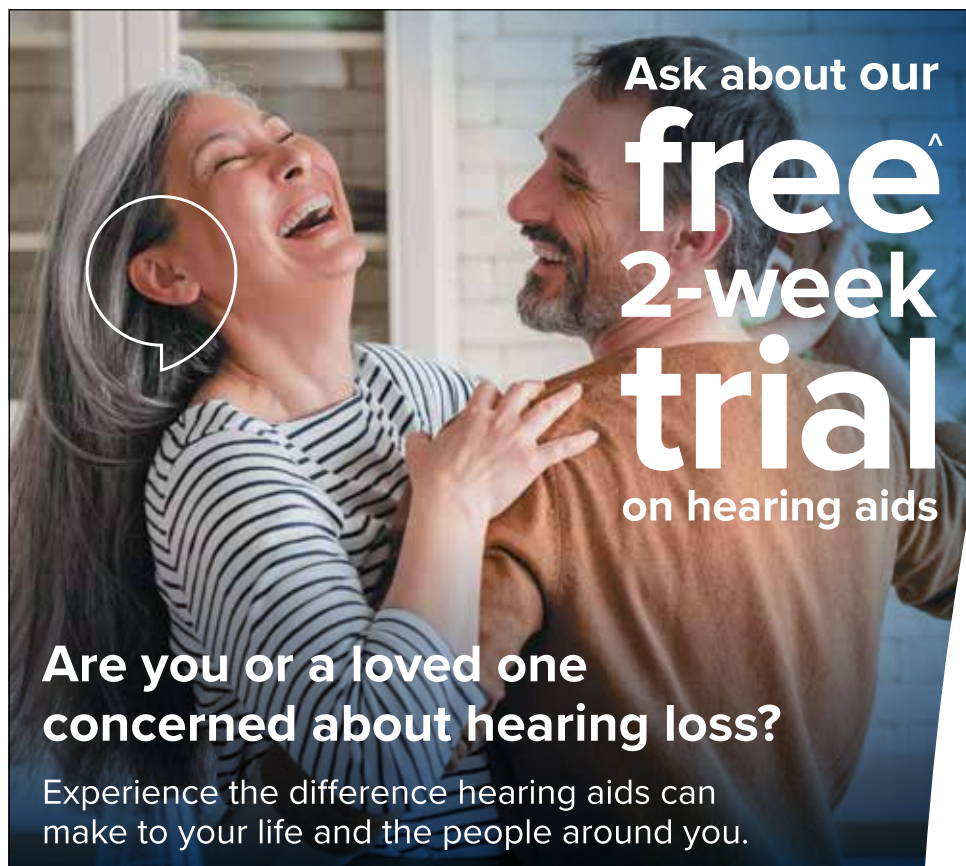
CABOULTURE HUB
LEVEL 1
4 HASKING STREET,
CABOULTURE

RSVP → 



DEALING WITH OILY SKIN: A FEW ROUTINES TO BUILD

Oily skin can be inconvenient and challenging to manage, especially during warm weather. Sweat and the natural oils produced by the skin often become trapped beneath a layer of oil and dirt, leading to clogged pores, blackheads, whiteheads, pimples, and other forms of acne. On top of this, it is well-documented that excess oil on the skin's surface can increase the risk of developing infections when bacteria come into contact with these areas. Fortunately for people with oily skin, the commonality of the problem means there are plenty of solutions to copy. Chief among them are these routines to build for your life



Ask about our
**free[^]
2-week
trial**
on hearing aids

**Are you or a loved one
concerned about hearing loss?**

Experience the difference hearing aids can make to your life and the people around you.



Love your ears.
Book your free*
hearing check at
Audika.com.au or call
1800 432 746

Audika
Hearing Clinic

[^]Eligibility for and exact hearing aid model selected for the trial is dependent on the hearing and lifestyle needs determined at the discretion of our qualified clinicians. For full Terms and Conditions visit audika.com.au/tryhearing-aids-for-free. * Free hearing check is for adults 26 years and over. THIS PRODUCT IS NOT AVAILABLE FOR PURCHASE BY THE GENERAL PUBLIC WITHOUT A CONSULTATION WITH A HEARING HEALTHCARE PROFESSIONAL.

Skincare Routine

Skincare is essential to any individual's life, and that holds especially true for those with oily skin. Taking the time to understand your skin type and what works best for it is the first step in managing your oil production and promoting healthier skin. A well-rounded skincare routine should include a cleanser, toner, moisturizer, facial powder, and sunscreen.

Cleanser

Cleansers are designed to remove dirt, impurities, and excess oils from the skin's surface without over-drying or stripping away natural oils. Choose a mild cleanser with alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), as these can help break down excess sebum on the skin's surface. Finding one that won't cause irritation or overly dry out the skin is essential.

Toner

Toners are used to balance out the pH level of your skin and help close pores after cleansing. Toners with witch hazel work

well for people with oily skin because they can reduce inflammation while helping to absorb excess oil.

Moisturizer

Moisturizers help compensate for any moisture lost during cleansing and toning since they can lock in hydration without increasing oil production on the face. Please look for lightweight formulas designed specifically for oily or combination skin types. They typically contain humectants like hyaluronic acid, which can help keep your face feeling hydrated without being greasy.

Facial powder

Facial powder for oily skin will also be vital because it helps control shine and absorbs oil. It can also help create a matte finish if you prefer to avoid the shimmery look caused by facial oils.

Sunscreen

Finally, sunscreen is essential to any skincare routine, regardless of skin type. Choose one specifically formulated for oily or combination skin types because they tend to be

lighter on the face and won't clog pores.

Perspiration Management

Sweat is another challenge for oily skin because it mixes with the natural oils produced on its surface, leading to a greasy look and feel. To prevent this from happening, consider wearing breathable clothing made of natural fibres like cotton or linen that can help wick away sweat and reduce irritation. Invest in oil-absorbing sheets as well; they are explicitly designed to absorb excess oil without disrupting makeup so you can stay looking fresh throughout the day. Additionally, be sure to take regular showers-but not too hot! Hot water strips away essential oils on the skin's surface, which can lead to further dryness and increased oil production.

Dietary Changes

There is also evidence linking certain dietary habits to increased oil production. Eating a healthy diet full of fresh fruits and vegetables, whole grains,

legumes, and lean proteins can benefit those with oily skin because it helps maintain healthy hormone levels that can reduce sebum production on the face. Avoiding processed foods high in trans fats, sugar, and refined carbohydrates is also essential for keeping your skin looking its best.

Dealing with Oily Skin

Lastly, reducing alcohol intake has been linked to improved skin health, as drinking alcohol often increases inflammation and leads to dehydration-two things that are not conducive to keeping oily skin at bay.

Final Thoughts

Oily skin can be tricky to manage, but with the proper skincare routine and dietary changes, you can keep it under control. Please remember that these tips are only a starting point; you can experiment with different products and patterns until you find one that works best for your needs. With persistence, patience, and practice, you'll enjoy healthier and more vibrant skin in no time.

AESTHETIC MEDICINE

Dr Mansood Khan MBBS (Hons) FRACGP

Fellowship of International Academy of Advanced Aesthetic Science.

Will commence cosmetic assessments and customised treatments: From 03/06/2023
 Antiwrinkle injections (forehead, brow, crows feet, jawline masseter, eyebrow lift, droopy lip, neck refining etc.), and dermal fillers (facial volumisation, lips, neck, hands, angle of mouth etc)
 PRP stem cell skin conditioning and tear through plusmicroneedling (vampire facial).
 Also, activated PRP for Knee Arthritis. especially for people awaiting surgery, being unsuitable for surgery, not able to take pain killers; but want improved pain relief and mobility.
 Only premium products used (France, Belgium, Swiss) All treatments customised by physician.
 All treatments customised by physician @BELLARA FAMILY MEDICAL PRACTICE.

All treatments customised by physician.

Text/message 0426 027 860 for appointment.

Calls and texts will be replied to on the same day.

Trading Hours: Mon – Fri 8am – 5pm Sat 9am – 12pm

35 Benabrow Avenue Bellara 4507

0426 027 860



Gronks Social Riders Club is revving up their engines once again for a good cause. The club is showing their support for Cancer Council Queensland's Do It For Cancer Campaign by hosting their annual charity event, Ride for Red, on September 30th. This marks the seventh year of the event, which aims to raise funds for cancer research and assist those affected by the illness.

Since the Ride for Red's inception in 2017, the event has raised around \$45,000 for the cause. The club was inspired to start the event after losing a close friend to brain cancer. They have since made it their mission to give back to their community and support those fighting cancer.

Gronks Social Riders Club extends their heartfelt thanks to all their supporters in the past years, as well as to this year's sponsor, Geoff Cavanagh from Wamuran Timbers.

Riders and cars will assemble at the Big Fish Ampol Service Station Caboolture at 8:30am before departing at 9:00am to kick off the charity ride. The first stop will be at the Peachester Café Bakery for coffee and the first raffle, followed by a \$15 lunch at the Dag Pub. Participants will then depart for the Bribie Island Hotel for the final leg, where a \$25 dinner will be served. The hotel will also be the venue for auctions, multi-draw raffles, and the drawing of the major raffle, which is kindly donated by Hervey Bay Tourist Centre & Hervey Bay Discovery Park.

The major raffle prize includes a Whale Watch Half Day Tour for two adults along with a 2-night stay in a Deluxe Safari Tent with Discovery Parks, Hervey Bay for first prize, and a \$50 gift card for second prize. Tickets for the raffle will be available for

purchase at the Cancer Council Markets in Brennan Park, Bongaree on Sunday August 6th, and at the final stop, Bribie Island Hotel.

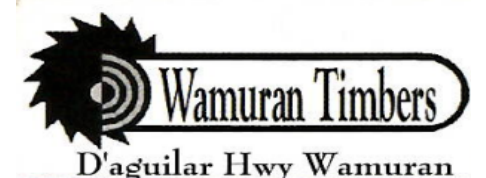
In 2017, the very first Ride for Red had 27 bikes and 6 cars participating, raising just over \$1600. In 2020, 69 bikes and 10 cars helped raise \$9010, and last year in 2022, 50 bikes including cruisers, sports bikes, adventure bikes, and trikes, along with 10 cars of supporters raised \$8000. The event saw riders travel from as far as Ayer, Bundaberg, and Sydney, and supporters ranged in age from 13 to 78 years old.

Organiser Gary Blake said "The Ride for Red is a fun day and is the best way he could think of to remember a great mate and raise funds to hopefully find a cure for cancer. Everyone has been touched by this horrendous illness and what better way to help than to jump on your bike, go for a ride, buy some raffle tickets and have fun."

"Last year we received such positive feedback regarding the comradery and diversity of people and bikes, we are so grateful to be able to help contribute to such a good cause" he added.

There is no registration fee, meet at the Big Fish on the 30th September at 8:30am, receive your red ribbon and set off for a fun day buying a few raffle tickets throughout the day and later on joining in the fun at the Bribie Island Hotel for raffles, auctions, dinner and music.

For more information about this year's Ride for Red, people can contact Gary Blake 0407 570 651 or visit the Facebook page "Seventh Annual Memorial Ride For Red". Donations are accepted on the Do It For Cancer website at www.doitforcancer.com.au/fundraisers/helenweir/2023-ride-for-red or simply scan the QR codes.



Free BREAST CANCER screening at Bribie Island until 11th August 2023.

BreastScreen Queensland's mobile service is back at Bribie Island Library, Bongaree until 11 August 2023 offering free breast cancer screening for women 40 years and over.

Queensland women have one in seven chances of being diagnosed with breast cancer by the age of 85. This means that women can't afford to skip breast screens.

"It can be hard for women to find time for themselves but it's important they do," said Dr Lisa Hammerton, Acting Clinical Director of BreastScreen Queensland Sunshine Coast.

"A breast screen takes around 30 minutes, and one every two years could literally save a woman's life and ensure they are there for their family in the future," Dr Hammerton said.

"What screening does is bring forward the time at which breast cancer can be diagnosed, so that the cancer can be found when it's small, confined to the breast and hasn't spread to the lymph nodes."

To make it easier for busy women, appointments are available from 7.30am so women can book an appointment before work. There are also appointments up to 5.30pm on some days.

To make an appointment call 13 20 50 or visit breastscreen.qld.gov.au. Doctor's referrals are not required.

THE FACTS:

- 75% of women diagnosed with breast cancer are over 50. Younger women do get breast cancer, but the risk of breast cancer increases dramatically after the age of 50.
 - 9 out of 10 women diagnosed with breast cancer have NO family history of the disease.
- While women with a family history of breast cancer are more at risk, most women diagnosed have no family history of the disease at all.
- A breast screen every two years is the best way to detect breast cancer early, well before you or your doctor can feel anything.



Sunshine Coast Hospital and Health Service

BreastScreen
Queensland
Female and over 40?
Don't miss the bus



Bribie Island Library
5 June to 11 August 2023

Call 13 20 50
or visit www.breastscreen.qld.gov.au



Asbestos & Silica Related Disease Compensation Experts

Mesothelioma · Asbestosis
Asbestos Related Pleural Disease
Lung Cancer · COPD/Emphysema

3482 8500
turnerfreeman.com.au
Unit 1/9 Gregor Street West
NORTH LAKES

**Turner
Freeman**
LAWYERS

Again N Again

Although we now live in Beachmere, we used to call Bribie Island home. Jesse, my son-in-law, and I have always had a love for used

goods. My family and I joined together to start our own store since we are all extremely close and wanted a project that would able us to give back to our community.

I chose the name Again n Again because, while going through chemotherapy for stage 3 cancer, I never stopped fighting for my family and myself. I also liked how the name reflected the company's commitment to recycling products. Since we are aware of how financially difficult life is right now, we opened this kind of

store that is a little different from others. We have kept prices reasonable while still making

the space welcoming, full of interesting things to view, and colourful. Using old fashion manners treating everyone with respect.

I am also a fully licensed Wedding celebrant and have put my name down at hospitals for make-a-wish patients.

We will also be doing raffles each week if you send \$10 and over you will go into the draw this week to win a \$50 voucher to spend at Aussie Seafoods and Meats. The raffle will be drawn each Friday. Next week we will be raffling tickets to Bribie Cinemas. We have been able to donate to

Bribie Island Junior AFL club this week.

If you would like to donate any goods to the Store please do so during trading hours or call 0405 180 370.

Thank you for all your support so far. Sharon and Jesse

Testimonial

Dear Again n Again Second Hand Shop



Thank you so much for your recent sponsorship of our Bribie Island Junior AFL Club.

As a sponsor, your contribution is vital to ensure every child has an opportunity to play AFL. We cannot succeed without the generosity of our sponsors and every cent means the world to us.

Kind Regards
Bribie Island AFL Club
<https://bribiebulldogs.com.au/> (<https://bribiebulldogs.com.au/>) President: dent: Daniel Scott 0430 154 427





Again n Again

Second Hand Shop

Opening Hours
 Mon - Fri 8am to 4pm
 Sat 8am - 1pm
 Sun Closed

Our Goal is to give back to our Community,
 supporting our junior Clubs.

2/2 Armitage street, Bongaree Bribie Island
0405 180 370

*If you would like to Donate, Give us a call
 or leave it at the store in trading hours.*

CROQUET CLUB HELP FOR CANCER.

Kathy Vincent

I think every person reading this magazine has at some time had a family member or friend or even experienced Cancer themselves, so we all know what a horrendous thing it is. I remember hearing my parents talk about the big "C" "when I was a small child and yet it is still here tormenting so many lives today. I write about the Croquet Club and report on wins and losses, (Though I don't say much about those!) Explain what a great game it is and stress the health and wellbeing properties.

Exercise, thought processes, and interaction with friends are all beneficial to one's mental health.

But the Croquet Club is so much more. You may have read in the past about our fundraising for worthy local charities. You have heard about the National Big Morning Tea to raise awareness and funds for Cancer Research, for four Fridays in May after an afternoon of exciting croquet some of our ladies organized afternoon tea. Wow, what a spread they laid out. There were raffle prizes and a money board and over four weeks the club raised a massive \$1,000 for the Cancer Council!!

It was a fantastic effort, a lot of hard work (and cooking) and a great incentive. Well done to everyone who supported



Bribie's First-Ever Community Organisation Toc. H In Banya Street Has A New Shed.

Bribie's first-ever community organisation Toc. H in Banya Street has a new shed.

The Bribie Masonic Lodge made this storage shed possible through a grant that

is only one of the numerous grants to local organisations in recent times Bribie Masons have made. Done in the spirit of the Masonic principle of assisting worthwhile groups with their work in the community.

The picture shown is of the Lodges Master Ray Sweatman, formally handing over the shed to Toc. H Chairman Ray Geise, who upon receiving them thanked the lodge and praised the newly appointed caretakers Paul and Sarndra for their work preparing the site.

Bribie Masons have recently become a daytime lodge, meeting in the Caboolture Masonic Centre on the second Tuesday of the month at 9 am and welcoming new and existing Masons who may have recently come to live at Bribie or nearby.

A Bit About Toc.h

Naoum and Emily Coungeau built their Bribie retirement home in 1916. The couple ran a successful restaurant for 30 years in Queen Street, Brisbane and their commercial success allowed them to become significant patrons of the arts and contributors to charity.

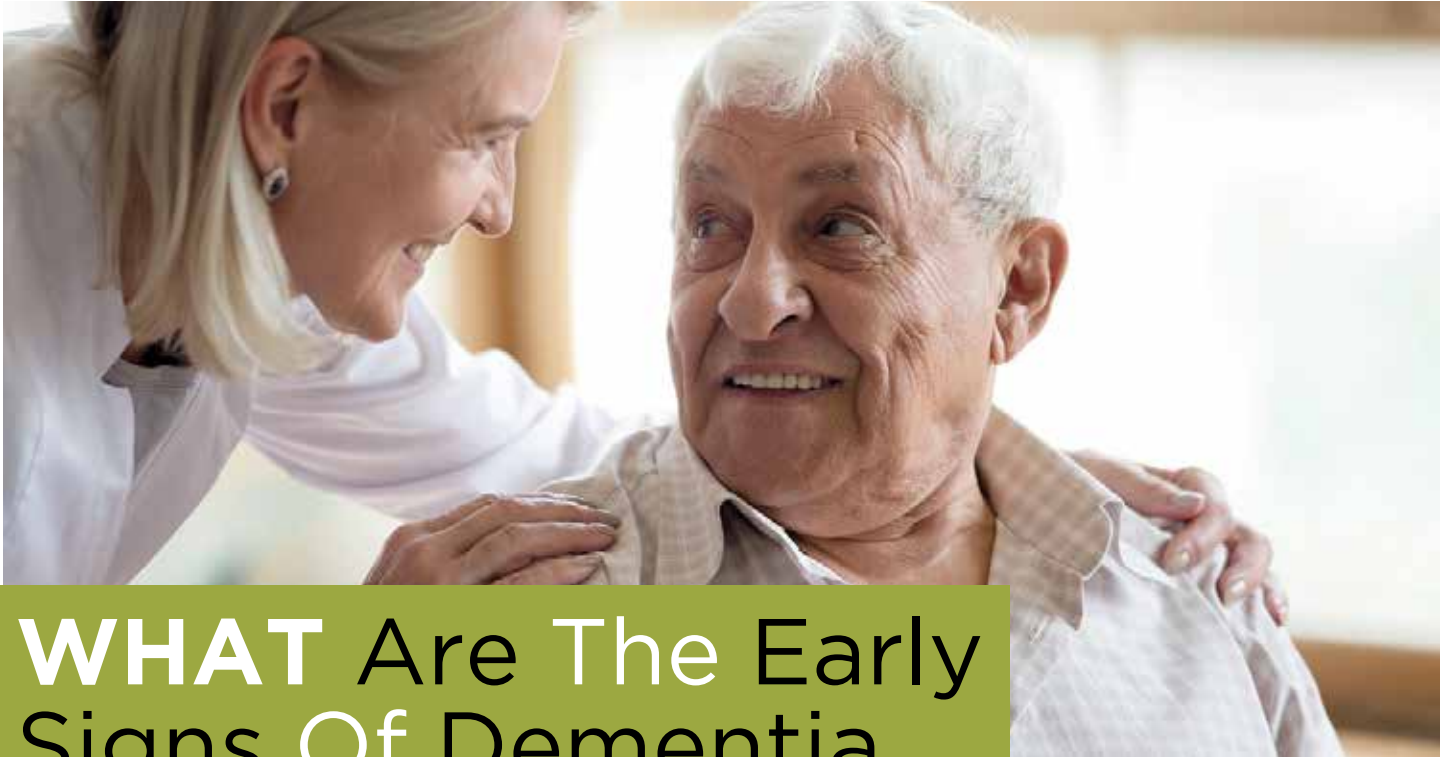
Emily at the age of 50 became a celebrated poet and lyricist, writing the words for Auster, the first Australian opera ever performed by a professional theatre company. Naoum and Emily, in 1936, left their home on Bribie Island to the Church of England as a rest home for Clergy. Coungeau House was

sold by the Church to Toc H in 1967.

After extensive fundraising by the Bribie and Brisbane Toc H communities, renovations were finished in 1974 and the house (with an attached dormitory) was opened to provide holiday accommodation for people with disabilities and people in need. The spacious Hall built under the house has been a meeting place for many organisations on Bribie Island as well as a venue for concerts and other community gatherings. Community organisations needing a place to meet are welcome to contact Toch H Bribie who will be happy to assist.

Toc H members enjoy serving the community in practical, worthwhile activities. They are, in effect, 'People caring for people'. Their motto is "Service is the rent we pay for our room on Earth". Combine that with Mason's values of commitment to developing your own potential, to values that see all humankind as equal, and to help others in our community, and you have a fantastic blend of awesome people out to make the world a better place to live in!





WHAT Are The Early Signs Of Dementia

AS WE GET OLDER, IT'S IMPORTANT TO BE AWARE OF THE SIGNS OF DEMENTIA AND THE POTENTIAL NEED FOR MEDICAL CARE. DEMENTIA IS A DEGENERATIVE NEUROLOGICAL CONDITION THAT CAN HAVE A DEVASTATING IMPACT ON A PERSON'S LIFE. BUT HOW CAN YOU TELL IF SOMEONE IS EXHIBITING DEMENTIA EARLY SIGNS? KEEP READING TO FIND OUT THE EARLY SIGNS AND SYMPTOMS OF DEMENTIA.

DIFFICULTY WITH MEMORY

It's important to note that memory lapses are a normal part of aging, and do not always indicate dementia. However, if a person is experiencing regular and frequent memory lapses, it's worth having them evaluated by a medical professional. Memory loss is one of the first major warning signs of dementia because it is one of the most obvious changes in behaviour and cognition. As dementia progresses, it affects more brain functions and can lead to confusion, decreased attention span, difficulty

processing information, and difficulty communicating. The difficulty with memory associated with dementia can cause a person to feel frustrated, frightened, and overwhelmed as they struggle to remember things. This can create a further sense of confusion and isolation as well as a sense of helplessness.

PROBLEMS WITH DECISION-Making and Planning Ahead

One of the earliest signs of dementia is difficulty with decision-making and planning ahead. This can be a difficult issue to spot, especially in the early stages of dementia, as many people have difficulty making decisions and planning ahead even without dementia. However, for individuals with dementia, this difficulty can become more pronounced, making it more noticeable. Decision-making and planning ahead require the ability to remember, assess information, and make decisions based on that information. As dementia progresses, these abilities become more impaired, resulting in difficulty making decisions and planning ahead. Individuals with dementia may become overwhelmed by the choices available or may struggle to follow through with their decisions, as they

are unable to remember all the details necessary for successful planning.

CONFUSION WHEN CARRYING OUT SIMPLE TASKS

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an early and key symptom of dementia, and confusion when carrying out simple tasks can be a sign that you're experiencing memory loss. Confusion when carrying out simple tasks can appear in a variety of ways. For example, you might have difficulty following directions, or you might forget or lose items more often than usual. You may also find that you are having trouble concentrating, making decisions, or solving problems. If you're experiencing confusion when carrying out simple tasks, it's important to talk to your doctor. He or she can help you determine if your confusion is related to dementia or something else such as depression, anxiety, or another medical condition.

NEGLECTING PERSONAL HYGIENE

Neglecting personal hygiene is an early sign of dementia, a condition that affects

millions of people around the world. While there is no single cause of dementia, it is believed that changes in the brain can lead to changes in behaviour. In particular, dementia is associated with a decrease in the ability to adequately care for oneself. For those who are caring for a loved one with dementia, it is important to recognize the signs of neglecting personal hygiene that can signal the onset of the condition. These can include forgetting to change clothes, shower, or brush teeth; not taking medications; or not attending doctor's appointments. It is also common for those with dementia to forget to wash their hands regularly or to take care of basic grooming needs, such as brushing their hair.

Altogether, recognizing the early signs of dementia is important for seeking early treatment and intervention, which can help slow the progression of the disease and improve the quality of life for those affected. Early diagnosis can also help families plan for the future and make important decisions about caregiving and finances.

Retirement is a time to enjoy the fruits of your labour from years of hard work, but it is also a period in life when health becomes increasingly important. People's immune systems weaken as they age, and their risk of developing chronic conditions such as heart disease, diabetes, and stroke increases. That's why taking proactive steps during retirement is essential to ensure you stay healthy and active for the long haul.

Technology is an invaluable tool for staying healthy during retirement. It has the potential to help monitor and track physical activity, provide personalized health advice, assist with medication management, and even detect potential health issues before symptoms manifest. Here are a few ways technology can help with ensuring retirees stay healthy.

Monitoring and Tracking Physical Activity - Technology can give retirees information about their physical activity levels daily. This includes data on steps taken, calories burnt, heart rate, weight, sleep quality, and more—all which can be

used to adjust lifestyle habits to become healthier. Wearable devices such as Fitbits or smartwatches can track all this information and connect to an app that stores it all in one place. Retirees can use this data to see how their diet and exercise affect their overall health in real-time.

These apps allow users to enter personal information like age, gender, medical history, medications being taken, etc., generating custom-tailored health advice based on the user's risk factors. This could include reminders for doctor appointments or messages encouraging healthy behaviour like eating well or exercising regularly.

Technology such as pill boxes with timers can ensure you take your medications correctly and at the correct times every day. Some apps remind you when to refill prescriptions or order online if needed. These tools can help ensure you don't miss any doses or take too many by mistake—both of which could have severe consequences for your health.

Moving into a retirement community can make a difference for seniors who can no longer live independently. Many retirement communities offer 24-hour support, assisted living services, meal plans, assistance with daily activities such as bathing and dressing, transportation, physical



Technology in Retirement

therapy, and more. This means seniors will have access to all the care they need while remaining safe and secure in their homes.

In addition to providing primary healthcare services, many retirement communities also offer recreational activities designed specifically for seniors. This could include fitness classes such as yoga or tai chi, educational classes, social events, art or music classes, or even field trips outside the community for sightseeing or shopping. These activities allow seniors to remain socially active and engaged in their communities while reaping regular exercise's

physical benefits.

Taking proactive measures to stay healthy during retirement is essential for any senior citizen. Fortunately, numerous tools and services can help seniors manage their health and remain active for years. From technology such as wearable devices or AI-powered technologies to healthcare services such as home care or rehabilitation centres to retirement communities, retirees have plenty of options for staying healthy in their golden years. The key is to find the best fit for your individual needs so you can enjoy a long and fulfilling retirement.



With many costs on the increase, it makes sense to secure your cremation at today's prices with a guaranteed Cremation Deed.

It's a very simple, secure way of saving and it doesn't matter whether your service is held in your local church or our beautiful chapel, as all you're locking in, is the cremation.

And should you want to go one step further, you can even select your memorial at the same time. Great Northern has acres of beautiful memorial gardens, featuring commemorative rose bushes, streams, green lawns and columbarium walls, all surrounded by natural bushland.



CREMATORIUM | MEMORIAL GARDENS | CHAPEL | CATERED REFRESHMENTS LOUNGE

31-35 Tallowood Drive, Deception Bay, Call 3888 6622 www.gngor.com.au



Debutante Balls

By Cherrie Wilson

At debutante balls held across Australia each year, girls wear long white dresses and are presented to their communities. Supporters say these balls give young women a chance to shine, while critics say they are sexist and outdated.

Making your debut was a big deal when you were a young child in a rural community. While we had to train to dance nonstop in the heels we intended to wear and learn how to curtsy while wearing heels, finding the ideal outfit was the most challenging. I was lucky enough to have it made for me by my mum, who is an expert designer and seamstress. This event presented the opportunity to dress up, dance with your father, and experience life in the past. A night we all looked forwards to was being invited to dance, taken back to your table, served supper, and treated like an adult.

Even though we suffered from blisters, bobby pins that dug into our scalps, and a lack of air because of the cumbersome, tight-fitting dresses, it was a memorable evening. About 20 years later, my oldest daughter made her debut, and it was a memorable occasion to witness and be a part of. My youngest daughter decided against it because it "wasn't the done thing anymore" and it wasn't really her style of thing either.

We had already moved to Bribie. I was relieved that she had a choice rather than being expected, even though it's just another lovely custom that appears to have faded away. So why are Deb Balls still a thing?

Debutante balls have become more popular in the 21st century, with the night changing its focus away from marriage.

It's a night of glamour, beauty, elegance, silky, pure white dresses, and gorgeous faces. It's a night where proud parents look on as their daughters sway to traditional dances and present themselves to society.

A debutante ball is a common tradition in society, but as times change, so do traditions, and what the deb balls used to mean is not necessarily what they mean now.

The practise of a debutante ball dates back to the 1600s in England, where it was described as a formal ball at which young women of upper-class backgrounds are presented to society. During this ball, it was the parents' hope for the 16- to 18-year-old girls that an eligible suitor would be captivated by their daughter and later ask for her hand in marriage. Upon their entry, they would normally bow before someone of high importance, such as the Queen or a mayor.

Nowadays, the debutante ball is simply a part of many school

traditions. While the night still shares some similar traits to the balls in the 1600s, the meaning is different.

Instead of being an event about women, newer debutante balls focus on both males and females, dancing together to symbolise their movement into adult life. The dances are made to be more fun than serious, and the event is shared with family and friends rather than eligible suitors and high-class society. The first Aboriginal debutante ball took place in 1968, when 16-year-old Pearl Anderson danced with Australian prime minister John Gorton. The debutante tradition developed into an inclusive rite of passage.

When Elizabeth II succeeded to the throne in 1952, both the young queen and her husband, Prince Philip, took an interest in modernising the monarchy, supporting the televised coronation ceremony at Westminster Abbey in 1953. Public engagements and philanthropic initiatives brought members of the royal family into contact with people from a wide variety of social classes, and these more accessible royal occasions meant the presentation of an exclusive group of young women from wealthy families at court appeared especially anachronistic.

Prince Philip considered the Queen Charlotte's Ball "bloody daft" and did not

understand why presentations of debutantes should continue to be held at Buckingham Palace. The queen's sister, Princess Margaret, had a different critique of debutante presentations at court, commenting that "we had to put a stop to it. Every tart in London was getting in". With the end of formal debutante presentations at court in 1958 and the final Queen Charlotte's Ball in 1976, garden parties, which had existed since the reign of Queen Victoria, became increasingly significant as events where the royal family could engage with men and women from all levels of society.

What is the exact reason for the ban on deb balls? Corruption is a front-runner. Back in the 1950s, many women wanted to be seen as 'high society' but had neither the connections nor the means to be officially invited to the debutante balls. As a result, a select number of the ball organisers began to charge hefty sums for tickets, and this led to corruption of the system.

Nevertheless, I had a good time. I can't say that I enjoyed going to beauty, grooming, and deportment lessons, but on the other hand, they have kept me out of embarrassing circumstances if I hadn't gone and acquired the "correct etiquette".

The night itself, magic!

The Art of Successful Relating



Whether we are talking about a friendship, relationships with family, a co-worker, or a more intimate relationship, it is still the act of relating to another, so how can we make these relationships more successful?

A crucial factor is "Communication." In a world where we have auto-spell and pre-empted texts, do we even know how to communicate anymore? These may seem like some common-sense ideas, to follow, though are we really putting into place these tools effectively?

Listening: This involves really hearing what the person is saying, feeling them. Listen uninterrupted and relay back what you have understood was being said. This makes the person feel heard, that you care and you are present for them. It makes a person feel safe and more open to open up about other issues. Keep it to the point: Keep dialogue short and simple, this makes it easier to listen and digest what is being said.

Tone: Face the person and speak clearly in a slow, calm manner, it makes people feel more at ease and receptive.

Be an observer: It is okay when things are light and fun, though what happens when you speak to someone about things that may not be going so well, people can get defensive. When we hear what a person is saying, remember this is how they feel about the situation, not you personally.

This makes it easier to find resolve and helps dissipate the sensation of feeling accused.

Respect: We will not always agree with what is being said, though we should understand that everyone is entitled to have their own perspective on things. It is okay to have differences of opinion; both parties should allow the other person to be themselves and have their own beliefs.

Body language: The unspoken word is sometimes even more powerful than the spoken word. If you are listening, observe the body language, be open and relaxed, smile or nod when appropriate, this sends signals that you are listening and interested.

Honesty: Speak your truth. There are times when it may be difficult to express yourself, this may be because of fear of hurting someone else or fear of what others may think of you, though honesty is really the best policy. Often you will find, it was not that big of a deal relaying the truth and you will feel lighter and better for it.

Forgive: We all make mistakes, and learning to let go of wrongdoings helps you keep communication open.

If you want to improve your relationships, I offer one-on-one, couple and group coaching. Reach out and give me a call on 0405 361 882 OR FB: MariaChristina.Love

Always with love, Maria Christina x



BRIBIE ISLAND & DISTRICT NEIGHBOURHOOD CENTRE

WE ARE MOVING

Our office will be closed between
Monday the 3rd July to Friday 7th July

We will reopen on
Monday 10th July 2023 at 8.30am

Our new address is:
**1/50 Verdoni Street
BELLARA QLD 4507**

Our hours of operation are:
Monday to Thursday 8.30am til 3.00pm
Fridays 8.30am til 12.30pm

Our phone number, email address and postal address will stay the same.
PH: 07 3408 8440
PO BOX 489 Bribie Island Qld 4507
Email: neigh@binca.com.au

Contact Numbers in case of emergency outside these hours:
Lifeline: 131 134
Domestic Violence – Women 1800 811 811
Domestic Violence – Men 1800 600 636
Homelessness Service Centre: 1800 474 753

Funded by





**One Purpose One Solution Foundation
presents**



**WHITE LIGHT HEALTH
& WELLBEING EXPO**

**Bribie Island RSL Club
99 Toorbul St, Bongaree, QLD**

**Sunday 16th July 2023
10am to 3pm**


*Find out how Alternative Therapies
can help you heal naturally.*

Many Exhibitors which may include ...

***Healers * Psychics * Complete Health * Crystals * Books & CD's *
& much much more!**

visit www.whitelightexpos.com to choose your reader.
For information call 0419 709 661

Gold Coin Entry

ART PRIZE Early Bird entrants deadline looms June 18

Thanks to the amazing sponsors as featured here



the 2023 Matthew Flinders Art Prize looks set to be another sparkling event.

Artists, note the EARLY BIRD deadline is June 18, to save \$5 per entry.

The ordinary deadline for entries is June 25.

There's an extra prize in the Matthew Flinders Art Prize this year - the Hanging Team prize (aka Packing Room prize) slugged **"The Matty"**. 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.

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 14, with the exhibition running until Aug 4.

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

The Contemporary Arts Practices Working Together Group presents

ECLECTICA 8



Featuring:
Pours Abstracts
Mixed Media
Jewellery
Landscapes
and so much more

June 20 - July 7

Meet the artists from 4-6pm on
Thursday June 22



MFA P

MATTHEW FLINDERS ART PRIZE

2023

15TH JULY - 4TH AUGUST
TUES TO SUNDAY 9:00AM - 4:00PM

BRIBIE ISLAND COMMUNITY ARTS CENTRE
191 SUNDERLAND DRIVE, BANKSIA BEACH



THIS MONTH, THE BRIBIE ISLAND BUTTERFLY HOUSE CELEBRATES SIX YEARS OF OPERATION FROM OUR BONGAREE LOCATION.

It's a place where visitors can enjoy seeing beautiful butterflies up close, learn about their life cycle, as well as butterfly food and host plants they can plant in their gardens.

Ray Archer first began a small volunteer-operated community Butterfly House in 2014 at his Banksia Beach home after moving to Bribie Island with his wife Delphine.

Volunteers came along to help with hydroponic vegetable growing and the butterfly plant nursery.

This site soon outgrew the available space, resulting in the search for a new location. In 2015, Moreton Bay Regional Council designated a block of land behind the Orchid House on First Avenue.

In 2016, Bribie Butterfly Volunteers Inc was formed to plan the development of the new Butterfly House. Bribie and regional residents generously donated labour, building materials, skilled trade labour and funds for this project.

2017

- Butterfly breeding lab completed.
- April - official opening and tour of

new facility for donors and volunteers.

- June - donated water tank with submersible pump completes the circulating water system for the water features.

- Bribie Island Butterfly House opens to the public.

2020

- May - Council grant received for a new vinyl floor in the breeding lab.

- June - Gambling Community Benefit Fund grant enables installation of 20 solar panels on the roof to help reduce power costs.

Ray took a well-earned rest in early 2022 after bringing his vision for the Butterfly House to life over the previous seven 7 years.

Today, the Butterfly House continues to be run 100% by volunteers and we donate our surplus funds to local, regional and international charities and groups.

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

Photo: The Bribie Island Butterfly House takes shape in its new location in Bongaree.

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

Budget Tips 101: How to Be Smart with Household Spending

by Himanshu Singh



A simple budget is all you need to take control of your finances and achieve more of your financial goals. A budget is a financial plan to assess and steer your income and expenses over a specific time, such as a month, quarter, or year. With a rudimentary grasp of budgeting, you can measure how much money you make in relation to how much you spend and save. This is for you if you're new to handling your own finances, have never learned how to budget, or are weary of living pay check to pay check.

HOW TO BUDGET FOR HOME DETERMINE YOUR AFTER-TAX INCOME

A clear picture of where your money comes from can help you lay the groundwork for setting spending and savings objectives. Begin by determining how much money you anticipate bringing into your home each month.

CUT BACK ON NON-ESSENTIAL SPENDING

You may need to cut back if you're living outside your budget. This doesn't mean you stop enjoying life anymore but focus more on the essential needs of your household rather than what everyone wants.

Your essential needs should be based on your family structure. If you and your partner work, you should prioritize things like transport, food, etc. but cut back on buying new work outfits, getting takeout daily, or making the daily morning coffee run. Go to work together to save transport costs, take food and coffee from home, and mix and match your outfits to cut back on shopping.

If you have children, their essential costs are their education costs. Prioritize their schooling over luxury trips to the mall, eating out every day with friends, and spending more money than they need to on recreational things like video games. While these are just examples of cutting back on your household spending, you should consider trying out a budgeting plan to help further understand how to live below your means.

THE 50/30/20 BUDGET

The 50/30/20 budgeting plan may be worth a try if you're seeking a basic budgeting solution. If your absolute necessities exceed 50%, you may need to tap into your "wants" budget for a period, but you'll have to alter your spending.

Leave 30% of your income for

desires; you may decide that your wants can wait until you have some savings or are debt-free. However, your budget should not be so strict that you can never buy something simply for pleasure. In general, however, necessities are necessary to live and function. Use 20% of your after-tax income to save for the unexpected, plan for the future, and pay off debt. Consider the broad picture; this may include alternating between savings and debt repayment to achieve your most pressing objectives.

ZERO-BASED BUDGETING

Zero-based budgeting allows you to keep track of your spending by deciding where each dollar goes before you spend it. You should prioritize food, housing, utilities, transportation, debt payments, and other necessities. Following that, you may set aside some funds for an emergency fund or a savings account for a new house. What's left over might be used for entertainment, travel, or other enjoyable activities.

REMEMBER THAT EACH MONTH IS UNIQUE

Some months will require you to budget for back-to-school

supplies or basic automobile maintenance. You'll put money down for vacations, birthdays, and holidays in other months. Make sure you plan for all your costs, including those unique to each month. Keep significant occasions from creeping up on you by opening up your calendar while making your budget. Begin with the most crucial categories. Giving and saving come first, followed by the Four Walls: food, utilities, housing, and transportation. After taking care of your essentials, you may fill in the remainder of the budget categories.

CONCLUSION

Unfortunately, the term budget has a poor reputation. It's simply you are taking charge, becoming deliberate, and commanding your money on what to do. Every penny you earn!

Also, whether you're new to budgeting or want to improve your skills, no matter why you're here, these budgeting ideas will be beneficial. You own far more than you realize and don't compare your circumstance to that of others. Continue to go forward and do what is best for your pay check, your goals, and your life!

PERSONAL LOAN SOLUTIONS: Special Ideas for You Now

You may spend the funds from a personal loan on whatever you choose, whether it's a trip, a new car, or home renovations. It's due back with interest after a certain period of time (often between one and seven years). Finding the most favourable conditions on a personal loan might save you hundreds of dollars in interest and other charges. Want a debt consolidation personal loan to pay off your current debts? Investigate debt consolidation

and refinancing opportunities to see whether this is the most beneficial solution for you.

FIND THE BEST PERSONAL LOAN OPTION FOR YOUR SITUATION

Most people will look into many options before making a large purchase like a car or vacation spot. Hundreds or even thousands of dollars in interest and fees may be avoided over the course of a loan's lifetime by doing some research and comparison shopping.

AN INTEREST RATE, WHICH MAY BE EITHER STABLE OR UNPREDICTABLE

With a fixed interest rate, you can count on the same payment amount each month. You'll have complete transparency about the monthly deduction amount. Loan payments with a variable interest rate will fluctuate if the interest rate changes. When interest rates rise, it might increase the cost of your monthly payments. If interest rates were to drop,

your monthly payments may become more bearable. If your loan has a variable interest rate, paying it off early usually won't cost you anything. This choice might be better if you wish to eliminate your debt quickly. Choosing the Personal loans is very important here.

TO GET A PERSONAL LOAN, UTILISE THE LOAN CALCULATOR

Calculate the amount of your monthly loan payments as well as the amount of money you would save if you made extra payments. The interest rate you end up paying on a personal loan could be more or lower than the one you were originally quoted. Your interest rate is based on a number of factors, including your credit history, income, and spending habits, and savings.

SECURED AND UNSECURED LOANS

Secured loans require the borrower to pledge an item of value, such as their car, as security against the loan. When you get an unsecured loan, you won't have to worry about

putting up any kind of security or collateral. A higher interest rate is to be expected, and a loan guarantor can be required. The lender may take legal action to collect the lent funds from you if you are unable to repay the loan.

FINANCIAL BACKING FOR A LOAN

Some lenders may be willing to reduce your interest rate if you can guarantee their loan. Neither you nor the person you're considering asking to be your guarantor should be caught off guard by any of the responsibilities associated with that status. You should Compare loans before you take a decision.

LOW- OR NO-INTEREST LOANS

If you're in desperate need of borrowing up to \$2,000 for things like a refrigerator or new tyres for your car, you may want to look into the possibilities of receiving a loan with no interest. There is no interest, or any costs associated with these loans, and they may be approved in a flash.

Get one of the lowest rates with multiple offsets.

Refinance to Australia's #1 home loan.
Talk to us today.



Stacey O'Hara
0468 573 726
stacey.ohara@cba.com.au

CommBank Bribie Island Branch



Available for new borrowings only. Based on CBA Market share derived from APRA Monthly Authorised Deposit-taking Institution Statistics, other Regulatory system credit balance data and CBA data. Applications are subject to credit approval, conditions, fees and charges apply. Commonwealth Bank of Australia ABN 48 123 123 124 Australian credit licence 234945.



Hosting SCREENING PARTIES for New Films and TV SHOWS

Screening parties are a great way to organize an enjoyable gathering and create a memorable experience for watching the newest films and TV shows. Whether you are vying to create an immersive experience for the enjoyment of the latest blockbusters or simply want to facilitate a distraction-free atmosphere for the season finale of your favourite TV show, a well-hosted screening party is essential. If you are new to this, you may be wondering how to host the ultimate screening party for that new film or TV show everyone in your circle is so excited about. The ultimate goal is not only to gather everyone in front of one screen but to create an ambiance that everyone can enjoy. Read on for ways to host the ultimate screening party everyone will rave about.

*Yummy family feast for
school holidays.....*



TRADING HOURS

Monday - Thursday 10am-7.30pm

Friday - Saturday 10am-8.30pm

Sunday: 10am-7.30pm

Visit us on facebook

OPEN 7 DAYS



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

Decide on the Venue

You must choose a venue within your means and where it is easily accessible for everyone on your guest list. It can be understandably hard to find a suitable space where you can host the screening party. However, with a little imagination, you can turn any part of your house into a home theatre and deck it out according to your budget and preferences.

If you are planning to indulge, invest in a high-quality screen and projector according to the room dimensions as well as audio equipment for the best sound quality. This way, your

friends and family can appreciate the showing in its true form.

Send Out Invites

Once you have figured out where to host the screening, it is time to get everyone on board and excited about the new film or show. Decide a date and time that suits others and send out invites. You can also create a group or online forum for ideas on what to include in the party. This ensured that the event is enjoyable for all, gets everyone involved, and makes the planning process a bit easier for you.

Organize the Space

In addition to considering the venue and technical equipment, think of ways you can organize the space to create the perfect ambiance while also making it as accommodating as possible. For instance, the screen must be high enough so that everyone can see clearly. The room must also be darkened sufficiently, and any unwanted light must be blocked to prevent it from distorting

the visuals. If the room has windows, get blackout curtains to block the light and add glamour to the space.

Also, consider the seating arrangement, and ensure that you have it set up in a way that allows your guests to sit comfortably while watching the show. You can include a variety of seating options to accommodate more people if required. Get theatre couches for the front row and add single chairs or stools near the back of the room to create more seating space. Theatre seating comes in many different shapes, sizes, and designs so can easily make your home theatre one of the neighbourhood's best, regardless of the available space. Beanbags are also a great idea!

Plan the Menu

No screening party is complete without food and drinks. To make the experience holistic, you must consider what kind of snacks and refreshments you want to serve. You will need to make choices depending on your budget,

the number of people being invited, the time of the party, and the type of guests you are catering to. If it is a casual affair, you can get classic theatre concessions like hot dogs, popcorn, candy, nachos, and soda. However, if it is a more formal affair, you may arrange for finger foods and cocktails.

Final Thoughts

Watching movies and TV shows with friends and family is a great way to unwind and enjoy some gold old-fashioned entertainment. However, if you are screening a new movie or TV show, you must make the most out of the opportunity to create a viewing experience where your audience can enjoy the screening to its fullest.

Some careful planning and research will enable you to take your hosting efforts up a notch. The tips in this article cover the basic aspects you must consider when hosting a screening party. This way, while your guests enjoy the feature, you can enjoy the rewarding feeling of hosting the best screening party ever.



BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise!

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 \$49, Children \$25 (4 - 14yrs).

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

Wed 6 Sep, Tues 3 Oct, Tue 14 Nov

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

T: 07 3630 2666

E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



VERNAZZA

ristorante

@  **bribieisland
golfclub**

wednesday nights



15 at \$ **15**

special menu items
available from 5.00pm

bribieisland 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

VERNAZZA presents **CHRISTMAS IN July**

SATURDAY, 22nd JULY
6.00pm - 10.00pm

- BUFFET DINNER AND DESSERTS
- LIVE ENTERTAINMENT
- BEST DRESSED CHRISTMAS THEME
- MYSTERY CHRISTMAS RAFFLE

Giveaway
\$250 CASH WILL BE WON

\$55 MEMBERS
\$60 NON-MEMBERS

BOOKINGS ESSENTIAL AT CLUB OFFICE



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

Links Court Woorim Ph 3408 1457

TRADITIONAL CORNED BEEF WITH MUSTARD SAUCE



INGREDIENTS

- 1¹/₂kg Corned Beef Silverside, Fat Trimmed, Rinsed
- 2 Tablespoon Brown Sugar
- 2 Table Sp White Wine Vinegar
- 2 Fresh Bay Leaves
- 6 Cloves of Garlic
- 12 Whole Black Peppercorns
- 6 Pickling Onions, Peeled
- 2 Bunches Baby Carrots, Trimmed, Peeled
- 1 Small Red Cabbage
- 200g Sugar Snaps
- 1 Tablespoon Olive Oil for Mustard Sauce
- 50g Cubed Butter for Mustard Sauce
- 2 Table Spoon Plain Flour for Mustard Sauce
- 1/4 Cup (60ml) Pouring Cream for Mustard Sauce
- 2 Table Spoon Wholemeal Mustard for Mustard Sauce
- 2 Tablespoon Masterfoods Herbs & Spices

Chives Chopped for Mustard Sauce

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

METHOD

Preheat oven to 180°C (160° fan-forced). Line a large baking tray with baking paper.

Place corned beef, sugar, vinegar, bay leaves, cloves, peppercorns and onions into a large saucepan. Season with salt and cover with cold water.

Bring to the boil, reduce heat and simmer over low heat, partially covered, for 1 1/2 to hours or until beef is firm to touch.

Add carrots to pot for last 5 minutes of cooking time. Remove beef from pan and set aside until cool enough to handle, straining liquid into a bowl and reserving onions.

Meanwhile, place cabbage onto prepared

baking tray, drizzle with oil, season and toss to coat. Roast for 25 minutes or until cabbage is tender.

Heat butter in a medium saucepan over medium-low heat. Once bubbling, stir in flour, remove from heat and then gradually stir in 2 cups cooking liquid. Return to heat and stir until sauce boils and thickens. Add cream and return to the boil. Stir in mustard and half the chives. Season to taste.

Slice beef thinly against the grain. Serve with mustard sauce, onions, carrots, cabbage and sugar snaps. Sprinkle with remaining chives.

Add vegetables to pan during last hour of cooking. Try whole baby potatoes, baby carrots, turnips or thick wedges of cabbage.

Corned beef is great cold on sandwiches with pickles and salad.

pie Shop...

Coffee Shop...

cake Shop...

Takeaway Shop...

BIG BUN
EST. 1992

YOUR Shop!

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

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

PH: 3408 7609

Dear Pumicestone

Every single day, locals tell me cost of living is their number one issue.

Global inflation is impacting everything from groceries and petrol to rent, electricity, insurance and phone bills.

That's why I want to hear from you!

How is the global rising cost of living impacting your household? Take 5 minutes to complete my survey and let me know: <https://www.surveymonkey.com/r/S7C27NW>

Your responses will help me advocate for the needs of our community.

Our Palaszczuk Government recognises the stress cost of living is causing, and we're doing what we can to help Queenslanders.

We have lots of different cost of living measures in place for households, seniors, families, students and renters.

Are you a senior or pensioner?

Electricity rebates to be extended! These rebates are only possible because our Palaszczuk Government keeps our power assets in public hands. Last year we had the \$175 energy rebate for households.

This week the Queensland Budget will be announced and locals can expect another electricity rebate - so stay tuned!

Are you a senior or pensioner?

Thousands of Queensland seniors and pensioners are currently missing out on energy rebates and other support.

Our Palaszczuk Government provides lots of cost of living relief support for seniors such as:

- Electricity rebate of up to \$372.20/year
- Up to \$120 a year off water costs
- Up to \$200 a year off local government rates
- A free pair of basic prescription glasses every two years
- Discounted public transport travel
- Cheaper car rego
- Home Assist Secure - \$500/year for maintenance work around the house

You can find out more about these concessions and see if you are eligible online here: <https://concessionsfinder.services.QLD.gov.au>

QLD.gov.au

Cost of Living Support for Families

We are currently looking to expand the Free and Cheaper Kindy to all students. We know how important Kindy is to give kids have the best start to life. That's why we want all children to experience the benefits of Kindy, regardless of their circumstances.

Would you benefit from Free or Cheaper Kindy? Make sure to have your say online: <https://earlychildhood.qld.gov.au/early-years/kindergarten/what-does-kindy-cost/kindy-savings>

You can find out more about cost of living support for families, such as the FairPlay and SwimStart Vouchers, as well as reduced public transport costs for students on my website: <https://www.aliking.org/what-ali-s-working-on/cost-of-living/>

You can also find out what concessions and subsidies you may be eligible for on the Smart Savings website: <https://www.qld.gov.au/community/cost-of-living-support/concessions>

If the rising cost of living is making it tough for you, please find out what help you could be eligible for and complete my survey here: <https://www.surveymonkey.com/r/S7C27NW>

Please reach out to my office on 07 3474 2100 or pumicestone@parliament.qld.gov.au if you need help with a State Government issue.

Kindly



Ali King MP
Better for Pumicestone



Have your say now!

Cost of Living Survey

ALI KING MP
Member for Pumicestone



HAVING FUN WITH PUMICESTONE PASSAGE PROBUS

By: Kathy Vincent

There is always some fun to be had with Pumicestone Passage Probus. Probus is for fun, fellowship and friendship and we do try to have lots of fun!

So new changes this year we have a new committee planning lots of exciting speakers, evening dinners, lunches, outings and coffee mornings all with the emphasis on having some fun. Isn't that what life is all about?

Peter Buck is the new President taking over from Kathy Vincent. He has a super new committee, all keen to help. Some things planned so far are a trip on the Ferryman for morning tea, Christmas in July at Birches Mount Mee," Guess

who is coming for lunch" later in the year and lunch at Beachmere Tavern and many more.

We started this month with a "Crazy Whist" at Woorim Golf Club after an excellent lunch. It was great fun which is good coming from me who doesn't know a spade from a club!! Fortunately, Peter was a very understanding and patient partner – perhaps that's why he is the president?

So, if you fancy some fun with friendly people come along to the RSL on the second Tuesday of the month to the Garden Room, 9 for 9.30 and we will see you there.

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

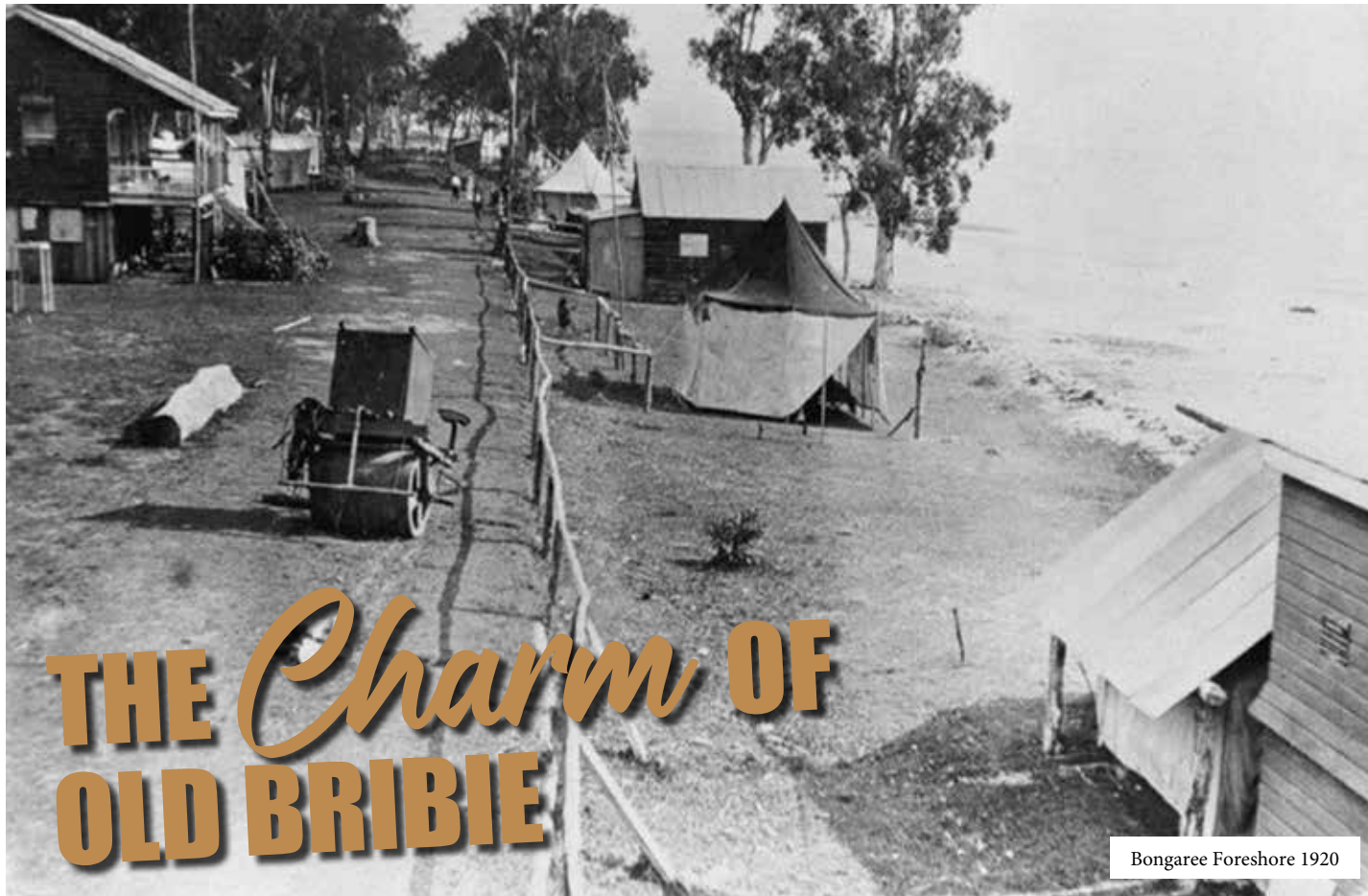
Open Day & Markets on the last Sunday every month 8am -12pm At 191 Sunderland Drive, Banksia Beach.

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



Bongaree Foreshore 1920

THE Charm OF OLD BRIBIE

Reading this on Bribie you will know the special charm that people have felt coming here for over 100 years. With a population of less than one hundred people in 1923, today we have 20,000+ and things have changed dramatically. It was 99 years ago in 1924 that the very first Road was built, and the first State School opened for 12 children. Today we have so many more people, fast cars and busy roads, shopping centers, Clubs, Entertainment, Sports, Schools, Playgrounds and Community Facilities.

How things have changed. What are the special things you value today about Bribie, and how that will also change in time. How will history look back at Bribie 2023 a hundred years from now? I found a delightful account written by a first-time visitor to Bribie published in the 1924 Brisbane Daily Mail. Written by PHOEBE KIRWAN, here it is below exactly as she wrote it. It takes you back to another era, and I have added some 1920's

photos from our collection to bring it to life. The title photo for this article is one of my very favorites, looking along the foreshore near the jetty in 1920, where Brennan Park is today.



Barry Clark
Bribie Island
Historical Society



Doomba and Bongaree Jetty



Bullocks & Hot Fish dinners



BRISBANE DAILY MAIL

24 March 1924

BRIBIE ISLAND (By Phoebe Kirwan).

For years I intended going to Bribie and always put off the visit, but recently seeing the charming island, I confess that for years I have deprived myself of a very pleasurable visit. I have sworn allegiance to Redcliffe, queen of our Bay resorts, and her twin sisters, Woody Point and Scarborough, and now knowing Bribie, the delightful quaintness, the wild beauty of her bush, and the charm of her long white-sanded beach, I have taken her unto my affection for all time, it was like coming to a scene from an old world novel to see Bribie, white and glistening under the warm sunshine of a cloudless sky.

A row of boats, motor boats, sailing boats, and rowing punts, tied up at the wharf, upon the decks of which a heterogeneous but interesting collection of food stuffs invited attention from would-be purchasers. Numbers of folk of all shades and colours from the pure aboriginal to the scarlet sunburnt holidaying towns folk, added variety to the scene whilst the vendors

of the fine fish, vegetables, fruit, meat, etc., plied their trade. The sparkling waters of the bay lapped gently against the white creaking sands, bringing to remembrance the peculiar creak of Coolangatta's beach, as we trod o'er the firm whiteness. Behind us lay the thick, fragrant treed bush, and the long road in course of construction, leading to the main beach three miles from the wharf, a road which will give access to the finest beach in Australia, so report says, facing Cape Moreton, and which for surfing and pleasurable facilities is unexcelled.

A slow, plodding team of bullocks ploughed through the heavy, broken tracks, bearing the materials for the road-making, adding their quota to picturesque interest to the scene. At the wharf lay the graceful Doomba, and close to her the Porpoise discharged her freight of road-making materials. Before us sparkled the water, with alluring temptation to skim

across to the mainland and Toorbul Island, from which had come the numerous craft with their multi-coloured folks and commodities to tempt town visitors, and far away the peaks of the Glasshouse Mountains and the long line of ranges whispered of adventure beyond.

For 30 miles the island offers delightful possibilities, and in her virgin wildness for as yet there are few houses erected, there is an atmosphere of peace and quiet, very grateful to those seeking tranquillity. The undeniable charm and interest of sea and bush thick with tall giants, from the security of whose screening branches sounded paeans of song and whistling cries from the feathered inhabitants, whilst close to the swamp patches grow the gorgeous scarlet and gold Christmas bells. Sleepy dream coaxing, quaint and beautiful, Bribie awaits development into a popular pleasure-giving, health resort, a rival to all, and excelled by none. May she come into her heritage.

100 YEARS LATER

The above article written by Phoebe 101 years ago is a stark reminder of a time gone by, when there was very little on Bribie, but the charm and simplicity of it was enthralling. Her final words were "may she come into her heritage". Do we think that Bribie has come into her heritage now? Is the future ever likely to be more attractive than ever it was. We can't stop the march of so-called progress, but we do seem committed to destroy what is left of the charm of Bribie Island. We will soon have a new and bigger Bridge to enable more people. What will more people do? More people will destroy the very things people actually come here for. What then?

MORE BRIBIE HISTORY

Historical Society meetings are on the second Wednesday of each month at 6:30 pm at the RSL Club and visitors are 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



BRIBIE ISLAND STATE HIGH SCHOOL INTERNATIONAL PROGRAM

Editorial by Simone Green, International Program Coordinator at Bribie Island State High School

Ever considered hosting an international student? Well, here is your chance! Bribie Island State High School's (BISHS) International Program is gaining momentum and we would love for you and your family to get involved.

Hosting an international student is a great opportunity to learn about different cultures and customs whilst providing a safe and comfortable home away from home for some who may be far from their family and friends. By opening up your home, you can make a positive impact on someone's life and create lasting memories. Plus, you may even gain a new friend in the process!

Below are some frequently asked questions I get all the time around international students:

WHAT IS THE DIFFERENCE BETWEEN STUDY TOUR STUDENTS AND LONG-TERM STUDENTS?

STUDY TOUR STUDENTS

- Study Tour students are here to experience the Aussie way of life, learn English and have fun.
- Study Tour students are required to be supervised on transport to/from school (if your student attends BISHS they can travel with them on the school bus).
- Students can share a room with your own child of the same gender. However, require their own bed - if you have a spare room that is ideal!
- Homestays are paid to assist with your additional costs of hosting a student.
- Study Tours can be from 3 - 24 nights in length.

UPCOMING STUDY TOUR:

Thurs 13 July to Fri 4 August 2023 (22 nights)

Possible new tour in November 2023
Country: Japan Ages: 15-17 years of age

LONG TERM STUDENTS

- Long Term students are here to attend High School like our own children; increase their English knowledge and make lifelong friends!
- They wear BISHS' school uniform, have a school timetable & attend class, complete homework & assessments.
- Students can travel on the school bus to/from school without supervision.
- Students must have their own private bedroom and somewhere to study (ie, a desk in their room).
- Homestays are paid to assist with your additional costs of hosting a student.
- Long Term students can be from 1 term (10 weeks) to 1 year (4 terms).

New Long Term students arriving shortly!

Ages: 15-17 years of age

DO BRIBIE ISLAND SHS HOMESTAY FAMILIES GET PAID?

Yes. Bribie Island State High School provide Homestays with a nightly rate to assist with your additional costs/expenses for hosting a student (ie, extra food, water, electricity, gas, petrol). Homestays do not pay for any student items, these are paid by the student (ie, school uniforms, textbooks, pens etc).

THERE ARE OTHER COMPANIES ADVERTISING FOR HOMESTAY IN THE LOCAL AREA - ARE THEY AFFILIATED WITH BRIBIE ISLAND STATE HIGH SCHOOL?

No, they are not affiliated with our International Program. Our program is run by the Education Queensland's International (EQI) department. Through this program, our school receives funding, our staff receive regular training and support, and our homestay families are accredited through our school.

If you are unsure if a homestay program advertised is affiliated with our school program, please contact our school and ask to speak with myself.

Do I pay for items the student needs for Study Tours or Long-Term students?

a. Study Tours

No, the students arrive with their own spending money and their own travel insurance should they get sick.

b. Long Term

No, students arrive with their own: spending money, travel insurance, money for school uniforms, money for textbooks, pens etc, laptops for school work.

What are the ages of students?

Students are aged between 15-17 years of age for both study tours and long term.

What types of food do I need to provide?

Students are aware that they are going to be eating "aussie food" and do not expect their own home country's food each day; however students may have food allergies or dislikes.

Breakfast – cereal, toast, fruit is acceptable.

Lunch – sandwich/wrap, muesli bar, biscuits, fruit, juice/water are acceptable.

Dinner – cook whatever you would normally cook for your family.

I hope this information has been informative!

If you and your family are interested, please get in touch with myself – Mrs Simone Green, International Program Coordinator at sgree404@eq.edu.au or mobile 0491 221 593.

Give it a try and see how an international student can enrich your life!

Kids Page



Banana Pancakes

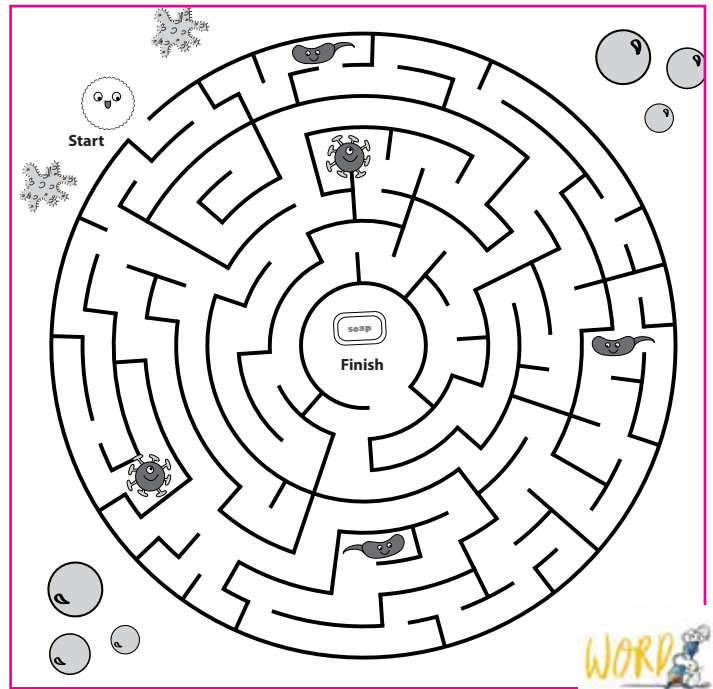
INGREDIENTS

2 Serves*
 200 g ripe banana
 2 large eggs
 1/2 tsp baking powder
 1/2 cup quick rolled oats
 *Serving size calculator is approximate, feel free to adjust by adding a pinch here and there as needed

METHOD

Preheat a medium non-stick frying pan over a medium heat.
 In a blender, blend together all the ingredients until nice and smooth.
 Pour 2 x 1/2cup mixture

into the pan, forming small pancake circles.
 After two minutes or when just golden, flip.
 Cook for another 2 minutes or until done.
 Set aside on a plate and repeat with the remaining pancake batter.
 Serve with your favourite toppings.



N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- | | | |
|-----------|----------|------------|
| BULLDOG | SHEPHERD | ROTWEILLER |
| FINSCHER | BEAGLE | CHIHUAHUA |
| DALMATION | TERRIER | COLLIE |
| MASTIFF | SETTER | HOUND |
| BOXER | CORGI | DASCHUND |

MELSA PARK STEAM TRAIN RIDES

\$250
 a train ride

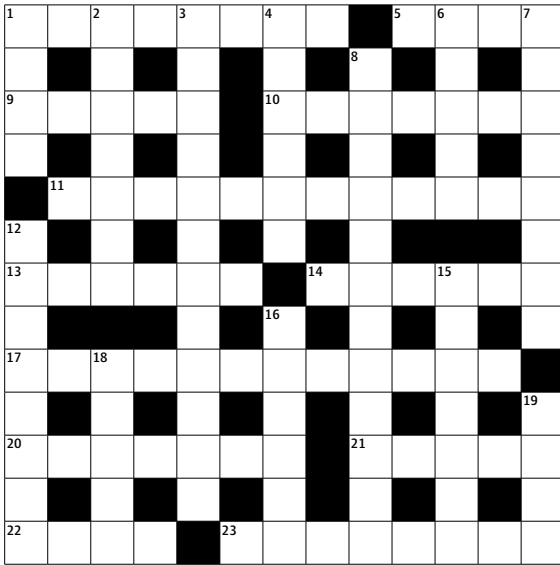


TRAINS RUN on 3RD SUNDAY of MONTH
 18th June, 16th July, 20th Aug, 17th Sept, 15th Oct

EVERYONE MUST HAVE CLOSED IN SHOES

Call Ian for party enquiry 0409 100 656

Crosswords - QUICK & CRYPTIC



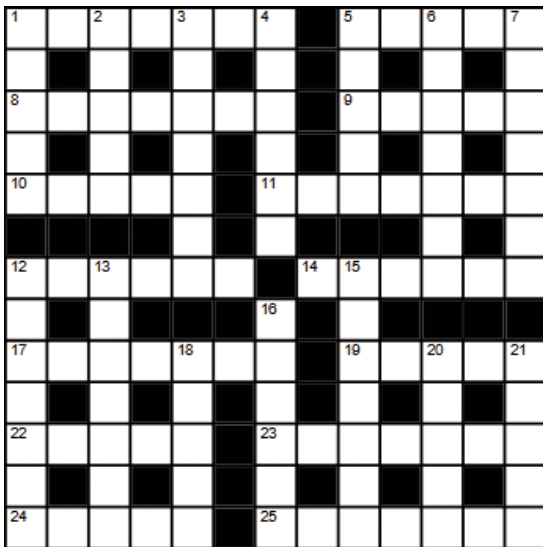
Across

- 1 One's genetic endowment (8)
- 5 Burl __, American actor, musician and folk song singer, d. 1995 (4)
- 9 Lacking in discrimination and sensibility (5)
- 10 Into pieces (7)
- 11 Construction on a roof for getting rid of smoke (7,5)
- 13 Arm of the eastern Mediterranean (6)
- 14 Bobbly (6)
- 17 This could bring the house down! (8,4)
- 20 Apprentice (7)
- 21 Dislike intensely (5)
- 22 Customary practice (4)
- 23 Kit for blokes (8)

Down

- 1 White wine from Germany (4)
- 2 Swinish driver? (7)
- 3 Alighting (12)
- 4 Semi-nomadic Berber people of west and south Sahara (6)
- 6 Unaged colourless drink (5)
- 7 Noticeable (8)
- 8 Basics (4,3,5)
- 12 Running drink? (3,5)
- 15 Latin translation of the Bible, since 1592 the Roman Catholic Church's official text (7)
- 16 Nasal explosion? (6)
- 18 Pass into law (5)
- 19 Thursday's god? (4)

CYRUS



Across

- 1 One with grounds to serve (7)
- 5 Waffle might be the better for it - tacky? (5)
- 8 Allegations of payments.. (7)
- 9 The French back member with trepidation (5)
- 10 A trusty leader's heart is for delicacy (5)
- 11 Web endeavour supplies contacts (7)
- 12 Justice in realising the real value (6)
- 14 Enoch's apparently one of the elect (6)
- 17 Treatment for locks is real despite the false front (7)
- 19 Discharges gunnies (5)
- 22 Endure the past and sit bemused (5)
- 23 A great dame in the family tree (7)
- 24 Identifies a men's association (5)
- 25 Surroundings depicted by unknown screen setting (7)

Down

- 1 Supports sponsors (5)
- 2 Concerning notice - your leader is set to go (5)
- 3 Recommend guests go first - Fancy! (7)
- 4 Sailor consigned off duty (6)
- 5 Tunnel - quiet at the back (5)
- 6 Rationale concerning a descendant's wedding (7)
- 7 Question family about a vegetable? (7)
- 12 Earnest, if devious, Oriental (7)
- 13 I might start with Nauru in prospecting element (7)
- 15 Arrange time for a captive (7)
- 16 Such go looking to treat ailment (6)
- 18 The ways of father - that's no thanks to him (5)
- 20 A scoundrel, for example, is back for more (5)
- 21 Devious and reticent about notice (5)

SOLUTIONS

CYRUS
SOLUTION 193



QUICK
SOLUTION 193





BY: Marj Webber

Grey-Tailed Tattler

- TRINGA BREVIBES

GREY-TAILED TATTLERS ARE MIGRATORY BIRDS THAT VISIT OUR SHORES IN SPRINGTIME AND STAY TILL EARLY AUTUMN. THEY ARE COMMON IN THE PUMICESTONE PASSAGE BUT NOT SO COMMON ON BRIBIE ISLAND. THEY CAN BE SEEN SOMETIMES AT THE KAKADU ROOST. THE BEST PLACE TO SEE THEM IS AT THE TOORBUL ROOST. I SAW TWO LARGISH FLOCKS THERE IN LATE APRIL AND PHOTOGRAPHED THEM IN THEIR BREEDING PLUMAGE AS THEY WERE MAKING THEIR WAY TO SIBERIA TO NEST.

They are medium sized waders 24-27 cm in length and weighing 98-140g. They are stocky birds with grey backs, white bellies and dark underwings. During breeding their breasts and sides become heavily patterned with dark

wavy chevrons as in the photograph. Legs are short and yellow. Bills are straight with pale yellowy bases and dark tips. They have a white streak extending to behind the eye. Wandering Tattlers are similar and are quite difficult to distinguish apart but have shorter white streaks above the eyes and are slightly larger and darker.

Each year they travel from Siberia where they breed, to Australia, Pacific Islands, New Zealand and Asian countries, arriving in our warmer months about late August. Many remain in the area while others continue their journey south. During these months they can be found in most coastal areas of Australia but are less common in the south. At high tide they gather in flocks, roosting on sandy beaches and among the mangroves. They will sometimes roost in the branches of the mangrove trees. Often, they choose to roost with other shorebird flocks. On migration north in late April they fly the East

Asian, Australasian migration route to Siberia then back again after breeding, feeding along the way. In the photo you can see they are nice and fat ready for their long trek.

Food is obtained by foraging, finding prey by sight or probing in the sand, in coastal pools, on mudflats, sandy beaches and sometimes amongst the rocks. Worms, invertebrates, crustaceans and sometimes small fish are their favoured food.

Breeding takes place beginning in late May when most birds arrive in Siberia and finishes in July when the parents begin their long migration south. Nests are shallow depressions among the stones in riverbeds, in the mountains. Both parents share in the nurturing of the young. Young Tattlers leave Siberia about a month after their parents. It always amazes me how they know when to fly, and where to fly, and end up where they want to go without any prior training by their parents.

Other names are "Siberian Tattlers" or "Polynesian Tattlers".

The Australian population is estimated at about 36 000 birds and an estimated 400 000 Tattlers use the East Asian-Australasian flyway twice a year.

The Tattlers' English name derives from the birds tattling, as it is thought that they are the first to warn other birds of imminent danger.

Quite a lot of data has been obtained from birds that have had their legs tagged. Some birds were tagged with geolocators which gave information on migration and breeding areas.

Many Tattlers lose their lives during their long migration. Predators, hunting by humans, wetland development and pollution are some of the difficulties they encounter on the way. Even so, some Grey-tailed Tattlers have been known to reach at least 12 years.

Their conservation now is near threatened, with their population decreasing.



simba



Billie



Milo



Missy



Gus



Dusty



Chery



Winnie



Steve

SHARE YOUR FUNNY PET PICS WITH THE BRIBIE ISLANDER... SEND TO editor.thebribieislander@gmail.com

WE ♥ PETS





THINGS Every Cat OWNER Should Know

Part 1.

If you're a cat owner, you know just how much love and attention these furry friends need. From snuggles on the couch to playtime with their favourite toys, cats provide us with endless joy and companionship. But with so much information out there about cat care, it can be overwhelming to know where to start. So, let's dive in and learn how to be the best cat parent you can be.

UNDERSTANDING YOUR CAT'S BEHAVIOUR

One of the most important things you can do as a cat owner is to understand your cat's behaviour. Cats are complex creatures, and their behaviour can be influenced by a variety of factors, including their breed, age, and environment. By learning to read your cat's body language and vocalizations, you can better understand their needs and wants. For example, a cat with flattened ears and dilated pupils is likely feeling scared or threatened, while a cat with an arched back and puffed-up fur is feeling defensive. Another key aspect of cat behaviour is their instinctual need to scratch. Cats scratch to mark their territory, stretch their muscles, and maintain their claws. Providing your cat with a scratching post or pad is essential to preventing damage to your furniture and keeping your cat happy. When choosing a scratching post, look for one that is tall enough for your cat to fully stretch out, sturdy enough to withstand vigorous scratching, and covered in a material that your cat enjoys, such as sisal rope or corrugated cardboard.

FEEDING YOUR CAT:

WHAT TO FEED & HOW MUCH

Feeding your cat, a balanced and nutritious diet is essential to their overall health and well-being. Cats are obligate carnivores, which means they require a diet rich in animal protein to thrive. When choosing a cat food, look for one that lists a high-quality source of animal protein as the first ingredient, such as chicken, turkey, or fish. Avoid cat foods that contain fillers, by-products, or artificial preservatives, as these can be harmful to your cat's health.

Providing Exercise and Mental Stimulation for Your Cat

Cats are natural hunters and need plenty of exercise and mental stimulation to stay happy and healthy. Providing your cat with toys, scratching posts, and climbing structures can help them get

the exercise they need and prevent destructive behaviour.

Interactive toys, such as feather wands and laser pointers, are great for engaging your cat's hunting instincts. Puzzle feeders and treat-dispensing toys are also great for providing mental stimulation and keeping your cat entertained.

Bongaree Pet Food

Fresh Food
Frozen Food
Treats

Dry Food

Wet Food

DOGS, CAT,
BIRDS,
REPTILES,
CHICKENS

2/75 Cotterill Ave,
Bongaree 4507
(Next To Red Rooster)

PH: 0437 080 752



**FOR ALL YOUR PET FOOD NEEDS
CALL IN AND SEE US!**

Advance - IAMS - Black Hawk - Ivory Coat - ZiwiPeak -
Vetalogica - Prime 100 - Big Dog Raw - Canine Country BARF -
Evolution Holistic - Wag Treats - Huds & Toke - Next Generation
- Bell & Bone - Allora Grain & Milling, Meals for Mutts, Pure Life,
Savourlife, Healthy Everyday Pets.



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

BOWLS RESULTS

BONGAREE LADIES BOWLS

Friday 26th May Winners: Clare O'Donohue, Di Drew, John Miller
R/U: Yuki King, Sandra Scott, Ken Wales
Tuesday 30th May Winners: Diana Stowers, Ian Gillies
R/U: Sue Francis, Ron Wilson
Friday 2nd May Winners: Carol Monk, Mary Geddes
Tuesday 6th May Winners: Barry Russell, Ken Kajewski
R/U: Ron Wilson, Carol Oates
Results of the Open Ladies Singles Championship held on Tuesday 6th May 2023

**SOLANDER LAKE BOWLS CLUB RESULTS**

Ladies Vets Final
Champion: Carol Langley
R/U: Val Jones
Ladies Singles Final
Champion: Vicki Mitchell
R/U: Deb Hill
W/E 10/06/2023
Tuesday: Winners: John Harris & Ricci Harris.
R/U: Julie Watson, Merv Boike & Ron Boddenberg.
Wednesday: Winners Val Jones & Bruce Hill.
R/U: Rob Horsfall & Tony Miguel.
3rd: Jenni Cummins & Allen Lavender.
Jackpot (\$82) – No Winner.
Thursday: Winners: Mike Jones, Tony Ollier & Ted Fairman.
R/U: Chris Cummins, Tom McCormick & Digby De Grono.
3rd: Marg Hopper, Anne Ager & Stuart Ager.
Jackpot (\$360) – No Winner.
Friday: Winners: Rob Dickson & Rob Stumbles.
R/U: Neil Feazey & Marieke Moore.
1st Rnd: Jack Curtis & Glenn McCarthy.
2nd Rnd: Terri Curtis & Barry Curtis.
Saturday: Winners: Vanessa Smith & Mal Dawson.
R/U: Tom Dempsey, Bob Moss & Rosa McLeod.

W/E 03/06/2023

Tuesday: Winners: Trevor Jones, Val Paul & Ted Parker.
R/U: Sheila Jeffrey, Tom McCormick & Mike Whiteside.
Wednesday: Winners: Rob Horsfall & Ian James.

R/U: Brian Wrice & Chris Jenkins.
3rd: Tony Miguel & Bob Smith.
Jackpot (\$328) – Allen Lavender & Richard Wales.
Thursday: Winners: Bev Power, Pat Samuelson & Deb Hill.
R/U: Lyn Shorter, Ian Carr & Bruce Hill.
3rd : Jenni Cummins, Ann Boast & Ian Boast.
Jackpot (\$300) – No Winner.
Friday: Winners: Fred Tarry & Ian James.
R/U: Michelle Griffiths & Anthony Griffiths.
1st Rnd: Terri Curtis & Barry Curtis.
2nd Rnd: Carmel Sorrenson & Geoff Sorrenson.
Saturday: Winners: Mitch Magnesson, Matt Gaggiaro & Trevor Smith.
R/U: Tom Dempsey, Bob Moss & Ricci Harris.

**BONGAREE BOWLS MEN'S RESULTS**

Scroungers May 27th
1st Ron Corrick, **2nd** Sandi Hodges **3rd** Ellen Hodges, **4th** Yvonne McDonald
Wed 4's May 31st
winners Tony Jericevich, Ray Black, Gordon Pitts, Ray Horne
Runners Up Tony Gormley, Ray Huggins, Don Somerville, Peter Higgins
Thurs Jackpot pairs
Winners Trevor Mallouk, Chris McMillan,
Runners Up Doug Meikle, Noela Gray.
Scroungers June 3rd 1st
Sheena Bath, 2nd Ron Corrick, **3rd** Steve Hamblin **4th** Di Smith
Brekky Bowls June 4th
Winners Ross Bryant, Billy Moor, Joe Mifsud
Runners Up Greg Hemphill, Maureen Ferguson, Richie Ferguson
Wed 4's May 7th SPONSORED BY AMPOL BRIBIE
Winners Ron Carruthers, Roger Parker, Ken Wales, Peter Thatcher
Runners Up Fang, T Bone, Sammy, Ant
Thurs Jackpot pairs
Winners Gary Kuss, Julie Sargent
Runners Up Doug Miekle, Noela Gray

BRIBIE ISLAND BOWLS CLUB

Self Select pairs results Friday 19 May 2023
Winners: L Savige, T Smith
Runners up: R Glasser, W Simmonds
Lucky Draw: D Cherry, H Anderson
Lucky Draw: J Leys, J Perry
Lucky Draw: M Nganeo, W Ritchie
Lucky Draw: F Grimsey, G Jackson
Random select Fours Results Saturday 20 May 2023
Highest Margin: D Neumann, P Ryan, W Gilbert, S Kurtz
Lowest Margin: B Castle, T Richardson, P Patrikeos, R Bickerton
Out of hat winner: G Olson, G Mulpeter, T Phillips, T Brain
Self Select Triples Results Tuesday 23 May 2023
Winners: Z Elmore, E Bateman, R Garfield
Runners up: A Kinnear, J Wallis, E Hooke

Lucky draw: E Stacey, M Garfield, L Williams
Lucky draw: T Dean, C Dean, C Davis
Scroungers results Wednesday 24 May 2023
1st: T O'Loughlin
2nd: S Hamblin
3rd: K Soens
Self Select pairs results Wednesday 24 May 2023
Winners: P Patrikeos, S Lobo
Runners up: P Adams, J Steed
Lucky draw: T Dean, c Dean
Lucky draw: T Smith, C Chalmers
Lucky draw: K Opray, A Kinnear
Lucky draw: BJ Adams, S Lonsdale
Random Select Triples Results Thursday 25 May 2023
Highest score: C Sambaher, T Phillips, G Gorwan
2nd Highest score: D Gillard, B Hamer, D Grove
Lucky draw: C Davis, K Scott, R Bickerton
Lucky draw: g Mellors, R Follett, J Neil
Self Select Pairs results Friday 26 May 2023
Winners: K Thornton, B Ferguson
Second: P Patrikeos, B Castle
Lucky draw: M Andrews, D Lindsay
Lucky draw: W Broad, M Lowry
Lucky draw: Smith, A Russell
Random Select fours results Saturday 27 May 2023
Highest margin: R Glasser, S Brown, T Richardson, S Croft
Lowest margin: H Anderson, M Young, D Hudson, G Woollett
Out of hat winner: F Grimsey, W Hoelscher, G Mulpeter
Out of hat winner: C Weston, P Patrikeos, E Hookey, D Groves
Out of hat winner: M Lowrey, d Meulman, A Mann, J Helf
Self Select triples results Tuesday 30 May 2023
Winners: R Glasser, F Grimsey, T Phillips
Runners up: Z Elmore, E Bateman, R Garfield
Lucky draw: W Ryan, D McDougall, J Brazier
Lucky draw: E Stacy, M Garfield, L Williams
Lucky draw: S Lobo, P Campbell, K Piva
Scroungers results Wednesday 31 May 2023
1st: B Doe
2nd: R Eaton

BOWLS RESULTS Cont....

3rd: M Roberts

Self Select pairs results

Wednesday 31 May 2023

Winners: M Garfield, E Bateman

Runners up: M Christian, G Skoien

Lucky draw: T Burg, A Kinnear

Lucky draw: F Grimsey, Z

Elmore

Lucky draw: R Gory, G Jackson

Lucky draw: N Gray, L Mather

Random Select triples results

Thursday 1 June 2023

Lowest score: D Frick, S Kurtz, A Riley

Runners up: F Grimsey, M Young, R Bickerton

Lucky draw: D Groves, B Kelly, G Riley

Lucky draw: S Mitchell, R

Davenport, B Hamer, C Kelly

GOLF

RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF

25 MAY 2023 TO 6 JUNE 23

25/5/23 – Single Stableford

A Grade Winner: Kris Tomalin 36, 2nd Gwen Clutterbuck 35, 3rd Val Smith 34

B Grade Winner: Vivienne

Learoyd 37, 2nd Paula Mckenzie 34, 3rd Mary Barbeler 33

C Grade Winner: Margaret

McDonald 31 cb, 2nd Nadia Aylott 31, 3rd Hazel McDonnell 30

NTP's: Hole 4 Diane

Fitzpatrick, Hole 7 Sue Navie, Hole 14 Judith Umlauf, Hole 16 (2nd shot) Judith Umlauf, Hole 14 (Div 3 2nd shot) Nadia Aylott

30/5/23 – 4 Person Ambrose Scramble

Winners: Gwen Clutterbuck, Vivi Lloyd, Lyn Ball & Pauline Grooby 65

Runners Up: Sue Navie, Susan Smith, Sandra Smith & Sylvia White

NTP's: Hole 4 Judy Graham, Hole 7 Tricia Brown, Hole 14 Abby Driver, Hole 16 Angela Jordan

1/6/23 – Monthly Medal

(Sponsor – Churches of Christ Qld)

White Course Winner: Sue Navie 70, 2nd Chris Pronk 72, 3rd Suzanne Valley 75 cb

NTP's: Hole 4 Di Benghamy, Hole 7 Sue Navie, Hole 14

Linda Urquhart, Hole 16 (2nd

shot) Suzanne Valley

Red Course Winner: Carol

McKenzie 76, 2nd Robyn

Harper 77 cb, 3rd Toni

Grossmann 77

NTP's: Hole 4 Diane

Hayward, Hole 7 Toni

Grossmann, Hole 16 (2nd shot)

Judith Umlauf

Yellow Course Winner:

Mary Barbeler 73, 2nd Jude

Dorhauer 75, 3rd Jennifer

Mckay 78

NTP's Hole 4 Mary Barbeler,

Hole 14 Mary Barbeler, Hole 16

(2nd shot) Angela Jordan

Monthly Medal Winners & Sponsors



6/6/23 – 2 Person Aggregate Stableford

Overall Winners: Carol Williams & Magrit Pearce 74, 2nd Angela Roberts & Val Smith 70, 3rd Gaby Bennett & Louise Keleher 69

NTP's: Hole 4 Chris Tomalin, Hole 7 Toni Grossmann, Hole 14 Sue Graham, Hole 16 (2nd shot) Gill Lee, Hole 7 (Div 3 2nd shot) Kate Brown



Brooke SAVIGE

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

Integrity. Commitment. Energy.

A fresh approach for Division 1



f t i /Savige4Div1



Hurry offer ends June 30, 2023!!!

A D J U S T A B L E B E D S
S T A R T I N G F R O M

\$2,700

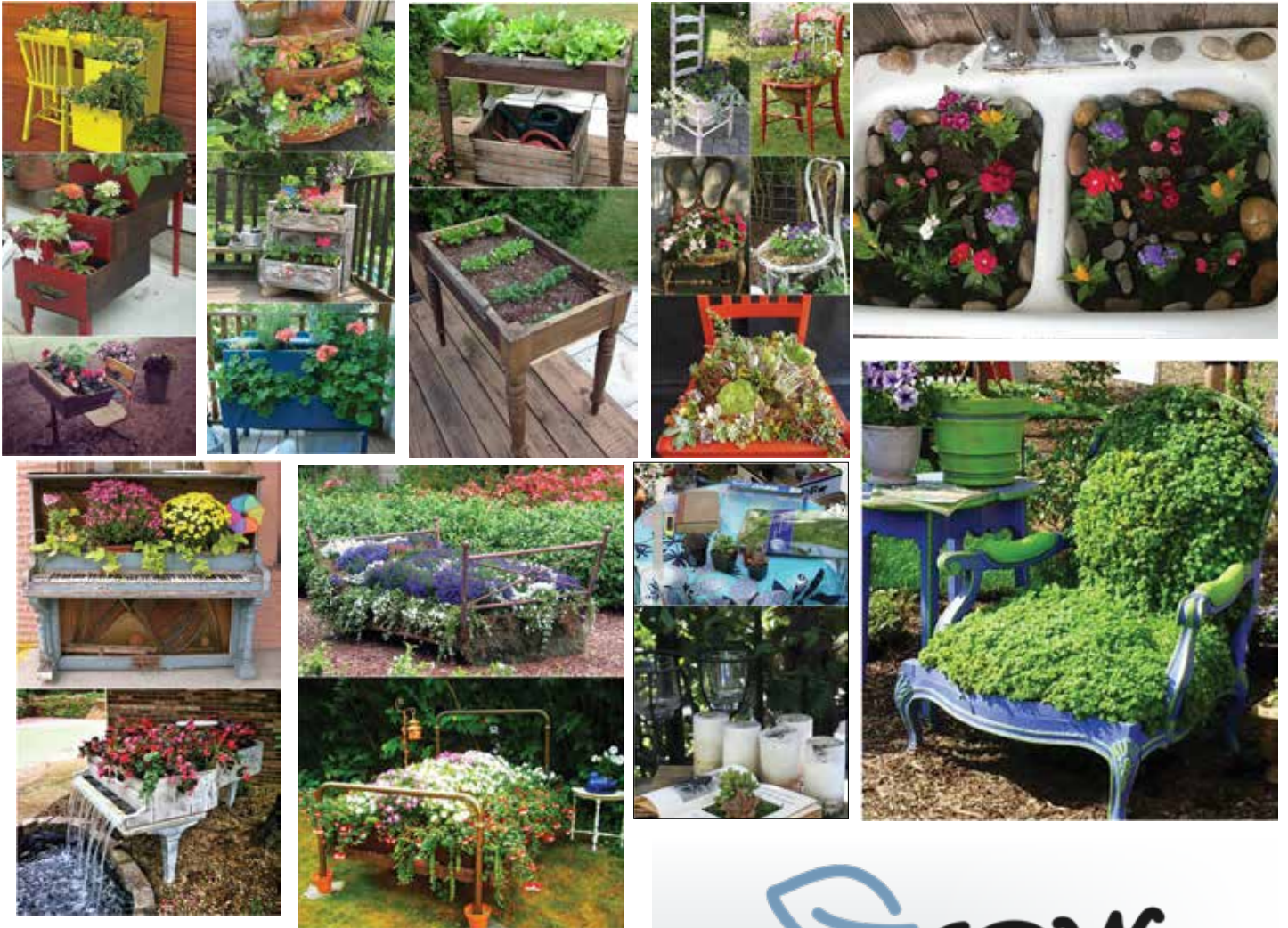
Includes Australian Made Pocket Spring Mattress,
 Local Delivery & Instalation

Available in Long Single, King Single, Double, Queen, Split Queen & King*

Banksia Beach
 5/25 Sunderland Dr
 Ph: 0481 106 220
 mattrestbedding.com.au



*Size varies by model, offer valid till 30.6.23



Don't Bin it! Beautify It!!!

WHETHER YOU WANT TO TURN AN OLD DRESSER INTO A LOVELY PLANTER FOR FLOWERS OR HAVE A BROKEN CHAIR THAT YOU REALLY CAN'T SIT ON ANYMORE - NO NEED TO THROW IT OUT, MAKE IT INTO A FEATURE, NOT A FAILURE!

Start a project that will help you turn that chair into a great succulent planter, or a piece of old furniture and turn your flower bed into a gorgeous display!

look at these different planters and ornaments that you can create. Now, you can get busy moving that old furniture out to the flower bed to really give the neighbours something to be jealous of.

Whatever furniture you have that you need to reuse, you are sure to be able to incorporate it into your flower bed design and have a gorgeous garden that is sure to give you somewhere to relax and reflect when the flowers are in bloom.

grow
plant nursery

WE ARE THE LOCAL BRIBIE SALES & REFILL OUTLET FOR
Grow Organically Bio Organic Liquid Fertiliser
<https://groworganically.com.au>

PLANTS | POTS | GIFTS | DECOR

OPEN 7 DAYS

except special public holidays

**17 First Avenue,
Bongaree 4507**

0480 160 689

f growplantnursery

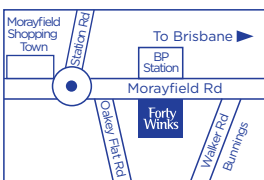
www.bongareevillage.com.au

FortyWinks

EOFY SALE

DON'T MISS OUT

UP TO **50% OFF**
STOREWIDE



Morayfield
250 Morayfield Road
Ph: 5498 7777
fortywinks.com.au

Locally owned and family operated for over 25 years.



SERIOUS ABOUT SLEEP

Products and savings will vary from store to store. While stocks last. Exclusions apply. At participating stores only. Offer valid until 02/07/2023.

J6658T-2



Sleep & IMMUNITY

It has been scientifically proven that sleep gives us more energy, clearer judgment and, most importantly, stronger immune systems. With the uncertainties the world is currently facing, it is now more vital than ever to understand the importance of sleep and how it can improve the health of you and your families. Here are the most important tips and facts to improve your sleep health.

ENSURE YOU ARE GETTING ENOUGH SLEEP

One in four Australians are sleep deprived and are regularly failing to get their required amount of sleep. Without sufficient sleep, our bodies are unable to produce protective proteins, which leaves the door open to a variety of infections and inflammations. In turn, sleep deprivation may reduce the effectiveness and responsiveness to vaccines. Studies have shown that people who sleep eight hours per night develop stronger immune systems and the ability to recharge and learn new things the next day.

SLEEP CREATES STRONGER CELLS

To fight illnesses and infections, our bodies create special types of protein called cytokines. Cytokines are produced and become active while we are asleep, fighting off inflammations while we get our shut-eye. Because of this, research has shown that those who

go without sleep produce significantly fewer protective proteins than those who slept. In turn, staying awake allows your stress hormones to run wild, reducing the potential impact cytokines have on your body.

MAINTAIN A HEALTHY BED ENVIRONMENT

Though we may change our pillowcases and bed sheets often, our beds can be home to a variety of unpleasantness, including dust mites, dead skin, mould and fungi. This can pose health issues for those susceptible to allergies and weaker immune systems. It is recommended that you replace your pillows every 12-18 months to reduce the level of contaminants. Furthermore, investing in a good quality mattress protector and occasionally cleansing your mattress, either via a deep clean or vacuum, may help reduce the number of infectants present.

Changing your sheets every week also reduces dust mites and other allergens, which will give you a better night's sleep. If you share a bed with someone who may be ill, it is recommended to sleep in a separate room and mattress that has not been recently used.

BED & MATTRESS CARE COMFORT

It can take up to three months for your body to properly adjust to the feel and support of your new mattress. Give your

body time to conform to your new sleep surface.

ROTATE YOUR MATTRESS!

Rotating your mattress allows for the sleep surface to wear evenly. For a new mattress, rotate it once a fortnight for the first three months. Then, three to four times a year after this. Important! Don't lift or rotate your mattress alone. Always use two people to rotate anything larger than a double bed.

BASE SUPPORT

A structurally sound foundation is an important consideration when buying a new mattress. Make sure your base has strong centre support to help prevent your bed from dipping in the middle. Ensure your base is strong enough to support your weight or consider buying a new bed base to make your investment last.

PROTECT YOUR INVESTMENT!

A waterproof mattress protector guards your bed against oils, perspiration, humidity, food and drink. These can seep into the foam and break it down, leading to premature sagging. By keeping your bed protected and dry, you can help preserve the top comfort layer, which will help your mattress retain its shape and ensure your warranty is valid.

WARRANTY

It's important to keep all documentation after buying your mattress, including the manufacturer's warranty documentation as well as your receipt.



1800 245 955

www.coochie.com.au

WEED SPRAYING

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

LAWN GRUB SPRAYING

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

\$115

• Lawns up to
250m²
New Customers
Only



**FREE on-site professional
lawn inspection
and advice:**



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-leafed 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".

JUST A NICE QUALITY LAWN

Designed to improve and maintain new and existing lawn areas resulting in greener, healthier lawns, our programmed services include:

- Regular liquid fertilising for thicker greener lawns
- Liquid organics for healthier soils
- Broadleaf weed control
- Soil-wetters & moisture retainers to reduce watering & increase drought tolerance
- Grub & pest control to eliminate lawn attack & damage



We offer you –
**A Free onsite Lawn Inspection,
 Advice & Quotation service**

FREECALL 1800 245 955 · www.coochie.com.au

Host Your Home Bribie Island



Testimonial

I have had an Air BnB property on Bribie island for the past almost 12 months Leanne White has been my co host

I am delighted to endorse Leanne's incredible enthusiasm at everything she does from organising check ins, checking and answering guest's queries, changing gas bottles, attending to repair requests to ensuring the property and linen is spotless. I can confidently say Leanne will make an amazing host.

-Joc B. Bongaree

Three and half years ago the story of Host your Home commenced. I made the profound and life changing decision to leave my 23 year career as an early childhood teacher and step into the unknown. As an Airbnb superhost of my own investment property I wanted to replicate the process to help everyone gain an extra income, get 5 star reviews and develop Superhosts status.

And so the journey began.

The decision to commit myself fully into developing a business from an idea and watching the stream of events, unforeseen incidents, meetings and material assistance, which no man could have dreamed of unfold, has been confirmation that if we can dream it, do it. Boldness has genius, power and magic.

From managing only a few properties 3 years ago, Host Your Home is proud to say we now manage 65 properties on the short term rental platforms, such as Airbnb and Homeaway/VRBO, from Bribie Island to Peregian Beach. Our guest reviews are updated every 24 hours and are published on our Host Your Home Sunshine Coast website www.hostyourhomesc.com.au They are evidence of the quality care taken of the homes and apartments we manage.. Host Your Home is a local company employing people who reside on the Sunshine Coast. The success of this business is based on the values of honesty, integrity and transparency. We are the "HIT" team. What does this look like?

Leanne White is our Bribie Island Manager and her reputation of 5 star superhost precedes her. Please see Leanne has lived on Bribie Island for 10 years and is raising 5 children including a foster child. Her work experience is extensive, as a qualified motor mechanic and restaurant and bar manager Leanne is the one stop shop as manager for our business. Her love of traveling and staying in Airbnbs gives her the x factor to help clients and guests make beautiful memories.

Leanne as a local communicates with guests directly. All messages are transparent, so owners have access to them all. The calendar is visible, including nightly rate prices and our

quality tradespeople respond to any issues promptly and invoice owners directly.

The 5 star team of cohosts, cleaners and maintenance staff are all invited to be part owners of the business and so have a vested interest in it.

Our Superhost status reflects our 5 star reviews written by our appreciative guests. Homes are presented well and always cleaned to a high standard.

Our Host Your Home team focuses on our guests making beautiful memories. Our challenge is to provide Ichigo Ichie to all our guests, the phrase taken from the Japanese tea ceremonies, where we provide true sincerity and take the greatest care with every detail to make sure that everything flows smoothly and without a hitch. What our guests will experience, will never happen again, and we hope they value their stays like beautiful treasures.

Our new website available in July will also enable guests to book directly online at reduced prices.

The Sunshine Coast and of course Bribie Island is such a stunning place to visit. We love hosting guests in our beautiful homes and apartments.

For more information, please call the team at Host Your Home Sunshine Coast 0422787665 or 0408180164, or Bribie Island 0401211062

The Host Your Home Administration Team

• Would you like your property to earn more and to be able to use it at your own convenience?

• Would you like your property maintained to a 5 star standard, including cleaning, gardening and pool care?

• Are you looking for a change?

So, what can we do for you?

- Set up your property so it is guest ready
- Photograph, list on short term platforms such as Airbnb
- Liaise with guests 24/7
- On the ground local support when needed
- Professionally clean, provide linen and basic amenities to help you get 5 star reviews and repeat bookings

What our clients say about us?

I have had an Air BnB property on Bribie Island for the past almost 12 months Leanne White has been my co host
I am delighted to endorse Leanne's incredible enthusiasm at everything she does from organising check ins, checking and answering guest's queries, changing gas bottles, attending to repair requests to ensuring the property and linen is spotless. I can confidently say Leanne will make an amazing host.
-Joc B.

• Our superhost status means we receive 4.8 stars or higher from our guests and great reviews, so guests want to book with us;

• We are 100% honest and transparent, so our communication and calendar is visible to our property owners

• As locals we are hands on 24/7 and can help your guests with their needs

• cleaning and linen hire is paid for by the guests

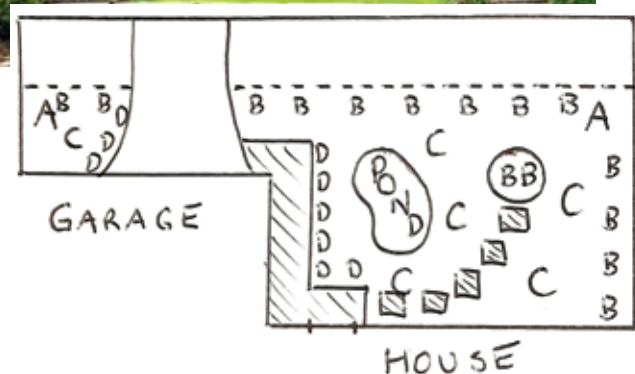
For more information visit www.hostyourhomesc.com.au call 0422787665 or 0408180164
Make property photos and now you can see how you can be a part of our amazing team.



The *Formal* Garden



By Peter Schinkel



Bribie region's gardeners, long-timers and newcomers alike are asking how to create a formal garden. In contrast, the cottage garden is informal and stocked with colourful flowering plants. Stocked (full) being the operative word.

By definition, a formal garden is simply a garden laid out in a conventional and ordered design. Creating one is surprisingly easy. It doesn't require hedges, for example. Or expensive plants. While hedging will certainly add a formal feel, there are many ways to create a smart garden without them.

A good way to start would be to draw up a plan like the one pictured here. This will help you space out your plants. Apart from hedging, plants are not required to join into one. They will usually have spaces between them, so each plant can be admired on its own merit. For example, if you have small shrubs, each growing one metre wide, you can plant them two metres apart, creating the desired space.

The plan shows the garden divided by a driveway, but it's still treated as one garden.

For example – A – denotes foxtail palms. Attractive, smart, tidy, and easy to maintain, taller plants are a great way to frame your garden.

In between – B – are one-metre-high shrubs. For colourful flowers – Azaleas, Little John bottlebrushes and dwarf Crepe Myrtles are beautiful examples. Other favourites include dwarf Magnolia varieties, Min-a-min Murrays, and various small conifers such as the Gold Cone Juniper or Chinese Arborvitae. The choice is enormous and really comes down to what catches your eye when you're shopping.

Next – C – denotes medium plants (around 30 to 40cm high). You may want more than pictured here but remember to note their potential width and leave space between them.

For edging/border plants – D – denotes ground cover or plants under approx. 20cm. For a formal appearance, small grasses such as Dwarf Dianella, Liriopes, and Mondo Grasses are hardy and attractive. Dwarf agapanthus are quite stunning too (especially the dark blue flowering variety). Thyme and Oregano work well (for many

obvious and wonderful reasons), but they do require maintenance to remain smart in appearance.

Then, you can choose stones or mulch to cover the ground. Both are beneficial in suppressing weeds and retaining soil moisture. When choosing stones, walking on small gravel (5mm to 10mm) is much easier.

Lastly, you can add a small number of adornments. A birdbath sitting on a paver (BB in the plan), a paved pathway, a bench to sit on, a pond or fountain, or a mix of these make great finishing touches to any formal garden. In Moreton Bay and most Australian councils, ornamental ponds or fountains are not defined as swimming pools or spas and do not require fencing. In some councils around Australia, the water must be less than 30cm deep.

For extra fun, keep in mind that most councils allow you to make a curbside garden too. Moreton Bay simply require you to keep a 1.5-metre footpath space. Whatever you choose to do, it will be your unique creation – Enjoy, and I'll see you again in Issue 195 on 14th July. Au revoir!

**BUY ONE
GET ONE
FREE**

**ONCE
A YEAR
SALE**



Plantation Shutters
*INFINITY RANGE

BUY ONE GET ONE FREE



Security Doors & Screens
*SECUREFORCE RANGE

BUY ONE GET ONE FREE



Roller Blinds
*INFINITY RANGE

BUY ONE GET ONE FREE



Curtains
*INFINITY RANGE

BUY ONE GET ONE FREE



Zipscreens
*INFINITY RANGE

BUY ONE GET ONE FREE



Fabric Awnings
*INFINITY RANGE

BUY ONE GET ONE FREE



All Venetians
*INFINITY RANGE

BUY ONE GET ONE FREE

call **1300 303 391**
for a complimentary measure and quote
**SERVICING BRIBIE ISLAND
AND SURROUNDING SUBURBS**



U Blinds Australia
blindsshuttersawnings
www.ublinds.com.au

*Conditions apply, selected materials and fabrics. Offer ends 28/7/2023 or while stocks last. Electrician and Installation not included.

PREPARE Your POOL For Winter

Although our winter climates are not harsh enough for our pools to start freezing over, preparing your pool for an extended period without use can ensure that your pool is healthy and ready for the warmer seasons of spring and summer.

Many pool owners neglect their pools in winter with good intentions – thinking they are saving water, energy and reducing their overall chemical use. The opposite is actually true. Getting the pool ready for summer after a winter of neglect can lead to a significant waste of water, chemicals and energy – costing you more money than a simple maintenance regime. You also run the risk of algae growth, surface staining, equipment damage and chlorinator cell failure.

Maintaining a 12-month water management program is vital to maintaining a pool's health and is the key to using less water, energy and chemicals.

This simple winterising procedure will ensure that your pool will be ready for the first warm days of next summer:

- Test and balance your pool water
- Vacuum and brush the walls of your pool
- Ensure that the skimmer basket and hair and lint-pot are free from debris
- Thoroughly backwash the filter and clean it with recognised filter cleaner and degreaser - if there is not a strong flow of water returning to the pool when the filter is turned on, ring your local SPASA pool shop
- Lubricate all O-rings with a silicone based lubricant
- Add a winter shock treatment
- Protect the pool from algae with an algae inhibitor

- Cover the pool completely to keep it debris free and prevent leaves and debris from causing damage to your skimmer

- Reduce filtration to four hours a day.

- If you have a salt pool reduce the chlorine output as the days get cooler (some chlorinators have a winterise setting). Do not turn off the pump completely, the bearings may seize and you will not have filtration to keep the water clean

- Turn the pool lights on for at least 30 minutes a week to prevent a build-up of moisture within the light and wiring

- Ensure that you occasionally check water levels are halfway up the skimmer box opening and that the pressure gauge on the filter is not indicating backwash.

- If you are using a pool cover, remove the cover once a month to allow the pool to breathe and allow excess chlorine to escape

After completing these steps, you will only need to check the chlorine level every 2 weeks and empty the skimmer basket if it has a build-up of leaves. It is recommended that you have a complete pool water test once a month during winter to ensure that the water remains correctly balanced, and thus pool chemicals are working to their maximum efficiency.

Waterama
POOL & IRRIGATION SERVICES

Call NOW 3408 6246

We Make Pools Fun!
info.bribie@waterama.com.au

Pool Servicing | Irrigation | Pumps | Plumbing

TRADING HOURS:
8:30 AM - 5PM MON - FRI & 8:30 AM - 4PM SAT

WE HAVE MOVED → SHOP 7 BRIBIE ISLAND SHOPPING CENTRE, GOODWIN DRIVE, BONGAREE, QLD 4507



PROPERTY PROFESSIONALS

SELL WITH US

AND SAVE

1.5 %
ALL
INCLUSIVE MARKETING
+GST

That's fair.
That's how it
should be!

Sally Grant
Bribie Island Greater Region
Leading Sales Agent*

Call us today for your free no-obligation market appraisal **3517 2406**
or scan our code here to submit your appraisal request

SHOP 1, 33 BENABROW AVENUE, BELLARA

WWW.WILSONCO.COM.AU SALES@WILSONCO.COM.AU



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

BUYING A HOME WITH TERMITE DAMAGE

You might call it a natural disaster, the level of fear it strikes in homeowners. In the most severe cases, a termite infestation can mean the complete destruction of a house, and even a relatively minor attack of the wood-eating bugs can mean huge inconveniences and expensive treatments and restorative work. People pay well into the thousands of dollars to fix a termite problem. And still, they might come back.

Why even consider buying a house with termite damage, then? Well, some people won't. Others, though, stick around to consider the options -- and possibly negotiate a big discount on the house.

And it's not a terrible idea. Most cases of termites are very treatable, and it's the sellers who pay for eradication and repair if the bugs and their damage turn up on

inspection. Plus, preventive measures can reduce the chances of relapse.

This is definitely a buyer-beware situation, though, regardless of repairs and prevention. Termites can cause structural damage, some of which may not be apparent until long after the sale is complete. And they do tend to resurface, so it's a problem you might be dealing with forever. Or at least as long as you own the house.

When considering the purchase of a home with a termite issue, past or present, the smart approach is to go beyond the usual due diligence. When it's time for the inspection, choose an inspector with termite expertise, because your typical home inspector is more likely to miss the less obvious signs of termites and their damage. Make sure the contract specifies that treatment and repairs are the sellers'

responsibility, and check that the people they choose to do the work are reputable. Then, if possible, bring the termite expert back in for a post-repair look to make sure the job was done right.

That's all before you close the deal. Later, once everything is signed, proceed to do everything you can to prevent a re-infestation, including fixing any instances of unwanted moisture in the house (repairing leaks, fixing parts of the roof that collect water, correcting improper drainage) and having regular termite inspections so if a problem does arise, you can catch it early. Buying this house will mean extra work in terms of maintenance, but keeping on top of the issue can save you a lot of time, money and aggravation in the long run. It will also help protect your investment: There's no way you're going to sell that house if the roof collapses.



PROFESSIONAL OFFICE/SHOP FOR LEASE BRIBIE ISLAND

OPPORTUNITY EXISTS TO LEASE A PROMINENT STRATA COMMERCIAL SHOP /OFFICE.

1st time offered, this Centrally located Shop just meters from waters edge. This very well presented Ground Floor Office, Located at a well known Commercial Building.

Adjoining Seven Tenancies provides a versatile mix of businesses ideally located at the corner of Welsby Parade and Kangaroo Ave, Bongaree.

Total Shop Area - 55m

Pricing includes Outgoings and GST(Gross Rent) \$590-psm-pa
- great main road & foot traffic exposure.
- plenty of off street parking.

Limited Commercial properties for Lease on Bribie Island -

DON'T MISS OUT!!!

FOR FURTHER INFORMATION AND TO ARRANGE AN INSPECTION PLEASE CONTACT AGENT: UNIT AREA: M2

Michael Fardouly 0413 517 222 or 07 3821 5266
mf@networkrealty.com.au





FOR RENT

41 Aquila Circuit, Banksia Beach
\$985.00 per week - Available Now!

79 Caraway Crescent, Banksia Beach
\$700.00 per week - Early July

07 3408 4071



25 Georgia Street, Godwin Beach

4 BED | 2 BATH | 5 CAR

You really need to see inside this robust family home! The renovation is just stunning! Imagine leisurely strolls down to the Godwin Beach waterfront. Take your picnic and enjoy the views to Moreton Island and Redcliffe while the kids play in the park.

For Sale: Contact Agent
Land Size: 1,079m²

Carolyn Drane
0418 283 762



19 Trimaran Court, Banksia Beach

4 BED | 2 BATH | 2 CAR

- 4 good-sized bedrooms with the master featuring an exotic ensuite.
- Grand Entry
- Updated Kitchen
- Salt Chlorinated Pool
- Pontoon with windch
- Room for the caravan

For Sale: Offers Over \$1,599,000
Land Size: 880m²

David, Brianna & Aisha
0409 255 255



44/5 Links Court, Woorim

2 BED | 2 BATH | 1 CAR

What a lifestyle you have here at 44/5 Links Court, Woorim! What more can you ask for than being located a short chip from the Bribie Island Golf Course in a well-appointed, great-sized apartment? Whether you're a savvy investor, first home buyer, or looking for the ultimate lifestyle in retirement this apartment is for you.

For Sale: Contact Agent

David, Brianna & Aisha
0409 255 255



Details You Shouldn't Forget to Add to Your New Build Home **PART 1**

Building a new home is an exciting and rewarding experience. It allows you to create an environment that is tailored to your specific needs and preferences. However, with so many decisions to be made, it can be overwhelming to know where to start. From the foundation to the finishing touches, there are a multitude of factors to consider when building a new home. It's important to plan carefully and make informed decisions to ensure that your dream home becomes a reality.

PLANNING AND BUDGETING FOR YOUR NEW HOME

Building a new home is a significant investment, and it's important to plan and budget accordingly. The first step in this process is to determine your overall budget for the project. This will help you to prioritize your spending and make informed decisions about the features and finishes you want to include in your home. When setting your budget, it's essential to consider all of the costs associated with building a new home. This includes the cost of the land, building materials, labour, and any necessary permits and inspections. You should also factor in the cost of any additional features or upgrades you want to include in your home.

Once you have a clear idea of your budget, you can start to plan the details of your new home. This includes deciding on the size and style of your home, as well as the features and finishes you want to include. By planning carefully and budgeting wisely, you can create a home that meets your needs and exceeds your expectations.

FINDING THE RIGHT BUILDER FOR YOUR PROJECT

Choosing the right builder is one of the most important decisions you'll make when building your new home. A good builder will be able to guide you through the process, offer expert advice, and ensure that your home is built to the highest standards. When selecting a builder, it's important to do your research. Look for builders who have experience building homes similar to yours and who have a good reputation in the industry. You should also check their references and interview several builders before making a decision.

It's also important to choose a builder who is transparent about their pricing and who is willing to work with you to stay within your budget. By choosing the right builder, you can ensure that your home is built to your exact specifications and that the process is as smooth and stress-free as possible.

DESIGNING THE LAYOUT AND FLOOR PLAN OF YOUR HOME

The layout and floor plan of your home is critical to its functionality and overall appeal. Before finalizing your plans, it's important to consider your lifestyle and how you plan to use your home. This will help you to create a layout that meets your needs and suits your style.

When designing your floor plan, it's important to consider factors such as the location of bedrooms and bathrooms, the placement of windows and doors, and the flow between rooms. You should also consider the overall size and shape of your home, as well as any outdoor living spaces you want to include. Working with a professional designer can

be helpful in this process, as they can offer valuable insights and suggestions for optimizing your space. By taking the time to carefully design your floor plan, you can create a home that is both functional and aesthetically pleasing.

FEATURES TO CONSIDER FOR YOUR FOUNDATION AND FRAMING

The foundation and framing of your home are critical components that will impact its overall durability and longevity. When choosing the features for your foundation and framing, it's important to consider factors such as the climate and soil conditions in your area, as well as your budget

and aesthetic preferences. One popular option for foundations is poured concrete, which is durable, long-lasting, and resistant to moisture and pests. Other options include block and stone, which can offer a more rustic or traditional look.

When it comes to framing, there are several materials to choose from, including wood, steel, and concrete. Wood framing is a popular choice for its affordability and ease of construction, while steel framing is more durable and can offer better resistance to fire and pests. Concrete framing is a newer option that is gaining popularity for its strength and energy efficiency.

@realty

OBLIGATION

FREE PROPERTY

APPRAISAL

**CALL ME TODAY YOUR
LOCAL AREA EXPERT**



DAVE STEFANAC

0448 736 077

dave.stefanac@atrealty.com.au

www.atrealty.com.au

MMA

MEET YOUR LOCAL TRADIE



Squeaky CLEAN
Aircon Sanitising Heating, Ventilating & Air Conditioning Service

- Fujitsu Authorised Dealer
- Air Conditioner Service and Sanitising
- ACWWA Certified Wet Wash Specialist
- ARCTick License AU53965
- Split System Installs
- Smoke Detector Upgrades
- Brbie Local employing locals

PHONE: 0460 667 510

AIR-ELEC
 REFRIGERATION, AIR CONDITIONING AND SANITISING

ARC
 AUSTRALIA'S FINEST AIR

Carpet Medic
 INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseql

0413 658 177

BRIBIE LOCAL

Truck Mounted Steam Cleaning | Carpets | Upholstery | Tile And Grout | Pest Management

W.J.C. Master Painters

- Repaint specialist
- Domestic & Comm Work
- Wash and Paint
- FREE Quotes
- Driveways & BBQ Areas
- Garage Floors.

ABN: 89 183 229 531 QBCC Number 15240645

Adding colour to your world

Pensioner Discounts

KYLE: 0457 066 509
 E: k.t-2001@outlook.com

BRIBIE SCREENS & THINGS

PROWLER PROOF
 ACCREDITED DEALER

SECURITY WINDOWS & DOORS SCREENS

✓ Indoor/Outdoor Blinds ✓ Pet Doors ✓ Repairs **3408 0500**
 admin@bribiescreens.com

2/189 FIRST AVE, BONGAREE

Local Handyman Beachmere to Brbie Island
Phil Gibbs
 "Fixologist"

0431 448 982
Kerryann 0423 856 529

- **Build It**
- **Fix It**
- **Plaster It**
- **Paint It**
- **All Small Jobs**

QBCC 65701 Police Checked | Blue Card Holder ACN 651028241

ISLAND BODYWORKS WOULD LIKE TO HELP YOU UNDERSTAND MORE ABOUT THE PROCESSES FOR YOUR INSURANCE POLICYS. INCASE OF AN ACCIDENT OR HAIL DAMAGE WE CAN GIVE YOU SOME HANDY HINTS.

“We meet by accident”

“Do you have choice of repairer on your policy?”

“Hail repairs”

All insurance companies welcome

“Car park dents and scratches”

“Paintless dent experts”

1. Make sure you and the other persons involved are physically ok, if you have any concerns seek medical attention asap! We can fix your vehicle but we can not fix you!
2. Exchange details with the other parties involved. It is ideal to get pictures of the accident scene to help determine who is at fault which will help the process.
3. If your vehicle requires towing advise the towing company to take straight to your preferred repairer (island bodyworks).
4. Try and keep calm, you have just been through an unsettling event.
5. “Important” check your policy to make sure you have “right of repairer” on your policy, this is rarely asked when you take out or renew your policy. Some insurers will charge extra on your policy for this convinience.
6. Call your insurer and make a claim, through this process the insurer will try and railroad you to their contracted shops elsewhere, if you would like island bodyworks to repair your vehicle you may have to be persistant with them to ensure it is sent to us for quality repairs.
7. Once the claim has been lodged successfully the insurance company will send a request for quote to us.
8. We will then make contact with you to book in an assessment time, at the assessment we will take images of your vehicle and go through the damage.
9. After the assessment has been completed we then send the insurer our quote, there could be up to 10 working days to get an authorisation.



10. Once the approval has come through to us we then contact you to book in a convenient time to proceed with repairs depending on parts availability.
11. When you drop your car off please have alternative transport, friends or family arranged for drop off and pick up of your vehicle.
12. Please understand we do not have xray vision so there may be underlying damage that we could not see, this could result in more parts needed and more time too complete repair.
13. We try our best to complete repairs in the estimated time but remember we are humans.
14. Thanks for taking the time to read these steps and we hope to make the experience as pain free as possible.



3408 1677

islandbodyworks.com.au

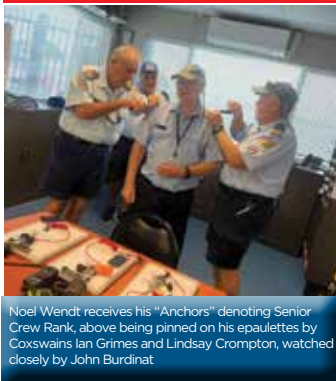
**31 Armitage Street
Bongaree Qld 4507**



VMR BRIBIE ISLAND



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



Noel Wendt receives his "Anchors" denoting Senior Crew Rank, above being pinned on his epaulettes by Coxswains Ian Grimes and Lindsay Crompton, watched closely by John Burdinat

UNDER 8's DAY

**Bribie Island State Primary School:
Friday 19th May 2023 - VMR**

Bribie attended the Under 8's day at the Bribie Island State Primary School, where they had Jonkers Bribie 3 on display. It was a big hit with all the kids. Police and Ambulance also had their vehicles on display. A sausage sizzle put on by the Bribie Lions group. VMR Bribie gave away free tickets in a mystery raffle which was won by Jeremy. The VMR team of Mike Looney, John Burdinat, Denny Freeman, Graham Gibb, and Peter McNamara who have not been to school for a long time were all amazed of the student's confidence at this early age. One of the students confessed "My dad has been towed in by you, he hit a rock".



Under 8's day at the Bongaree Primary School. Long Line of Kids waiting to play Captain on Jonkers Bribie 3 under watchful eye of Coxswain Mike Looney.



Jeremy winner of the VMR Water Bottle at the Under 8's day at the Bongaree School.

SUNSET DRINKS

Friday 26th May 2023

70 Active members and partners attended the "Curry Night" Sunset Drinks. The ladies of the Social Committee came in at 8am to start the process in the 8 slow cookers. The stirrer Kelly was there all day as there was a Wake in the Function Room today as well. Everyone commented how tender the meat was, which was supplied by the Ningi Butcher near the Fruit Barn all chopped for us and at a great price. There were 4 different curries on offer; Rogan Josh, Lamb Korma, Butter Chicken, and an Aussie Chicken, followed by ice-cream in a waffle cone for \$7, with drinks at the bar for our usual great prices. A raffle was also conducted with a choice of prizes. Commodore Ces Luscombe welcomed everyone and announced a little wager between he and Vice Commodore Wayne Sclater that the loser of the State of Origin would wear the opposition's wig and colours at the next Sunset Drinks.



Colleen Crompton receives her raffle prize from Commodore Ces and Vice Commodore Wayne.



Dale Mullins and Finn received their raffle prize from Commodore Ces and Vice Commodore Wayne.



Lorna Holliday receives her raffle prize from Commodore Ces and Vice Commodore Wayne.



Great to see Ray and Ingrid Fox back at Sunset Drinks.



The curry night was a hit with all.



Birthday boy Ron Burrett was also presented his 10-year Service badge by Commodore Ces and Vice Commodore Wayne.



Lyn Wendt receives her raffle prize from Commodore Ces and Vice Commodore Wayne.



Kate Brown with her mum also enjoyed the evening.



The sea of slow cookers at the end of the night.



Finally, Charles Williams is presented with his Commodore's Award from the AGM, Charles has been enjoying a break and promised he would be back at the next maintenance Monday.

STATE OF ORIGIN

Wednesday 31st May 2023
34 members and partners attend the first State of Origin function for the match held in Adelaide. The usual footy fare was offered: Pies (chicken and camembert, Chicken curry, Beef Steak, or plain), Ham and cheese toasties, or Hotdogs; with chips for \$5, or either on its own for \$3. It was great environment with the usual friendly banter – rowdy at times, with both sides wonderous at some of the ref/bunker decisions!!!



The kitchen in readiness for the evening.



Functions Coordinator Kelly Langworthy showing her allegiance to NSW however her toenails were maroon!



John and Linda Burdinat, with Sue Sclater waving the flags for the Blues.



Marilyn with Aamir Cao enjoyed the evening. Although I think Marilyn had a leaning for the Blues!



Kathy Rickard-Simms and daughter Poppy with different hopes for the outcome of tonight's match!



Betty Snell, Cheryl Robinson, and Janine Jaavuo, all long-time members of the Social Committee at VMR Briebe.



Mike Lucas and Ian Thomas, our barmen for the night – didn't show an allegiance for either side, but I think Ian was a Maroon!



4 Maroons recon we had a chance – Mark and Pam Purtell, Kathy Simms, and Mark Young at half time.

MAY/JUNE VESSEL ASSISTS:

SUN 28/05 0834AM – 6.7m Gamefisher non-member with motor problems required a tow from Gilligan's Island to Spinnaker Sound Marina.
SUN 28/05 0931AM – Tasked by Water Police to investigate an EPIRB Activation off Cape Moreton. Stood down as CG Redcliffe had located vessel.
THU 01/06 1116am – 5.5m Half Cabin member with a flat battery at Northern end of Moreton Island required a tow to Sylvan Beach Boat Ramp.
THU 01/06 1512PM – 6.4m Half

Cabin non-member with motor issues required a tow from Pacific Harbour entrance to Sylvan Beach Boat Ramp.
FRI 02/06 1114AM – 4.5m Inflatable requested by Water Police to provide SAR in area of Flinders Reef. Member found, stood down after 35 minutes.
SAT 03/06 2156PM – Missing tender to be retrieved to returned to vessel – not found, left to morning crew to follow up.
SUN 04/06 0754AM – Tinny reported off Kal Ma Kuta Ramp, recovered, drained, and secured on sand near VMR. Owner notified.

2023 YEAR RADIO ROOM STATISTICS

To Thursday 8th June 2023
7,084 Calls, 2,130 vessels logged on,
116 Vessel Assists, 724 Sitreps, 444 Requests,
34 overdue vessels, 5 Vessel Tracking,
761 Radio Checks, 3 Weather Broadcasts,
2 Securite Broadcasts, 1 Pan Pan 0 Mayday.
VHF 61.9%, 27MHz 8.4%, Phone 12.3%. GWN 1.1%

SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says for this coming holiday period check your LIFE JACKETS:

- do you have the appropriate life jacket for the whole trip?
- are the life jackets suited to the activity being undertaken?
- do you have one jacket for everyone on board?
- are the jackets in good condition and correctly labelled?
- if boating at night, do the jackets have reflective tape on them? and
- do you have an appropriate sticker/label showing where the life jackets are stored?

Many boaters have their jackets still in their original packaging – this leads to

lack of effective inspection and the deterioration of the straps. This in turn also makes it difficult to fit in an emergency.
The bottom line – life jackets should not be stowed and forgotten. They are difficult for a novice to put on in an emergency, and then it's too late to realise they are inappropriate for the intended person in that emergency. Skippers should inspect each before each trip, show all passengers how to wear and have

"PLEASE WEAR YOUR LIFE JACKETS!"

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



FISHING REPORT

BY: Robyn
Bribie Island Boat Charters



THIS REPORT IS BEING WRITTEN ON A COLD, WET MORNING, THE FIRST REAL RAIN FOR THREE WEEKS. THERE'S NOT MUCH FISHING GOING ON TODAY, BUT WE'VE JUST FINISHED ANOTHER WEEKEND OF LOVELY WEATHER AND GOOD CATCHES.

There's been some good early-winter action around the Pacific Harbour entrance – Moses perch, snapper, sweetlip and a few different leatherjackets among them. You'll have to catch and release quite a few undersized fish for each legal one, but there's been enough variety and success to make it worth the effort. Remember to handle undersize fish carefully - avoid touching the lateral line and release them as quickly as possible, so they can keep growing for next year.

Bec, Josh and Lily spent Sunday afternoon hanging out at the Ripples and drifting north – no keepers but some interesting fish, including the lovely fan-

bellied leather jacket. Esala took home a very big bream and a flounder, after throwing lots back. Snappers are showing up at the Ripples, but again lots of almost big enough and a few biggies.

North of the bridge, on the island side of the Passage, there are consistent reports of snapper and other fish. Kieran and his dad said they caught over 20 fish each, using both prawns and squid. They didn't measure them because they weren't keeping any anyway, but Kieran reckoned some of the snapper would have been well over 35cm. A Fishability Qld crew caught grassy emperor and snapper at

the bridge, as well as a big sea toad – there have been a few of those around too – big noisy, nasty-looking ones!

Luke did an overnighter off Moreton Island, jigging some live bait on the way. He and his crew had a nice haul, including a monster trevally and a keeper cod. Luke said there was lots of waiting involved, "like drifting over a desert", then a few good hits.

Michael was saying that the juvenile snapper over near Tangalooma was so keen to get on his hook that "it became a bit monotonous"! Don went as far south as Peel Island for his snapper, and he got a couple of spotted mackerel as well.

BRIBIE BAIT TACKLE & BIKES

Family owned since the 90's



5/1 Welsby Parade,
Bongaree Qld 4507

3408 1347

Largest range of bait and fishing tackle on Island with expert advice for all fishing & cycling needs

TRADING HOURS:

Mon - Fri 7am - 5pm

Sat 6.30am - 5pm | Sun 6.30am - 4pm

TIDE TIMES

Bribie Island AND Moreton Bay

FRI 16 Jun 2:38 am 0.55m 8:17 am 1.48m 2:09 pm 0.29m 9:03 pm 2.11m	SAT 17 Jun 3:29 am 0.51m 9:06 am 1.46m 2:51 pm 0.28m 9:45 pm 2.14m	SUN 18 Jun 4:14 am 0.49m 9:50 am 1.44m 3:31 pm 0.3m 10:25 pm 2.13m	MON 19 Jun 4:55 am 0.49m 10:30 am 1.42m 4:11 pm 0.33m 11:02 pm 2.09m	TUE 20 Jun 5:34 am 0.5m 11:09 am 1.39m 4:49 pm 0.38m 11:38 pm 2.03m	WED 21 Jun 6:13 am 0.52m 11:47 am 1.37m 5:29 pm 0.43m	THU 22 Jun 12:13 am 1.97m 6:51 am 0.54m 12:26 pm 1.36m 6:09 pm 0.48m
FRI 23 Jun 12:47 am 1.91m 7:30 am 0.55m 1:08 pm 1.35m 6:51 pm 0.55m	SAT 24 Jun 1:24 am 1.84m 8:10 am 0.55m 1:55 pm 1.34m 7:37 pm 0.62m	SUN 25 Jun 2:02 am 1.77m 8:52 am 0.54m 2:49 pm 1.36m 8:30 pm 0.7m	MON 26 Jun 2:45 am 1.7m 9:37 am 0.52m 3:52 pm 1.4m 9:33 pm 0.76m	TUE 27 Jun 3:34 am 1.62m 10:25 am 0.49m 4:59 pm 1.48m 10:45 pm 0.79m	WED 28 Jun 4:31 am 1.55m 11:13 am 0.44m 6:01 pm 1.6m 11:54 pm 0.76m	THU 29 Jun 5:34 am 1.5m 12:01 pm 0.38m 6:57 pm 1.75m

Another local fisherman said he's been going out to the Wild Banks about 8-9 pm and getting some good catches of mulloway and snapper. For a couple of nights, he's had a particular dolphin's company, which helps pass the time between bites.

Sean was trolling north of the bridge when he hooked a 40cm cod. Then, after the tide started lifting, the bream came on the bite and he managed a couple of 30cm+ bream before he ran out of fishing time. Leanne and Matt's 55cm flathead came from the same area. Someone told them to use salted chicken breast, which did the trick. All that poor Sam could catch was "heaps and heaps of pike – once you get among them, that's all you'll get".

Fortunately, flathead don't have a closed season, and numbers are definitely on the rise in the Passage right now. Tennyson brought in one dusky at 50cm and another 56cm, caught on pillies north of Ningi Creek. Sandy also caught a big dusky flathead, this time on prawns. Fishability Qld has been bringing home flathead from

the mouth of Ningi Creek pretty much every day they go out – their favourite bait – is baby blue pilchards.

Anyone who is happy to stay inside the Passage over winter will find some good spots, on the water or beside it. Turner's Camp would be one of the best choices, with that big sandbank extending out towards the Ningi Creek yellow marker. Ann and her friends had five flatheads, all taken on soft plastics (Gulp, nuclear chicken paddle-tail) and three flounder caught on squid. They fished all day but said it all happened after lunch, in the 2

hours before low tide.

Plenty of whiting has been caught right through the Passage. Dennis and Robin drifted from the jetty towards the bridge, catching a full load of winter whiting, twenty flounder (kept five) and "lots of baby pinkies". Lyn, Margie and others fished for the Women's Alvey Classic over May and into June. Lyn unofficially christened Margie "Whiting Queen of Pumicestone Passage" because she just needed to put her line into the water and the whiting seemed to jump on. Winter whiting mainly, mostly small but lots of them!

Don't forget that from July 15, the closed season on snapper will begin, and last for a month. It always seems that the really big ones have just started to show in the Passage when we all have to give the snapper a rest, but there are other fish in the sea, as they say.

Photo 1: This flathead scored Lyn second prize and a Gobbler lures gift voucher in the Women's Fishing Classic.

Photo 2: A nice haul from around Moreton Island (and some mustard to go with them?).



Servicing -

All makes & models, Factory Trained Technicians, Latest Diagnostic Tools.



Authorised agents for...

KOHLER
IN POWER. SINCE 1920.

YANMAR

VOLVO PENTA

MERCURY

SOUTHERN FISH MARINE

Engine Sales - Inboard & Outboard, Petrol & Diesel.

Boat & Dunbier Trailer Sales & Packages

Mercury Finance & Insurance

Antifouling & PropSpeed - International Paints

Detailing & Polishing

Chandlery Sales - Lifejackets, Flares, Oils, Fenders, Anchors & so much more!

Swap & Go Gas - 4kg & 8.6kg

PH 5497 6733

9/11 Spinnaker Drive,
SANDSTONE POINT

www.southernfishmarine.com.au
info@southernfishmarine.com.au

Southern Fish Marine

OPENING HOURS

Mon to Fri 7.30am to 5.30pm
& Sat 7am to 12 Noon

5 Reasons a Boat is a Good Personal Investment

IF YOU'RE LOOKING FOR A NEW WAY TO INVEST YOUR MONEY, YOU MIGHT WANT TO CONSIDER BUYING A BOAT. WHILE SOME MAY VIEW BOATS AS LUXURY ITEMS, THEY CAN BE A WISE PERSONAL INVESTMENT FOR A VARIETY OF REASONS. IN THIS ARTICLE, YOU'LL EXPLORE 5 REASONS WHY A BOAT COULD BE A GOOD INVESTMENT FOR YOU.

Boats can be a source of income. One of the most significant benefits of owning a boat is the potential to earn extra income. You can rent out your boat to others for events, fishing trips, or even just as a recreational vehicle. Many boat owners have found that they can make a substantial amount of money from renting out their boats. This can offset the costs of ownership and make the boat a smart financial choice. However, it's important to keep in mind that renting out your boat comes with its own set of responsibilities and risks. Make sure you work with reputable boat dealers to ensure that you have all the necessary permits and insurance coverage to protect yourself and your boat.

Boats offer a unique way to explore the outdoors

Boating is a great way to get out and enjoy the outdoors. Whether you're fishing, swimming, or just cruising around the water, being out on the boat is a great way to relax and enjoy nature. You can explore new areas and discover hidden gems that you may not have otherwise found. Owning a boat gives you the freedom to explore and enjoy the great outdoors uniquely and excitingly. However, it's important to keep in mind that boating comes with its own set of risks. Make sure you take the necessary safety precautions and work with reputable boat dealers to ensure that you purchase a boat that is safe and reliable.

Boats can increase in value

Boats can appreciate over time, making them a valuable asset to own. If you take good care of your boat, you may be able to sell it for more than you paid for it. Additionally, boats that are well-maintained and in good condition are highly sought after by buyers.

This means that if you decide to sell your boat, you may be able to sell it quickly and for a good price. However, it's important to keep in mind that not all boats appreciate. Make sure you do your research and work with reputable boat dealers to ensure that you purchase a boat that is likely to appreciate.

Boating is a fun and social activity

Boating is a great way to spend time with family and friends. You can invite people on your boat for a day of fun and relaxation, or you can join a local boating club and meet new people who share your passion for boating. Boating is a social activity that can help you create new memories and strengthen existing relationships. However, it's important to keep in mind that boating can also be dangerous if proper safety precautions are not taken. Make sure you work with reputable boat dealers to ensure that you purchase a boat that is safe and reliable.

Boats can provide a sense of accomplishment

Finally, owning a boat can provide a sense of accomplishment. Boats require a significant investment of time, money, and effort to maintain and operate. However, the sense of pride and satisfaction that comes from owning and operating a boat can be well worth the investment. You'll have a sense of ownership and responsibility over something that you've worked hard for, and that can be a truly rewarding experience. However, it's important to keep in mind that owning a boat also comes with its own set of responsibilities and challenges. Make sure you are prepared to invest the time and effort required to properly maintain and operate your boat.

Insights and Takeaways

Owning a boat can be a smart personal investment for those who love the water and want to enjoy it on their terms. Boats offer many benefits, including a source of income, a unique way to explore the world, the potential for appreciation of value, provides a fun and social activity for friends and family, and can provide a sense of accomplishment. If you are interested in investing in a boat, be sure to work with reputable boat dealers who can help you find the right boat for your needs and budget. By doing so, you can enjoy all of the benefits that come with owning a boat and make a wise investment choice at the same time.





Offshore fishing out of Bribie has been great of late and with good weather some good catches have been coming in. Pearl and Cobia are in numbers out of Hutchies. Snapper have showed up on the artificial reefs and in the bay in good numbers.
Tight Lines Boab Boat Hire



Bribie Marine P: 3408 4621

HONDA MARINE

Outboard servicing and repairs to all makes and models.

Courtesy trailer available for local pickup.



2000 FISHERMAN

Whether it's a day over to Moreton with the family, or offshore fishing with mates...

- 135hp Honda
 - Dunbier Trailer
 - 6.5 Garmin Echomap on water packages
- From \$69,990**



1800 ALL ROUNDER

This one ticks all the boxes !! Perfect offshore day boat

- 100hp Honda
 - Dunbier Trailer
 - Garmin 6.5 Echomap on water packages avail now
- From \$56,990**



484 BANDIT PRO

Centre Console... one for the serious fisherman with plenty of deck space. Multiple power options.

- New Boat Package
- From \$39,990**

- New & Used Boat Sales
- Honda Outboards
- Buying And Selling Boats Now!
- Boat Storage & Maintenance

WE ARE NOW BUILDING YALTA CRAFT BOATS, A HOUSEHOLD NAME WITHIN THE BOATING FRATERNITY FOR NEARLY 60 YEARS AND NOW LOCALLY MADE ON BRIBIE ISLAND.

Always built for the task and now built to last with 100% composite (no timber)



www.bribiemarine.com.au

143 First Ave, Bongaree, next to Ampol

THE CARAVAN & CAMPER REPAIR CENTRE CABOOLTURE

GREAT TEAM, ADVICE, KNOWLEDGE & FRIENDLY

THE TEAM ARE SPECIALISTS IN ALL RV REPAIR INCLUDING CARAVANS, HYBRIDS, CAMPERS & MOTORHOMES.

Works include insurance repair wether storm damage or accidental! Offering repair warranty to all insurers. 12vlt systems, solar, lithium upgrades, light replacements, air conditioner upgrades, diesel & gas heating, awning replacements, roof reseals, servicing and more.

For bookings made this edition.. Gem Life, Palm Lake residents and those who store at Driving Wheels will receive a 10% discount on labour charges just mention the ad and show proof upon checkin.

SOME OTHER GREAT OFFERS THIS EDITION

- ★ Diesel heaters 2yr warranty with tank guard \$1300
- ★ Enerdrive 180 watt solar upgrade (existing system only) \$699
- ★ Gas bottle refills \$15 with your service
- ★ Dust reduction systems installed \$1300
- ★ Grey tank with guard and fittings \$1290
- ★ A free gift upon check out

TIPS

Clean your interior using diluted mentholated spirits (walls, cabinets)

Check your breakaway battery is charged

Use ceramic wax when hitting the road on a dusty journey! Just spray on silicone seals.. come home and hose of the dust

TRAVEL SAFE AND ENJOY EVERY JOURNEY!

From your local RV experts The Caravan and Camper Repair Centre

**36 Cessna Drive
Caboolture Qld 4510
5499 1304**



CARAVAN & CAMPER REPAIR CENTRE

- ⊗ PRIVATE REPAIRS
- ⊗ INSURANCE REPAIRS
- ⊗ WATER DAMAGE
- ⊗ CARAVAN AWNINGS
- ⊗ PARTS & ACCESSORIES
- ⊗ SOLAR INSTALLATION
- ⊗ HAIL DAMAGE & REPAIR
- ⊗ SERVICING VANS & CAMPER TRAILERS
- ⊗ LITHIUM BATTERY UPGRADES



BOOK NOW!

5499-1304

E: service@ccrc.com.au

W: caravancamperrepairs.com.au Hours:

Monday to Friday 9am to 4pm



34-36 Cessna Dr, Caboolture QLD 4510

Meet Aurora, the Ugliest and Safest Car in the World

Not all good things are necessarily good-looking or, for that matter, successful. Before safety vehicles were even a thing, one priest from Pennsylvania worked hard to build what he believed would be the safest car in the world. And he did just that. It's also quite possibly the single most ugly vehicle ever built.

Father Alfred Juliano, a Catholic Priest, conceived and built Aurora. Juliano, was concerned not only with the eternal souls of his parishioners but also with their safety. He developed and sketching blueprints for automobiles and aircraft at the age of 13, and he was so brilliant at it that he caught the attention of General Motors executives, who offered him a spot in a school for creative young designers.

Father Juliano declined the invitation since he had already been ordained as a priest. But his passion for automobile

design persisted. He spent two years designing the Aurora and another three years building it. Father Juliano founded the Aurora Motor Company with donations from his parishioners, as well as credit and his personal cash, to create the prototype.

Aurora was designed to be dent, rust, and corrosion resistant. Seat belts, a roll cage, shock-absorbing body contour bumpers, a cushioned dashboard, crumple zones, and



a telescoping steering wheel were among the safety features. The windscreen was bulbous to increase space between it and the occupants in the event of a crash. The front seats swivelled backwards in the

event of a collision, protecting the occupants. In less gruesome settings, the seat configuration was ideal for a relaxed chat with a little table between them.

The Aurora's exterior was equally impressive and well-thought-out, with no sharp edges to a gaping area in the front end designed to "cuddle" and shield a pedestrian it could hit. As groundbreaking as these elements were, combining them all into one vehicle resulted in the world's ugliest automobile.

The prototype, and the only Aurora ever built, was constructed on the chassis of a 1953 Buick that Father Juliano rescued but failed to test beforehand. This would lead to his demise since the automobile

broke down 15 times on the route to its public introduction in 1957. The prototype ended up costing him \$30,000, but not a single order for the vehicle was placed. The company went into bankruptcy and its founder was investigated for fraud, following claims of having misappropriated church money.

After Father Juliano gave it up as collateral for delinquent payments, it was abandoned at an auto body shop. Andy Saunders, a British automotive artist discovered it in a field in 1993. It was in horrible state, yet he sent to the UK to begin the reconstruction procedure. He said that the Aurora had enchanted him with its ugliness, therefore he had to have it.

Aurora made a triumphant return to the spotlight in 2004, as part of the Cars of the Future show at the Goodwood Festival of Speed. Given the absence of documentation for the original build, Saunders done an excellent job reconstructing it. Although it was shown at the Beaulieu Motor Museum, Saunders still owns it.

BOOK A SERVICE WITH US

Suppliers of

✓ Free Courtesy Car
✓ Free Pick Up & Drop Off
✓ Pensioner Discounts Available

BRIBIE CAR CARE

**4 ARMITAGE ST
BRIBIE ISLAND
3408 4477**

BRIBIE ISLAND

Dedicated to providing you with the service you want

- All Types of Tyres • Courtesy Car • Log Book Servicing
- Fleet Care • Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

OPEN

Monday to Friday 8am to 5.30pm

Saturday 8am to 12noon for all Servicing & Repairs

**Make sure your vehicle is safe.
Call today to book for your safety check.**

Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree
 E: bribieisland@ultratune.com.au W: www.ultratune.com.au



Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

JUNE 2023

**BONGAREE & BELLARA
NHW NEWSLETTER**

Neighbourhood Watch is an organisation of community minded residents that are interested in the welfare of their neighbourhood. They watch out for their neighbours, friends and take notice and show an active connection to their suburb. There is only one NHW group left functioning on Bribie today, and they hold meetings on the third Tuesday of each month in the ANZAC Rooms Bribie Island R.S.L. 9.30 am, with a guest speaker, Police report and a cuppa and bickies.

For many years now, this group of community minded people meet together to share their observations and concerns with Bribie Island Police in attendance at the NHW meetings. Police follow up and provide feedback, where appropriate and keep residents informed on what has taken place in our area. These few residents are doing something -reporting

disturbances to police or crime stoppers and show a concern in what happens around their suburb. They are keeping their suburb safe as they are interested in what is happening. Unfortunately these people are becoming fewer as we, as a community fall into the Urban Canyon Society mindset! That is we drive out and close the door - coming home we drive in and close the door. We have very little communication with our neighbours and disturbances in the street go unreported as no one wants to get involved!

Now you must ask yourself, Do I care for my neighbour? Do I care about the decline in community spirit? If you have the slightest interest in these things then come along to a meeting. If you can-not attend a meeting! Then check out the Facebook page and make a comment. Become active in reporting Hooning, vandalism or people behaving badly. BUT if you cannot be bothered about any of these things! Then

accept you are part of the problem!

Bribie Central management have offered the Bribie 1 Bongaree N.H.W. group access to an information point within the centre, for distributing our Newsletters.

Bribie 1, Bongaree N.H.W. are hoping to promote this activity along-side our normal newsletter, however the individual newsletter delivery will be reduced and we will place our newsletter into the Bribie Islander magazine on a monthly basis, to improve the N.H.W. coverage.

If you are interested in your community Please come along to the next meeting. NHW is always interested in hearing from you and would love to see you there.

**NEXT BRIBIE ONE
NHW MEETING IS ON
TUE 20TH JUNE AT
BRIBIE RSL
ANZAC ROOM
9.30 AM.**

All visitors are invited to attend. Next meeting 16th May, 30th May, 13th June 2023 - ANZAC Room Bribie RSL or Contact Greg Rollason PH: 3408 1998 or 0431 598 560.

FB Bongaree Neighbourhood Watch E: bongareenhw@outlook.com

Bongaree NHW Inc. P.O. Box 1376 Bongaree Qld 4507

LETS MAKE CRIME PREVENTION A PRIORITY

DISCLAIMER: the information contained herein has been obtained from sources we deem to be reliable, however we cannot guarantee its accuracy and interested person should rely on their own inquiries. The views in this newsletter are not necessarily those of the Queensland Police Service unless expressly so quoted.



Proudly sponsored by
The Butterfly House



Watch

**THANKS TO ALL
OUR SPONSORS**

Australia Post Bongaree
3408 1007

Bribie Doctors **3408 3320**
Bribie Garden Centre
0435 007 751

Bribie Island RSL **3400 1300**
Bribie Island Taxi Services
3408 9700

Bribie Medical Equipment Hire
And Sales - **3408 3098**

Bribie Sand/Gravel And
Landscaping -**3408 1037**

Bribie Screens And Things
3408 0500

Cm Wheeler And Associates
5496 1156

Cornetts Iga Bongaree
3408 1066

Hans Electrical **0458 912 121**
Home Assist Secure **3408 0111**

Ireland Flooring Solutions
3408 3122

Island Water Bores
0412 766 779

Priceline Pharmacy Bribie
Island **3410 1000**

Richardson And Wrench
3408 7733

The Ink Shop **3408 6421**
Victory Press Printing
3408 2334

IMPORTANT CONTACT NUMBERS

POLICE LINK 131 444

EMERGENCY 000

**CRIME STOPPERS
1800 333 000**

SES 132 500

**CENTRE AGAINST
DOMESTIC ABUSE
5498 9533**

**NEIGHBOURHOOD
CENTRE
3408 8440**

CRIME REPORT

BRIBIE ISLAND WRAP

JUNE 2023


www.mypolice.qld.gov.au/moreton

MORETON POLICE HONoured FOR EXCEPTIONAL WORK ACHIEVEMENTS

Yesterday, Assistant Commissioner Brian Connors APM and Acting Chief Superintendent Anne Vogler recognised the achievements of police officers in the Moreton District.

Fifty-four members of the QPS were presented with awards including the National Police Service Medal, the National Medal, the QPS Medal and other special awards in recognition of officers' significant years of service. Assistant Commissioner Brian Connors thanked award recipients for their

tremendous dedication to the Moreton community. "I am proud to recognise the bravery and efforts of our officers, and their contributions to keeping the community safe," Assistant Commissioner Connors said.

"I have no doubt that their actions have resulted in making Moreton a happy and safe place to live and visit."

Three National Police Service Medals were presented along with five National Medals and 30 Queensland Police Service Medals. Constable Christopher Hughes was awarded an Assistant Commissioner's Certificate for his actions

on September 13, 2021, at Mt Morgan, in which he responded to a life-threatening incident and provided first aid to a man suffering a stab wound. As a result of Constable Hughes' efforts, the man made a full recovery.

Senior Constable Michael Hartley received his second clasp to the National Medal regarding his 35 years of service, along with Acting Superintendent Lee Jeffries and former Senior Sergeant Garth Peake, who were awarded their 40-year clasp to the QPS Medal. Several QPS members were awarded the District Officer's Certificates for their actions in major operations within the

district, resulting in the removal of a significant number of drugs and firearms.

If you are seeking a challenging and rewarding career within the police service, apply now at policerecruit.qld.gov.au

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

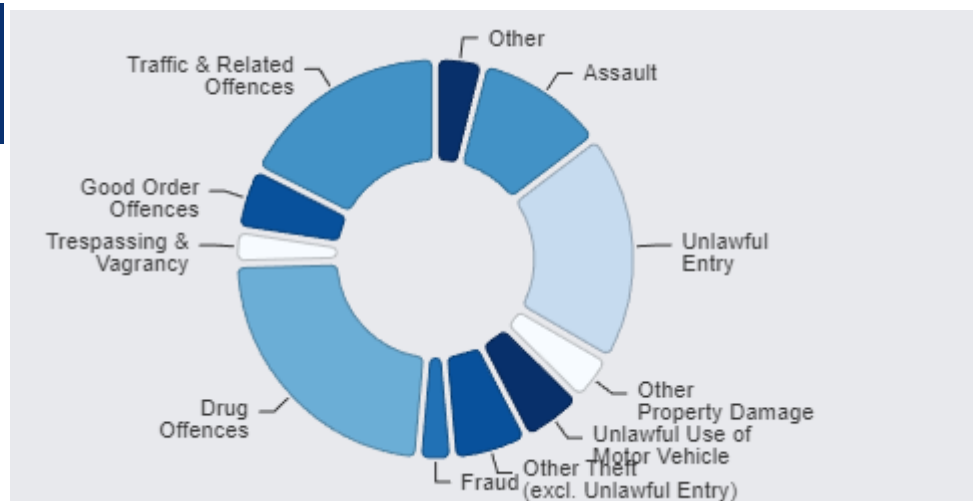
There is no better time to join the QPS. You're already ready.

Visit PoliceRecruit.com.au to check your eligibility today.

83 Offences

13 MAY 2023 — 12 JUN 2023

Other 3
 Assault 9
 Unlawful Entry 16
 Other Property Damage 3
 Unlawful Use of Motor Vehicle 4
 Other Theft (excl. Unlawful Entry) 5
 Fraud 2
 Drug Offences 20
 Trespassing & Vagrancy 2
 Good Order Offences 4
 Traffic & Related Offences 15



LETTERS TO THE EDITOR



Dear Editor,
We all know that shopping locally is the right thing to do but it does mean that you would hope that those on the receiving end would not take advantage. With this in mind, I needed fuel and on 30 May found that the service stations on Bribie had lifted their prices to \$207.9 with Sandstone Point at \$205.9 when many outlets around Caboolture were still at \$167.9 or close to it. It makes it appear that because we are a bit of a captive market, local servos can be quick to take advantage even when I believe it can be the same fuel as days before – in other words, there has been no fresh delivery to justify the hike in price. The price cycle routine is a farce, anyway, with the authorities including the RACQ showing no inclination to challenge the current crazy system. To make it worse, those with petrol driven vehicles – many with little hope of changing – are currently subsidising electric vehicle owners. Talk about a fair shake of the....

Ruggles

Dear editor,
Please find below a contribution to the Editor's page:
For Islanders and visitors, the bush-fringed drive between Bongaree and Woorim on 1st Avenue has always been an iconic expression of Bribie's environment. This stretch of native habitat has been a signature of the Island's essence. Not a lot of people are aware that this feeling will soon begin to change. MBRC are approaching the approval of a Development Application that will see a large Cathedral-like church built over

the road from the Memorial Gardens.
It is likely to go ahead as all counsellors do not see the downside in the loss of a Bribie bush block. The application has advanced even when it ignores the original zoning category (Rural), ignores the Wildlife Corridors and Habitat protection put in place and seeks to introduce Septic waste where the water table is unstable and problematic. (Remember the flooding at this point in every big wet). It is the precedent that will be set that is most alarming.

When 4,000 sq metres are filled with the structure, car parking and extending negative effects to surrounding National Park, the "develop at all costs" mentality will become normalised. The cherished bush drive in time will be lost to the frontages of "normal" subsequent developments. This is exactly the sort of development that we will sadly refer to in the future when an Industrial Estate-like wasteland has appeared. Why didn't anyone try to protect that iconic bit of Bribie?
A disheartened few are trying.
Geoff Ginn - Bongaree

Dear Editor,
We hear a lot about the generation divide, with each complaining about their disadvantages. As one of the oldest living generations, I can use the wisdom of age to see how things have changed over the last seventy years or so, and I believe we have an advantage over other generations - long-term thinking. Right from our very young years we were taught to consider the future,

not just the present. We had to wait for special occasions for treats, which today's children get almost every day. We had to save up for expensive purchases, instead of using credit cards. And our re-cycling habits came naturally - looking to the future minimised our waste and saved us money. But today, the only long-term thinking seems to be preparing for a war we hope won't happen. Changing

our behaviour to save our planet from future weather events or extinctions is just too hard. In fact, we celebrate freedom from bug-spattered windscreens or the need to walk to the shops, even as our fitness declines. Business is obsessed with quarterly returns, politicians rarely look past the next election, and school children don't even have to wait until they get home to check their social

media. Visitors from elsewhere will even phone me from just down the street because they think I am as impatient as they are. At one time, a letter, weeks in advance, was sufficient to tell me to expect friends. If there is one thing which should be included in the crowded school curriculum, it is to teach children the benefit of long-term thinking.
H.Beneke

Dear Editor,
Oh, what might have been. Australia has been twice cursed; first with ideologically driven, bully boy Unions and then with short sighted, pathetic politicians. These came together back in 1971 to snuff out the first flicker of an emerging Australian Nuclear Power Industry. Next time you drive down the South Coast of NSW spend an hour in the beautiful Jervis Bay area, home to HMAS Creswell Naval College and the pristine white sands of Hyams Beach. On the southern headland you will find a concrete slab that was

the first part of a proposed Nuclear Power Station. It was a very modest project, only 500 MW, providing power to local homes via the national electricity grid. Then the South Coast Trades and Labor Council announced that their workers would refuse to build the nuclear reactor. Why? Because the power station was going to use Uranium. As Jervis Bay is part of the Australian Capital Territory, the federal government of the day, led by Billy McMahon, could have stepped in and continued with the project. However, McMahon had no stomach

for a fight and canned the project arguing that coal fired power stations were cheaper to build and run. So, this ideal opportunity to gain experience with a small, pilot nuclear power station was lost. Also, this opportunity to establish a fledgling nuclear power industry was lost. Meanwhile, the rest of the world was, and still is, embracing this new technology, bigtime. As the saying goes, 'the best time to start any new venture is yesterday'. We have allowed almost 16,000 yesterdays to slip by.
Michael Cavenor

LETTERS TO THE EDITOR



Dear Editor,
Moreton Bay Shire Council is, apparently, about to become a city, before it does, there needs to be some changes in budgeting and inclusion. Budgeting, last year the budget went up by 5.6% and the council and counsellors were really pleased as this was "below CPI" even though the increased cost of living was already starting to bite. Over the years the Council has saddled the ratepayers with over \$360 million in debt, and there doesn't seem to be any obvious plan to reduce this. With every household currently looking at how to save money, it is time for the council to do the same and prepare a budget with no increase this year. Any increase in the annual rates just adds to the cost of living, health concerns, and quality of life for the residents. Inclusion, we all want to be included. At a recent morning tea, Senator Jacinta Nampijinpa Price gave her own "acknowledgement of country" and what she said was along the lines of; " I would like to acknowledge and welcome all Australians past and present ". This is a real and honest and inclusive acknowledgement and should replace the current race-orientated acknowledgement used by almost every form of government that selectively chooses a small group of Aborigines to acknowledge. There is no place for racism in this country, and constantly dividing Australians and acknowledging certain groups of Australians based on race is just wrong.

Charles from Banksia

To the Editor,
WAKE UP AUSTRALIANS – Our brave men and women gave their lives in two world wars and other conflicts to preserve our freedoms and DEMOCRATIC way of life. Do you know the fourteen (14) elements of Democracy introduced to Athens, Greece by Cleisthenes c. 507 B.C. and further developed by Pericles c. 407 B.C? Most families have a computer. Do not follow Government propaganda (information, especially of a biased or misleading nature, used to promote a political cause or point of view) like sheep being led to the slaughter. Google (a new word for investigate or research) for facts. Yes, the web is full of false information but with practice, you will soon learn to sift the fiction and learn the facts. You do not need Academic training or a high-sounding Degree. You will achieve it by use of COMMON SENSE. Ask the following questions: -

- Why does the country's print, radio and television refuse to publish any view of health issues other than that of the country's Health Departments?

- Why do the three (3) major Political Parties, Labour, Liberal and National accept millions of dollars from drug companies as exposed by the Guardian newspaper and the Centre for Public Integrity? (Retired Judges & Barristers)

- Read of the millions of dollars given to our politicians by the Gambling and Liquor companies.

In Australia, payments to political parties are known by the polite name, "Lobbying." In the USA, these gifts are known as "BRIBES."

Aristotle's [a.k.a. Plato c. 427BC-c.347BC Athens] advised the citizens "If you do not take an interest in the affairs of your government, then you are doomed to live under the rule of fools."

Tom (The boy from the bush)

Dear Editor,
MEDICAL BOUQUETS

It is (seemingly) fashionable, all too often these days, to be critical and to sensationalise the over-load issues or other problems involving our medical services.... including our local and regional hospitals.

And on this score, our regional Caboolture Hospital has regularly come in for its share of critical media exposure.... largely undeserved, in my view (and based on recent personal experiences).

Over the past few years – and as recently as this month – my wife and I have had cause to call on local Ambulance services and expert medical staff at the Caboolture Hospital, to attend to urgent (and emergency) health issues.

The prompt response and urgent pre-admission attention of the Ambulance paramedics have been absolutely first-class (lifesaving, even) and the attention, treatment and service at the Caboolture Hospital has been exemplary, too.

The services could not be faultedand we

have had enough experiences on the inside of our hospital and health services, around the State, to make genuine and accurate comparisons.

So next time you see, hear or read reports of sub-standard treatment of patients by our Ambos, or staff at the Caboolture Hospital don't accept them at face value. Find out the FACTS – if you are interested enough in the criticism and/or complaints, to want the TRUTH of the issue.

The only misuse or abuse of our ambulance and/or hospital medical services and facilities we have seen – and experienced – has been by people clogging up Emergency departments (at our hospitals) with NON – emergency ailments or conditionsin many cases, caused solely by their own behaviour and actions.

As for the Ambos, doctors and medical staff?..... It's bouquets only! They are a special breed of people.

Col Walker, Sandstone Point.

Dear Editor,
I have been talking to friends and acquaintances about the future of the planet, and of Australia after the referendum. In the past I've had conversations with people from various walks of life, and in the "boiling pot" which is Bribie, there are lots of different backgrounds, but few seem to have really struggled. I have come to the conclusion, that their beliefs about whether climate change is real, or whether they should vote Yes or No, all depends on their attitude to the subject we are discussing. Very few approach the discussion with an open mind or think about it from the point of view of a lowly insect or struggling Aborigine. Some say that they do not have sufficient information, but

only seek it within their own bubble. Every time I try to find out for myself, I encounter the same problem. Statements are loaded with emotional words, from whichever side. When the authorities give out information for the referendum, each case will be presented by people in that bubble, with the attitudes which are dominant there, so it won't be any different. To get the right answers, we need to relinquish the security of the status quo, to allow our generosity to come to the fore, and really listen to all the arguments. We will never solve our problems until we change our attitudes.

H.Beneke

LANDSCAPING - ROOFING - FENCING - BUILDING

OUTDOORS,

Landscaping, Fencing & Carpentry



ABN: 137335448873

ACE

YARD SERVICES
AND MAKEOVERS

- TREE REMOVAL
- TURFING
- LAWN MOWING
- HEDGING
- LAWN TREATMENTS
- RUBBISH REMOVALS
- YARD MAKEOVERS
- HIGH PRESSURE CLEANING
- STUMP GRINDING

DVA & NDIS APPROVED SUPPLIERS

CALL FOR A FREE QUOTE:
0403 094 212

Martin Bartley

FENCING

- Colorbond
- Pool
- Garden Fencing
- Gates
- Small Handyman Jobs

E: martinbartley@msn.com

0417 681 231



DOWNUNDER WATER BORES

We solve the hole problem!

- Sand Spear Installation + Repairs
- Pump Installations + Repairs
- Irrigation Systems

BRIBIE ISLAND
0467 355 079

dfservices@outlook.com.au




EARTH ASPECTS

LANDSCAPING

ABN: 89 565 312 756
QBCC 1145351

- LANDSCAPE DESIGN & CONSTRUCTION
- GARDEN / RETAINING WALLS
- IRRIGATION
- INSTANT TURF
- DECKING
- PAVING & CONCRETING
- BOBCAT & TIPPER HIRE

JASON WRIGHT
0411 222 349

"Creating Excellence Naturally"

TOM THUMBS



TREE WORKS

0439 342 288
ttrees2@gmail.com

With over 10 years experience we are the professionals that care
Call Tom today for a FREE quote

- Tree Lopping
- Tree Removal
- Tree Pruning
- Stump Grinding
- Palm Tree Cleans & Removals
- Confined Space Tree Removal
- Land Clearing
- Storm Clean Ups

PROFESSIONAL HIGH PRESSURE CLEANING

House Exteriors, Sheds, Paths, Driveways, Fences, Vehicles, Machinery, Caravans, Boats And More! **Fully Insured!**

SOLAR PANEL CLEANS
NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501



Albie Back

Mowing & Gardening

ABN: 77 362 295 879 Family Owned

Mowing - Whipper Snipping - Garden Weeding - Spraying - Hedging - Pruning - Rubbish Removal (Subject To Council Tip Fees)
- Pressure Washing - Gutter Cleaning

NO JOB TOO SMALL

CRAIG 0405 229 085



QBCC 1229511

Local Tradie. Quotes Welcome.

Plain, Exposed, Decorative Finishes.
Quality work. Fully Insured.

Paul Rawleigh 0413 139 133

CARPENTRY

Servicing Bribie Island & Surrounds

- Extensions
- Bathroom & Kitchen Renovations
- Decks & Pergolas
- Tiling

FREE QUOTES

Contact Henry 0418 325 753
hgraffen@gmail.com

QBCC 15009324



MINI EXCAVATIONS

ABN - 33 680 067 873

- 1.7 ton & 3 ton Excavator
- PT 30 Terex Posi Track / Slasher
- Post Hole Augers 450mm-300mm
- 5 ton Tipper

Kerryn Hickland
Mob: 0438 332 367
khickland@hotmail.com




Nickbuilt Concreting Contractors

QBCC: 71589

For All Your Concreting Needs

- * Plain * Exposed * Stencil * Colour * Covercrete
- * Driveways * Patios * Shed Slabs * Paths

Rejuvenate Existing Concrete
HIGH PRESSURE CLEAN AND RE-SEALING AVAILABLE

PH: 0418 989 392
www.nickbuiltconcreting.com.au

LANDSCAPING - ROOFING - FENCING - BUILDING

OUTDOORS, Handyman, Roof and Flooring



Bathrooms
Concreting
Painting
Rendering

Carpentry
Plastering
Tiling
Decks

Jas Of All Trades
0481 273 873
20 Years Experience
Quality Assured QBCC 114346

Find Jason on Facebook "Jas Of All Trades"



Local Handyman Beachmere to Bribie Island
Phil Gibbs
"Fixologist"

Phil 0431 448 982 or Kerryann 0423 856 529

E: Phil@handymanmoretonbay.com.au
W: handymanmoretonbay.com.au

QBCC 65701 Police checked | Blue Card holder ACN 651028241

A1 ROOF RESTORATIONS Don't Ignore Restore

NO OBLIGATION FREE QUOTE

High pressure clean
Full Restoration
We use trusted Dulux products

15 YEAR GUARANTEE
HEAT REFLECTIVE COATINGS

CALL ELVIS
0484 244 435 QBCC 1094638

- EXTENSIONS & RENOVATIONS
- CARPENTRY
- DECKS & PATIOS
- BATHROOMS
- ROOFING & FLOORING
- FRAMING AND CLADDING
- COMMERCIAL
- RESIDENTIAL



PH: 0455 378 439

LOCAL BUILDING SERVICES
QBCC #108917

HIRE A HANDYMAN

- General property maintenance
- Carpentry
- Fencing
- Painting
- Shower Screens
- Furniture Assembly
- Plus Heaps More

One call to fix it all Bribie local for over 35 years

0409 123 342

FAWCETT'S

FLOOR SANDING & POLISHING

- New & Old Floors
- Carpet Removal
- Decks
- Staining
- Stair Cases
- Board Replacements

10 YEARS EXPERIENCE
FREE QUOTES

Matthew Fawcett
0425 625 152

fawcett.floorsanding@gmail.com
ABN. 22 170 223 265 | Quotes up to \$3,300



NORTH BRISBANE MAINTENANCE

Handyman Services

The Professional Alternative To Doing It Yourself

CALL BRENT 0490 407 790

M.E. TILING & RENOVATIONS

COMPLETE BATHROOM, LAUNDRY AND HOUSE RENOVATIONS.

ALSO Specialising in Elderly and Disabled Home Remodelling

LOCAL 25+ YEARS

BRIBIE ISLAND & SURROUNDS

Michael Early **0419 729 223** QBCC 064608
Ah: 0402 048 275 E: debzart8@bigpond.com

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBCC# 707294

CALL NOW
0414 656 219



TREVOR HOLMAN CARPENTERS

- Maintenance & Handyman Work
- Full Aspect of Carpentry
- Repairs of Termite Damage
- Minor Tiling, Plastering, Painting & Fencing
- Pergolas & Decks
- Refits of Fittings and Fixtures
- Refurbishment of Doors, Locks
- Bathroom Renos
- Specialising in Renewing & Beautifying Homes
- 27 years experience
- Fully Insured and Licensed
- Pension Discounts
- Flatpack Specialist
- Built In Robes & Linen

BSA Lic: 1041878 **PH: 0414 396 970** ABN 01483113734

STENSON'S

FLOOR SANDING & POLISHING

- old & new floor
- board replacement
- bamboo clip floor installation
- staircases & decks
- staining
- free quotes

LUKE 0428 114 552
MELISSA 0404 304 060




MICK'S HANDYMAN SERVICES

0400 816 193

Solar Panel Cleaning
Rubbish Removal
Excellent Rates
Gutter Cleaning
Builders Cleans
Mower & Whipper Snipping
Cleaning And Window Cleaning
Friendly And Reliable Service

MAKE YOUR SURROUNDINGS BETTER BY MOULD and GRIME REMOVAL

Outside House Cleaning
Pressure Washing To Clean Away Grime, Mould And Dirt

no job too big or small

Please call Mick anytime

ELECTRICIANS and AIR CONDITIONING



HANS ELECTRICAL

Security Provider Lic 3733093 Lic 77649

Award Winning Customer Service

Call Hans 0458 912 121

- ▶ Electrical Installations & Repairs
- ▶ SWANN Security Camera Systems
- ▶ Surge Protection, Safety Switches
- ▶ Ceiling Fans, Smoke Alarms LED Lights
- ▶ Power Points, Tv Points HWS Repairs
- ▶ Garden Lighting, Shed Wiring, Metering...

www.hanselectrical.com.au



POWERED ELECTRICIANS & SOLAR

★★★★★
YOUR LEADING SOLAR AND ELECTRICAL EXPERTS

Field us on   @poweredelectriciansandsolar

SERVICING RESIDENTIAL & COMMERCIAL

- ✔ SOLAR SYSTEM INSTALLATIONS
- ✔ SOLAR SYSTEM HEALTH CHECKS
- ✔ ELECTRICAL INSTALLS & REPAIRS
- ✔ LIGHTING, CEILING FANS
- ✔ POWER POINTS, SMOKE ALARMS
- ✔ SWITCHBOARD UPGRADES

0421 901 965
info@poweredes.com.au
www.poweredes.com.au



BGI AIR CONDITIONING

Local Family Run Business
AFFORDABLE & RELIABLE

Breakdown Service, Maintenance,
Sanitising & Repairs

**Fully Qualified Refrigeration Tech
with over 30 years experience.**

QBCC Licence: 15314735
ARCTick AU 57265

Ph: 0401 521 977
www.bgiair.com.au

ON TIME... EVERY TIME!!!

Southern Stars
AIR CONDITIONING, ELECTRICAL
SOLAR & SMART HOME



PH (07)54 951 827

6/95 Lear Jet Dr Caboolture
southernstarsgroup.com.au

ASK ELECTRICAL 24/7

INSTALLATION AND MAINTENANCE

CALL ALAN
0460662733

NO JOB TOO BIG OR TOO SMALL

Lic Number 86728



Domestic Air Conditioning Specialists

QBCC Licence: 152632257

YOUR LOCAL DOMESTIC AIR CONDITIONING SPECIALISTS

Sales, Installations, Servicing & Repairs

Family owned & run local business
Qualified Refrigeration Engineer
15 YEARS REFRIGERATION AND BUILDING INDUSTRY EXPERIENCE

Call Joel today for a free quote on

AU LIC: 58505
ARCTIC: L138688
Electrical Lic: 165295
ABN: 41362542234

0409 483 796

E: hello@bribieairconditioning.com.au
W: www.bribieairconditioning.com.au



Fastsparks Electrics

QLD LIC: 88245

BRIBIE LOCAL. ELECTRICAL INSTALLATION & MAINTENANCE.

CALL PAUL: 0404-757714

24HR EMERGENCY SERVICE.




D.G. WARWICK ELECTRICAL

& AIR CONDITIONING INSTALLATION

FAST RELIABLE QUALITY SERVICE
AT VERY COMPETITIVE RATES

- Electrical Installation & Repairs
- Lights, Power, Stove, HWS Repairs
- Smoke Alarm, Ceiling Fans Etc
- Surge Protection, Safety Switches
- Switch Board Upgrades, Shed Wiring
- Phone & TV Points & Hanging Of TV

CALL DAN

0411 486 886

Pensioner Discounts FREE QUOTES
Over 20 years Experience Lic# 76628




Banksia Beach REFRIGERATION

DOMESTIC REFRIGERATION REPAIRS

ALL MAKES ALL MODELS ANYTIME

RELIABLE & PROMPT SERVICE
Servicing Bribie Island & Local District

QBOSA No. 1061413
ABN 69 463 469 776
ARCTICK LIC No. L095403

Ring Dave 0428 222 755

24 Hours 7 Days

ELECTRICIANS

ANTENNA'S POOLS AND CLEANING



TV Tuning \$70.00

- ✓ Australian-Made Digital
- ✓ TV Aerials, Outlets & Troubleshooting
- ✓ EFTPOS AVAILABLE
- ✓ PENSION DISCOUNTS

If I cannot FIX your problem, there will be no CHARGE!!

PH 3408 6530

Titab Lic No: T155423
Est 20yrs. 5yrs Warranty.

PROFESSIONAL HIGH PRESSURE CLEANING

House Exteriors, Sheds, Paths, Driveways, Fences, Vehicles, Machinery, Caravans, Boats And More! **Fully Insured!**

SOLAR PANEL CLEANS
NO OBLIGATION FREE QUOTE

CALL MIKE on 0400 849 501



- * Window & Glass Cleaning
- * Screens, Tracks And Frame Cleaning
- * Blinds & Shutter Cleaning
- * Mould Removal
- * Reno Cleans
- * Internal Ceiling & Wall Wash
- * External House Washing
- * Patio & Pergola Cleaning
- * Pressure Washing Of External Gutters, Paths & Drive Ways
- * Any Other External Cleaning Just Ask!

Reliable, Affordable & Insured.

CALL ZANE for a free Quote -
0404 788 990

TV Antenna Specialists

FULLY INSTALLED DIGITAL READY

With 5 Year Full Warranty
Extra Outlets
Free Outlets
TV & DVD tuning
Telephone Points
Insurance Work
Pensioner Discount
Wall Mounting

10% OFF ON MENTION OF THIS AD

0411 638 122
E: tvantennas4u@gmail.com

ABN 79938505658



BRIBIE ISLAND SOLAR PANEL CLEANING

Professional Cleaning and Inspection Service
0420 987 947

1-8 panels for just **\$69**
9-16 panels for just **\$89**
17-24 panels for just **\$109**
Low set home prices.

Discounts available for Seniors.
Registered, fully insured and locally owned business.

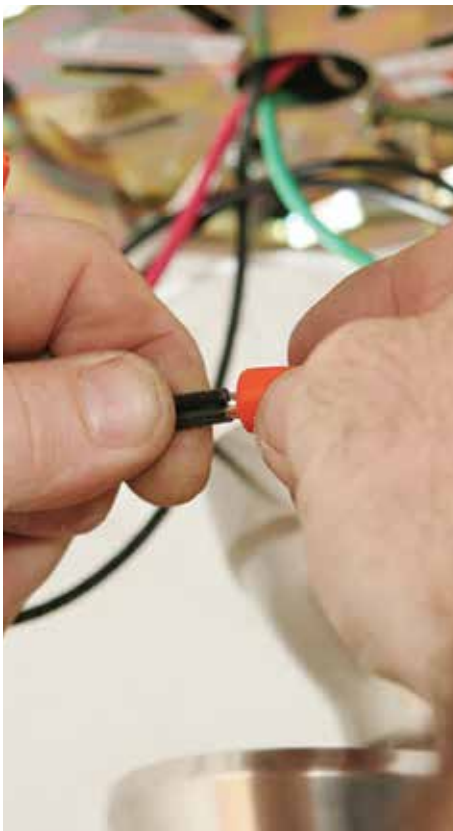
www.bribieislandsolarpanelcleaning.com.au
Insurance No. BIZ4459CMD
ABN No. 14 523 998 624



- TV Phone Data Outlets
- Tuning And Tutoring
- TV Wall Mounting
- WiFi Solutions
- TV Antenna Installation

Chris Holdsworth
0403 817 541

"swiftinstallations.com.au"



0413 658 177

5 STAR REVIEW RATING



INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqld

3 rooms \$100
each additional room \$20.

Truck Mounted Steam Cleaning |
Carpets | Upholstery | Tile And Grout
| Pest Management



Pool Services
Pool Chemicals
Pool Equipment

"Shop Online For **FREE** Home Delivery"
OR "Click and Collect"

www.aquaneo.com.au
PH 1300 279 502
Shed 6, 179-181 First Ave,
Bongaree

WATERAMA

QBCC Lic 15075069 **Call NOW 3408 6246**

- Pool Servicing
- Pool Repairs
- Maintenance
- Plumbing
- Water filtration
- Irrigation
- New Pumps & Repairs
- Home Delivery

We Make Pools Fun!
info.bribie@waterama.com.au

WE HAVE MOVED SHOP 7 BRIBIE ISLAND SHOPPING CENTRE,
GOODWIN DR BONGAREE, QLD, 4507

ABN 71 326 381 155

Bribie Dazzler
Cleaning Service

IS HIRING RIGHT NOW!

REQUIREMENTS: Reliable Car, ABN, Public Liability Insurance.
Ideal For School Mums Or Dads

PLEASE CALL CEC on
0434 407 222
officebribiedazzlercs@gmail.com



PLUMBING + WATER SERVICES

PLUMBING

Master Plumbers' Association of Queensland Member

"We are fully COVID 19 compliant!"

We are available right now to assist you with any of your emergency plumbing!

CALL BRAD - 0478 021927

Plumbing BRIBIE Is.

www.plumbingbribiels.com
office@plumbingbribiels.com

BLOCKED DRAIN?

Also Servicing: Beachmere, Forbul, Donnybrook & Meldale

QBCC Act Lic: 897054

Incorporating **P.B.I.** Drain Blockage & Cleaning Experts

- Fixed Price*
- Drainage Plan Given
- Video of Cleared Drain
- Same day service on Emergency's
- Location of Broken or Damaged Pipes
- All Household Mains cleared to Council Drains
- No Dig Repairs with relining Technology
- Both sewer and Stormwater blockages cleared

*T's and C's Apply

MPJ PLUMBING PTY LTD
The first call will fix it all

WE specialize in all plumbing and drainage including hot water systems and general maintenance

ABN: 16658328191
QBCC Licence: 15036121

Call Jason Holtham

Ph: 0429 986 324
e: Mpj.plumbing@outlook.com

FAST CHANGEOVER SERVICE AND REPAIRS

RiverStone Plumbing
The Dependable Pros

- Gas • Heat Pump
- Electric • Solar

URGENT HOT WATER SERVICE SPECIALISTS

Phone Shaun 0419 186 192
yamabrae@gmail.com

SAME DAY SERVICE

QBCC: 10033060

Any Plumbing or Gas Problems?

LPG LEADING PLUMBING & GAS

Call Michael Elliot 0408 114 340

- 24hr Emergency Service
- Gas Installations
- Bathrooms
- Gas appliance repairs
- Leaking taps and pipes
- Leaking or blocked gutters
- Hot water install and repairs
- Drainage problems
- Split system installations
- Solar HW install and repairs
- General plumbing

QBCC Lic No. 15117590

24 HOUR Emergency Services

AUSTRALIAN PLUMBING AND GAS BRIBIE

BRIBIE'S MOST EXPERIENCED PLUMBING AND GAS TEAM

- specialist in blocked drains CCTV sewer jetting
- Bribie's only dedicated/inhouse leak detection service
- all aspects of gas fitting
- hot water systems
- renovations

Call us today 0401 464 673

LOCAL FULLY LICENCED AND INSURED PLUMBING PROFESSIONALS...QBCC 15011436

"Give us a call"

BRIBIE Master Plumbers

- Backflow Prevention Equipment Installation & Maintenance
- Water Temperature Control Devices
- HWS Repairs & Replacement
- Gas Repairs & Replacement
- Drainage Repairs And Replacement
- General Plumbing

MEMBER Master Plumbers Association Of Queensland QBCC Lic. 129 4969

PLUMBERS - GASFITTERS - DRAINERS

24 HR EMERGENCY SERVICE PH: 0448 448 975

LOCAL LADS
Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBCC# 707294

CALL NOW 0414 656 219

From 9am to 5pm Mon-Fri
From 8am to 12pm Sat
From 8am to 12pm Sun

JNR PLUMBING Maintenance Specialist

24/7 QBCC 1290418

0448 884 023

QUALITY PLUMBING AT AN AFFORDABLE PRICE

- Blocked Drains & Storm Water • Pipe Bursts • Taps & Toilets • Hot Water Systems • CCTV & Jet Rodding

PAINTING SERVICES



PAINTING SERVICES

WJC MASTER PAINTERS
Pensioner Discounts
 Servicing the Bribie region

- Repaint Specialist
- Wash And Paint
- Driveways & BBQ Areas
- Domestic And Commercial Work
- Free Quotes
- Garage Floors

PH KYLE 0457 066 509
 E: k.t-2001@outlook.com
 ABN: 89 183 229 531 QBCC Number 15240645

Bribie PAINTING SERVICES
 Residential & Commercial Painting
 Geordan - 0408 236 638
 bribiepainting@gmail.com
FULLY INSURED

RESIDENTIAL AND COMMERCIAL

- Painting Repaints
- Plaster Repairs
- Rental Property Tidy Ups

Phone Mick 0439708622
 ABN 85034310494

LOCAL LADS
Property Maintenance & Plumbing
 Licensed Plumber, Drainer & Gas Fitter
 Police Clearance Report - Pensioner Discount- QBCC# 707294

CALL NOW 0414 656 219

QBCC 15097374

MATTS QUALITY PAINT SERVICE

- RESIDENTIAL
- COMMERCIAL
- NEW HOMES
- RENOVATIONS
- ROOF RESTORATIONS

PH 0439 343 723
 mattsqualitypainting@outlook.com

NO STEPS PAINTING
RESIDENTIAL & COMMERCIAL PAINTING
FULLY LICENSED & INSURED

CALL STUART PH 0403 153 141
 Email: nostepspainting@gmail.com
 Lic No: 15047313



BUSY BRUSHES
 PAINTING & DECORATING
 SINCE 1999

Painting and Decorating, Interior and Exterior Painting, Small Jobs welcome!

Family business **CALL WAYNE**
 SINCE 1999 **FOR A FREE QUOTE**
 Perfection is **0434 677 476**
 our standard!

busybrushes@bigpond.com QBCC Lic. 67239

AUTOMOTIVE and TOWING



Australia's Detailing Group

Available **MON - FRI**
We come to you!

MOBILE CAR CLEANING
Professional, Friendly, Reliable
Mobile: 0448 888 948

Senior Pensioner Discounts **Iain Macdonald**
owner/operator

HYDRAULIC HOSE FIXERS

PARTS - REPAIRS - INSTALLS

07 5428 2246
www.hydraulic hosefixers.com

ULTRACOOL AUTOMOTIVE AIR CONDITIONING

FREE QUOTE

177 First Avenue, BONGAREE
Mobile Service Available
0409 336 997 / 3408 0748
www.ultracool.com.au

UltraTune UltraTyres

BRIBIE ISLAND
Dedicated to providing you with the service you want

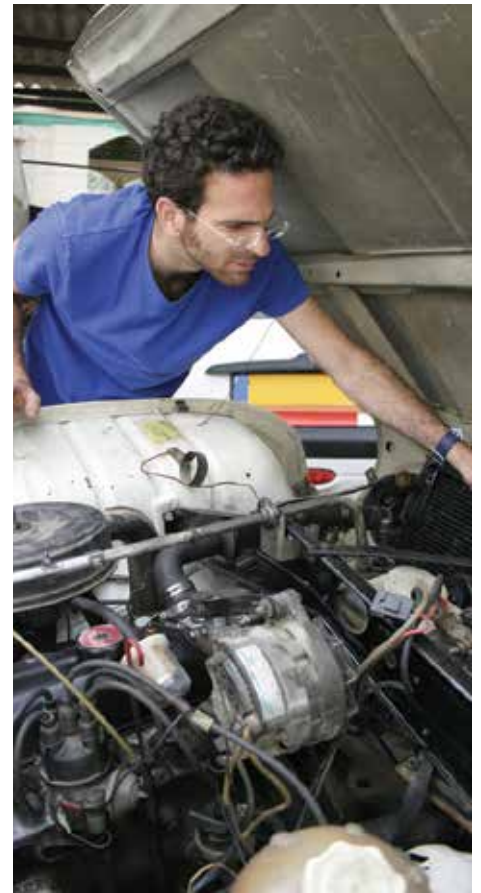
- All Types of Tyres • Courtesy Car • Log Book Servicing
- Fleet Care • Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

OPEN
Monday to Friday 8am to 5.30pm
Saturday 8am to 12noon for all Servicing & Repairs

Make sure your vehicle is safe.
Call today to book for your safety check.

Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree
E: bribieisland@ultratune.com.au W: www.ultratune.com.au

MENTION THIS AD FOR A FREE AIR CON PERFORMANCE TEST



CARAVAN CAMPER REPAIR CENTRE

PRIVATE REPAIRS CARAVAN AWNINGS
INSURANCE REPAIRS PARTS & ACCESSORIES
WARRANTY REPAIRS DETAILING & CERAMIC PROTECTION
WATER DAMAGE ACCESSORY & SOLAR INSTALLATION
HVRAS INSPECTORS

5499-1304
E: info@caravancamperrepairs.com.au
W: caravancamperrepairs.com.au

34-36 Cessna Dr, Caboolture QLD 4510

AJ SMART MOVE

REMOVALS & STORAGE

0410 326 376
www.ajsmartmove.com.au

**SMALL & LARGE TRUCKS
PACKAGING MATERIAL
PRE - PACK SERVICE**

FREE QUOTES
PHONE **JUSTIN** NOW...

SERVING THE LOCAL COMMUNITY FOR 23 YEARS

BOOK KEEPING + COMPUTER SERVICES + GRAPHIC DESIGN + REMOVALS + MEDICAL + PET CARE



PROFESSIONAL SERVICES



2 dogs
GRAPHICS & DESIGN

imagine... create... design...

- LOGO DESIGN
- SIGNAGE • BANNERS
- TYPESETTING • BUSINESS CARDS
- MENUS • VEHICLE SIGNAGE
- AFFORDABLE WEBSITES

0405 470 630

E: twodogsgraphicsanddesign@yahoo.com
W: www.2dogsgraphicsanddesign.com

ClearSpeak  for adults 14+

Speech Therapy & Speech Coaching
with Alison Kimble F2F or online

- Voice & pronunciation clarity
- Foreign & regional accent change
- Modern elocution

E: admin@clearspeak.com.au W: clearspeak.com.au




Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

GREAT BARGAINS ON CLOTHING, SHOES, ELECTRICAL, TOOLS, TOYS AND MUCH MORE

VOLUNTEERS ALWAYS WELCOME FREE PICK UP AND LOW COST DELIVERY

PH 3408 1014
Mon-Fri 8:30-3.30, Sat 8.00-12.00



Attax
Tax Accounting & Bookkeeping

Angela Gibbings
0427 732 547

Elizabeth Cooper
0431 484 230

PH: 3408 9319

attax@bigpond.com
www.attax.com.au

Sanctuary Healing Beauty

Reiki Chakra Clearing and Tarot Readings
Deep Tissue & Hot Stone Massage
Beauty Treatments

BELLARA
Call or Text Mandy - 0418 863 404

Your best *local* real estate experience



Wilson AND CO

PROPERTY PROFESSIONALS
3517 2406




FETCH A VET

Mobile Vet for Dogs & Cats
We visit Bribie Island on the first and third Tuesdays of every month.
We come to you, and there's no travel fee for Bribie residents!
Pensioners get 10% off the consult fee.



0448 751 354 / info@fetchavet.com.au



Remax Advanced| Ningi
2/1102 Bribie Island Rd,
Ningi
Phone (07) 3408 4071

Remax Advanced Bribie Island
2/2 Eucalypt St, Bellara
Phone (07) 3408 4071



*Proudly
Independent*



ICEBERG LETTUCE



\$2⁰⁰
ea

1KG BROWN ONIONS



\$2⁰⁰
bag

\$2.00 per Kg

JAP PUMPKIN



\$2⁰⁰
kg

MANDARINS



\$2⁰⁰
kg

CAULIFLOWER



\$2⁰⁰
ea

SWEET POTATO



\$2⁰⁰
kg

BABY BROCCOLI



\$2⁰⁰
bunch

BRUSHED POTATOES



\$2⁰⁰
kg

CARROTS 1KG



\$2⁰⁰
bag

\$2.00 per Kg

ON SALE Friday 16th June to Tuesday 20th June 2023

While stocks last. Retail quantities apply. We reserve the right to correct printing errors or omissions.

Beachmere IGA

Cnr James & Beachmere Rds
BEACHMERE
PHONE: 5496 2111
7am -8pm 7 DAYS

Shop online:
IGAshop.com.au

Sandstone Point IGA

204 Bestmann Rd East
SANDSTONE POINT
PHONE: 5497 6022
6am -8pm 7 DAYS