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ISSUE 194 JUNE 30, 2023



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June 30, 2023



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



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A LION

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Welcome

Dear Readers,
Welcome to edition 194. I hope you are all safe and well, hopefully not suffering from the dreaded covid, colds and cases of flu as it is the gemy season! I was having a winge to my parents about the cold and they pretty much told me I had become a sook. They have been down to minus 3 in Warwick so I guess I should be very grateful for our much nicer weather! I remember living back there when the pipes used to burst from becoming frozen, you had a blanket over your windscreen, so it didn't ice

over and you never left the house without warm clothes, a jacket, scarf, beanie and gloves. Now I debate if I am cold enough to put on a jumper, I do believe I have become spoilt! This however is not the case for so many people who are struggling to stay warm in tents, caravans and whatever they have been forced to live in due to a shortage of housing, rising rents, mortgages and the cost of everyday living. Luckily for us, we have a wonderful community that is fortunate enough to have great community organisations helping

to bridge the gap. Check out the stories in this edition that are all about that. Helping those in need. Everyone can do their part, by way of donations, volunteering or simply giving someone a hand. Just one good deed can have a ripple effect and may help change someone's life.

Until next time,
Take care, Stay safe

Cherrie



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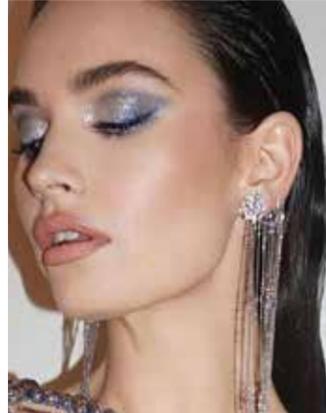
2023 Beauty Trends

2023 Beauty trends
Over the past few years, if not a decade, we have seen a fruitful boom in beauty trends. It's already been proven that beauty trends are reshaping the entire beauty industry and that new and cutting-edge advancements are to be thanked for the uprise of an abundance of chic and sleek innovations. 2023 will not fall short of its fair share of beauty trends, what is more, experts have already been announcing extravagant changes – so embrace yourselves! Here are some of the hair, makeup, body, and all in all beauty trends that will be popular all across vast Australia and everywhere this year.

SOFT GOTH ALLURING LIPS
With the emergence of a plethora of goth series and the vast popularity of Netflix's Wednesday series, it's no

wonder that the lip domination this year would be the soft goth trend. Something that used to be popular back in the '90 is lowly winding its way back in 2023. The key is to apply dark-form lipstick so you may opt for plum, dark brown, a timid layer of black, etc. The focus is also to have a pale or whitish foundation and not to contrast the dark colours with the eyes. Pair your soft goth lips just by smudging a soothing black eyeliner onto the lids for a more "eye-catching" look or just apply lots of black mascara.

MICROBLADING - AN APPETITE TO EXPERIMENT
A permanent and semi-permanent form of cosmetic tattooing is utterly popular all across Sydney. What's more, the post-pandemic phase has topped up the demand for enhancing brows and experts



LET YOUR SKIN DO THE TALKING

are stating that this trend is yet to reach its peak. According to experts in microblading in Sydney, this trend is on the rise due to its practicality, longevity, and sophistication. Ladies who opt to experiment with permanent make-up are bold, extravagant, and ready to adapt to cutting-edge beauty trends. Make sure you go to

The key to having hydrated and immaculate skin is a regular home skin routine and regular visits to experts. What experts enhance for the 2023 trend is that you can never fall short on skin care. However, unlike with the lips, when it comes to skin, the focus lies on purity and

sleekness. Avoid heavy and dark foundation, especially ditch layering foundation and plenty of contouring, instead go for a sleek, natural, and fresh look that will let your skin breathe. Mix and match various skin products that will



effectively hydrate and lift your skin and take advantage of skin-care makeup hybrid products that enable your skin to shine through. This means using softly tinted moisturizers instead of foundations that clog your pores, and other nature-inspired products.



nails are a real hit. Plenty of makeup artists have also noted a comeback of metallic accents even in eyeliners and eyeshadows, but the focus will surely be on the nails.

ALL ABOUT METALLIC ACCENTS
When you think about nail techniques, polishes, and embellishments, there's a tendency that rhinestones and other bejewelled talons and gems would never go out of style. Well, this is not far from the truth, because in 2023 metallic and acrylic

Think copper shine, rose gold metallic, distinctive chromes, gold leaf flakes, ink shades, you name it. Get ready to see metallic accents on nail art, eyes, and even lips because this year it's all about being bold.



REVAMP YOUR HAIR ACCESSORIES
Something that will make everybody swoop off their feet is hair accessorizing. That's right, the '80-style trend fast-forwarded to 2023 because this year pins, bows, ribbons, scrunchies, and barrettes are back in the game. Revamping your hair accessories would enable you to step out of your

comfort zone and be different. By adding various lavish hair accessories, you would surely upscale your look this year. Clip-on extensions that add length and volume, as well as lovely pearls or braids would also revive your look. Another perfect way to change up your hair, and your look, without any long-lasting consequences, is by adding these accessories.

REVOLUTIONIZE SKINCARE ROUTINE
As a never-ending project, experts in the beauty and skincare industries have pushed outside the boundaries to discover new anti-aging formulas and combat aging as well as skin disorders. This year, according to experts the focus will lie on delivering beauty treatments that can maximally slow down the aging process and reduce any signs of inherited genetic tendencies. Scientists are working hard to come up with innovative and ground-breaking formulas that will change gene expression patterns with time and hopefully slow down the aging process.

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Hello, my name is Lisa and I am the Founder of LJ Aesthetics. As a Registered Nurse, Cosmetic Injector, and Dermal Skin Therapist, I have over 20 years of experience in the Beauty Industry. I operate two clinics, one in Clontarf and the other is at Bribie on First Ave in Bongaree. I welcome you to schedule a free consultation with me.

My qualifications include an Advanced Diploma of Health Science, a Diploma in Beauty Therapy, a Bachelor of Nursing, and certification in Fundamentals of Cosmetic Injectables. I have trained alongside industry leaders and am committed to continuing my education by obtaining internationally recognized industry certificates. I am now a certified Trainer and train Doctors, Dentists and Nurses in the fundamentals of cosmetics both nationally and internationally. My passion is to provide the most current and best practices to my clients, building my reputation as a highly respected professional. I bring a holistic approach to my injectable practice, aligning with my Australian Catholic University education. My goal is to empower my

clients to achieve natural and subtle-looking beauty through cosmetic enhancement. I prioritize long-term patient care and affordability, focusing on treating volume loss and correcting asymmetry in the brows, lips, and cheeks. My commitment to my clients is to deliver a natural and subtle enhancement rather than an overdone appearance, providing impeccable care.

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I am very passionate about cosmetics; it's something that I constantly think about and enjoy learning new things about. It's a big part of my life and I always strive to improve my knowledge and skills in this area.

See you soon

Nurse Lisa

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Vanessa Taylor

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

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- Vanessa is a local resident to Bribie Island, with a love for Health, Lifestyle, and Community.
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WHAT ARE THE BENEFITS OF WEARING A Leather Jacket?

by Max Holm

A leather jacket is a timeless and versatile piece of clothing that has been a fashion staple for decades.

Beyond its fashionable appeal, men's leather jackets offer a wide range of benefits that make them a valuable addition to any wardrobe. From durability and insulation to style and versatility, let's explore the numerous advantages of wearing a leather jacket.

DURABILITY AND LONGEVITY

- Leather jackets are known for their exceptional durability and longevity. Made from animal hides that have undergone a tanning process, leather jackets are designed to withstand wear and tear, making them highly resistant to damage. Unlike other fabrics that may tear or fray over time, a well-made leather jacket can last for years, making it a worthwhile investment.

TIMELESS STYLE - One of the main reasons leather jackets have remained popular throughout the years is their timeless style. Whether it's a classic biker jacket or a sleek bomber style, leather jackets exude an air of effortless coolness that transcends fashion trends. Their

versatility allows them to be paired with various outfits, from casual jeans and a t-shirt to a dressier ensemble, instantly elevating any look.

PROTECTION FROM THE ELEMENTS

- Leather jackets provide excellent protection from the elements. The natural thickness and texture of leather make it highly resistant to wind, helping to keep you warm on chilly days. The leather's water-resistant properties can also offer protection against light rain showers. When properly treated and cared for, leather jackets can be a reliable shield against unpredictable weather conditions.

INSULATION - Leather is an excellent insulator, which helps regulate body temperature in cold and warm weather. In colder climates, the dense material of a leather jacket helps trap body heat, providing warmth during chilly winters. Conversely, leather also allows for breathability, making it suitable for wearing in moderate temperatures without feeling too hot or sweaty.

VERSATILITY - Men's leather jackets are incredibly versatile and

can be effortlessly styled for different occasions. They can be dressed up or down depending on the situation, making them suitable for various settings. Pair a leather jacket with jeans and sneakers for a casual daytime look or wear it over a dress or tailored pants for a more polished and sophisticated ensemble. The adaptability of leather jackets makes them a valuable asset in any wardrobe.

CLASSIC INVESTMENT PIECE

- Investing in a high-quality leather jacket is a decision that pays off in the long run. Unlike trendy fashion items that quickly lose their appeal, a well-crafted leather jacket will stand the test of time and retain its value. It is a classic piece that can be passed down through generations, creating a lasting legacy and symbolizing enduring style.

INCREASED CONFIDENCE

- The way we dress can significantly impact our confidence levels. Wearing a leather jacket often gives individuals a boost of self-assurance and a sense of

empowerment. The sleek and edgy aesthetic of a leather jacket can enhance one's personal style and create a statement look, helping to exude confidence in various social or professional settings.

UNISEX APPEAL - Another advantage of leather jackets is their unisex appeal. Both men and women can effortlessly pull off a leather jacket, making it a versatile and inclusive garment. This gender-neutral quality adds to the timeless and universal charm of leather jackets, allowing individuals of all genders to embrace this iconic piece of clothing.

From their durability and longevity to their timeless style and versatility, leather jackets offer a range of benefits that make them a must-have item in any wardrobe. Whether it's for protection against the elements, insulation, or boosting confidence, a leather jacket is a classic investment piece that offers both fashion and function. Embrace the advantages of a leather jacket and enjoy its enduring appeal to your style.

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Crystal Clean: Unlocking the Power for Transformative Wellness

Crystal healing is a powerful and ancient practice that involves the use of crystals to promote healing and wellness. Today, more and more people are turning to crystal healing as a natural, holistic way to balance their energy, reduce stress, and promote overall health and well-being. If you're interested in learning more about crystal healing and how to use it for yourself and others, then a crystal healing course may be just what you need.

What Are Crystal Healing Courses? Energetic healing courses online are educational programs that teach students how to use crystals for healing and wellness. These courses cover everything from the basics of crystal healing to more advanced techniques for working with crystals and energy. Students learn about the properties and energies of different crystals, how to choose and cleanse crystals, and how to create crystal grids and layouts for healing and transformation.

THERE ARE MANY BENEFITS TO TAKING A CRYSTAL HEALING COURSE ONLINE. HERE ARE JUST A FEW:

Develop a deeper understanding of the properties and energies of different crystals by taking a crystal healing course, you'll gain a deeper understanding of the unique properties and energies of different crystals. This knowledge can help you choose the right crystals for specific purposes and enhance the effectiveness of

your healing and wellness practice.

LEARN HOW TO CHOOSE AND CLEANSE CRYSTALS FOR SPECIFIC PURPOSES

Choosing the right crystals for specific purposes is an important part of crystal healing. In a crystal healing course, you'll learn how to choose the right crystals for different healing needs and how to cleanse them to ensure their energy is pure and aligned with your intention.

DEVELOP SKILLS AND TECHNIQUES FOR WORKING WITH CRYSTALS TO PROMOTE HEALING AND BALANCE

A crystal healing course will teach you a variety of skills and techniques for working with crystals to promote healing and balance. These techniques include creating crystal grids and layouts, using crystals for chakra healing, and other hands-on healing techniques.

GAIN A DEEPER CONNECTION TO YOUR INTUITION AND SPIRITUAL GROWTH

Crystal healing is not just about physical healing; it also involves connecting with your intuition and spiritual growth. By taking a crystal healing course, you'll learn how to connect with the energy of crystals and develop a deeper connection to your intuition and inner wisdom.

Enhance your existing holistic health or wellness practice with the use of crystals. If you're already a practitioner in a holistic health or wellness field, adding crystal healing to your skillset can enhance

the effectiveness of your practice and provide new opportunities for healing and transformation for your clients.

WHAT YOU CAN EXPECT TO LEARN

The curriculum for a crystal healing course will vary depending on the program and the level of study. However, most crystal healing courses cover the following topics:

- The history and principles of crystal healing
- How different crystals work and their corresponding healing properties
- How to choose the right crystals for specific purposes and how to cleanse them
- How to use crystals in a variety of layouts and grids to promote healing and balance
- How to use crystals for hands-on healing, including chakra healing and other modalities
- More advanced techniques for working with crystals and energy, including crystal elixirs and grids for manifestation

Whether you're looking to enhance your existing holistic health practice or simply interested in exploring the courses online, a crystal healing course can provide a comprehensive education and empower you to take charge of your own healing journey. Crystal healing courses online can be a powerful tool for personal growth and transformation. All you need is a search for "crystal healing near me".

HORMONES CREATING HAVOC???



Yes, I hear you!!!! Been down that road and I understand how exhausting it can be, physically, mentally, and emotionally. After months of visiting doctors and getting nowhere fast, just hearing the words "What you are experiencing is normal," when my whole being felt it was not, I decided it was time to take my health and my hormones into my own hands. Now, I am not saying to ditch your doctor, I suggest medical supervision, though there are times when we need to listen to our inner voice and trust ourselves to assist in the healing process, to be open to treating things in a more natural way, to find out the root cause rather than take another pill to treat the symptom.

Hormones are produced by the endocrine glands, and the hormones travel around our bloodstream, telling our organs and tissues what to do, helping to control many of our body's natural processes, including reproduction and metabolism.

When we have too much or little of a certain hormone this creates an imbalance, even small changes can create big effects throughout the body. Hormones fluctuate throughout our lifetime, though when they are imbalanced, they can affect our mood, creating mood swings, they can aid in fluid retention, period irregularities, baby blues, irritability, painful periods, loss of libido, hair loss, increased perimenopausal and menopause symptoms, to name a few.

Hormonal imbalances are something that I hear about often, discreetly. Though, sadly, it is not something that is spoken about enough openly among women and their partners.

On the weekend, I got invited to speak to women about their hormones and creating spice in the bedroom. What surprised me was that in a large group of women, women felt awkward, shameful, and isolated with something that is widely experienced in everyday life.

As women, we have disconnected from ourselves and each other.

Women can experience the ups and downs of imbalanced hormones, which affect not only their health but daily life and confidence and when confidence goes out the window, well, it can lead to increased mental health issues such as reduced self-esteem.

Many women, simply suffer silently feeling that experiencing hormonal imbalances are normal. They are not normal, and you can manage your hormones more effectively with diet, stress management and natural plant-based products.

Are you feeling like your hormones are out of balance? Do you suffer from painful periods, PMS, hot flashes, hair loss, lack of libido, baby blues or increased perimenopausal and menopause symptoms?

Want to feel more balanced and at peace within yourself? Reach out and give me a call on 0405 361 882 or send me a message through FB messenger: MariaChristina.Love Always with love, Maria Christina x

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Bribie Simply HEALTHY

By Heenam Kim

Cancer - Remission Alternative & Natural ways of Healing

A man with his wife came into the shop weeks ago. He had Lymphoma, which is a type of cancer of lymphatic system, and he is currently in remission. However he was experiencing severe pain and was searching for natural ways to alleviate it.

Chemotherapy or any medically induced cancer treatment damages various parts of the body, and overloads the functions of the liver and kidneys, which are responsible for removing residual toxins which would help his recovery. There are number of medicinal herbs that can support the liver health and facilitate elimination of toxins. (For more information, please inquire with Kim at Bribie Simply healthy and you can also make an appointment with a Naturopath for further assistance.)

Although he was also taking CBD oil to reduce his pain, he was still experiencing significant pain and seeking further relief.

Firstly, we have arranged to receive a **Lymphatic massage** to remove waste products, toxins and excess fluid from the body.

Secondly, he received **Chakra balancing Reiki and Sound healing**. He felt great after the session and wanted to continue the treatment once a month until he fully recovers.

Sound healing is a therapeutic practice that utilises sound vibrations to promote physical, mental and emotional wellbeing. The sound healing has a profound impact on our bodies, as we are fundamentally

composed of vibrating energy.

Thirdly, I used Emotion Code, EFT (Emotional Freedom Technique, or tapping), NLP (Neuro Linguistic Programming) and Alpha state of mind healing. I attempted to identify any potential emotional disturbances, emotional pain, guilt or emotional tendencies that could have contributed to his illnesses, aiming to neutralise these emotional tendencies. Following the session, he experienced no pain, although several more sessions would be needed to observe his pattern and facilitate the necessary changes to occur.

The Emotion Code is a healing technique developed by Dr. Bradley Nelson. It is based on the premise that unresolved emotional baggage and trapped emotions can contribute to physical and emotional imbalances in the body. When the emotions not fully processed or released can become trapped in the body's energy field, known as the 'emotional baggage.' I call it an Emotional Virus, these trapped emotions are believed to disrupt the body's energy flow, leading to various physical and emotional symptoms.

EFT (Emotional Freedom Techniques, Tapping) is a therapeutic practice that combines elements of traditional Chinese acupressure and modern psychology. Disruptions or imbalances in the body's energy system can contribute to emotional and physical distress. By tapping on specific acupressure points, EFT aims to restore balance to the energy system. The technique is often used for managing stress, anxiety, phobias, emotional traumas, and even physical pain.

NLP (Neuro Linguistic Programming) is a psychological approach and set of techniques that works with the relationship between neurology, language and pattern of behaviour and thinking which output the pattern, program-

ming. NLP aims to break patterns in order to help individuals escape the cycle of limitations that are shaped by the interaction between sensory perceptions, language and learned behaviour. For instance, anxiety is not something people suffer from; it's a pattern people run and we can break that pattern.

Alpha Brain State, - Clinical Hypnosis -

The brain waves consists with Beta, Alpha, Theta and Delta, they are naturally occurring patterns in our brain activity. When we are awake and alert, our brain waves are in the Beta frequency range. When we start to relax or meditate, our brain wave shift to the **Alpha state**. The Theta state occurs when we are in a state of drifting off to sleep or just before waking up, while the Delta state is associated with deep sleep.

When we are relaxed or meditative state our brain goes to the Alpha wave state. In this state, information can be suggested and received at a subconscious level, as our defenses and critical thinking



are lowered. When you are ready to make change, Clinical Hypnosis can be utilised to modify your desired outcome and transform negative patterns into positive ones.

By accessing the subconscious mind during the Alpha state, through techniques like Clinical hypnosis, we can reframe negative thought patterns and perceptions leading to positive change and personal transformation.

For further inquires please see Kim at Bribie Simply Healthy / Bribie Healing Centre. Next Bribie Island Medical Centre.

Ph. 07 3410 0521

Shop 13,
19 Benabrow Av,
Bellara

Bribie Simply Healthy

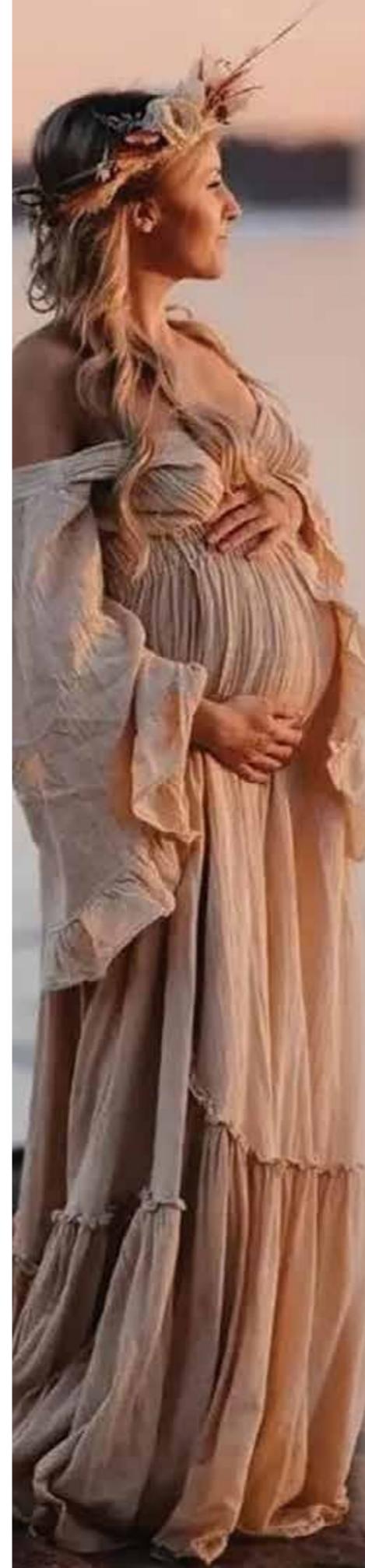
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- * **Reiki / Sound healing**
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- * **NLP (Neuro Linguistic Programming)**
- * **EFT (Emotional Freedom Technique)**
- * **Quantum Healing Hypnosis**

Phone. 07 3410 0521 www.bribiesimplyhealthy.com.au



Best Practices to Have a Healthy Pregnancy

Regular prenatal visits, a healthy diet, regular exercise, and avoiding raw or undercooked foods are all essential for a healthy pregnancy. You must take a prenatal vitamin that contains a lot of folic acid, stay away from chemicals or other substances that are known to harm pregnant women and their unborn children, and rest when you feel tired.

HAVE REGULAR INTAKE OF WATER

Because your blood is transporting waste and carbon dioxide away from your body and supplying oxygen and nutrients to the baby through the placenta during pregnancy, your blood volume can increase by up to 50% to accommodate this additional activity. So, to support that gain, you need to drink more water. Drinking water can also forestall constipation, haemorrhoids, UTIs, exhaustion, migraines, swelling, and other uncomfortable pregnancy side effects. Try adding a little lime or a splash of fruit juice if you don't like the taste and aim for 8 to 10 glasses of water per day.

TAKE PROPER MEDICATIONS

Check with your doctor prior to taking any over-the-counter supplements, medications, or "normal" cures. Ibuprofen and other over-the-counter nonsteroidal anti-inflammatory drugs should not be taken. It is advisable to have health insurance which will help you cover all the medical expenses for your entire childbirth process. Do your research and choose the best healthcare plan for pregnancy.

EXERCISE REGULARLY

Being physically active can help you feel better, reduce stress, and improve circulation, all of which are beneficial to your overall health. Additionally, it may help you sleep better. To avoid overheating, take a pregnancy exercise class or walk for at least 15 to 20 minutes a day at a moderate pace in cool, shaded areas or indoors.

HAVE PRENATAL VITAMINS

As soon as you discover that you are pregnant, it is wise to begin taking prenatal vitamins. In fact, when you're trying to conceive, many experts say to take them before you get pregnant. This is because the neural tube of your baby, which eventually develops into the brain and spinal cord, does so within the first month of your pregnancy. As a result, it is crucial that you get essential nutrients like folate, calcium, and iron right away.

CUT DOWN CAFFEINE CONSUMPTION

Since caffeine can be harmful to both you and your unborn child, most doctors advise avoiding it during pregnancy. But it can be hard to cut back, especially if you're used to drinking coffee in the morning. Try having some fruits for a quick bite. The natural sugars found in fruits like bananas and apples can assist in increasing energy levels.

AVOID SMOKING AND DRINKING

While you are pregnant, you should stay away from things like tobacco, alcohol, drugs, and

even solvents like nail polish remover and paint thinner right from the first trimester because of the links they have to problems like birth defects, miscarriage, and other issues. For instance, smoking cigarettes reduces your baby's oxygen supply, it has been linked to complications such as preterm birth.

TALK WITH OTHER PREGNANT WOMEN

Track down ways of meeting other pregnant women, whether that is through pre-birth yoga or a labour class, a local parents group, or online forums. Going through the ups and downs of pregnancy can be helped along by having the support, resources, and camaraderie of other people who are going through the same thing as you. You may easily find solutions to some of your problems by talking to someone who has already gone through it.

GET ENOUGH REST

Even though you might think you're busy right now, you'll have fewer and fewer precious moments to yourself once the baby arrives. Make certain to get no less than eight hours of rest every night, and on the off chance that you're experiencing sleep disturbances, take enough naps during the day. See your doctor if you are not able to sleep properly.

PROTECT YOUR SKIN

Your skin is more sensitive to sunlight while being pregnant so you're more prone to sunburn and chloasma, which are the dark spots that occasionally show up on the face. Apply sunscreen with a SPF of 30 or higher. Chemical-free formulas are now available from a number of brands. And wear sunglasses and a hat while going out.

KNOW WHEN TO VISIT YOUR DOCTOR

If this is your first pregnancy, it can be confusing. How can you tell whether a twinge is normal or not? If you choose the best healthcare plan for pregnancy, the doctor fee will be covered in it. If you experience any of the following signs, you should contact your doctor:

- Any kind of pain
- Difficulty walking
- Vaginal bleeding
- Dizziness
- Shortness of breath
- Severe cramps
- heart palpitations
- decreased baby activity
- Contractions lasting for 20 minutes

It is essential to take care of yourself from the first to the fortieth week of your pregnancy so that you can take care of your baby. Many women say they've never felt healthier than during pregnancy, even though you need to take some precautions. Pregnancy is not as hard as it may seem and when you finally see the little bundle of joy, you will feel all your complications were worth it.

KEEP YOURSELF FEELING YOUNGER IN YOUR 50'S

As we age, it's easy to fall into the trap of thinking that our best years are behind us. But the truth is, age is just a number, and there are plenty of ways to stay youthful and vibrant in your 50s and beyond. Whether you're looking to improve your physical health, boost your mental well-being, or simply feel more confident and energized, there are plenty of strategies you can use to feel your best at any age. So, if you're ready to take control of your health and happiness, read on for some practical advice and inspiration to help you feel your best, no matter what your age.

The Science Of Aging

Aging is a natural process that happens to everyone, but it doesn't have to mean a decline in physical or mental health. As we age, our bodies undergo a variety of changes, including a decrease in muscle mass and bone density, a slower metabolism, and a decline in cognitive function. However, research has shown that many of these changes can be slowed or even reversed through lifestyle interventions. One key factor in the aging process is inflammation, which can contribute to a variety of chronic diseases, including heart disease, cancer, and Alzheimer's. By adopting an anti-inflammatory diet rich in fruits, vegetables, whole grains, and healthy fats like omega-3s, you can help reduce inflammation

and support overall health. In addition, regular exercise can help improve cardiovascular health, boost mood, and reduce the risk of chronic disease. Another important factor in aging is the decline of hormones like testosterone and estrogen, which can lead to a variety of symptoms like fatigue, mood swings, and decreased libido. However, there are a variety of natural supplements and therapies that can help support hormone balance and alleviate these symptoms. For example, ashwagandha has been shown to improve testosterone levels and reduce stress, while maca root can help boost libido and energy levels.

The Importance of Exercise, Nutrition, and Supplements

Exercise, nutrition, and supplements are all important factors in maintaining health and vitality in your 50s and beyond. Regular exercise can help improve strength, flexibility, and cardiovascular health, while also boosting mood and reducing stress. Aim for at least 30 minutes of moderate exercise most days of the week, such as brisk walking, jogging, cycling, or swimming. In addition, nutrition plays a critical role in supporting overall health and preventing chronic disease. A balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats can help

provide the nutrients your body needs to thrive. In particular, foods high in antioxidants like berries, leafy greens, and nuts can help reduce inflammation and support healthy aging. Supplements can also be a valuable tool in supporting health and vitality in your 50s and beyond. For example, omega-3 supplements can help support cardiovascular health and reduce inflammation, while probiotics can help support digestive health and immune function. Other supplements that may be beneficial for aging include vitamin D, magnesium, coenzyme Q10, and longevity supplements.

Mind and Body Wellness

In addition to physical health, it's important to prioritize mental and emotional well-being as well. Stress and anxiety can take a toll on both physical and mental health, so it's important to find ways to manage stress and cultivate a sense of calm and relaxation. One effective way to reduce stress and boost mental well-being is through mindfulness meditation. This practice involves focusing on the present moment and cultivating a non-judgmental awareness of your thoughts and feelings. Research has shown that mindfulness meditation can help reduce stress, anxiety, and depression, while also improving cognitive function and immune function.

Another important aspect of mind and body wellness is getting enough sleep. Sleep is essential for physical and mental health, and can help reduce the risk of chronic disease, improve mood and cognitive function, and support healthy aging. Aim for at least 7-8 hours of sleep per night and try to establish a regular sleep schedule to help regulate your body's internal clock.

Skincare and Anti-Aging Products

While aging is a natural process, there are a variety of skincare and anti-aging products that can help support healthy skin and reduce the visible signs of

aging. One key factor in maintaining healthy skin is protecting it from sun damage, which can cause wrinkles, age spots, and other signs of aging. Make sure to wear sunscreen with at least SPF 30 every day and avoid prolonged exposure to the sun during peak hours.

In addition, skin care products like retinoids, vitamin C serums, and hyaluronic acid can help reduce the appearance of wrinkles, improve skin texture and tone, and support overall skin health. It's also important to stay hydrated and moisturized, as dry skin can exacerbate the signs of aging. Staying Engaged and Connected

Finally, staying engaged and connected with others is an important aspect of healthy aging. Social isolation and loneliness can contribute to a variety of physical and mental health problems, including depression, anxiety, and cognitive decline. By cultivating meaningful relationships with friends, family, and community members, you can help reduce the risk of these problems and support overall health and well-being.

In addition, staying engaged with the world around you can help keep your mind and body active and healthy. This might involve pursuing new hobbies or interests, volunteering in your community, or traveling to new places. By embracing change and trying new things, you can help keep life exciting and fulfilling, no matter what your age.

In conclusion, age is just a number, and there are plenty of ways to stay youthful and vibrant in your 50s and beyond. By prioritizing exercise, nutrition, and supplements, supporting mind and body wellness, using skincare and anti-aging products, and staying engaged and connected, you can help maintain health and vitality at any age. So don't let age hold you back - embrace the opportunities and challenges that come with every stage of life and enjoy the journey to healthy aging.

Qigong:

What Is It and How Can You Benefit From It?



In today's fast-paced and stressful world, finding effective ways to improve our physical and mental well-being is of paramount importance. One practice that has gained significant popularity for its holistic benefits is Qigong. Originating from ancient Chinese traditions, Qigong is a mind-body practice that combines meditation, breathing techniques, and gentle movements.

UNDERSTANDING QIGONG

Qigong, pronounced "chee-guhng," is a holistic system that focuses on cultivating and balancing the body's vital energy, known as "Qi" or "Chi." It is based on the principles of traditional Chinese medicine and the belief that Qi flows through the body along specific pathways or meridians.

Physical Health Benefits

Regular practice of Qigong offers numerous physical health benefits. It improves circulation, enhances flexibility, and strengthens the muscles and joints. Qigong exercises also promote better balance and coordination, which is particularly beneficial for older adults. Additionally, Qigong has been shown to boost the immune system, lower blood pressure, and reduce chronic pain. By incorporating gentle movements and deep breathing, Qigong helps to relax the body, alleviate tension, and promote overall physical wellness.

MENTAL AND EMOTIONAL WELL-BEING

In addition to its physical advantages, Qigong also nurtures mental and emotional well-being. The practice incorporates deep breathing, meditation, and mindfulness, which help to calm the mind, reduce stress, and improve focus. Regular Qigong sessions can lead to increased mental clarity, enhanced creativity, and a greater sense of inner peace. Furthermore, studies have indicated that Qigong can alleviate symptoms of anxiety, depression, and insomnia, providing a natural and holistic approach to mental health.

ENERGY CULTIVATION

One of the primary goals of Qigong is to cultivate and balance Qi within the body. Through Qigong practice, individuals can learn to harness and direct their energy, resulting in increased vitality and resilience. By cultivating Qi, practitioners often report feeling more energized, rejuvenated, and ready to face the challenges of daily life. Qigong exercises can be particularly useful for individuals experiencing fatigue, burnout, or a general lack of energy.

STRESS REDUCTION AND RELAXATION

Qigong offers an excellent avenue for stress reduction and relaxation. The slow and deliberate movements, coupled with deep breathing and mindful awareness, create a peaceful and meditative state. Engaging in Qigong practice helps to activate the

parasympathetic nervous system, inducing a state of relaxation and reducing the effects of chronic stress. Regular Qigong sessions can become a sanctuary of calmness amidst a hectic lifestyle, promoting a greater sense of overall well-being. Qigong offers a wealth of benefits for individuals seeking to improve their physical health, mental well-being, and overall quality of life. By incorporating gentle movements, deep breathing, and meditation, Qigong can enhance energy levels, reduce stress, and promote a harmonious balance within the body. Embark on your Qigong journey today and experience the transformative power of this ancient practice in your life. Remember, it's never too late to start nurturing your well-being through Qigong.

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

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- 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 Airbnb property on Brittas Island for the past almost 12 months. Leanne & Meryn 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!

-Jac B

Why choose to host with us?

- 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.thebribieislander.com.au

Head office: 11/111 The Esplanade, Brisbane QLD 4000

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CONVENIENTLY LOCATED ON BEAUTIFUL BRIBIE ISLAND, BRIBIE ISLAND MEDICAL CENTRE AND ELYSIAN MEDICAL CENTRE ARE BOTH FULLY ACCREDITED, FAMILY FOCUSED GP CLINICS, READY TO LOOK AFTER YOU AND YOUR LOVED ONES.

Both Medical Centres are committed to providing caring, high-quality medical service to all, from children & families to the elderly. Patients visiting either medical centre can expect professional service from the moment they arrive. Our clinics are based on a philosophy of delivering comprehensive care with all of your health services under one roof. Getting to know our patients is a key part of our business along with providing a warm, caring, environment. We have male and female GPs available across both clinics with a multitude of expertise. The doctors at Bribie Island Medical and Elysian Medical Centres are well trained with experience in all things GP. Each doctor also has their own special interests, including but not limited to:

- Chronic disease management
- Women & Men's health
- Childhood health and vaccinations
- Mental Health

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

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

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

Dr Ensieh speaks English and Farsi/Persian.

She has keen interest in

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

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



NEW PATIENTS WELCOME
ELYSIAN
MEDICAL CENTRE
 3/45 Benabrow Ave, Bellara 4507
 Phone 07 3410 7425

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

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



NEW PATIENTS WELCOME
ELYSIAN
MEDICAL CENTRE
 3/45 Benabrow Ave, Bellara 4507
 Phone 07 3410 7425

- Cardiovascular disease
- Diabetes management
- Dermatology
- Workcover
- Joint injections
- Skin Checks
- Minor Surgical Procedures

Both Bribie Island Medical Centre and Elysian Medical Centre are mixed billing practices. Children under 16, pension, concession and DVA card holders will be bulk billed. Medicare rebates are processed at reception for your convenience. For more information on Billings and other policies, please our websites. The friendly teams at our clinics are committed to providing exemplary health care to you and your family and look forward to helping you as needed. Please call the phone numbers below for your next appointment or feel free to book online through the Hotdoc App or visit the clinics' websites:

Clinic hours are:

- Monday-Friday: 8am to 5pm
- Saturday: Closed
- Sunday: Closed

ADDRESSES:

Elysian Medical Centre
 Shop 3, 45 Benabrow Avenue
 Bellara QLD 4507
 Phone: (07) 3410 7425
 Fax: (07) 3410 7461
 elysianmedicalcentre.com.au

Bribie Island Medical Centre
 15/19 Benabrow Avenue
 Bellaar QLD 4507
 Phone: (07) 3408 1288
 Fax: (07) 3408 1100
 bribieislandmedical.com.au

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

He is also taking on new patients.

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

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

Areas of interest:

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



NEW PATIENTS WELCOME
BRIBIE ISLAND
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 15/19 Benabrow Ave, Bellara 4507
 Phone 07 3408 1288



“Where There is a Need, There is a Lion”.

The Lions Club have recently begun a soup project in collaboration with Community Impact Association Inc. whereby they make, package and freeze homemade soup for community members in need of sustenance. The hard-working members of Community Impact Association Inc. distribute the soups to families in need.

It is a popular belief in our community that they only cook sausages, but the Lions Clubs are much, much more than that. There is a saying that “Where There is a Need, There is a Lion”. The Lions Clubs serve our community in many different ways on a daily basis. Here are just a few you may not know about!

- The Lions Youth of The Year Project for secondary school students to further their development in public speaking.
- The Peace Poster Competition, also designed for our primary school students.
- Annual Hearing Tests for preschoolers and 1st graders, which has proven to be a very successful program for identifying problems at a very young age.
- The Children of Courage Award is a fantastic program that recognizes the achievements of young children who are faced with special circumstances in their lives.
- The annual Seniors Christmas Luncheon, along with

entertainment, has become a very special event for seniors on Bribie Island.

- Conduct the annual Camp Quality Picnic Day in November to raise awareness of children living with Cancer.
- Our fundraising comprises many different activities.

- Our markets are held on the 2nd Saturday of the month at Tintookie Park Woorim,
- BBQ for Melsa Park trains 3rd Sunday monthly
- BBQ for all term school functions
- A recycling project.
- Maintenance and upkeep of the Memorial Gardens Woorim including conducting Interments.
- The famous Lions Christmas cakes and puddings
- Community raffles,
- Bus Shelter Advertising and hire of our community hall.

Volunteering is critical to keeping our communities well and functioning and for 75 years, Lions have been supporting communities across Australia.

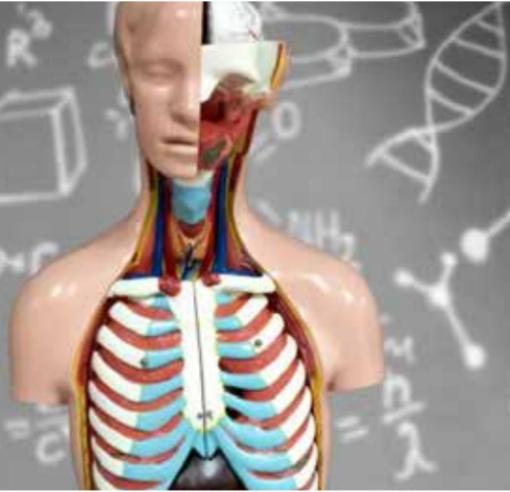
YOUR DONATIONS MAKE A DIFFERENCE, TOGETHER WE CAN CHANGE THE WORLD.

All monies raised within our community are distributed back within our community.

Preparing to make soup in our hall facility. (LEFT TO RIGHT: John Edge, Janice Boughton, John Boughton, Carol Dodd)

Giving Your Body as a Research Tool:

THE GIFT OF KNOWLEDGE



Donating one's body to science is an act of selflessness that significantly benefits advancements in healthcare, education, and medical research. It gives individuals a priceless opportunity to influence society even after passing. This article will examine the ethically right and substantial arguments for why donating your body to science is a good idea, highlighting the potential benefits of medical research, medical education, and our understanding of the human body.

MEDICAL RESEARCH HAS ADVANCED

By contributing your body to science, you allow medical researchers to better understand the complex operations of the human body than they could by utilizing a model or textbook. By analysing genuine human specimens, researchers can learn crucial details about how organs function, the progression of diseases, and the effectiveness of medical treatments. It is a helpful tool for researchers to understand conditions better, develop new therapies, and advance medical procedures. Find out here how to have your body donated to science.

Advancements in medical education Human cadavers are a priceless resource for healthcare professionals and those studying medicine. Participating in anatomical dissections allows medical students to develop their skills and better comprehend the complexity and diversity of the human body. Through hands-on training using donated corpses, they may better understand human anatomy, leading to more accurate diagnoses and surgical treatments. Teaching future medical professionals The usage of donated bodies has significant advantages for future medical professionals. Several medical professionals, from surgeons to nurses, require hands-on experience with human cadavers to improve their technical skills, develop surgical competence, and better understand how the human body functions. By donating your body, you can directly assist in educating and training these aspiring healthcare professionals, ensuring

that they are prepared to provide patients with high-quality care.

ENCOURAGING INNOVATION IN SCIENCE AND TECHNOLOGY

The pillars of medical advancement are scientific discovery and technological innovation. By examining donated bodies, researchers may develop and refine medical technology, test out cutting-edge surgical techniques, and sharpen their diagnostic abilities. You may contribute to these efforts by donating your body to science and developing revolutionary medical improvements that may one day save countless lives.

A sustainable and moral substitute Donating a body is a moral and sustainable substitute for traditional funeral practices or cremation. Ensuring that a person's bodily remains are used for study and instruction allows them to continue changing the world after passing. The requirement for burial space and the greenhouse gas emissions associated with cremation is reduced by choosing this environmentally beneficial alternative.

ENCOURAGEMENT OF MEDICAL SCIENCE

Giving your body to science helps us understand medicine better as a whole. It allows scientists and researchers to research various diseases, afflictions, and issues in-depth. By studying genuine human corpses, they may better understand how conditions impact multiple organs and systems, which may aid them in understanding the causes, progression, and potential treatments of the diseases. The development of more effective medicines and advancements in medical research may result from these discoveries.

Forensic science has advanced Additionally, forensic science depends on donated bodies. Forensic experts utilize human cadavers to analyse crime scenes, study decomposition, and establish the time of death. Donating your body helps forensic science advance, aids in crime scene investigations, helps identify the cause of death and aids in ensuring that

people who have been victimized receive justice. Your input may significantly impact improving the precision of forensic analysis and investigative procedures.

ASSISTANCE WITH MEDICAL DEVICE DEVELOPMENT

Implants and medical technology can be tested on donated bodies to help them recover. Engineers and manufacturers may test the effectiveness and security of brand-new medical gadgets using genuine human cadavers. By giving your body, you may be able to enhance cutting-edge technologies that can raise the quality of life for those with impairments or diseases. Your advice might lead to the creation of more advanced and durable medical devices that improve patients' outcomes and well-being.

Legacy and Personal Satisfaction Donating one's body to study is a major way to leave a lasting impression on many individuals. It allows individuals to influence scientific and medical advancements long after lifetimes directly. Knowing that their job advances science, education, and medicine may make people feel fulfilled and give their lives purpose. It's a way to leave a positive legacy showing people you supported the next generation and truly cared about others. By contributing your ideas, you may change how healthcare is provided to people and significantly impact their lives.

Donating your body to science is a meaningful and altruistic act that will enhance education, medical research, and science. It promotes creativity, advances medical knowledge, improves the quality of healthcare education, and supports advancing forensic science and medical technology. Additionally, it allows people to leave a lasting legacy by providing them with an environmentally friendly and ethically right alternative to traditional burial or cremation. You contribute to advancing medical research and improving countless people's lives by donating your body. It's a beautiful choice demonstrating generosity, sympathy, and a commitment to society's growth.

Dear Pumicestone

WHAT DOES THE 2023-24 QUEENSLAND BUDGET INCLUDE FOR OUR COMMUNITY?

Last week in Parliament, we announced major cost of living relief and big investments in essential infrastructure in our Budget.

Our budget is delivering the **biggest cost of living support** of any state in Australia. Every household will be eligible for **\$550 off their energy bills** from 1 July.

For pensioners, seniors and concession holders, you will receive a huge \$1,072 off your electricity bills.

This cost of living support is only possible because our Palaszczuk Government has kept energy assets publicly owned.

We're also investing in **Free Kindy**, so our littlest Queenslanders get a great start at school.

Free Kindy will save parents and carers on average \$4,600 a year at a stand-alone Kindy and around \$1,800 if kids do a Kindy program as part of long day care.

Local families are telling me Free Kindy will be a big help. We know how important Kindy is to getting kids ready for school, and every child should be able to get the benefits regardless of family income.

Primary and secondary students will also benefit from the 2023-24 budget. We are expanding the **School Breakfast Program** and investing in local school maintenance and minor works across Pumicestone, to give our students a great learning environment.

Our **new \$150 SwimStart Vouchers** for pre-schoolers will help parents keep kids safe around water - which is so important to local families.

This budget also invests in vital health and road infrastructure for our growing community.

This includes funding to finish construction of our **Bribie Island Satellite Hospital**, which will provide 100% free public healthcare to locals in the heart of the Bribie community, while reducing pressure on local Emergency Departments and GPs.

Out on our roads, our start to finish upgrades to Beachmere Road will begin soon, and there's also funding to continue work to dual lane priority sections of Bribie Island Road.

Detailed design is underway to dual lane the section between Old Toorbul Point Road and Saints Road, plus planning is happening to duplicate Bribie Island Road between Hickey Road and King John Creek.

This year's Queensland Budget will also boost tourism and provide more jobs in our local area, through investments in great local icons like Bribie Beach Shack Tours, the brand-new Abbey Museum Art Gallery and Café, and more!

Our 2023-24 Queensland Budget is great news for households, seniors and families.

If you have any questions or need help with any State Government issue, please contact my office pumicestone@parliament.qld.gov.au or 073474 2100.

Warmly,

Ali King MP
Better for Pumicestone





A Guide to Self-editing Your Manuscript (Draft)

By Graeme Goldsmith

Ahh, the satisfaction of finally completing the treasured manuscript you've been writing for so long. Be it a lengthy novel or a short story, you want it to be perfect in the eyes of your reader. One of the pivotal steps toward achieving this is to perform a self-edit, or self-critique.

The plot, or storyline is your very own creation. If you're happy with what you've conceived and created, relish it. It's unique to you.

Some authors find taking a break from their writing imparts a fresh perspective to their work—to then be able to view their masterpiece through the eyes of a reader. When you feel ready to tackle your initial edit, you may find the following checklist helpful:

Does your story's opening grab the reader? Have you provided that crucial degree of an irresistible hook—the carrot that motivates your reader to keep turning those pages? Have you developed your characters sufficiently? Are they believable? If they appear shallow, add depth to their persona—bring them to life. Endow them with complexity, animate them with quirkiness, plague them with flaws. Most

importantly, get them into conflict. **Have you overused description?** Over-describing removes the reader from your all-important characters. If you do have a penchant for ample description, then ensure it moves the story forward.

Keep the focus on your characters. Avoid cutting them off with your own 'author voice.' Let your characters drive the plot: with their actions, dialogue, and their innermost thoughts.

Check for unproductive filler words: 'that' 'like' 'just' 'really' 'very' 'then' 'it.' Overuse of these words detract value from your story.

Check for overuse of character names too. Or too many he's and she's. Listen to everyday conversation. You won't hear people constantly repeating the name of the person they're talking to.

Watch for the repeated use of certain words. One of the best ways to guard against repetition, and to get a feel for your work, is to read your story out loud. Better still, have a friend read your manuscript to you.

Print your manuscript. Many

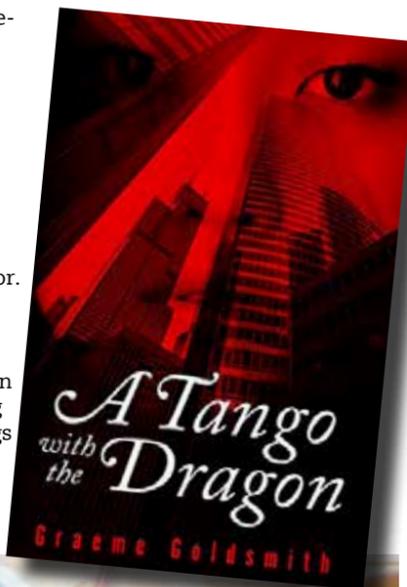
writers find it easier to spot mistakes and get a feel for the story when reading it on paper, versus a computer screen. (You can be eco-conscious by printing double-sided.)

During your final read, you may find things you want to change—parts that don't resonate with your original plan for the plot.

Once you're fully confident your manuscript is the best it can be, you may wish to consider a professional editor. After your mammoth effort, you'll want your work to be the indisputable best.

I'm proud to be an Australian author who loves portraying our country's unique settings in my writing. Check out my Australian fiction under 'Graeme Goldsmith' on Amazon Kindle Australia.

The quirky and futuristic, 'A Tango with the Dragon,' captivates the reader with a rollercoaster ride into Australia's future.



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.briebieartscentre.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

MFAP
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

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
Bribie Island Community Arts Society Inc.

WEEKDAY EATS Specials



It's A Steak Out MONDAYS

200G STEAK SERVED WITH YOUR CHOICE OF CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, RED WINE JUS, BEARNAISE, GRAVY*.
NB: All sauces are Gluten Free. **\$20 SPECIAL OFFER**



Two For Tuesday TUESDAYS

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



Parmis-Palooza WEDNESDAYS

A CHICKEN PARMIGIANA SERVED WITH CHIPS AND SALAD OR CREAMY MASH & SEASONAL VEGETABLES*.
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2 First Ave, Woorim QLD 4507



Happy 15th Anniversary



WHAT A BEAUTIFUL SUNRISE HERALDED THE 15TH ANNIVERSARY OF BRIBIE DRAGONS ON SATURDAY 17 JUNE!

We, our supporters and guests, paddled out into the early dawn colours of apricot and gold light, whilst braving the slight chill, to skim on the water for an invigorating hour. On our return we were greeted with a fragrant and spectacularly presented breakfast; complete with pink lanterns and garlands of balloons under the eaves of TS Koopa.

Later that evening, we gathered at Sue's on the waterfront for champagne and canapes; welcoming past and present members and some of our local community supporters; Rotary, Zonta, MBRC, and T.S. Koopa. To quote, our President, Maree Mossler, "Our club was initiated with the blessings of our local communities and a core group of members who had the foresight and belief that our club would fulfil a need for Breast Cancer survivors, to meet, exercise and socialise together, to support and help each other".

Today, our "trust, integrity and teamwork" has survived success and failures, highs and lows, celebrations and crises through our commitment towards the club, and our faith in each other. We are most grateful for the encouragement we have received from our generous supporters and our local community. We thank you all and welcome any "breast cancer survivor, man or woman who has been in close contact with a breast cancer patient, a family member, or a person with a like-minded ethos", to contact us, on 0418782334 Leonie.

you had me at breakfast

BUSHWALKING BREKKY By Camping Australia



IT'S A COMMON CLICHÉ THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. WHILE IT MAY OR MAY NOT BE TRUE IN REGULAR LIFE, FACED WITH A BIG DAY BUSHWALKING IT'S TRUE.

We've put together five of the best brekkies you can use to prime yourself for a big day's adventure, with an emphasis on being nutritious, high in energy, light to carry and easy to prepare.

Porridge - Some hikers might argue that there is only one breakfast - and that breakfast is porridge. Porridge is indeed the Breakfast of Champions,

it's high in energy, it's light to carry (just add water), releases energy slowly, has plenty of fibre and, if you use quick oats, it doesn't take much fuel to prepare.

You may think porridge on its own is dull. To make your porridge more delicious (and energy-rich) pre-pack each serving of oats in its own snap-lock bag with any of the following options: powdered milk, brown sugar, sultanas and a dessertspoon of LSA (ground linseeds, sunflower seeds and almonds).

There are also many other ingredients you can add, including other types of dried fruit (apricots, apples, bananas, dates, peaches) or different kinds of seeds (pumpkin or chia) or nuts (walnuts, cashews, brazil nuts), which can add extra interest, crunch and nutrition. Experiment at home to find your perfect mix.

Muesli - If you want to go light and choose a breakfast that doesn't require any fuel to prepare, then consider muesli - all you need to do is add cold water.

You can be boring and buy your muesli from the supermarket, but if you want to look forward to a killer breakfast, we suggest making your own. You can find some really amazing muesli recipes online, hop on and Google to find one that suits your tastes.

Once you've bought/made your muesli, pre-prepare each day's portion in a snap-lock bag with powdered milk and any extra additions, then every morning all you have to do is add water and you're away. Gluten-free - Sadly, not everyone can tolerate the delights of that wonderful protein gluten, so we've come up with a few gluten-free alternatives for those who can't stomach it.

A great replacement for oats is **quinoa flakes**, which can be used to make a healthy and nutritious porridge. Quinoa is very low in fat and calories and is cholesterol-free. Even better, just like instant oats, you only need to add hot water to prepare them, which keeps fuel use at a minimum. Quinoa flakes are also dull on

their own, so we recommend that you add powdered milk, brown sugar, cinnamon and dried fruit - you could also add seeds or nuts for extra crunch and nutrition.

An even easier option than quinoa flakes is gluten-free muesli and again you can make your own or you can buy it. If you are also lactose intolerant, replace the milk powder with soymilk powder. Coconut milk powder is another delicious alternative.

Breakfast scramble - The breakfast scramble is the closest thing you can get to an egg fry-up without actually frying up. And while it may not sound that delicious from the comfort of home, everything tastes better in the bush, right? We've found it pretty damn tasty when you're facing a big day on the go, and a nice break from porridge or muesli. To make your breakfast scramble pre-pack the following ingredients in a zip-lock bag: a cup-and-a-third of freeze-dried or powdered potato, half-a-cup of freeze-dried or powdered egg (with

bacon if you can find it), a tablespoon of milk powder, salt and pepper to taste, and a tablespoon of grated hard cheese. Out on the trail, all you have to do is add one-and-half cups of steaming hot water and... voila!

Pancakes - Pancakes are not the lightest, the easiest or the most nutritious of the breakfast meals listed here, but they are tops for taste and you will feel like a king eating them. As with the other meals, pre-prepare your pancake mix (plain flour for crepes or self-raising flour for regular pancakes, powdered milk and egg, and a pinch of salt) in a snap-lock bag before leaving (or buy a pre-mix in the supermarket - you can even buy gluten-free pancake pre-mix).

Don't forget that you will need oil or butter for frying and a small frying pan. If you can, always make your batter mix the night before - it makes for better pancakes and it saves a small amount of time.

<https://campingaustralia.com.au/>

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VERNAZZA

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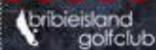
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wednesday nights



15 at \$ 15

special menu items
available from 5.00pm

THURSDAY NIGHTS



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

\$23

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AVAILABLE MONDAY TO FRIDAY
11.30AM TO 2.00PM

- NORTHERN RIVERS ROAST PORK
- BEER BATTERED FISH AND CHIPS
- CHICKEN SCHNITZEL AND CHIPS
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- 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



BACON, Egg and ONION Tart

INGREDIENTS

- 2 Serves*
- 3 slices of bacon
- 4 tbsp pizza sauce
- 1 onion, sliced thinly
- 3 eggs
- 1 butter puff pastry

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

METHOD

In a fry pan over medium high heat, cook bacon rashers until golden. Transfer to a plate.
In the same pan, add the sliced onions, and cook for 10-12 minutes until onions have softened and caramelised.

Preheat the oven to 190C.

Place a sheet of puff pastry on a tray lined with greaseproof paper. Using a sharp knife, cut a border around the edges of the pastry, making sure not to cut all the way through the pastry. Pierce the centre of the pastry with a fork to prevent it from puffing up too much when you blind bake. Place in the oven for 8-10 minutes or until slightly coloured.

Remove from the oven and allow to cool before layering the pizza sauce, caramelised onions, and bacon. Crack on the eggs. Put the pastry back into the oven and bake for a further 10-15 minutes or until the eggs have set to your liking.

REMOVE FROM THE OVEN AND ALLOW TO COOL, BEFORE CUTTING AND SERVING.

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Cake Shop...

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Takeaway Shop...

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

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

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Busy Fingers...

DONATIONS THIS MONTH

With the help of our supporters and the many customers that come through the shop we have been able to assist many associations on the island this month including our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite, and the monthly assistance with Foodbank and Fuel for BI Global Care.

We have also been able to assist the BI Indoor Bowls Club in obtaining 100 much-needed new chairs, BI Croquet Club with artificial turfing for their walkway areas to make them safer, Bribie Pickleball Club required an iPad, power charger, new balls and also a Defibrillator, as their numbers and ages are growing. RSL Golf Club was granted the hire of a coach for a tournament and weekend awards at Kooralbyn Valley, and the BI Gem & Fossicking Club needed a new computer and assistance with advertising in the Bribie Islander for their Gemfest which is their only fundraising event. Banksia Beach State School has started an EcoMarines program and after visiting the Butterfly House has decided to grow butterfly-friendly plants. They already have many donated plants, butterfly eggs on the way and worm farms on the go, but to assist in protecting these plants from the many kangaroos on the island have requested a greenhouse enclosure.

The Bribie Fishability Inc. has finally received its minibus to help transport its many clients on an enjoyable day of fishing and friendship. Rodney of Bribie Island Signs did the artwork for us, it looks great.



ELECTRICAL ITEMS

We are pleased to advise that two of our wonderful volunteers stepped forward and attended a test and tag course to get their certificates. Our drivers used to perform the testing between truck work, but due to the increase in pick-ups and deliveries, it was decided to relieve the drivers of this duty and place it on the list of Volunteer duties. This has proven to be an excellent decision as we are getting through the testing process a lot faster and continually getting items on the shelves quickly. I wish to thank Tracy and Dave for their help and continued assistance in keeping the electrical area shelves full.

SHOP REFRESHES

Last week, Josh of Jim's Handyman Ningi, came to repair walls and repaint the shop toilets finishing with a colleague assisting by giving the floors a deep clean, they are now bright and airy. Our new manager Stacey has also arranged to have the brown exit doors sanded and painted a new light colour, also the wood surrounds on the walls will have the edges painted to brighten them up.

FACEBOOK

Stacey is also keeping Facebook up to date with our sales and donations, so please check this out periodically for information and use the site if you have any questions. Sales are continuing and will be on the site as well as on the blackboard by the front door.

VOLUNTEERS

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



REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all not-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond.com Please be aware we only support Bribie Island associations and groups, not individuals.

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



Whilst working at the burn during the past week, our Lions catering team was visited by our local and state politicians. Lions club members were feeding up to 200 workers per day and working in two shifts daily from 7 am - 5 pm to do so. The Lions Club of Bribie Island prepared food from breakfast to early dinners for the hard-working firefighters, police, helicopter pilots and anyone who was volunteering for the burn-off. We live in an amazing community here on Bribie Island where there are many hands to help. Although

we are an ageing group of volunteers, we still manage to get the job done. If we were able to have the help of some younger people, just imagine what we could do. YOUR COMMUNITY NEEDS YOU.

Photo left to right back row: MP Andrew Powell, Carol Dodd, John Boughton, Peter Kaye, state Opposition Leader David Crisfulli and event coordinator Amelia Bright
Photo left to right front row: 1st Vice President Glen Hartley, Councillor Brook Savige and Treasurer, Janice Boughton

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

Horoscope

Just because Venus turns retrograde later in July doesn't mean there will be less potential for love. Far from it! As Mars and Venus (the relationship planets) connect with Neptune and Pluto they create powerful waves of emotion. Of course, it's one thing to be swept off our feet, and another to struggle against tides of overwhelming feelings. Fortunately, this climate is more adventurous than tempestuous. Supportive planetary combos ensure we'll have what we need to be able to enjoy the surf!

CAPRICORN (Dec 22 - Jan 20)



You're in detective mode. But, this month, you don't need to go looking for clues. You just need to focus on what's in front of you. A picture is forming. And, if you stop squinting, it will become clearer and easier to understand and appreciate. You want things to be a certain way. Your desire to make a dream come true is so strong you're prepared to overlook any signs and signals to the contrary. But it's only by being willing to open your mind to other ways of moving forward that you'll achieve what you want. You can do that. An amazing service... completely free audio and video forecasts. Go to ozfree.cainer.com

SAGITTARIUS (Nov 23 - Dec 21)



The way to happiness involves treasuring what's precious without holding on to it. It's about trusting that if something's right, you can't lose it or spoil it. In July, don't forget there are two types of caution. Although it's fine to sense potential danger (and do what you can to reduce it), it's bad to become so anxious you end up being unable to take action. You're dealing with a situation that seems urgent. But it's not an emergency. As long as you access your inner wise self, and don't just leap into action, July holds potential for magic. Oscar's gift... completely free audio and video forecasts. Go to ozfree.cainer.com

AQUARIUS (Jan 21 - Feb 19)



You are an innovative Aquarian. Nothing escapes your eagle eye. With your agile mind if there's a needle lurking in the haystack, you'll find it. Your ability to spot a potential problem gives you almost deity-like status. With your skills, you can guide people to make decisions that bring them long-term benefits. But are you profiting from your talents? This month, if you access your hidden, higher self, and act on its advice, you can take action that enables you to create a better, more interesting, and more satisfying way of living your life. Don't miss out... completely free audio and video forecasts. Go to ozfree.cainer.com

PISCES (Feb 20 - Mar 20)



There are times when life feels unfair. Bad things seem to happen to good people (and vice versa). Yet who's really qualified to say what's ultimately good or bad? Comparing ourselves to other people (which involves judging them and us) is neither healthy nor helpful. In July, you can rise above any ingrained ways of looking at the world. Events will unfold that encourage you to be more certain about how to realise your aspirations. As you'll see, you're on a road that leads to a more peaceful and prosperous tomorrow. A brilliant offer... completely free audio and video forecasts. Go to ozfree.cainer.com

ARIES (Mar 21 - Apr 20)



While some people are full of their own self-importance, others are almost apologetic about their attributes. You've got a lot to be proud of. Yet, right now, you're focusing on a shortcoming. We all have areas in which we see ourselves as weak, and others where we're confident about our strengths. It's time for you to focus on the latter. You feel you could have done better in your effort to solve a problem. But you're not even sure you've done badly. July brings inspiring moments. And proof that you've done more than enough. Try this out... completely free audio and video forecasts. Go to ozfree.cainer.com

TAURUS (Apr 21 - May 21)



The veil that separates the past from the future isn't solid like a brick wall. Neither is it as transparent as a pane of glass. It's more like a heavy curtain. Although we can't just push it aside and walk back in time, there's flexibility to the material. And sometimes it's easier to move it, revisit our history, and use the info to influence our future plans. As your ruler, Venus, turns retrograde this month, you can look back to past emotional situations, alter your understanding of a key event, and create a new, bright, hopeful tomorrow. Discover the inner you... completely free audio and video forecasts. Go to ozfree.cainer.com

GEMINI (May 22 - Jun 22)



When we hear people shouting we get defensive. What's going on? Why are they raising their voices? Our 'fight or flight' instinct is activated. Do we need to rush in to the rescue? Or run away to protect ourselves? Thankfully, more often than not, the shout is one of recognition - nothing we need to get involved with. In your world now, a potentially profitable message is being delivered in a misleading, even off-putting tone. July holds huge potential for positive change. You just need to pay more attention to content than to style. Especially for you... completely free audio and video forecasts. Go to ozfree.cainer.com

CANCER (Jun 23 - Jul 23)



Is intelligence the result of nature or nurture? While scientists and psychologists are still working on this dilemma, I can confirm that zodiac signs are no indication of IQ. Yet the movements of the planets suggest there are times when our minds are more adept and our ideas are more likely to make sense and stand a better chance of being realised. With Mercury (intellect) in your sign at the start of July, the cleverness fairy is on your shoulder. If you hone your plans now, they'll carry you forwards on the path to success. Unmissable gift... completely free audio and video forecasts. Go to ozfree.cainer.com

LEO (Jul 24 - Aug 23)



Wow! Venus, the planet of love, is in Leo until October. And just because it's going to turn retrograde in July doesn't mean you won't appreciate its blessings. This month is leading you on a dance - and you'll enjoy many moments on the dance floor. Your heart will be whirling, your head spinning and your emotions leaping. Your material prospects are taking a turn for the better. To make the most of the cosmic gifts coming your way, you need to be in good company. Be extra sensitive to the rhythms of the people around you. Right here, right now... completely free audio and video forecasts. Go to ozfree.cainer.com

VIRGO (Aug 24 - Sept 23)



Your connection to the material world often infuriates you. You tend to come close to success, yet just when you should be able to close a deal, seize a chance or profit from your hard work, you end up disappointed because things get in the way and you're unable to capitalise fully on your assets. And, whenever things work out as you want, you tend to write these moments off as a 'fluke'. July doesn't just bring the potential for pleasing developments. It brings an awareness of how to gain more advantages in future. Ready now... completely free audio and video forecasts. Go to ozfree.cainer.com

LIBRA (Sept 24 - Oct 23)



Even with the latest technology, no one seems to be able to know, with certainty, whether the chicken or the egg came first. Nor do the experts agree on how much of our lives are predetermined and how much is influenced through choice. These seem to be the kind of unanswerable questions that you could ponder for the entire month. But don't! With your ruler, Venus, turning retrograde in fiery Leo, July brings opportunities to reflect and to make decisions that will bring pleasure into your life. No explanations needed. There's more... completely free audio and video forecasts. Go to ozfree.cainer.com

SCORPIO (Oct 24 - Nov 22)



Kids like eating sweets. Is that because they know what's good for them? Not exactly! Grown-ups aren't much wiser. We think we know what's bad for us (and might refrain from eating the 'wrong' things). But we forget what's even worse. Where's the good in depriving ourselves of pleasures and ending up healthy but miserable? A little of what you fancy does you good. What about a lot of what you fancy? It depends what it is! Don't assume that just because you like something (a lot) in July, it's going to give you trouble. Our gift to you... completely free audio and video forecasts. Go to ozfree.cainer.com

Skies Above Bribie



By: Katherine Miller

July is a wonderful month to enjoy the beauty and diversity of the night sky.

The full moon on July 3rd is this year's first Supermoon. A Supermoon occurs when the moon is at Perigee. Perigee is when the moon is at its closest point to Earth. The moon will be only 361,935 km away! At perigee, the moon will appear slightly bigger and brighter.

The planets are putting on a show this month with a few conjunctions. Starting on July 1st, there will be a close approach of Venus and Mars. Venus and Mars will continue to dance all month. Their closest approach will be on July 12th, at only half a degree apart. That is about the width of the Moon in the sky! On the 20th of July and the following few days, this pair meets with the bright star Regulus and a waxing crescent moon.

Rising in the east early in the night is Saturn, shortly followed by Jupiter. These gas giants are getting closer to Earth as we catch up with them in our orbits. They will be getting brighter in August, but you can still enjoy their splendour in July. On the morning of July 12th, there will be a close approach of the Moon and Jupiter. The apparent distance between the pair will be just over 2 degrees.

Also rising in the east in the early hours of the morning is the Helix Nebula (pictured). The Helix Nebula (NGC 7293) is a

planetary nebula located in the constellation Aquarius. It is one of the closest planetary nebulae to Earth, at a distance of about 700 light-years. It has a magnitude of 7.3 and appears as a patch of diffused light with binoculars or a small telescope.

Also pictured is SH2-54. SH2-54 is a bright nebula in the constellation of Serpens. It belongs to an extended region of nebulae that includes the Eagle Nebula and the Omega Nebula.

July is also a good time to watch for shooting stars, especially in the second half of the month. There are two minor meteor showers that peak in late July: The Delta Aquarids and the Alpha Capricornids. These showers produce about 10 to 20 meteors per hour at best, but they can also produce some bright fireballs. The best time to watch for them is after midnight when the radiant point (the point in the sky where the meteors appear to come from) is high enough.

The night sky in July offers many opportunities for stargazing and wonder. Whether you use a telescope, binoculars, or just your eyes, everyone can enjoy the beauty and diversity of our universe. Remember to dress warmly, find a dark spot away from light pollution, and let your curiosity guide you.

If you have any questions or want to share your astrophotography, email me at astrogirl.au@mail.com.

Clear skies, Kat



Joseph Banks,

EPISODE 2
By: Al Finegan

European Discovery of Australia

Until the 16th century, the indigenous peoples of the world lived as they had done since recorded time, each nation has its own culture and laws that maintained the stability of their chosen lifestyles. There were of course local wars and incursions. Meanwhile, European nations fought wars over dominance, boundaries, and seaways, almost as a never-ending way of life. But for the rest of the world, a storm that would engulf their lives didn't begin until the late 15th century, and it changed everything, and not in a nice way. Over the next 200 years, the indigenous peoples of the world had their land and cultures demolished and desecrated as European nations raced for global dominance, with total disregard for the traditional owners.

By 1700, all continents, other than Australia, had suffered invasion under the guise of colonisation. When, not unsurprisingly, indigenous peoples proved a reluctant labour force, they were enslaved. To improve their motivation, unimaginable

violence – imprisonment, mutilation, and death became the norm. As more and more of their natural resources were developed, the violence meted out by the Europeans increased. Millions of people died while the monarchs and merchants made a fortune. While the American, African and many Asian nations were occupied and subjugated, the people of *Terra Australis* drifted on in ignorance of the turmoil being suffered just about everywhere else.

The name *Terra Australis* came from the Latin, "Southern Land" and remained a hypothetical continent first posited in antiquity, and which appeared on maps between the 15th and 18th centuries. Its existence was not based on any survey or direct observation, but rather on the idea that continental land in the Northern Hemisphere should be balanced by land in the Southern Hemisphere. This theory of balancing land has been documented as early as the 5th century on maps by Macrobius, who used the term *Australis* on his maps. (**The name Australia was popularised**

by Matthew Flinders following his circumnavigation of the continent in 1803.)

As the 18th century unfolded, the European battle for dominance of the southern oceans was on with a vengeance. Britain, France, Spain, Portugal, and the Dutch had already been traversing the globe in search of new lands to conquer, and resources to exploit, but the South Pacific remained largely unknown. The maps at this time showed Australia like a huge apple, with a massive bite taken from the Eastern side which remained a mystery, untouched by Europeans. Only Tasmania and a small part of the western coast of New Zealand had been mapped.

In their race to be the first to claim new territory in the south seas, the British Admiralty came up with a secret plan to do so without drawing undue attention from the French spies in London. They would send a naval officer on a supposedly scientific voyage to record the timing of Venus passing across the sun, to be seen from the vantage point of Tahiti, then direct him to undertake an expedition of conquest for the fabled Southern Continent. The man chosen for the job was a Naval Lieutenant, James Cook. There were good reasons why Cook was chosen to lead this

important expedition. He had proved himself to be an accurate navigator and a fine leader. In 1759, when Major-General James Wolfe planned to attack the French in Quebec, he needed a good map of the Saint Lawrence River, and none existed. Wolfe tasked young Lt James Cook to venture up the river and prepare a detailed chart. This was a most difficult and dangerous assignment. On the third night, having just completed the mission, his boat was seen by an Indian. Canoes began swarming from the banks while arrows were singing through the air. Under Cook's calm orders, the sailors rowed furiously to safety. The map Cook had drawn was the key to Wolfe conquering the French in Quebec.

As well as being an excellent navigator and leader, Cook was a skilled sailor, and he was interested in astronomy. He was the natural choice to be the leader of the expedition to Tahiti. In the little *Endeavour*, Cook rounded Cape Horn and set full sail for the beautiful Pacific island of Tahiti. He reached the island, observed the transit of Venus, and then set out to complete yet another task. He had been ordered to look for that great fabled Southland that was thought to exist in the South Pacific Ocean, perhaps somewhere

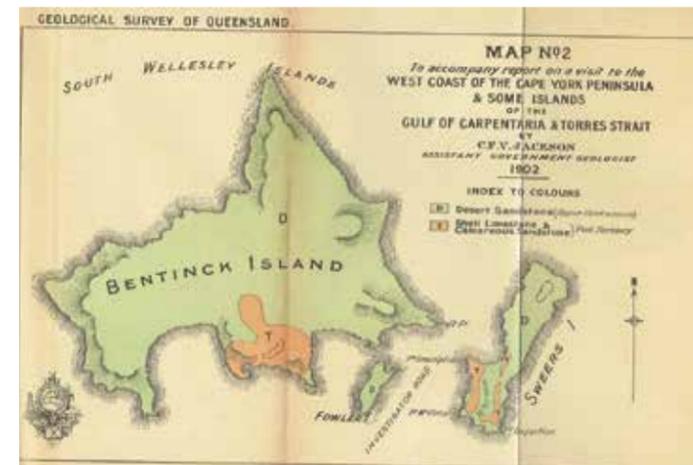
between Cape Horn and New Zealand. Of course, Cook found no great Southern continent anywhere between Cape Horn and NZ, but unlike Tasman, he did prove that NZ was made up of two main islands. Today the gap between the North and South islands is named Cook Strait in his honour. After completing the tasks he had been set, he would have been quite free to sail before the westerlies back to Cape Horn and on to England. However, there was another mystery that Cook decided he wanted to solve for himself. No one so far had found the eastern coast of New Holland. Cook set out to do so. He sailed on west.

On the afternoon of 19th April 1770, land birds began wheeling and swooping around *Endeavour*. Cook was very excited when he retired that evening. In his journal, he wrote, "I feel that I stand on the brink of a great revelation." How right he was.

On the following morning Lieutenant Hicks, officer of the morning watch, sighted land now named Point Hicks. For the next 9 days, *Endeavour* followed the coast to the north searching for a harbour. At last, a wide-open bay was sighted, and Cook made a landing. A Party of 30 men was chosen to row to the shore. As it approached land, a group of natives who had been cooking fish on the beach, tried to warn off the strangers. Shots were fired over the heads of the natives. They scattered, and the men of *Endeavour* were able to land unopposed. While on shore, the Englishman found a stream of fresh water and filled the ship's barrels. Joseph Banks, a botanist, had a wonderful time collecting plants he had never seen before. The men were told to catch as many fish as they could and caught two large stingrays. This was quite an occasion. The men had been eating biscuits and salt meat for weeks. Cook decided to name the bay Stingray Bay which he later changed to "Botany Bay" as Banks had found so many interesting plants there, including an evergreen shrub with large, yellowish flowers shaped like a bottlebrush. This plant is now

called the Banksia shrub. When *Endeavour* sailed out of Botany Bay, Cook continued on his northward journey along the coast. This led to him leaving a legacy of some incredibly accurate charts and giving names to many bays and inlets. Then something happened that almost meant disaster for *Endeavour*, loss of all Cook's journals and charts, and stories about Australia that would have almost certainly been different to the one you are now reading. It was almost midnight, 11th June, when without warning, there was a dreadful crash. Timber splintered and the little ship shuddered violently. She had been holed by a sharp jutting edge of coral. Cook rushed to the deck and began giving orders in his cool, quiet

northerly direction until she reached the tip of Cape York Peninsula. Cook navigated the seas of Torres Strait and made a landing on a small island just off the mainland coast. On this island, now called Possession Island, Cook ordered the British flag to be raised, while he claimed all the land he had just mapped in the South, for Britain. Three cheers and a volume of musket fire were sounded to mark the occasion. Finally satisfied that he had achieved all his goals, Cook ordered his sailors to set course for Java, thence England. On the return voyage, Cook completed his extensive collection of maps. Of note, was the first mention of the name of the east coast of Terra Australis, "New South Wales".



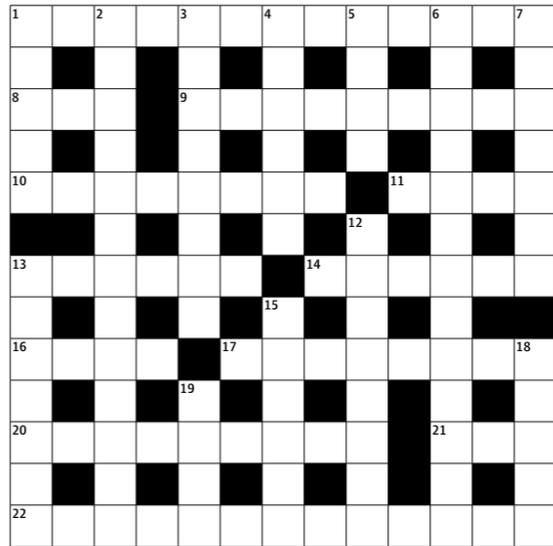
way. He ordered that ballast be thrown overboard to lighten the ship. Canons and heavy stores were heaved into the ocean. At last, the tiny ship broke free from the reef and headed for the mainland. Fortunately, the piece of coral that had caused all the trouble remained firmly jammed in the side of the ship stopping much of the water from pouring in. *Endeavour* was beached in a nearby river. The ship's carpenter assured Cook that no serious damage had been done by the coral and that repair would not be difficult. While the carpenters were at work, Banks gathered still more strange plants for his collection. Cook took time to explore the river, now named after his ship, and made friendly contact with the locals. *Endeavour* set out once more in

In his journal Cook also wrote about the Indigenous inhabitants of Australia, disputing William Dampier's view that Australian Aboriginal people were the "miserabilist people in the world". He wrote, "**The natives of New Holland may seem to be the most wretched people on Earth, but in fact, they are the happiest people I have ever witnessed**". Cook continued writing with admiration for the lives he had witnessed, free of the oppressive hierarchy and work of European society. At last, in July 1771, the faithful little ship, *Endeavour*, and the brave men aboard her arrived home having been away for almost three years. It had been an incredible adventure. As was customary, the British advised other European countries of Cook's findings

and provided maps of the land he had claimed for the British crown. In reply, the French advised the British that they were planning an expedition with aims "... to complete the Pacific discoveries of James Cook, correct and complete maps of the area, establish trade contacts, open new maritime routes, and enrich French science and scientific collections." In 1785 Comte de Jean Francois de Galaup de la Perouse, a French naval officer was appointed by Louis XVI to lead the expedition. Not made public at the time, included in the commission was a secret order to examine a suitable place for the eventual establishment of French bases or colonial occupation. It was suggested that Botany Bay, as recommended by Cook, be a good starting point. The British well knew the French rhetoric and that they had more than scientific objectives as an aim of their expedition. This knowledge expedited a British plan to occupy NSW, not only to beat the French to a landing but at the same time, resolve their prison overcrowding. It was now inevitable that the long reprieve from all the horrors of global expansion enjoyed by the Aborigines was about to end. It was just the question of which nation would be the earliest to arrive.

It was to be the English "First Fleet" under Captain Arthur Phillip. On 20th January 1788, the fleet sailed into Botany Bay, just five days ahead of La Perouse. Had the British not decided to send the First Fleet, it was likely that it would have been the French who would have colonised Australia. As the British moved in and began their colony, the Aborigines did suffer from the unavoidable introduction of foreign diseases and the loss of traditional lands. The English did not introduce a policy of gratuitous violence, imprisonment, slavery, mutilation, or murder as practiced in other countries invaded by European nations. The discovery and occupation of Australia were inevitable. However, with England being the nation to succeed, it was the least damaging of the nations..

Crosswords - QUICK & CRYPTIC



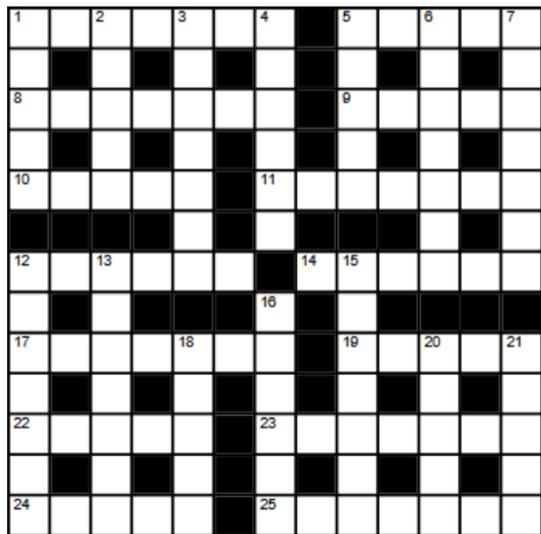
Across

- 1 Thieving (5-8)
- 8 Sign of the zodiac (3)
- 9 Like a tumbler? (9)
- 10 Old public transport driver? (8)
- 11 Make good (4)
- 13 Turn back (6)
- 14 Flexible (6)
- 16 Cross a river where it's shallow (4)
- 17 A building that could be deadly? (4,4)
- 20 French novelist, who fought to clear the name of Alfred Dreyfus, d. 1902 (5,4)
- 21 Raises (the stakes?) (3)
- 22 Arrogant (4,3,6)

Down

- 1 Pale purple (5)
- 2 Long-term increase in the average temperature of Earth's atmosphere (6,7)
- 3 School work? (8)
- 4 Hostile attack (6)
- 5 Scornful remark (4)
- 6 One of 56 English parliamentary constituencies with between only seven and 42 voters, abolished by the 1832 Reform Act (6,7)
- 7 Unscrambling device (7)
- 12 Bookish types (8)
- 13 Update a webpage, say (7)
- 15 Old continental address to an English gent? (6)
- 18 Unhealthy-looking — snack (5)
- 19 Queen of the Olympian gods, sister and wife of Zeus (4)

CYRUS



Across

- 1 Torment army leader loading his gun (7)
- 5 Columbus lost transport but did find replacement (5)
- 8 Sponges - bugs led a merry dance (7)
- 9 Given to understand that un-authorized broadcasts referred to vegetables (5)
- 10 Greek character offers appreciation after article appears (5)
- 11 Plaintiff accrues adequate arrangement. (7)
- 12 Restraint may need a hothead to change (6)
- 14 Lets in all that glitters... (6)
- 17 Anthology regarding public transport.. (7)
- 19 Absurd comic is ludicrous (5)
- 22 In due course - dead right (5)
- 23 Blushing as hers' did, obviously (7)
- 24 Chinese leader is upset about church refreshment(5)
- 25 Count how beginners galvanise pursuit when the target's in sight (5-2)

Down

- 1 Scope for morning snippet (5)
- 2 Stare at university head involved in dressing (5)
- 3 Tearing about? No thanks (7)
- 4 Cavalier in a rush as you can see (6)
- 5 Ring back about personal colour (5)
- 6 He sees a hundred dished out on a platter (7)
- 7 It's a blow in failed court case where I lost (7)
- 12 Lout saw Robin? with a bit of a lump (7)
- 13 Not right in the attic with a nut left, strangely, in charge (7)
- 15 The Spanish, I find, oddly, recognise a heretic (7)
- 16 The grace to become a priest! (6)
- 18 Support oddly around the UK for this type of garment (5)
- 20 Strident busybody taking first Irish prisoner (5)
- 21 Wow! A lout - part of usually a "Hooray Henry" type (5)

SOLUTIONS

CYRUS SOLUTION 194



QUICK SOLUTION 194



KidsPage



- | | | |
|-------------|---------------|---------------|
| COMPLIMENT | EXCITABLE | SMART |
| EYE CONTACT | SINCERE | SMILE |
| THOUGHTFUL | PLEASE | FAITHFUL |
| INTRODUCE | ASK QUESTIONS | LOVING CARING |
| FRIENDLY | FUNNY | SURE |
| THANK YOU | KIND | |
| CHARMING | SHARING | |

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10AM - 2PM

Quick Banana Ice-cream

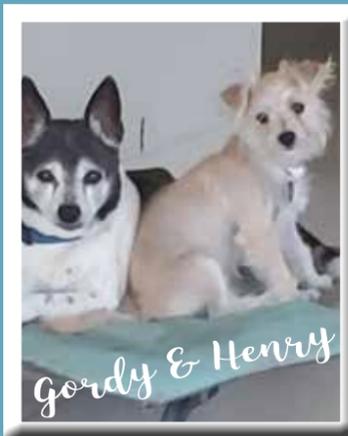


Ingredients

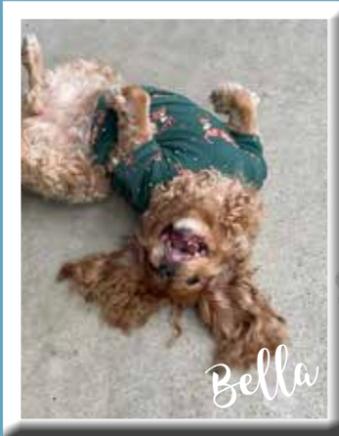
- 4 bananas, ripe
- 4 bananas, ripe
- 1 tsp vanilla extract
- 1 teaspoon vanilla extract
- 4 strawberries, sliced or diced
- 4 strawberries, sliced or diced
- 1 tbs maple syrup
- 1 tablespoon maple syrup

Method

- Step 1 of 2
- Peel bananas. Chop bananas into 2cm chunks, then put them in a freezer-safe container. Seal and freeze for 4 hours or until banana is frozen solid.
- Step 2 of 2
- Once frozen, process bananas in a food processor with vanilla extract until a smooth, thick ice-cream texture forms, scraping down the sides a couple of times during the process. Spoon mixture into freezer container and return to freezer to serve later or alternatively, working quickly, scoop ice-cream into bowls and top with strawberries and drizzle with maple syrup.



Gordy & Henry



Bella



Pepa & Milly



Astro



Sootie



Xanthe



Salt & Peoper



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THINGS EVERY CAT OWNER SHOULD KNOW PART 2



Litter Box Essentials: Location, Type, and Cleaning

Providing your cat with a clean and comfortable litter box is essential to their health and happiness. Cats are clean animals and prefer to have a designated area to do their business. When choosing a litter box, consider the size and location. The box should be large enough for your cat to move around in comfortably and placed in a quiet and private area of your home.

There are several types of litter boxes available, including open, covered, and self-cleaning. A litter box tray is the most common and easy to clean, while covered litter boxes provide more privacy for your cat. When it comes to cleaning your cat's litter box, it's important to do so regularly to prevent the build-up of bacteria and odours. Scoop out waste at least once a day and replace the litter entirely every two to three weeks. Be sure to use a litter that your cat prefers, whether that be clumping, non-clumping, or scented.

Grooming Your Cat: Brushing, Bathing, and Nail Trimming

Keeping your cat's coat clean and well-groomed is not only important for their appearance but also for their health. Regular brushing helps to remove loose hair, prevent matting, and distribute natural oils throughout your cat's coat. The type of brush you use will depend on your cat's coat length and texture. For example, a slicker brush is great for long-haired cats, while a rubber brush is ideal for short-haired cats. Bathing your cat is not always necessary, as cats are self-cleaning animals.

However, if your cat gets into something, particularly dirty or smelly, a bath may be necessary. Use a cat-specific shampoo and warm water and be sure to rinse thoroughly to avoid skin irritation.

Trimming your cat's nails is also an important part of grooming. Overgrown nails can be painful for your cat and lead to damage to your furniture. Use cat-specific nail clippers and trim the tips of your cat's nails every two to three weeks. If you're unsure how to trim your cat's nails, ask your veterinarian for a demonstration.

Dealing with Common Behaviour Problems: Scratching, Meowing, and Aggression

Cats can exhibit a variety of behaviour problems, including scratching, excessive meowing, and aggression. Understanding the underlying causes of these behaviours can help you address them effectively. For example, cats scratch to mark their territory and maintain their claws. Providing your cat with a scratching post or pad and regularly trimming their nails can help prevent destructive scratching. Excessive meowing can be a sign of hunger, boredom, or stress. Providing your cat with plenty of toys and mental stimulation, as well as feeding them small meals throughout the day, can help reduce excessive meowing. Aggression in cats can be caused by fear, territoriality, or pain. Consult with your veterinarian or a professional animal behaviorist to determine the appropriate course of action.

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

BOWLS RESULTS

BRIBIE BOWLS CLUB

Self Select pairs Fri 2 June 2023

Winners: K Burton, S Root
 Runners up: C Perkins, P Gray
 Lucky draw: D Liesham, C Hayles
 Lucky draw: D McMahon, C Wilkie
 Lucky draw: G Mewett, W McDougall
 Lucky draw: K Muller, A Legosz
 Random Select Fours Results Saturday 3 June 2023
 Highest margin: J Leys, R Davenport, W Kelly, W Hoelscher
 Lowest margin: B Castle, P Neuman, R Wilkinson, D Groves
 Out of hat winner: S Demsey, M Young, BJ Adams, P Gee
 Out of hat winner: I Jones, D Hudson, J Neill, P McCarthy
 Self Select Triples Tue 6 June 2023
 Winners: R Eaton, F Crockett, BJ Adams
 Runners up: M Mills, G Riley, P Mann
 Lucky draw: J Lonsdale, S Hose, G Riley, N Gray
 Lucky draw: J Dunn, A Kinnear, E Hockey
 Lucky draw: I McLaren, M Garfield, L Williams
 Lucky draw: T Turnbull, S Mitchell, D Hudson
 Scroungers Results Wed 7 June
 1st: I Holzvberger
 2nd: R Eaton
 3rd: J Lonsdale
 4th: S Greensill
 Self Select pairs Wed 7 June
 Winners: F Adams, C Wilkie
 Runners up: P Gray, J Oliver
 Lucky draw: J Sly, g Duncan

Lucky draw: Hudson, T Turnbull
 Lucky Draw: C Thomson, K Thomson
 Lucky Draw: M Andrews, D Lindsay
 Random Select triples Thu 8 June
 Highest score: P Mann, R Follett, A Riley
 Runners up: D Frick, A Mann, M Roberts
 Lucky draw: P Gee, J Murray, L Mann
 Lucky Draw: P Boyland, G Woollett, G Gawron
 Self select pairs Friday 9 June 2023
 Winners: C Perkins, D Ackroyd
 Runners up: W Ebert, G Woollett
 Lucky Draw: K Lafferhy, H Anderson
 Lucky Draw: D Cherry, M Cherry
 Lucky Draw: J Oliver, D Frick
 Lucky Draw: B Priest, D Clomessy
 Random Select Fours Sat 10 June
 Out of hat winner: D Neumann, P Neumann, C Kelly, J Lonsdale
 Out of hat winner: J Neill, W Gilbert, T Gorrie, M Ball
 Out of hat winner: M Gorrie, J Oliver, I Smith, B Watkins
 Out of hat winner: G Frew, P Ryan, T Phillips, M Wright
 Out of hat winner: B Doe, C Halley, D Frick, R Gilmour, P McCarthy
 Self Select Triples Tue 13 June 2023
 Winners: H Ramage, J Sutherland, G Bentson
 Runners up: R Glasser, F Grimsey, T Phillips
 Lucky draw: R Mcdermott, H Groves, M McGregor
 Lucky draw: S Lobo, K Piva, A Comett
 Lucky draw: C Brayley, V McDermott, J Hosie
 Scroungers Wed 14 June
 1st: G Shoien
 2nd: P Mann

3rd: J Smith
 4th: G McEniery

Self Select pairs Wed 14 June

Winners: D Bishop, D Kaatz
 Runners up: D Cherry, M Cherry
 Lucky draw: I McClelland, J Gray
 Lucky draw: M Andrews, M Prewett
 Lucky draw: D Frick, J Oliver
 Lucky draw: J Ferguson, R Ferguson
 Random Select triples Thu 15 June
 Highest margin: C Sambaher, M Young, C Davis
 Runners up: D Neumann, C Kelly, A Riley
 Lucky draw: P Ditchburn, A Cooke, W follett
 Lucky draw: G Frew, M Wright, D Clarke

BONGAREE LADIES BOWLS

Friday 9th June

Winner: John Morrison, Dee Morrison
 R/U: Sandra Scott, Hazel Crouch

Tuesday 13th June Winner: Brenda Hutchinson, David Hutchinson

R/U: Judi Irvine, Jim Irvine

Friday 16th June Winner: Lyn Southall, Billy Moor, Ellen Fells

R/U: Carol Oates, Wendy Rollason, Sue Francis

Tuesday 20th June Winner: Mary Geddes, Julie Sibthorpe

R/U: Diana Stowers, Ian Gillies
 Bonus Draw: Barry Russell, Gary Player

BONGAREE BOWLS MEN'S

Wed 4's June 14th Sponsored by Allterrain RV

Winners Wendy Rollason, Jen Hadley, Janice Mason, Sandra Scott.

Runners Up Allan Kenning, Robin Maffey, Graeme Hanlin, Peter Vlajic

Thurs Jackpot pairs June 15th David Vaughan, Gary Ryan
 Runners Up Noela Gray, Doug Meikle.

Wed 4's June 21st Winners Sheena Bath, Mike Giles, Barb Tanner, Claire McCarthy.

Runners Up, Peter Higgins, Paul Hill, Ray Huggins, Tony Gormley.

Thurs Jackpot pairs June 22nd Winners Ian Gillies, Di Stowers

Runners Up Mick Falvey, Doug Meikle



BRIDGE CLUB

MORETON BRIBIE BRIDGE CLUB:

Sat 10 June 1 D Quinan & F Barkwith 2 J Wright & L Carr 3 S Burton & D Brady

Wed 14 June N/S 1 A Jones & D Rubin 2 P Edis & C McAlister 3 R & C Cowley E/W 1 L Heap & B Connell 2 J Newton & K Cohen 3 R Sutton & Y Nakamura

Sat 17 June Graded Teams 1 R Cowley team 2 S Watson

team 3 R Webb team

Wed 21 June N/S 1 A Jones & D Rubin 2 M O'Reilly & R King 3 L Groves & R Deacon E/W 1 L Heap & B Connell 2 B Fuller & D Brady 3 C & R Cowley

BICBC: Mon 12 June N/S A Jones & R Clements-Brown 2 P Edis & C McAlister 3 U Maffey & D Dowling E/W 1 F McLaren & N Denvir 2 I Best & B Moxham 3 S Smith & J Lawson

GOLF

BRIBIE ISLAND WOMEN'S GOLF

8 June 2023 to 20 June 2023 8/6/23 - Single Stroke

A Grade Winner: Debra Dunn 70, 2nd Judith Umlauf 72, 3rd Vicki Jones 73

B Grade Winner: Mary Barbelor 71, 2nd Lyn Cockerell 73, 3rd Anna de Bondt 75

C Grade Winner: Sonia Ferrante 74 cb, 2nd Angela Jordan 74, 3rd Jennifer Stafford 80 cb

NTP's: Hole 4 Linda Urquhart, Hole 7 Sandra Smith, Hole 14 Jo McCowan, Hole 16 (2nd shot) Kris Tomalin, Hole 7 (Div 3 2nd shot) Angela Jordan

13/6/23 - Single Stableford A Grade Winner: Lyn Ball 38, 2nd Kris Tomalin 36, 3rd Abby Driver 34 cb

B Grade Winner: Christine Pronk 40, 2nd Maureen McGlone 37, 3rd Ailsa Lauchlan 36

C Grade Winner: Angela Roberts 33 cb, 2nd Louise Keleher 33, 3rd Lulu Drew 32

NTP's: Hole 4 Rita de Bondt, Hole 7 Vicki Jones, Hole 14 Lulu Drew, Hole 16 (2nd shot) Lyn Ball & Magrit Pearce, Hole 7 (Div 3 2nd shot) Angela Jordan

Accuracy Drives: Div 1 - Kris Tomalin, Div 2 - Beverly Isaksen, Div 3 - Sonia Ferrante

15/6/23 - Single Stableford (Captain's Trophy Round 1) A Grade Winner: Linda Urquhart 38, 2nd Kris Tomalin 35 cb, 3rd Robyn Harper 35

B Grade Winner: Maureen Bailey 35, 2nd Ailsa Lauchlan 34, 3rd Fizzie Jackson 33

C Grade Winner: Margaret McBride 33, 2nd Angela Jordan 35 cb, 3rd Sheila Stack 35

NTP's: Hole 4 Christine Pronk, Hole 7 Linda Urquhart, Hole 14 Sandra Smith, Hole 16 (2nd shot) Beverly Isaksen, Hole 7 (Div 3 2nd shot) Denise Shearer

20/6/23 - Single Stableford (Captain's Trophy Round 2) A Grade Winner: Kris Tomalin 37 cb, 2nd Carol McKenzie 37, 3rd Vicki Jones 36

B Grade Winner: Leanne Skeggs 38, 2nd Christine Pronk 36, 3rd Vivienne Learoyd 34

C Grade Winner: Di Croft 36, 2nd Heather Creedy 35, 3rd Denise Shearer 32 cb

NTP's: Hole 4 Roslyn Crossley, Hole 7 Magrit Pearce, Hole 14 Carole Watson, Hole 16 (2nd shot) Myra Dickson, Hole 7 (Div 3 2nd shot) Margaret McBride

Kris Tomalin - Winner Captain's Trophy

SUPPORT RILEY AND JAYDA



ABOUT THE PROJECT

We are very excited that we have an amazing 2 young athletes, Jayda Evans - 12 years old (Bribie Island State High School) and Riley Taylor - 11 years old (Banksia Beach State School) who have been selected in the state team to represent Queensland at the U12 girls National AFL Championships in August 2023 in Albury NSW.

The girls are proud members of and play for the Bribie Island Bulldogs AFL Club and they recently represented the Sunshine Coast Regional Team at the Queensland School Sport State Titles in Maroochydore this month.

Their team was successful in making the grand final for the first time ever for the girls' team and were narrowly defeated, taking home Silver for the competition. Jayda and Riley each received a daily players-player award and Jayda received the teams' competition players-player award and Riley received the teams' competition coaches award. They were also part of the Banksia Beach State School Team that won the Queensland Schools Cup in 2022.

As you can imagine an enormous amount of training goes into being able to compete at this level and being

selected this year is a true testament to their commitment and dedication to their sport. They train pretty much every day in some way and both girls are high achievers across multiple sports as well. Jayda has represented as a regional Touch player and as a district player for soccer, long-distance and athletics. Riley has represented her district in touch football, swimming, and athletics. They both have goals to play at the highest level possible, and they will continue to work towards these goals. We are enormously proud of these kids and are all super excited that their hard work has paid off.

As exciting as it is to have your children make the Queensland State team, it is also a very expensive trip to the National Championships. The cost of the 'compulsory' kit, which includes the AFL Playing Uniform and formal wear is just shy of \$450 each, the championship levy is around \$500, travel to Brisbane for training, travel to Albury for the Competition and accommodation for the 7 days they need to be in Albury, which would work out well over \$2000 per student just for one event. They have already had to account for the expenses of State Championships this month for the purchase of all the regional team uniforms, levy, training up the coast, travel and accommodation for the 4-day event which was well over \$1000 just for that event. The girls and their families would be very grateful if there is any way you may be able to help support these amazing kids to get to help get them to the National Championships.

Thank you for your consideration, should you wish to donate, please use the below account information.
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Ref- Jayda and Riley

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Connecting with the earth's energy with crystals is a fun way to connect with its spiritual and healing properties. When there are so many crystals to choose from, it can be difficult to determine the spiritual meaning of them. Every crystal indeed has its own unique properties and healing vibrations — and every crystal's colour can give you hints as to that crystal's meaning. It is possible to support whatever intentions you have for working with crystals by choosing crystals according to their colour.

White & Clear Crystal Meaning:

PURITY & PEACE

White/clear crystal examples: Clear quartz, selenite, apophyllite, white chalcedony, and moonstone.
Use For: Cleansing your space, amplifying intentions, and attracting clarity. White or clear crystals are all about cleansing and purifying. Take clear quartz, for example, which is beloved for its ability to amplify the energy of other crystals, or selenite, which is considered cleansing for any space. "White crystals are great for getting clear on your intentions and also help to amplify your energetic field to stay in alignment with goals," Crystals of the white/clear variety are usually easy to connect with, even for crystal novices, and they're great for promoting peace and serenity. They're great tools to use during meditation or any sort of energy-clearing work.

Red Crystal Meaning:

ACTION & POWER

Red crystal examples: Red jasper, ruby, vanadinite, garnet, and rubellite.
Use For: Taking initiative, following your passions, and personal transformation. Meet the Red Bull energy drink of the crystal world. Red crystals get us feeling pumped up, energized, and passionate about taking action on things, and their energy is high-intensity and raw. "The colour red can be great for transforming one situation to another — for example, getting fired from a job and transforming the energy into action to start a new career or work that is more aligned. You can also take the initiative to start new projects, get organized, or create strong, healthy boundaries."

Pink Crystal Meaning: LOVE & COMPASSION

Pink crystal examples: Rose quartz, rhodochrosite, pink tourmaline, rhodonite, and pink opal.

Use For: Connecting with love, healing, attracting romance, and cultivating self-compassion.
Pink

crystal meanings capture the feeling of a warm hug from your heart. Gentle, compassion-promoting, and emotionally healing, pink stones are great for bringing more love and kindness into your life. If you want to mend a broken heart, leaning into the power of pink is a great place to start. "Pink helps to heal traumas and energy blockages of the heart around relationships and deepening self-love. Ready to let the love in? You can meditate with or carry a pink crystal when dealing with any matter that concerns forgiveness, romance, self-love, or love for others.

Yellow Crystal Meaning:

WILLPOWER & OPTIMISM

Yellow crystal examples: Citrine, golden onyx, honey calcite, yellow jasper, and sulphur quartz.
Use For: Boosting your confidence, staying focused, and raising ambition. Yellow crystals are sunny, bright, optimistic, and all about expressing your truest self. They're great for bringing positive energy to any new endeavour and supporting us in being authentic. Yellow crystals are also helpful in strengthening our belief in our personal power, so work with them anytime you need a feel-good confidence boost. Need help following through on a big project? This colour supports in actively showing up for a goal, dream, or new habit. [Yellow] helps you feel determined and optimistic about achieving your vision.

Green Crystal Meaning:

ABUNDANCE & GROWTH

Green crystal examples: Malachite, jade, peridot, moss agate, and green aventurine.
Use For: Attracting luck, manifesting prosperity, and fostering personal growth. Green is the colour of plants, but it's also the colour of money. So, it's fitting that green crystals are often used for manifesting abundance, wealth, and fortune, as well as to support your growth (whether that means growing a business or just growing spiritually). Whether you're in the business of attracting extra dough or want to connect with mother nature, the colour green is great for tuning into the natural state of abundance of nature that is our ultimate essence of being. It's also used to help you understand the natural cycles of nature as being reflective of your life in that growth happens in phases and being at peace with where one is along their journey.

Blue Crystal Meaning:

CLARITY & COMMUNICATION

Blue crystal examples: Lapis lazuli, aquamarine, blue lace agate, larimar, and azurite.
Use For: Sharpening communication skills, getting clear on your needs, and gaining clarity around you. Like the ocean and the sky, blue crystals can be soothing — but they're also extraordinarily powerful. Blue crystal meanings represent clear communication and the honest expression of our ideas. They bring clarity and strength when it comes to speaking our truth and helps us stay cool, calm, and collected as we share what's on our minds. Struggling to find the words? "Blue hues can be used to help you communicate your ideas and emotions clearly and is great for presentations and when speaking one's truth.

Purple Crystal Meaning:

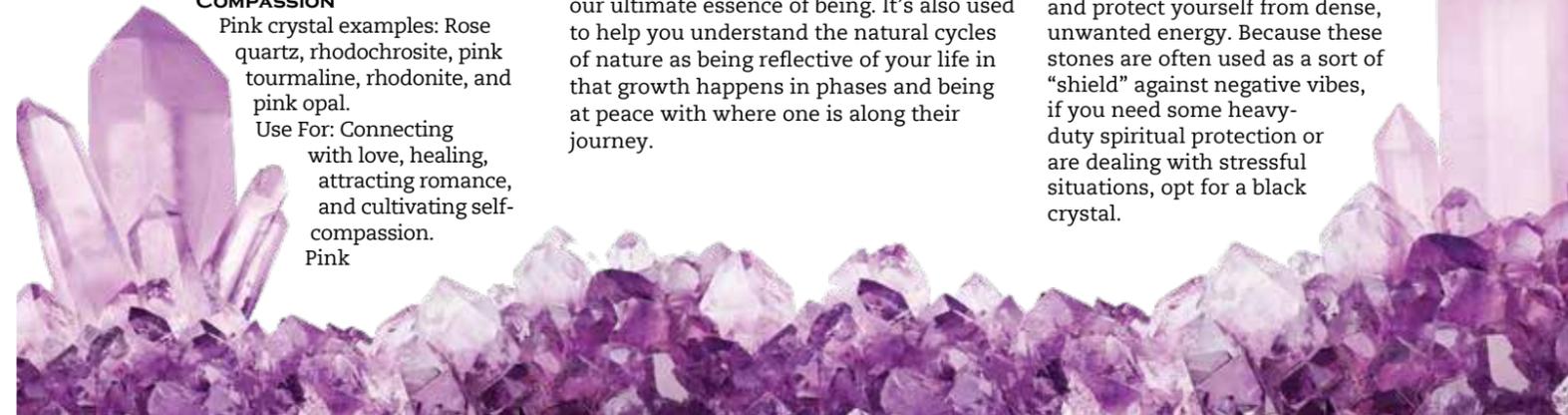
SPIRITUALITY & INTUITION

Purple crystal examples: Amethyst, lepidolite, spirit quartz, charoite, and sugilite.
Use For: Connecting with your spiritual self and leaning into your intuition. Purple crystals' meanings are all about spiritual energy. These stones help us connect with our mystical sides by strengthening our intuition and a higher sense of self. They can also be wonderful tools for tapping into the divine realm of dreams to gain creative inspiration or spiritual guidance. Use purple crystals if you're trying to get deep into a meditative state. This colour represents strengthening and enhancing your intuition, supporting with focus, and beginning or deepening one's meditation practice.

Black Crystal Meaning:

NEGATIVITY BANISHERS

Black crystal examples: Obsidian, black tourmaline, shungite, jet, and black kyanite.
Use For: Grounding, protecting your space, and warding off negativity. There's no crystal colour more protective and negativity-banishing than a dark-coloured or black crystal. Black stones help to dispel our fears and promote a sense of physical and emotional safety. Black stones are a good way to "stay grounded in the body and protect yourself from dense, unwanted energy. Because these stones are often used as a sort of "shield" against negative vibes, if you need some heavy-duty spiritual protection or are dealing with stressful situations, opt for a black crystal.





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Home cleaning schedule for organized people

Maintaining a clean and organized home can feel like an uphill battle, especially when you're busy with work, family, or other obligations. However, for homeowners who prioritize cleanliness and organization, establishing a regular cleaning schedule is essential for keeping a home in tip-top shape. By breaking down cleaning tasks into manageable chunks and spreading them out over time, you can avoid feeling overwhelmed by the amount of work that needs to be done.

Prepare for Cleaning

Preparing for a cleaning session is not just about gathering the supplies you need. It's also important to get yourself in the right mindset. Whether it's deep cleaning the kitchen, tidying up the living room, or decluttering your bedroom, having a clear goal in mind can help you stay focused and motivated. It can also be helpful to break the task into smaller, more manageable steps to avoid feeling overwhelmed. Once you've got your head in the game, it's time to gather the supplies you'll need. Depending on the task at hand, this might include cleaning products like all-purpose cleaners, window cleaners, and furniture polish, as well as tools like sponges, scrub brushes, and microfiber cloths. Make sure to stock up on essentials like garbage bags, paper towels, and rubber gloves, too.

Get The Clutter Out

Decluttering before you start cleaning your home can be an effective way to streamline your cleaning routine and create a more efficient and organized living space. One of the benefits of decluttering before cleaning is that it can help you see what needs to be cleaned more clearly. When surfaces are cluttered with unnecessary items, it can be difficult to tell what is dirty and what is not. When surfaces are clutter-free, you'll have more room to move and be able to clean more thoroughly.

Choose A Room To Start With

A good rule of thumb is to tackle the messiest or most cluttered room first, as this can provide a sense of accomplishment and motivation for the rest of the cleaning session. For some, starting with a smaller room like a bathroom or laundry room can help build momentum before moving on to larger areas like living rooms or bedrooms. Alternatively, starting with the room that's used most frequently, like the kitchen or living room, can help ensure that your efforts are immediately visible and impactful.

Know When To Delegate Cleaning Tasks

Knowing when to delegate cleaning tasks can be an important part of maintaining a clean and organized home, especially if you have a busy schedule or other obligations. One way to delegate cleaning tasks is to enlist the help of family members or roommates, especially if they contribute to the mess. You might assign specific tasks or rooms to different people to ensure that everyone is pulling their weight. Or cleaning service can provide a thorough and deep clean of your home on a regular basis, which can help reduce stress and free up time for other activities.

Choose When To Clean

Choosing the right days to clean your home is an important part of creating a cleaning schedule that works for you. One factor to consider is your personal schedule, as it's important to choose days and times when you're least likely to be interrupted or distracted by other obligations. For some, this might mean cleaning on the weekends when they have more free time, while others might prefer to clean during the week when they have more energy and motivation.

Another factor to consider is the overall condition of your home. If you've been keeping up with regular cleaning and maintenance, you might only need to clean once a week or less. However, if you've been busy or haven't had time to keep up with cleaning, you might need to clean more frequently. Be realistic about your cleaning needs and schedule accordingly. Remember that it's okay to adjust your cleaning schedule as needed, depending on your changing needs and priorities.

Remember to be realistic about your cleaning needs and priorities, and don't be afraid to adjust your schedule as needed. Whether you prefer to clean on your own or enlist the help of others, the most important thing is to create a space that feels comfortable and welcoming. By following these tips and committing to a regular cleaning routine, you'll be well on your way to a cleaner, more organized home.

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What's the Difference Between CLEANING VINEGAR & White Vinegar?



The cleaning cabinet in your home may be full of spray bottles and commercial cleaning products, each with its own purpose (like liquid dish soap). There's a spray bottle for natural stone countertops and another spray bottle for soap scum in the kitchen sink. But there's also a specialty spritz to clean windows, a separate spray bottle for stainless steel appliances and one with detergent to clean floors. The products are endless.

But what if you could use just one multipurpose, environmentally friendly concoction to clean most of the surfaces in your home, instead of one of each of the toxic chemicals on the commercial cleaning products aisle? And what if that cleaning solution was natural, nontoxic and inexpensive?

This scenario may sound too good to be true, but it isn't. Among the balsamic vinegar, rice vinegar, apple cider vinegar and red wine vinegar is an unsung hero: white vinegar. And if you peruse a commercial cleaning products aisle, you're likely to discover white vinegar's more astringent cousin: cleaning vinegar.

Both of these products can be used for cleaning multiple surfaces. Cleaning with spray vinegar is a tried-and-true household solution. There's always baking soda for scrubbing stains, and a mix of vinegar and baking soda to provide an environmentally friendly way to scrub your sinks and bathrooms. You can even add both white vinegar and cleaning vinegar

to the wash cycle to boost your laundry detergent. However, they are definitely not interchangeable. So, what's the difference between diluted cleaning vinegar and regular distilled white vinegar? It's all in the concentration.

CLEANING VINEGAR

Many people have a confusing and jumbled mix of cleaning supplies around the house, most of which might just be unnecessary. Acetic Acid Makes the Difference in Vinegar for Cleaning

The distilled white vinegar in the food aisle is 95 per cent water and 5 per cent acetic acid. In contrast, cleaning vinegar is 94 per cent water and 6 per cent acetic acid. While a 1 per cent difference doesn't seem like a big deal, it actually is.

That extra 1 per cent of acid in undiluted cleaning vinegar amplifies its power and makes it 20 per cent stronger than white vinegar. So, while cleaning vinegar has a stronger concentration for cleaning, it also means one should never consume cleaning vinegar. Cleaning vinegar isn't produced or tested to ensure it meets food-quality standards, and the higher concentration may cause oesophageal and intestinal disturbances.

Cleaning Vinegar: Not For Spritzing a Salad
A good rule of thumb is to remember that you can use white vinegar in several ways, from foodstuffs to cleaning, while cleaning vinegar is a single-use product that you should only use to make a vinegar-cleaning solution.

Both white vinegar and undiluted cleaning

vinegar are made using the same two-step fermentation process. The first step requires introducing yeast that will feed on sugar or starch from just about any type of plant, including fruits, whole grains, potatoes or rice.

As the yeast feast, the liquid ferments and turns to alcohol, which is then exposed to oxygen and a bacteria known as Acetobacter. For several more weeks — sometimes months — the liquid will continue to ferment with the bacteria to form vinegar.

The end result of this fermentation process is the same; the difference between white vinegar and cleaning vinegar comes into play when the vinegars are diluted in a vinegar and water solution. White vinegar includes more water, and therefore a lower concentration of acetic acid, than cleaning vinegar. Both will work well as an antibacterial cleaners for household chores, with the more concentrated cleaning vinegar packing a greater acidic punch.

Now That's Potent

Vinegar labelled as "industrial vinegar" is meant strictly for outdoor use and should never be used for cleaning. Not only does it have strong fumes, but it could damage household surfaces. Industrial vinegar contains at least 20 per cent acetic acid (sometimes as high as 75 per cent) and is often used to kill weeds.



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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 Bindii and broad-leaved weeds can be relatively easily controlled with the help of some pre-emergent herbicides.

2. Mow higher

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

3. Be wary of frost

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

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

4. Aerate

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

5. Fertilise

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

6. Less water

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

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

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OVERCOMING OBSTACLES WHEN LEARNING TO SWIM AS AN ADULT

It is never too late to learn something new, especially in swimming. It is a survival skill that is extremely important. Many adults worldwide learn to swim in the later years of their life. It doesn't matter whether you are 20 or 40; it is never too late to learn how to swim.

Adult life is hectic. Work and family responsibilities never seem to end. And this can become a major obstacle when learning to swim as an adult. But if you want to improve as a swimmer, you must show up and put some time into it. Remember that the more you practice, the more comfortable you will feel in the pool, which

will thus help you quickly learn the basics of swimming. The hardest part of learning new skills is often getting started. The fear of water may stem from a bad childhood experience or parents who passed along their fears. This is quite common in adults who cannot swim. This can feel like a big barrier to learning to swim. But overcoming this fear by exposing yourself to water in a safe and controlled environment is possible. The more you are exposed to water, the more you can control your phobia. Taking it too seriously - Although this may not be true with every new swimmer, adults may sometimes feel

ashamed for not knowing how to swim. But remember that you should feel proud about taking this crucial step toward learning something important. Remember that the adults who thrive in the pool know that learning to swim is supposed to be fun. Although you must put in a lot of work, it is also incredibly rewarding and enjoyable. Remember that you can simultaneously be dedicated and serious about your efforts while maintaining the fun. Being out of shape - Swimming can seem difficult at first as it uses all the major muscles of your body. Since water is resistive, swimming works your muscles and

cardiovascular system in the same workout. Also, breathing underwater requires significant coordination. Remember that, like all new skills; swimming will also take time to develop efficiency. So, make sure you start with small goals like swimming a few lengths of a pool, and then you can gradually increase the number of lengths. Remember that it is never too late to do anything in life, especially when it is as important as swimming. Many adult swim programs all over have experienced coaches who can help you learn the basics. Swimming can help you reduce anxiety or discomfort you may experience around water.

LOOK WHAT WE CAN DO TOGETHER, CONTRIBUTION IS A CHAIN OF HOPE

The Bribie Community Plant Nursery is not just the hidden gem of Bribie, but they truly are a community asset. They stock an extremely large variety of plants and all monies raised through sales are used to assist worthy causes within the community. In recent years, they have raised funds for several essential community projects including the training of an assistance dog, new diabetes pumps, SES torches, Defibrillators, wheelchairs to be used at Caboolture Hospital, funding for Camp Quality and supported many other local projects, as well as reaching out to people in crisis. This time it was The Bribie Neighbourhood Centre's turn.

Not only do they donate bi-monthly food parcels, but they have also donated a package to help the homeless.

The package consists of -

- 10 x 3 Man Tents
- 10 x Sleeping Bags
- 10 x Ground Mattresses
- 10 x Tent Repair Kits

They did this with the help of a very generous discount from Kira and Dan from the Camping, Fishing, Prospecting, Bribie shop, located at 219 First Avenue, Bongaree.

Bribie Island & District Neighbourhood Centre, the very grateful



recipient of this donation is a community organisation that works within the Bribie Island, Sandstone Point and Ningi areas with the aim of building and maintaining a fair and caring community. The Bribie Neighbourhood Centre is a community meeting place with Reception open Mondays-Thursdays 9 am-3 pm. Everyone is welcome, and services are free.

They have a small team of highly skilled, experienced professional workers, but most of their people are cheerful, caring volunteers, who provide information and referrals to assist with all and any community enquiries.

Anyone who would like to find out more about what the Bribie Community Plant Nursery and the Bribie Island & District Neighbourhood Centre have to offer or perhaps inquire about becoming a volunteer should either drop in for a chat or call them. Also, make sure you head in-store to Camping Fishing Prospecting Bribie and grab yourself a ripper bargain from their winter camping sale!

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THE ART OF SMOKING: MASTERING THE OFFSET SMOKER TECHNIQUE

If you enjoy a barbeque or simply enjoy the rich flavours of smoked meats, understanding the offset smoker method is a must. In this blog article, we'll walk you through the ins and outs of offset smoking, giving helpful hints, and entertaining tales, and emphasizing the benefits of utilizing the finest high-end offset smoker. So put on your apron, light up your offset smoker, and let's get started!

How to Choose the Best High-End Offset Smoker
 Consider a classic smoker that has two chambers, one for the firebox and one for the cooking area. The best high end offset smoker are built with high-quality materials, expert craftsmanship, and accurate temperature control to provide an unforgettable smoking experience.

HOW TO PREPARE YOUR OFFSET SMOKER
 It's critical to season your best high-end offset smoker before your first smoke. Coat the interior with cooking oil and heat it for a few hours to form a protective coating that will increase the smoker's longevity and flavour.

ALTERNATIVE FUELS
 The best high-end offset smokers may use a variety of fuels, such as charcoal, wood pellets, or hardwood logs. Experiment with different flavour

profiles to find your favourite. **MASTERING THE OFFSET SMOKING TECHNIQUE**
 Now that you've selected your best high-end offset smoker, it's time to learn the methods that will help you master the art of offset smoking. To ensure a successful smoking session, follow these steps:

FIRE MANAGEMENT
 One of the most important aspects of quitting smoking is keeping a clean-burning fire. Here's how to go about it: Begin with high-quality fuel: For your fire, use hardwood logs, charcoal, or wood pellets. These produce a clean and constant burn, which results in improved flavour.

Use a chimney starter: Use a chimney starter to ignite your fuel. It aids in the creation of an even fire and removes the need for lighter fluid, which can add undesirable flavours. Gradually add wood chunks or chips: Once your fire is going, start adding wood pieces or chips to make smoke. Experiment with various kinds of wood, such as hickory, mesquite, or fruitwood, to produce distinct flavour profiles.

TEMPERATURE AND SMOKE FLOW CONTROL
 Temperature and smoke flow control are critical for producing perfectly smoked meats. Take the following steps:

Adjust the dampers: The dampers in the firebox and chimney control airflow. Begin by slightly opening the dampers to provide oxygen for a clean burn. Adjust them as needed to keep the temperature stable.

Keep an eye on the internal temperature: Use a dependable thermometer to keep an eye on the temperature within the cooking chamber. Most high-end offset smokers feature built-in thermometers, although a separate thermometer is always suggested for accuracy. Keep the optimal temperature range: For low and slow cooking, aim for a temperature between 107°C and 135°C.

To raise or reduce the temperature, adjust the dampers accordingly.

MAKE GOOD USE OF THE COOKING CHAMBER
 The magic happens in the cooking chamber of your offset smoker. To make the most of it, consider the following suggestions:

Arrange the food in a strategic manner: Arrange the food with larger pieces closer to the firebox and smaller cuts further away. This promotes uniform heat distribution and eliminates hot spots. **Rotate and turn the meat:** To guarantee consistent cooking, rotate and flip the

meat occasionally during the smoking process. **Use a water pan:** Placing a water pan inside the cooking chamber helps regulate temperature and adds moisture, resulting in juicier meats.

PATIENCE AND PRACTICE
 It takes time and practice to master the offset smoker method. Every smoker is different, and it may take a few sessions to comprehend the subtle aspects and fine-tune your method. Don't be disheartened by initial difficulties; each cook will bring you closer to being an expert pitmaster.

MASTER OFFSET SMOKING AND UNLOCK THE POTENTIAL OF YOUR HIGH-END SMOKER

You can boost your BBQ game by learning the offset smoking technique. You'll get delectable results every time if you handle the fire properly, regulate the heat and smoke, use the cooking chamber well, and take your time. Remember that practise makes perfect, so don't be hesitant to try different meat cuts, wood flavours, and cooking times. You'll quickly become a genuine master of the art of smoking with commitment and the assistance of the greatest high-end offset smoker. Have fun smoking!

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Details You Shouldn't Forget to Add to Your New Build Home **PART 2**

SELECTING THE RIGHT MATERIALS FOR YOUR HOME'S EXTERIOR

The exterior of your home is the first thing people see, and it's important to choose materials that are both durable and visually appealing. There are many materials to choose from, including brick, stone, stucco, and siding. When selecting materials for your home's exterior, it's important to consider factors such as the climate in your area, the architectural style of your home, and your budget. For example, brick and stone can offer a classic and timeless look, while stucco and siding can provide a more modern and versatile appearance. It's also important to choose materials that are low-maintenance and easy to clean. This will help to ensure that your home looks great for years to come and that you don't have to spend a lot of time and money on upkeep.

CHOOSING THE RIGHT ROOFING MATERIALS

The roof is another critical component of your home's exterior, and it's important to choose materials that are both functional and attractive. When selecting roofing materials, it's important to consider factors such as the climate in your area, the style of your home, maintenance, and your budget.

CREATING A FUNCTIONAL AND STYLISH INTERIOR

The interior of your home is where you'll spend most of your time, and it's important to create a space that is both functional and stylish. When designing your interior, it's important to consider factors such as

the flow of your space, the placement of furniture, and the colours and finishes you want to use. One popular trend in interior design is open concept living, which involves combining the kitchen, dining, and living areas into one large space. This can create a more social and inviting atmosphere and can be particularly beneficial for families with young children.

It's also important to choose finishes and materials that are both durable and visually appealing. For example, hardwood floors and granite countertops can provide a classic and timeless look, while vinyl flooring and laminate countertops can be more affordable and low maintenance.

LANDSCAPING AND OUTDOOR LIVING CONSIDERATIONS

The landscaping and outdoor living areas of your home are just as important as the interior. A well-designed and maintained outdoor space can provide a peaceful and relaxing retreat and can even increase the value of your home. When designing your outdoor living areas, it's important to consider factors such as the size and shape of your yard, the climate in your area, and your budget. Popular outdoor living features include patios, decks, fire pits, and outdoor kitchens.

It's also important to consider the landscaping of your yard, including trees, shrubs, and flowers. Adding greenery and natural elements can create a more inviting and relaxing atmosphere and can even provide environmental benefits.

FINAL INSPECTIONS AND FINISHING TOUCHES

Once your home is built, it's important to have it inspected to ensure that it meets all building codes and safety regulations. This includes inspections for electrical, plumbing, heating and cooling, and structural systems. After your home has passed all necessary inspections, you can start to add the finishing touches that will make it truly your own. This includes choosing paint colours, lighting fixtures, and other decorative elements that reflect your personal style and taste.

CONCLUSION

Building a new home is a significant investment, and it's important to plan carefully and make informed decisions throughout the process. From the foundation to the finishing touches, there are a multitude of factors to consider when building a new home. By working with experienced professionals and taking the time to carefully design your space, you can create a home that is both functional and beautiful. With the right planning and attention to detail, you can create a space that you'll love for years to come.

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5 Craigola Court, Ningi

4 BED | 2 BATH | 2 CAR

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For Sale: Offers Over \$1,350,000
Land Size: 3,062m2



104 Cosmos Avenue, Banksia Beach

5 BED | 3 BATH | 2 CAR

When it comes to homes that tick all the boxes for location, size, and lifestyle, it's hard to go past what is on offer at 104 Cosmos Ave, Banksia Beach. The home features a free-flowing floor plan that makes for easy living with its five separate living zones.

For Sale: Offers Over \$1,700,000
Land Size: 880m2

David, Brianna & Aisha
0409 255 255



RE/MAX Advanced
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11 Triton Court, Ningi

4 BED | 2 BATH | 2 CAR

A modern home with a 'beachy' feel, this light and bright abode is ideal for a couple or a family looking for space! With open plan family living, separate rumpus, plus a separate office / study this property offers functionality plus! Entertaining will be a breeze, you will love the huge undercover areas, overlooking the inground swimming pool. And, then there is the HUGE 15m x 7.5m shed for the toys.

For Sale: Offers Over \$1,080,000
Land Size: 3,030m2

Keira Hawkey
0493 423 433



3 Golspie Street, Ferny Grove

3 BED | 2 BATH | 2 CAR

Be quick. Presenting an exciting opportunity for buyers seeking a renovator's dream with plenty of potential to update and add value. This three-bedroom 2 bath high-set brick & tile home with office space and a great-sized living area is situated only 12 km from the CBD and in a great sought-after pocket of Ferny Grove.

Auction: Saturday 16th July 2023 at 10am - IF NOT SOLD PRIOR
Land Size: 660m2

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73 Callisia Crescent, Banksia Beach

5 BED | 3 BATH | 2 CAR

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Phil 0431 448 982
Kerryann 0423 856 529

It halfway to Christmas. Just giving you fair warning...where does the time go?

So, if you were planning on having a Winter paint to refresh the inside or outside of your home, you had better call so that we can arrange it before it is SPRING clean time!

We are also offering window cleaning inside and out AND ceiling fan cleaning.

We have listened to our valued clients, and they have been asking for these things so we thought there may well be others out there who wouldn't normally think of a Handyman to clean windows and fans, and building washdowns AND pathways, so give us a call and we will happily give you a quote.

Mousse update, the chocolate Labrador has turned 2 and is now weighing in at a modest 30 kilograms, according to Dr Margaret (our Vet) not only is she a fine example of a Labrador but she is almost a perfect weight...it's a miracle. She never stops eating!

The weight management must because of the walks she goes on morning and night. A very demanding little miss is our Mousse!

We are taking booking now for building washdowns. Its best to get in early because there is high demand as soon as the warmer months come about. We use a sugar soap mix, scrub your exterior then power wash it off. Great result, a nice bright and shiny house.

As always, we are happy to come and give you a written quote for any work that you might like to undertake. Just give me a call and I will schedule a visit.

0423 856 529

Looking forward to assisting you.



Nga mihi nui
Kerryann
ASSISTANT FIXOLOGIST



VMR BRIBIE ISLAND

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

CONGRATULATIONS TIM

Congratulations Tim Amourous on receiving your Competent Crew Status.



Tim Amourous receives his Competent Crew epaulettes from Coxswain Jim Brow

HAPPY HOUR

Friday 9th June 2023 - 53 Members, partners, and guests attended the June Happy Hour. Nibbles were provided and drinks at our usual great prices. It was great to see some new members attend for the first time -- welcome to our VMR family.



Simone with Ron Burrett enjoy the sunset on the balcony.



Bruce and Paula Foster with Paul and Lenore Coxhead enjoy the sunset.



Keelah with her mum Carol Pobar on the balcony at sunset.



Linda Burdinat, Noel and Lyn Wendt with Kelli and Anthony Wendt, and John Burdinat enjoy the get together



Finn Mullins enjoys a soft drink and his iPad.



New member Bronson Matthew chats with Radio Officer Peter McNamara



Wayne Hook chats with new member Marc Mertens

GREEN SATURDAY

Well, what a crazy day for Green Saturday 10TH June 2023, from the first call out of the day to a vessel with engine and fuel issues just off Woorim. Followed by a tinny with engine issues near the Bongaree Jetty. Then came the call for a medical emergency of a person who had allegedly fallen from their boat and was having a medical episode in the water. Bribie 1 and Bribie 2 were tasked to help the person in the water. By the time they arrived on the scene the gentleman had made it back to his boat after 20 mins struggling in the water the gentleman was a little worse for wear but was picked up by friends and was going to be looked after.

On the way back to the base we were asked to help some ladies who had issues with their jet ski by the Avon wreck with little water under us we made it to the ladies and towed them home safely

It was a busy day at the VMR pontoon with the water police dropping in to say Hello.



On the way back from Woorim.



Above & below: Water Police vessels at the VMR pontoon



Above & below: Water Police vessels at the VMR pontoon



The unmanned canoe retrieved from the Passage entrance.

NEW RADIO OPERATOR

A big day for Gavin Wright when he was presented with his Radio Operators Epaulettes. Gavin is the first of our new Radio Room Trainees to complete our new six months training course. This new course put together under the guidance of Deputy Radio Officers John Rice and John O'Hagan covers all aspect of the Radio Room operations. Radio Officer Peter McNamara said that Gavin was one of our first trainees to

do this new training course and has done a fantastic job and we welcome Gavin to the Radio Room Team.



Deputy Radio Officer John O'Hagan, Radio Operator Gavin Wright, and Radio Officer Peter McNamara.

SPEED LIMITS



6 KNOTS

Maximum speed limits apply in boating areas. There are penalties and on-the-spot fines for exceeding a speed limit. For safety reasons, it may be necessary to stay well below these limits depending on the conditions

Before boating in unfamiliar areas, find out if there are any special speed restrictions. Contact a Maritime Safety Queensland regional office, local authorities or marine parks and obey speed restriction signs. The following restrictions apply throughout Queensland whether signs are present or not.

A speed limit of 6 knots: within 30m of

- boats anchored, moored to the shore or aground
- a jetty, wharf, pontoon or boat ramp within 30m of people in the water
- within 60m of people in the water when operating a personal watercraft
- in boat harbours and marinas.

Even at slow speeds your boat will create a wash. Look behind at your wash and be aware of the impact this can have on other boats, people in the water or the shore. Travelling at the speed shown on a speed restriction sign does not guarantee you are not creating excessive wash.

When navigating near, in or through a mooring area drive slowly and keep wash to a

minimum and keep a lookout for people in the water, small dinghies and trailing ropes. <https://www.msq.qld.gov.au/Waterways/Speed-limits> If you see a Police or Rescue vessel exceeding this limit, you can be assured that it will be travelling to a life-or-death emergency.

TRAINEE CREW ASSESSMENT

The trainees were not put off by the cold water on Saturday while doing the water practical components of the Shipboard Safety Skill Set Assessment



Trainee Wayne Robinson doing his flare training under the watch full eye of Trainer - Coxswain Liz Radajewski



Rescue Boat Trainees: Wayne Robinson, Mark Paterson, Kathy Rickard-Simms, John Rice and Daniel McBride (VMR Brisbane) doing his training with us today



John Rice leaps into the water for life jacket training watched closely by Coxswain Liz Radajewski.



Another big day for our fantastic maintenance crew getting Bribie Two ready to go down to Northside Marine to have two new outboards fitted and steering upgraded. It is essential to have all of our vessels in top working order, so they are ready for any call outs Night and Day

JUNE VESSEL ASSISTS:

SAT 10/06 1033AM - 5.2m Cruiser non-member out of fuel off Woorim required a tow to Spinnaker Sound Marina
SAT 10/06 1155AM - 4.1m Tinny non-member with engine issues near Bongaree Jetty required a tow to Bongaree Boat Ramp.
SAT 10/06 1245PM - Tasked by FIRECOM to in Pacific Harbour canals to assist 71 yr old fallen off boat with possible heart issue,
SAT 10/06 1338PM - 3m Jet Ski non-member with engine failure near Avon Wreck required a tow to Bellara Boat Ramp.
SUN 11/06 1402PM - 5.6m Cuddy Cabin non-member with gearbox issues off Beachmere, required a tow back to Beachmere Boat Ramp.

WED 14/06 0631AM - 2.3m Canoe, unmanned and low in water reported by MOP near last marker investigated and returned to VMR pontoon.
THU 15/06 1718PM - 3.8m Tinny non-member with engine issues required a tow from North of Pacific Harbour entrance to Spinnaker Sound Marina,
SAT 17/06 1399PM - 5.1m Runabout member believes motor has seized Required a tow from Mission Point to Bellara Ramp.
MON 19/06 1411PM - Request from Water Police to investigate a reported flare sighting off Redcliffe. Request cancelled prior to Bribie 1 leaving pontoon.

2023 YEAR RADIO ROOM STATISTICS

2023 YTD RADIO ROOM STATISTICS To Thursday 22nd June 2023

7,765 Calls, 2,323 vessels logged on, 125 Vessel Assists, 789 Sitreps, 519 Requests, 42 overdue vessels, 5 Vessel Tracking, 834 Radio Checks, 3 Weather Broadcasts, 2 Securite Broadcasts, 1 Pan Pan 0 Mayday.
VHF 61.5%, 27MHz 7.6%, Phone 13.5%. GWN 1.1%

SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

- Sun Damage

- Fading
- Rips
- Check the buckle works
- Inspect straps for any deterioration
- If reflective strips are attached make sure they are clean and undamaged.
- Make sure the whistle works.

Look after the equipment that will look after you!!

"PLEASE WEAR YOUR LIFE JACKETS!"

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



FISHING REPORT

With good weather the boat ramps have been overflowing during the weekends, with lots of anglers finding quality fish in Moreton Bay,

The passage has been producing good catches of snapper up to 55cm with lots of pan size pinkies in the mix, A Size 4 ball sinker to hold your bait down against the tidal flow, on a 10 to 15lb leader with a Snell or Gang hooks, remove the sinker at the change of the tide and float the pilchards and squid for the best results.



Bream continue to move into the passage of the beaches with good catches being the norm, with worms, mullet strip and squid for bait.

Mullet are starting to run out of the passage migrating north with some mullet netted of the beach, be sure to give the commercial netters room when setting and pulling in their nets.

Richard Caldararo has been hooking into good size cobia on a regular basis, only a short trip from Spinnaker boat ramp, floating baits on the turn of the tide and coming tight with Cobia and Snapper.



BY: Claude
Bribie Bait, Tackle and Bikes

Mackerel have been in plague proportions with lots of anglers finding half a dozen most trips and losing twice as many, Yellow marker south of the passage is holding good numbers, mackerel have also been being caught at Bongaree jetty spinning metal slugs and casting floating pilchards, Frozen fresh pilchard



available at Bribie Bait and Cycle
Tailor have been lots of fun in shallow water using poppers and stick baits, surface striking fish can make your heart miss a beat, with good size tailor still holding over the tailor grounds up to 65cm this one caught by Andrew on a Zerek Zappelin 40 grams stick bait,
Smaller tailor are schooling up in 2 to 2.5 meters of water with lots of throw backs,
Some tailor are being caught of the beach in the late arvos with the setting sun metal slugs being the Favorite method.
Just a reminder 20 bag limit on tailor with a minimum of 35cm.



Squid are thick in the passage with lots of squid being caught thought out the system, Just after dark being the prime time with 2.5 inch Squid jigs, The bridge, boat ramps and channel wall being regular finds.

TIDE TIMES Bribie Island AND Moreton Bay

FRI 30 Jun 1:01 am 0.69m 6:37 am 1.47m 12:48 pm 0.32m 7:46 pm 1.91m	SAT 1 Jul 2:02 am 0.59m 7:36 am 1.47m 1:35 pm 0.25m 8:34 pm 2.06m	SUN 2 Jul 2:59 am 0.49m 8:30 am 1.46m 2:21 pm 0.2m 9:21 pm 2.18m	MON 3 Jul 3:50 am 0.42m 9:22 am 1.46m 3:08 pm 0.17m 10:07 pm 2.25m	TUE 4 Jul 4:40 am 0.38m 10:13 am 1.45m 3:55 pm 0.17m 10:53 pm 2.27m	WED 5 Jul 5:29 am 0.37m 11:02 am 1.44m 4:42 pm 0.19m 11:40 pm 2.23m	THU 6 Jul 6:16 am 0.38m 11:52 am 1.44m 5:31 pm 0.24m
FRI 7 Jul 12:26 am 2.15m 7:02 am 0.39m 12:44 pm 1.45m 6:21 pm 0.32m	SAT 8 Jul 1:11 am 2.04m 7:47 am 0.4m 1:38 pm 1.48m 7:15 pm 0.43m	SUN 9 Jul 1:56 am 1.89m 8:31 am 0.41m 2:36 pm 1.52m 8:15 pm 0.54m	MON 10 Jul 2:43 am 1.72m 9:15 am 0.41m 3:40 pm 1.58m 9:27 pm 0.65m	TUE 11 Jul 3:34 am 1.56m 10:02 am 0.4m 4:48 pm 1.66m 10:47 pm 0.72m	WED 12 Jul 4:35 am 1.42m 10:55 am 0.4m 5:57 pm 1.76m	THU 13 Jul 12:13 am 0.72m 5:45 am 1.32m 11:50 am 0.38m 7:00 pm 1.86m

Offshore

Keli has put his Son Jhiel Pepene onto a massive 23kg Spanish mackerel and was out done by his mate Jack Talbot with a 25kg Specimen using stick baits, well done lads.
New Spanish Mackerel Rules for Queensland, from 1st July 2023,

Limit will change to 1 fish per person, or 2 fish per boat with 2 or more recreational fishers on board,
Boat limits will not apply to licensed Charter fishing trips.
Remember to log in with VMR when heading out and let someone know your plans.



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Making life memories

As a kid growing up in country Victoria some of my fondest memories are of Dad taking me fishing. He would patiently bait my hook, watch me cast my line into the water, help me net the fish when it came close, and detangle my line when I had royally mucked it up. Fast forward many years and the memories are the same but now it is my turn to show my kids the beauty of fishing: catching a fish, putting the little ones back for another time, and making memories like the ones I have.

IN THIS ARTICLE, I'LL SHARE A FEW TIPS FOR FISHING WITH KIDS SO THAT YOU CAN GO OUT AND HAVE A GREAT FAMILY FISHING TRIP.

So where is the best place to fish with kids?

Although I prefer to fish from a boat where I can really get away from the rat race and revel in the peace that comes from fishing many kilometres offshore, it's not always feasible to take such small children where I really like to fish.

So, how do I show my children the beauty of fishing on a lake or river?

First, prepare yourself for lots of tangled lines and hours of sitting on a riverbank waiting for the fish to bite. It takes a bit of planning - with lots of food, activities and patience thrown into the mix, not to mention the fishing gear. A first aid kit isn't a bad investment either.

Take the little ones to a tackle shop, where they can choose their own rod and reel. Nowadays, you can buy small rods designed for children in funky colours that are lightweight, and easy for small hands to handle. Look for an 'egg beater' (spinning) reel, as these are easier for kids to use than the bulkier overhead-type reel. An egg beater reel with artificial (soft plastic) lure - a great setup for kids.

Don't compromise on which fishing line you use.

Dad always made sure that the line that was on my rod was the same as what was on his. That way, if you do need to make running repairs at the river, all lines are built the same and are therefore interchangeable. Also, if you put an inferior line on your kid's reel and the fish decide her bait is better than yours, it could break before you land the big one.

Stay away from live bait

For many kids, the idea of putting live bait on a hook is off-putting. If your child is likely to be put off, then maybe omit the live worms from the bait stock and use frozen bait or artificial lures instead. It doesn't matter that the bait isn't as good as live worms for fishing, and casting and retrieving with artificial lures is a great way to keep them interested even when the fish aren't biting.

Now Go Get your fish on!

When you catch a fish, let them reel it in (with your help of course)! The feeling of a fish on the

end of a line is almost magical, and it makes it all more likely to enjoy the trip. Some kids might struggle to use a reel when there is the weight of a fish on the end. I have personally seen many a rod go overboard when a child has had enough. Oops...

Landing a fish for the first time

What an experience it will be when this first happens! If possible, ask another person to net the fish when it comes close so that it doesn't get away. Take lots of photos of your little person reeling in the big one - it's something they will treasure forever.

Handling fish you have caught

Be respectful to the animal you have just caught. Some fish species require you to bleed them once caught so they taste better. Others are not to

be taken from the water and need to be put back immediately. All fish have a legal limit, both for the number of fish you can keep (the catch limit) and the minimum size they must be in order to take them home. It is your responsibility to know these legalities.

Check out your Department of Agriculture and Fisheries website for information about size and bag limits within your state.

Good fishing and tackle shops have measuring sticks and stickers that you can put on the side of your boat which display the various size limits for fish species in your state. By adhering to these limits, we ensure these species will be around for our grandchildren to enjoy catching.



Fishy Facts - Lures Vs. Bait Part 1



The above heading is likely to raise some eyebrows and get a few anglers squaring off against each other as they passionately exclaim to anyone who will listen, the reason why 'their' angling method is superior to the other.

The truth is, each method has its pros and cons, and selecting one type of fishing over the other on anything other than personal taste is hard to back up with facts. But comparisons can be made between the two.

These days, there are more and more

anglers participating in 'sportfishing', which involves targeting fish for the challenge and fun of it, rather than simply going out and catching a few fish to eat. Most sport fishers chase fish with lures or flies rather than using bait because the fish can be easily and harmlessly released as most lure-caught fish are hooked in the mouth rather than the gut.

Having said that, these days the lines between bait and lure fishing are becoming blurred, there's so much variety to be found in modern-day lures, including many that are edible and biodegradable! Do you see where I'm coming from? In fact, some of these new 'lures' are even called artificial baits! That's right, you don't have to put up with baiting live or dead animals

onto hooks anymore, you can buy your baits, which are often shaped like small fish, frogs and other creatures in plastic bottles and packets!

NATURAL BAITS

If you're chasing freshwater fish, you'll probably end up using live worms, yabbies, baitfish or mudeyes for bait. It's possible to buy worms, yabbies and mudeyes from tackle shops in fishing areas. But often you have to gather these yourself. There are also artificial power baits available that come in small jars and are pliable and putty-like in texture. These are very successful baits when chasing rainbow trout in lakes in particular and are less messy and offer a great alternative to live baits that have a tendency to put off many newcomers from participating in the whole bait fishing process.

In saltwater, there are both live (fresh) and dead (packaged/frozen) real baits available for fishing and chasing bread and butter fish species such as bream, mullet, flathead or whiting while on holidays or away for a weekend. This type of fishing is often the first taste of fishing for many grown-ups and children.

Try popular fishing locations have numerous outlets that sell both live and dead bait.

Basic light to a medium spinning rod and reel, with a monofilament line and a simple rig with a running ball sinker above a stopper, such as a swivel, above a one-metre leader down to a single hook is all that is needed to catch just about any species of fresh or saltwater fish that the average angler might be interested in chasing.



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CAMPING....

YOUR CAMP SITE

- Use designated campsites or areas to reduce the risk of damage to surrounding vegetation.
- Don't tie ropes to trees or other vegetation.
- You can use generators in some camping areas, but conditions apply. Know the rules before plugging in.
- Keep campsites free of scraps and keep all food, bait, fish, fishing gear and rubbish in well-secured containers. Never tie rubbish bags in trees or on your tent.
- When water isn't provided, bring enough for all your drinking, cooking and cleaning. Treat all water collected in the park.
- Help protect our parks by ensuring you don't carry plant seeds, soil or pests in footwear, clothing, boats, vehicles and camping gear.
- Leave domestic animals at home when camping in national parks. Some State forests and recreation areas allow dogs in camping areas—check before you go.
- Be considerate of other campers and wildlife by minimising noise.
- Protect the waterways by considering how you use soaps and detergents.
 - Use gritty sand and a scourer instead of detergent to clean dishes and scatter water so that it filters through the soil. On K'gari (Fraser Island) you must be dingo-safe and pour washing water into a hole and cover it.
- Never feed wildlife—animals can become reliant on hand-outs and lose their fear of people. If they are fed or become accustomed to hand-outs or scrounging around camps, animals can become aggressive, often bullying or biting people for food.
- Always supervise children around campfires, campsites and surrounding natural areas.
- Everyone, not just children, should wear shoes to avoid stepping on sharps or campfire embers.
- Use a fuel stove in preference to having a campfire, or when campfires are not permitted.

Campfires

- If having a campfire is important, check they are allowed in the park before you book. On the day, also check:
 - fire bans and restrictions
 - park alerts
- Bring clean firewood such as untreated, mill off-cuts—collecting firewood from the park is prohibited.
- Ensure you are campfire safe.
- Use fire rings where provided.

- Use a previous campfire site, rather than starting a new one.
- Put campfires out with water. Do not use sand—embers stay extremely hot for many hours under the sand.

TOILETING

- If you're bush camping and toilets aren't provided, move well away from campsites, walking tracks and creeks, and use a trowel to bury waste at least 15cm deep (50cm for sand).
- Bag all personal hygiene products including disposable nappies and take them away for appropriate disposal in rubbish bins. Don't forget to bring your own soap and sanitiser.
- Empty chemical toilets at approved dump points, not in our parks' toilets.
- Empty chemical toilets at approved toilet waste disposal facilities.
- Never pour portable toilet waste into parks' toilets—the toilets cannot cope with this waste or the chemicals.

RUBBISH REMOVAL

- Always pack to minimise rubbish.
- Take your rubbish with you when you leave.
- Some parks may offer large industrial bins, sometimes in fenced enclosures. Close the lids, shut gates behind you and if a bin is full find another.

CAMPING AND TURTLES

- If you're beach camping during the marine turtle nesting and hatching season (November to March) remember:
- Bright lights and noises disturb nesting and hatching turtles. Disturbed females may return to sea without laying their eggs.
 - Camp and boat lights should not be visible from nesting areas. Cook early, shield camp lights and use small torches to find your way around.
 - Never shine lights on turtles leaving the water, moving up the beach or digging nesting chambers.



When it comes to touring, having the right cooking gear is essential to ensure that you can prepare delicious meals on the go. And when it comes to cooking over an open flame, a good quality camp oven should be at the top of your list. In fact, your camp ovens will likely be the most important pieces of cooking gear that you bring with you on your trip. They are incredibly versatile, allowing you to boil water, cook casseroles, bake bread, and even fry up your favourite foods.

To get the most out of your camp oven, it's worth investing in two different sizes: a small and a large one. This will give you greater flexibility when it comes to cooking different types of meals, whether you're feeding a group of hungry campers or just making a quick cuppa for yourself. When making your purchase,

it's important to choose the best quality camp oven that you can afford, as they will last longer and provide better cooking results than cheaper, lower-quality options.

To ensure that you can cook with confidence, make sure that you also receive a trivet with each purchase. This small wire rack is designed to keep your food elevated off the bottom of the oven, preventing it from sticking and burning. And when selecting your camp oven, try to choose a style with a lip around the edge of the lid. This feature will help keep ash and coals out of your food when you lift the top off, ensuring that your meals are delicious and ash-free every time.

Next edition - Seasoning Your Camp Oven

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Why You Should Sell Your Used Car to a Dealership Compared to a Private Buyer

Whatever your motivation for getting rid of your old car, whether it's the appeal of a new car's seductive aroma, the allure of the newest amenities, or the basic need for a change, the selling process may frequently feel like traversing a maze. The choice of whether to sell your car to a dealership or a private buyer is similar to being at a fork in the road in a huge automotive landscape. Every path has its own potential benefits and drawbacks. But what if there was a way to make the trip less taxing and more worthwhile?

TRADE-IN OPTIONS

Opting for a private buyer when selling your car definitely has its merits. However, if you plan on buying a new car, a dealership may entice you with an appealing trade-in deal. This option allows you to leverage the value of your old car to offset the cost of the new one—an especially significant advantage in countries like Australia, where new cars can come with a hefty price tag. By exchanging your previous car, you not only reduce the financial burden of buying your next vehicle but also eliminate the need to handle two separate transactions—a sale and a purchase.

MARKET KNOWLEDGE

Dealerships are able to offer a fair and realistic price for your car based on its make, model, condition, and current market trends since they have a professional understanding of the automotive industry. This knowledge is especially helpful if you don't know how much your car is worth. Without a solid grasp of the automotive market, it's pretty easy to undervalue your car, perhaps losing out on sizeable cash. Private buyers, on the other hand, can lack this degree



of knowledge and undervalue your car. Dealerships also have access to a large network of customers and resources to guarantee that your car is sold for a fair price. They are a trustworthy option for buying and selling your used car precisely because of their understanding of the market.

EASE AND CONVENIENCE

The sheer convenience that dealerships offer over a private customer is unquestionably one of the most alluring benefits. Privately selling your car can be a stressful process that takes a lot of time and work. The procedure can easily become too much to handle, from creating thorough advertisements to highlighting your car's qualities and state to fielding countless phone calls and emails from interested parties. In addition to that, scheduling appointments for test drives and haggling over prices can be difficult and tedious in big cities like Melbourne which has a lot of traffic, especially for people who are juggling a busy schedule.

For example, if you're wondering where and how I can easily sell my car in Melbourne, you must adjust your selling strategy to

accommodate the distinctive traits of that particular market. For people who are unfamiliar with the nuances of car sales, the dealership handling all the paperwork can be a huge relief. A dealership essentially provides a one-stop shop, relieving you of the pressure of private sales.

IMMEDIATE PAYMENT

Selling your car to a dealership comes with another important advantage: financial stability. While private buyers may offer higher prices, there's always a risk of delayed or missed payments. Private buyers often request extended deadlines or payment arrangements, potentially putting you in a precarious financial position. In contrast, dealerships ensure immediate payment upon reaching an agreement. This financial security simplifies the process considerably; you arrive with your car and depart with cash or a check in hand. The transaction is straightforward, transparent, and hassle-free, empowering you to confidently plan your next steps. Financial move.

SAFETY CONSIDERATIONS

Ensuring safety is a paramount concern when selling a car. This process often involves meeting complete strangers

for test drives, posing all kinds of potential risks and hazards. Moreover, there's the inherent danger of payment fraud and other suspicious practices.

However, when you sell your car to a dealership, these risks are eliminated. Dealerships are established businesses bound by stringent regulations and a commitment to maintaining their reputation. This significantly reduces the likelihood of fraud and ensures a secure transaction. You can confidently select a dealership, knowing that your safety and best interests are their top priority.

A car serves a purpose in our lives that goes well beyond just transportation. So, it's only right that the process of saying goodbye is easy, satisfying, and considerate of the experiences you've shared with it. A hassle-free, secure, and effective transaction that respects your time, financial expectations, and peace of mind is exactly what you get when you sell your car to a dealership. In order to make your next car journey as delightful as the destination, think about taking the dealership route.

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Tyre and wheel FAQs

What is the ideal pressure for general tyres?

In most cars, the recommended tyre pressure should be listed on a sticker inside the driver's door or should be mentioned in the driver's manual. General cars recommend 32psi to 35psi in the tyres when they're cold.

When do I need new tyres?

All tyres that are six years and above need regular inspection. If your tyres are worn out, have less than 1.5mm tread depth or have visible sidewall damage, it's time to replace your tyres.

What's causing my tyres to wear unevenly?

When the shoulder of the tread on one side of a tyre wears faster than the adjacent

tread surface, your tyres wear unevenly. This can be caused due to front and/or rear misalignment, loose or worn suspension components, hard cornering, improper tyre rotation practices, misapplication, high crown roads or non-uniform mounting.

When your wheels are accurately aligned, the performance and longevity of your tyres improve automatically. Wheel alignment refers to the angle of your wheels in comparison to each other and the body of your vehicle. Wheel alignment is adjusted by altering the vehicle's suspension.

A professional wheel alignment service ensures the following.

- The vehicle's tyres are properly aligned with each other in accordance with the

manufacturer's specifications.

- Prevent excessive and uneven tyre wear.
- Improved fuel efficiency
- Smoother driving experience
- Better vehicle safety
- Fewer auto-repairs
- Improved steering balance

A wheel alignment service is recommended every six months or after 10,000 km. It is important to get your wheel alignment inspected or serviced more frequently if you regularly drive on rough roads with big potholes or bumpy gravel. It is also advisable to check your wheel alignment before going on a long drive or a road trip.

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LETTERS TO THE EDITOR



Our Guiding Light

By Al Finegan
Our minds can barely comprehend,
The courage that he finds.
We marvel at the views he brings,
This expert of all kinds.

His pen is brave and daring,
As he takes on all his foes.
His views provoke, excite and prod.
He keeps us on our toes.

He knows the ins and outs of each
And every deep infraction.
He has a definite theory,
Though he's never been seen in action.

His knowledge is outstanding.
His criticisms are a deep incite.
A witness on the sidelines,
Who has never had to fight.

He always knows the proper way,
Anything should be run.
He tells us in a knowing spray,
Just what should now be done.

It almost makes him sick to read,
The things that others say.
His opinion is the one they need,
He never goes astray.

Just who is this amazing blighter,
Who always speaks his mind?
It is the "Letters to the Editor" writer,
And "Anonymous" is his name.

Dear Editor,
Voice of Reason – or Voice of Virtue Signallers?
So – we're now called racist if we don't vote yes to something most Aussies don't truly understand. Not only do we not understand, but the proponents of the so-called "Voice" do not understand. What will be its real powers – who will be appointed to it – by whom? What are the legal ramifications of such a change down the track? Why are we breaking with tradition and only allowing a say to the "Yes" side of the debate? Why are so many senior indigenous people saying NO? Why are so many legal people having second thoughts and doubts?
I saw an advert on TV claiming the "Voice" was merely a device to "recognise" our indigenous peoples. Surely the dozens of government bodies and numerous Parliamentary representatives, with indigenous heritage, already do this. Why do we need

Dear Editor,
Recently we have been subjected to more and more 'smoking ceremonies', 'welcome to country' and 'respectful acknowledgement of traditional custodians' preambles to all public gatherings. I suspect that this is part of a softening up process to make the demands of Senator Lydia Thorpe and 'Voice' architect Thomas Mayo

to amend our Constitution to create a "Voice"? Once amended it will be almost impossible to change it back – if we find the "Voice" is unmanageable. I appreciate the virtue signallers in our community clamour for the change, yet none seem to be able to define its benefits to all in our community, and/or why it is truly needed in our multi-cultural society. Will other ethnic groups clamour for their own "voice" in years to come? Perhaps what we really need is a Royal Commission into spending on Aboriginal Affairs over the past 100 years. Where have the billions of dollars gone that have been spent in this area? Who received it and how have they acquitted their expenditure? Has this money been spent wisely or just gone to specific causes and people? If we just keep "giving", and not asking for accountability, this matter will never be satisfactorily settled. The money must be going somewhere. The "Voice" is a half-baked

more palatable. From them, we hear the words Treaty, Sovereignty, Reparations, Compensation, Rent, Punishment and other scary terms. I would rather see the meeting organisers just get on with it without any of the above, however, if they are going to continue with their acknowledgements then I would like to see someone in the meeting

idea from the Labor Party to change our very way of life. To reward some and placate others. And, to show how "virtuous" they are. We should all look at the reasons put forward for this "Voice" and ask why it is necessary. Why do we need it, and most importantly, do we really need to amend our Constitution to achieve this so-called "recognition"? The same can be readily achieved by regulation in the Federal Parliament. Shouldn't our indigenous peoples have the same rights as any other Aussie – no more – no less?
If we have any doubts, worries or any lack of understanding, whatsoever, we should vote NO to changing our Constitution. Blackmail, threats and accusations are not a reason to vote yes.
Michael Matthews

add the following, as I did at a recent meeting. 'I would also like to acknowledge the contributions made to this country by the many migrants over the last 250 years who have made Australia their home and who have dragged this country out of the Stone Age and made it the best place on Earth in which to live'.
Michael Cavenor



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CRIME REPORT

BRIBIE ISLAND WRAP

JUNE 2023

www.mypolice.qld.gov.au/moreton



The Queensland Police Service (QPS) recognises the valuable role that older Queenslanders play in our community and their right to safety and a lifestyle without fear. There is a mistaken belief within the community that older people are vulnerable to crime and live in fear. The reality is quite different in Queensland, in Australia and around the world. Statistics show the older you get the less likely you are to become a victim of crime. Seniors are more experienced and wiser; they tend to spend more time at home and with family and are less likely to place themselves in high-risk situations. Despite this low risk, it is still important that seniors recognise risky situations and take precautions to protect themselves and their property. Feeling safe in your own home is essential to your health and well-being. As a senior, it's important that you are able to enjoy your home, community and lifestyle in comfort and security.

What you can do

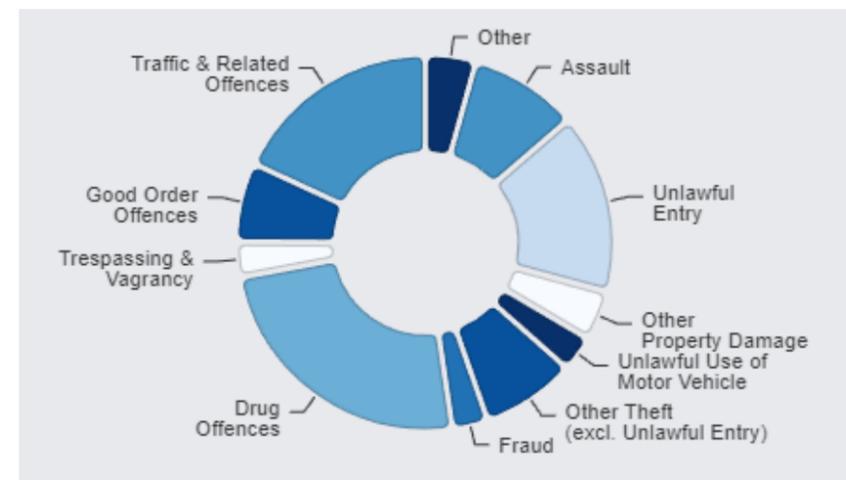
Some steps you can take to protect your safety and security:

- If you have a phonebook listing, only list your initials and surname to limit the amount of personal information available.
- If you use an answering machine service, ensure you leave a message saying 'we' will call back if you live alone.
- If you and your family communicate on the internet via social media networks, make sure you don't give out personal details such as your home address or phone number.
- Be cautious about the information you give to strangers

- don't tell them where you live or when you will be away and don't give out any personal, family or financial information.
- When shopping, avoid carrying large amounts of money and never leave your handbag, wallet or personal items unattended or in a shopping trolley or mobility device.
- If you're travelling on public transport, ensure you sit where you can see and be seen by the driver or guard, and always check timetables beforehand to avoid long waits.
- In your phone, program the contact numbers of a relative, neighbour or close friend you can contact if you need assistance. Also program the emergency number, Triple Zero (000).
- If you receive mail, emails or phone calls requesting money, even if it's for charity, verify where the request has come from before donating. If you are unsure, contact your local police station.
- When out and about, always appear confident and self-assured. Research shows that people who appear confident and take personal safety precautions are less likely to become victims of crime.
- Consider installing an alarm system in your home, particularly if you live alone, to help protect your home and personal safety.
- Medical or personal alarm systems are also a good idea to consider and are easy to set up. There are many options available, depending on your personal needs.

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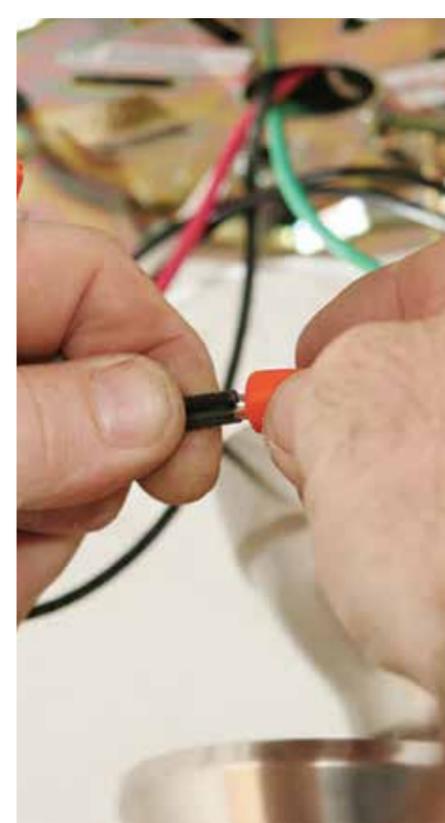
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