



The Bribie Islander

AND DISTRICTS
COMMUNITY
MAGAZINE

ISSUE 197 11 AUG, 2023

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197

Aug 11, 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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Welcome

FRONT COVER PHOTO by Gurdeep Khosa

Dear readers,
Welcome to edition 197! We are very proud to introduce the Bribie Island motherhood project. Motherhood is a journey that can be challenging yet rewarding, and that's why we are excited to feature stories that showcase the incredible resilience and strength of mothers in our community, in addition to the support and empowerment they provide each other.

From battling postpartum depression to overcoming medical challenges, these stories are a testament to the power of women supporting women. And as we celebrate motherhood and all its facets, let's remember the significance of women uplifting each other, and finding beauty in the strength of our collective spirit. We hope that these stories inspire and empower you as much as they did for us, and we encourage you to continue to bring a positive light

through the journey of motherhood. We are grateful for your continued support, and we look forward to bringing you more inspiring stories in our future editions

Until next time,
Take care, stay safe,

Cherrie

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STEP INTO A WORLD WHERE FASHION MEETS REBELLION, COMFORT INTERTWINES WITH STYLE, AND A PAIR OF BOOTS BECOME A TIMELESS SYMBOL OF INDIVIDUALITY. WE ARE TALKING ABOUT DR MARTENS BOOTS. THE ICONIC SHOES STAND TALL BY FIGHTING ALL THE ODDS IN THE EVER-CHANGING FOOTWEAR LANDSCAPE. THEIR DISTINCTIVE DESIGNS AND RICH HISTORY MADE THEM CAPTURE THE HEART OF PEOPLE FROM ALL WALKS OF LIFE. JOIN US AS WE DISCOVER HOW THESE BOOTS CONTINUE TO CAPTIVATE GENERATIONS AND KEEP THEIR FOOT SOLES COMFORTABLE AND HAPPY.

COMFORTABLE CONSTRUCTION

The lasting durability of Dr Marten's shoes is because of their exceptionally comfortable design. Constructed using premium leather and a robust sole, these boots achieve an ideal blend of support and flexibility. The renowned air-cushioned sole, commonly referred to as "Bouncing Soles," ensures remarkable comfort, enabling extended periods of use. Whether you're constantly on your feet or navigating bustling city streets, boots from Dr Martens are your reliable and comfortable companion.

VERSATILITY AND STYLE

The boots have remained popular because they are incredibly versatile and stylish. Although they were initially created as strong work boots, they have successfully transformed into a fashion trend. Their simple yet recognizable design makes them easy to match with different types of clothing, including jeans, T-shirts, dresses, and skirts. Their exceptional features make Dr Martens' shoes a symbol of self-expression, enabling people to display their style and personality. Association with Rebellion Dr Martens' boots have an incredible history linked to rebellion and going against the norm. Back in the 1960s and 1970s, they became a symbol of the punk rock movement. The boots were worn by

rebellious young people who wanted to stand out and show they didn't follow mainstream trends. This rebellious image has stayed with Dr Martens and still attracts people today who want to challenge the status quo. By wearing Dr Martens' shoes, people express themselves, embrace their individuality, and show they're not afraid to be different.

DURABILITY AND LONGEVITY

The boots are renowned for their exceptional durability. With robust construction and Goodyear welted soles, these boots can withstand years of wear and tear. Unlike many trendy footwear options, Dr Martens' footwear is built to last, making them a wise investment. Their ability to withstand various weather conditions and everyday use contributes to their long-lasting appeal, allowing wearers to enjoy their beloved boots for years.

CONTINUED INNOVATION

Dr. Martens has continuously evolved its footwear offerings, introduced new designs and collaborations while stayed true to their core aesthetic. This commitment to innovation and staying relevant has helped the brand maintain its timeless appeal. While the classic designs remain popular, the brand's ability to adapt to changing fashion trends remains consistent. They collaborate with influential artists and designers and ensure that there is always something fresh and exciting for enthusiasts to discover.

Dr Martens' shoes have earned their place in fashion history by blending comfort, style, and an association with rebellion. Their timeless appeal is a testament to the enduring quality and craftsmanship that goes into each pair. From their comfortable construction and versatility to their symbolic meaning and durability, the boots remain a footwear staple for those seeking to make a statement and embrace their individuality. You can be a long-time fan or new to the brand. Slipping into a pair of Dr Martens boots is stepping into a legacy that has left a permanent mark on the world of footwear.

HOW DR MARTENS BOOTS STOOD THE TEST OF TIME?

5 REASONS

TO SEE A PHARMACIST RATHER THAN A DOCTOR. Dropping into the local pharmacy can save time and money, plus your pharmacist can help with these common health concerns.



HEALTH CHECKS AND ADVICE

You don't have to make a check-up appointment with your doctor to make sure your basic lifestyle-related risk factors are in check. Your pharmacist can take your blood pressure, test your cholesterol, and blood sugar levels, and give advice for managing medicines and weight. pharmacists are trained to provide a range of services - some of which are free of charge and require no appointment - but they're being underutilised. "We're looking at how the skills of pharmacists can be

best utilised to improve health outcomes and better the health care system.

TREATMENT OF MINOR AILMENTS

Every day, uncomplicated ailments such as colds and flu, hay fever, aches and pains, tummy bugs and rashes can be assessed by a pharmacist, who can provide advice then and there - free of charge.

MEDICAL CERTIFICATES

Most pharmacists can issue "absence from work" certificates if required. There will be a fee involved for this service and the amount is set by the pharmacy.

Some pharmacists can also issue carer's leave certificates if a family member is ill and your help is required; check with your local pharmacist to see what consultations and services they're able to offer.

BABY ADVICE

Local pharmacies are well placed in the community to serve as a great first-stop destination for baby care advice and support. "A lot of pharmacies operate baby health clinics within their pharmacy and may have registered nurses that provide their service," Sinclair says. Pharmacists are trained to give

baby care advice to parents of newborn babies, and can provide on-the-spot assessment as well as advise on products to treat a range of conditions, including nappy rash, eczema, feeding issues, constipation, pain and fever, rashes, teething issues and baby weighing, he says.

FLU SHOT

You can now get your annual flu shot by popping down to your local pharmacy. Many offer clinics that provide the vaccination - which is administered by a registered nurse - for a fee.

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Successful Relationships

During discussions with couples, there are a few things that I have found to stand out and often it is when these things are missing that issues can start to occur.

As with everything in life, if we want to keep something in peak condition, we must be prepared to put in time and effort to keep it at its best and this is especially true in intimate relationships, where we must not take the other person for granted and become complacent.

As previously mentioned in the last article, about relating to others, communication is key, because without being able to communicate effectively we cannot relate our thoughts, feelings, and desires. In intimate relations, sometimes when our partner is articulating things that are not going well in the relationship it can feel as though we are to blame, though a way to help minimise any negative

feelings that may arise is to remember, it is about the situation, not you personally.

We need to respect one another. Your partner is supposed to be one of your closest friends, there will be times when you will have a difference of opinion and that is ok, they are their own person too, and that is why you fell in love with them in the first place, for their own uniqueness.

Honesty is one of those things we all want, though sometimes have a difficult time expressing it. This is often because of fear, whether this is because of fear of hurting another's feelings or fear of being judged. Though when we are honest with another it gives us the opportunity to build stronger and more sincere relationships, allowing the other person to see who we truly are.

We have all been through things in our life where we

have been let down, though when we want to experience love and everything it may offer trust is vitally important. It is crucial we do not let past experiences taint the present. Make time for one another. Organise time together, let the world stand still and be completely present for one another, even short bursts of time regularly and simple dates can be the best ones. Laughing and looking for the positive in your relationship can make all the difference. Life is really to enjoy and it makes it all the better when you have someone to share those moments with, so make the most of it!

Want to have a deeper and more loving relationship with your partner or perhaps you want to be ready for your next one? Reach out and give me a call at 0405 361 882 or send me a message via FB: MariaChristina.Love Always with love, Maria Christina x

FOREVER VEE

WHAT IS A YUMI™ KERATIN LASH LIFT?

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

NOT ALL LASH LIFTS ARE EQUAL!

One of the many ways we differ from other Lash Lift systems - Our hero ingredient - Keratin - Inside YUMI™ products is where science meets beauty. Keratin is a naturally occurring protein present in our hair, nails, and eyelashes. However, our lashes gradually lose Keratin

due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age. There is also a Yumi™ lash serum available to purchase to keep your lashes strong, soft and healthy. Yumi™ have two different serums, and are available to purchase at appointment.



- A Push up Bra for the Lashes! The Yumi™ Keratin Lash Lift gives a fabulous "Wow" factor enhancing your own lashes, and lasts between 6-12 weeks.
- The treatment is very



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

• GIFT VOUCHERS are available, and a Great idea for Birthdays and Special Events

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

Vanessa Taylor

M: 0412 273 530

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Instagram: @vanessa.taylor.forever.vee

Website: ForeverVee.com



• Vanessa is a local resident to Bribie Island, with a love for Health, Lifestyle, and Community.

• Her Lash Lift and Beauty studio is based in Banksia Beach

• Bookings are available by prior appointment throughout the week (evenings and weekend by special request)

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SPORTS ACUPUNCTURE

Though acupuncture is well known for its effectiveness in treating pain conditions, what often prompts people to come to see us at Bribie Acupuncture for treatment is not the pain itself but the impact the pain has on their quality of life. Pain can stop you from enjoying your morning walks, keep you off the golf course, or prevent you from running your best time in the next race. We see many clients wanting treatment to heal from injuries, speed up recovery between competitions, and to improve their sport performance.

Though the source of pain can sometimes be obvious, often more subtle dysfunctions in the nervous system result in neuropathic pain which cannot be seen on x-rays or ultrasound scans. Oftentimes this neuropathic pain involves the nerve to muscle connection where affected muscles that have become shortened/ tightened or overstretched/ loosened, physically compounds the pain due to reduced blood flow. A classic example is someone who suffers back pain after long periods of sitting: though their back muscles may of course be affected, often the muscles in their buttocks become overstretched and the muscles at the top of their

thigh become overly tight (simply due to the body position while seated), and the muscles become inhibited or "switch off", causing pain to refer to the back. If these inhibited muscles aren't addressed, the back pain may not resolve completely or may become recurring.

When muscles are inhibited, matters can become more complex as these muscles can feel weak and we often compensate by altering our posture, creating more dysfunction in other areas of the body, creating a domino effect. We likely all know someone who has injured their knee, then started walking with a tilted posture, and wound up also having back pain. Or more subtly, a weightlifter who is unaware that their glute muscles aren't firing to their full potential due to muscle inhibition or reduced blood flow, and they inadvertently strain their hamstrings while performing squats. Sports acupuncture was developed with the understanding of neurology and the functions of muscles. The first step to treatment with acupuncture is an assessment of which muscles may be contributing to the condition. Once this is defined, we are able to find the points in which nerves meet those muscles, known as motor points. When an acupuncture needle is used on a motor point with an electric impulse, it creates a



contraction and relaxation phase releasing tight contracted bands of muscle or tightens overstretched bands of muscle. This is like hitting a reset button. The results are immediate pain relief and improved muscle contractibility and mobility.

ACUPUNCTURE FOR KNEE PAIN

Osteoarthritis is one of the most common causes of chronic knee pain, inflammation and stiffness, and reduced range of motion, which can have a negative impact on quality of life, reducing mobility and getting in the way of a good night's sleep.

Many doctors strive to avoid prescribing medication, particularly opioids, for chronic pain - instead many are recommending acupuncture as an alternative to drugs. Acupuncture is in fact one of the treatments recommended for knee pain from osteoarthritis in the American College of Rheumatology and the Arthritis Foundation.

When the acupuncture needles are placed on the body, a signal is sent along the spinal cord to the brain which triggers a release of endogenous opioid endorphins, the body's natural pain-relieving chemicals, and increases

blood flow to the affected area to promote healing. Acupuncture also decreases the production of cortisol in the body, a hormone that helps control inflammation. With reduced pain sensations and less inflammation after acupuncture treatments, knee function and mobility can be improved.

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



In addition to being physical creatures, people are also spiritual beings. Our spiritual side frequently looks for balance, tranquillity, and a strong connection to the cosmos. The usage of metaphysical instruments, such as crystals, natural stone jewellery, amulets, rituals, and pendulums, is one efficient technique to improve our spiritual welfare. These instruments can aid in fostering an atmosphere that is more favourable to spiritual development.

meditate with crystals

Meditation has long been recognized as a potent method to calm the mind and connect with the inner self. Adding crystals to this practice can elevate the experience. Crystals such as clear quartz, amethyst, and selenite can help open the spiritual realm. To use crystals for meditation, you can:

- Hold them in your hand during your meditation practice.
- Place them on your body, specifically on your chakras.
- Surround your meditation space with them.

wear natural stone jewellery

Stone jewellery, imbued with the energies of the earth, can be a powerful tool to enhance spirituality. Each natural stone holds specific vibrational properties that can aid in healing, grounding, and spiritual awakening. For instance, lapis lazuli is known for enhancing spiritual wisdom, while malachite is used for protection.

Use Amulets for Protection - Amulets have been used since ancient times to protect the wearer from negative energies and harm. They can also be a bridge to connect with higher spiritual energies. Consider wearing an amulet infused with your intention or blessed in a ritual to enhance its spiritual power.

incorporate rituals into your routine

Rituals are powerful practices to connect with the divine. They can involve prayer, the use of incense, or even the lighting of a candle. Regularly performing rituals can create a sacred space in your life for spiritual growth.

use a pendulum for divination

Pendulums are often used in dowsing and divination. They can help answer questions and make decisions by connecting to your higher self or spiritual guides. Pendulum divination can be a meaningful way to enhance your spiritual connection and intuition.

Choosing the right tools is crucial for enhancing your spirituality. Consider what you are drawn to intuitively. Holding the object in your hand and feeling if it feels right can allow you to verify this.

Enhancing your spirituality is a personal journey. It requires persistence and time. But you may create a stronger bond with the cosmos and your inner self with the correct methods and habits. By incorporating the use of crystals, natural stone jewellery, amulets, rituals, and pendulums, you are taking powerful steps towards nurturing your spiritual side. After all, a journey of a thousand miles begins with a single step, and this may be the first steps you need.

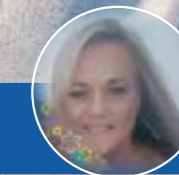
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Since before humans even knew what 'mental health' was, the ocean has been the focus of meditation, deep breathing exercises and daydreaming for the stressed, depressed, and anxious. There is nothing quite like rolling waves and a never-ending blue ocean to calm the mind and soothe the spirit. This is one of the main reasons why so many people are flocking to the seaside living with the stressors of life getting greater leading them to seek greener pastures and bluer oceans.

Living near the water, whether it is the beach or a man-made lake, isn't just nice scenery, but it can offer many health benefits that are unavailable from any other natural source. It can lower blood pressure, decrease stress, encourage relaxation and improve happiness and productivity. When it comes to preventing mental illness as the world gets busier, tougher, and more 'connected' to technology, coastal living provides a preventative and protective measure for both high- and low-income people.

Being surrounded by water, offer a countless number of summer recreational water sports. For example, boating, kayaking, and fishing are some of the most common activities that normally wouldn't be free had you been travelling to a water sports club from a city. Fun is not limited to the water only,

but you also get a chance to meet new people and build a nice social life. Also, if you own a boat, you can dock it nearby, which allows you easy access whenever you plan to go for a ride. However, if you are not interested in water sports, then you can always play beach soccer, golf, and volleyball, and have a natural running track and other outdoor games.

Much like the feeling of spending a day relaxing by the pool, it's the same you get by spending some time or a weekend near water to get rid of everyday stress. Simply being away from the city hassle and being able to breathe fresh air with nothing but absolute nature around, has a great effect on your health, mood, and well-being.

Ever since humans began to roam the Earth, they have been on the move, with the search for water a matter of life and death. Our senses respond positively to the water, whether it's a sigh of relief when you get to look over the unending blue ocean or the natural relief that saltwater provides to some illnesses and injuries. Doctors used to prescribe time by the ocean as a cure for certain ailments, and certainly, they still should for the stress and fatigue of modern life.



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 *Phone lines closed public holidays.

VIEW GALLERY

Lottery 219 closes 4pm AEST 1/11/2023 & drawn 11am AEST 8/11/2023. The lottery is conducted by The Surf Life Saving Foundation. Proceeds raised to fund the activities of Surf Life Saving in Australia. Draw conducted at 190 Montpelier Road, Bowen Hills QLD. Members of the public are welcome. Winners advised by registered post. Results published 8/11/2023 on Surf Life Saving Lottery website www.surflottery.com.au and on 13/11/2023 in The Australian newspaper. Tickets from \$2 each. The amount of tickets available is 9,900,000 (4,455,000 for sale plus 5,445,000 bonus tickets). Sold tickets are limited to 9,900,000 however ticket numbers may be higher than 9,900,000 to cater for cancelled and unsold ticket ranges. Promoter: J Brennan, 190 Montpelier Road, Bowen Hills QLD 4006 (GPO Box 9950, Brisbane QLD 4001). QLD Licence No.30064; VIC Permit No: 10211/23; NSW Permit No: GOCAU/2330; ACT Permit No: R23/00099; SA Permit No: M14422. Total Prize Value is \$2,194,946 and includes 1st Prize and \$200 Book Buyers Prize. The total prize value in South Australia is \$2,296,946 and includes 1st Prize and \$200 Book Buyers Prize plus the Champions Club August Birthday Promotion, Champions Club September Birthday Promotion, Champions Club September \$50K Promotion, and the Champions Club October \$50K Promotion. For all Champions Club details and terms and conditions please visit www.surflottery.com.au. Surf Life Saving Foundation to pay stamp duty and legal fees for prize home transfer. Prize home complies with council and covenant regulations and requirements and is approved by the appropriate authorities. Gold valued at purchase price on day. Selling costs and market variations apply when selling gold bullion. Prizes are not transferable for cash. Photographs for illustration purposes only and do not necessarily depict exact prize detail or size. Floor plans for illustration purposes only. WA residents are not eligible to enter. The following third-party agents are authorised by The Surf Life Saving Foundation and may be engaged to assist with provisioning the sales of tickets and facilitating entries into Lottery 219: Clever Contacts Pty Ltd ACN 612 853 728; and Adflex Marketing Pty Ltd ABN 35 620 652 271. Ticket purchasers must be 18 years of age and over. The Surf Life Saving Foundation ABN 47 945 812 553, ACN 159 849 591, GPO Box 9950, IN YOUR CAPITAL CITY, Phone 1800 642 999 (AU) or 0800 442 501 (NZ). Phone lines open Monday to Friday 8:30am - 5pm AEST. For information on how to play responsibly call Gambling Helpline on 1800 858 858 (AU). Any prize won by entrants residing in ACT, if unclaimed at the end of twelve months, will be redrawn on 20 November 2024 at 190 Montpelier Rd, Bowen Hills QLD 4006 by way of an approved random number generator. Information correct at the time of printing. For up-to-date details and full terms and conditions please visit www.surflottery.com.au.

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Regular 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 due to the fact that 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 parent's 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's 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, despite the fact that 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.

"BUBS" & CHANGES : A LIFETIME OF MEMORIES....

By Colin Walker



As any parents, grandparents, or great-grandparents will tell you, a new baby - either impending or just "arrived" - remains the biggest news there is in most families, just about any time.

Nothing changes the routine of just how we live than everything to do with the arrival of a "new mouth to feed". Ask any parent (especially first-timers). Current dramas in local, national or world news pale into relative insignificance, compared with the marking of a new notch in the family tree.

So in our particular family, this year is something very special...one in which we welcome two new great grandchildren into our lives and our homes...and once again, the sparkle and promise that they bring makes this a "very good year", irrespective of all else.

In most households and families, nothing else that may emerge in the rest of the year is likely to top these life-changing events in our busy and ever-changing communities and society, all around the country.

And on the more personal side, they also present us with a host of reasons to delve into normally private family memory banks...to compare these happy events (and the changes they bring) with how things were in our "good old days" or the bad old days, depending on how we view past events, circumstances, and changes.

Understandably, many of today's younger and middle-aged generations have become somewhat blasé about the range and impact of change in our modern-day Aussie society. But factually and historically, it has been nothing short of amazing. In my lifetime, it has spanned the era from the horse and buggy days to the present times of space travel, great advances in medical science which have prolonged life for most of us, and technological change which is almost akin to a new religion to some... but a curse to others.

Most of us today have come to expect a change in just about every theatre of our lives - and in most cases, we embrace it. However, whether all the changes are and have been for the better or worse in our growing and widening multicultural society is open to debate. But realistically, change is inevitable, and we have to confront it, use it and accept it, sensibly.

But when it comes to "baby time" and new arrivals in the family, these are the memories that remain with us the longest and give us the most pleasure.... most times.

All of our offspring arrived at times when hospital maternity delivery areas were strictly off-limits to males (except for medical staff). Few of us got to actually witness the birth (except home births, obviously).

Today, many dads (and/or parents) sit through the whole delivery process... and for those who do, it is an eye-opener. There is simply nothing like it - and it gives us (mere males) a new and/or heightened respect for those "delivering the goods" the mums.

Personally, as one of those mere males, I remember more than anything the quirky things our kids do - and say - during the young maturing stages of their lives. Some of the questions and quotes which remain entrenched and treasured memories include.

"How much are you paid for being old, Granddad?". (The pension issue, simplified, through the eyes of a grandson).

** A teary question.... "Will you still be my friend?"* (After scolding our very young daughter).

** "Why don't you and grandma have more babies of your own, Granddad?"*

** "Why do they call you grumpy, granddad?"* and the classic perennial,

** "Where do babies come from, granddad?"* (a real "tester", for every mum and dad.)

AH... The memories priceless!



Bribie Island Motherhood Project -

WOORIM BEACH

Why did we do this?

Women empowering women is why. Its important because it helps to break down stereotypes and create a more inclusive and supportive society. When we empower each other, we are able to build each other up and help each other achieve our goals. It's about creating a community of support, where we celebrate each other's successes and lift each other up during times of struggle. By coming together, we can create change and make the world a better place for all women, for our children. When we empower each other, we show that we are stronger together and that we can achieve amazing things when we support each other and that is #POWERFULL.

zoe Witham
zoewithamphotography@gmail.com



Embracing Motherhood:

A Journey of Healing, Triumph, and Empowerment

This is me, Zoe, and here is my story. In a world where motherhood can be both a breathtaking journey and a formidable challenge, my story shines as a testament to the strength and resilience of women. My path, marked by postpartum depression, medical challenges, and personal growth, led me to embrace motherhood through the art of photography. Through my lens, I found not only comfort but a sense of purpose and the power of women supporting women.

My story begins with the birth of my second child, an experience that left me grappling with postpartum depression. The weight of this emotional burden became even heavier as I faced a fast and abrupt birth, followed by

a rare infection and retained placenta. Misdiagnosed and left untreated, my condition worsened. Seeking help from a private gynaecologist, I learned the gravity of my situation, realizing that if it weren't for modern medicine and this was me 100 years ago, I was told I might not have survived.

Amidst the challenges of my health, I found myself in an unfamiliar town, away from family and my support system. The transition from one child to two left me feeling isolated and lonely. My relationship became strained under the weight of it all. In this dark moment, hope glimmered as I discovered a doctor who believed in me and set me on the path to healing.

It was during this process of recovery that I stumbled upon photography, and something

magical happened. Capturing the essence of life through my lens, I felt a sense of liberation, reclaiming my identity as "Zoe." Photography became my refuge, a realm where I found success and fulfilment.

My hard work and talent led me to be published in multiple magazines, gaining recognition. Yet, in the midst of my triumph, a dear friend responded with envy rather than celebration. This painful experience highlighted the importance of women supporting women in their endeavours and successes. It reminded me that true friendship should celebrate one another's achievements, not tear them down.

Fuelled by this experience, I felt a calling to create a motherhood photography shoot that transcends physical appearances. My vision was clear - women supporting women, regardless of their body size, shape, colour, age, race, or success. I yearned to capture the raw beauty of motherhood and to foster a community of women empowering one another.

Through my photography, I aimed to inspire women to uplift and support each other, even among strangers. Motherhood, with all its joys and struggles, unites women in a shared experience. My work seeks to erase the barriers that divide us and instead, embrace the beauty of diversity and unity.

So, there it was, my journey of healing and empowerment symbolizes the strength that lies within every woman. Photography became my sanctuary, a medium through which I expressed my innermost self, and ultimately, it became my tool to encourage women to stand united. As we celebrate motherhood and all its facets, let us remember the importance of women uplifting women, supporting each other, and finding beauty in the strength of our collective spirit. Because in the end, when women support each other, incredible things happen - hearts heal, dreams soar, and sisterhood is born.

Zoe



Soon to be an international author Miranda Murrays' anthology book is due to launch in a few weeks. Keep an eye out for Ubuntu - On Whose Shoulders We Stand which she has collaborated with other beautiful female authors from around the world including Dr Tererai Trent who is quoted by Oprah as being her "Most favourite guest ever".

Dr. Tererai Trent is joined by **KMD** Miranda Murray





"I Went Through 10 Rounds of IVF Before Falling Pregnant"

By: Miranda Murray

I can remember being drawn to babies from a young age, from as early as I was capable of picking them up pretty much, probably around 11 or 12. My brother and I had a lot of younger cousins, and you could usually find me with one bouncing on my knees at most family functions. I lost my own Mum suddenly when I was six years old from a cerebral aneurysm when she was only 32. I don't know if that experience played a part or if it's purely genetics, but I grew up being a natural nurturer with a strong desire to be a mum myself and a deep knowing that I would one day be. That was never even an "unknown" for me. It was a natural part of my make-up. Of course, I could not have predicted the path I would later take to get there.

My ex-husband and I decided to try and start a family as soon as we were married. We'd been together for eight years and were the first in our group of friends to get married and the first to start trying. We were in such a good headspace, and it was an exciting time as we embarked on cutting back on social drinking, cleaning up our health after one last fun summer of indulging and aiming to create the perfect environment physically to bring new life into our world. We started seeing a well-

regarded naturopath who specialised in fertility and after an initial three-month detox, embarked on a year of fertility-enhancing herbs, tinctures, diets...you name it, we gave it a go on their valued advice. It wasn't cheap, but it was all in the name of the creation of our family, and we wanted to give our future child the best start in life.

After about 18 months, with no sniff of pregnancy, we decided we should go and get some investigative tests done. They came up inconclusive and we both appeared to be in great reproductive health. I was 35 by that stage and so the specialist I saw recommended we try assisted fertility treatment. We only knew one other couple in a different state who had been through it at that stage, but they were older than us. It took a while to get our heads around the fact that we might need some assistance and our egos took a bit of a knock initially, especially mine. After all, I knew part of my destiny was to be a mum, I knew it in my bones so was more than a little perturbed that the universe was not delivering on my destiny! I had a love/hate relationship with IVF. We had so many varied experiences during our IVFs over the last 10 years that left me at times in awe of the science behind it and respecting the nurses that I had such a

close and constant relationship with since they are the ones who manage most of the day-to-day processes. Then there was the loathing and begrudging of the off-handed clinical nature of some of the doctors we encountered, the understanding that they were all so busy but still not excusing some of their interactions that could have been handled better. I remember a time when my ex-husband and I had been sitting for two hours in the waiting room for our specialist appointment with him, he arrived, opened our file and said, "Now remind me what's going on with you guys...". We felt the least he could have done was kept us waiting a further five minutes and do us the favour of quickly reading up on where we were, so we felt like less of a number and more cared for. Then there were the feelings of dread and anxiety that went with every cycle, the indignity that I had to learn to accept and become accustomed to as I lay spread-eagled on tables in stirrups.

There were the nerves that came with having multiple people in the procedure room, sometimes medical students, some being the embryologists who are technically scientists and not doctors... not that I'm 100% sure that mattered in

the end as I adjusted to my new lack of privacy I never quite got used to feeling like a human pin cushion but somehow found the endurance and strength to become an expert at self-administering injections - sometimes three a day, and front up to regular blood tests and multiple ultrasounds.

My ex-husband and I completed seven IVF cycles in just over two years... It was a lot, but we were desperate to get the results we yearned for. That desperation drove us forward probably too fast as it became a little all too consuming. We decided that I should give up work at one stage to try and alleviate stress but in hindsight, I wish I had kept working in some capacity to maintain a bit more purpose when things weren't going our way.

The attempts were hard on both of us - physically for me in particular with all the drugs and medical appointments to keep up with, and ultimately it was our doctors who said I needed to give my poor body a break after number seven. It's a lot to go through. I was exhausted and felt awful as all the hormones change your body shape, feeling bloated, swollen, retaining fluids etc, you're often too tired to keep up your usual level of fitness and at certain times I would avoid it in the second half of my cycle fearing it may affect embryo implantation etc.

Mentally it took its toll on both of us, clearly, as our marriage fell apart not long after we took that break. It's really difficult on both sides. I think every person and couple handle things differently. There are so many ups and downs, the monthly grief to process when you're not pregnant AGAIN, the many mini breaks and holidays you go on to perk yourselves up, the baby showers you may avoid attending or attend and then cope with the well-meaning looks of pity from friends and even strangers, the anxious two week waits, the sadness, the anger, the disappointment, the envy of others, the guilt over feeling that envy... the list goes on. It's really harrowing. I wish that back then I had someone like me, an independent support person who truly understood and empathised and knew what it was like but could offer some help working through it all.

In 2013, having moved on with things and having dealt with all the trials and tribulations that go with broken marriages, selling the family home, buying a new one, enrolling in some further study to change careers and re-building my future, I decided it was a year for challenging myself, regaining perspective, giving back and paying it forward and I signed up with one of my best kiwi friends from home, Carol, for an 800km charity bike ride in Thailand cycling from Bangkok to Khao Lak fundraising for some homes for at-risk children. The Australian-run charity is called Hands Across the Water

and was initially set up to help out the many children who were left homeless and family-less after the 2004 Tsunami. It was on that leap of faith bike ride, along with 45 or so other amazing like-minded strangers that I met Dan, who is now my husband. It was instantly a meeting of the minds and sense of humour, of which we share a fairly twisted one. We hit it off! It seems "love in Lycra" is a thing. Haha. We both had been married before with no kids in tow and of course, we spoke in depth about our desire to have a family one day but we certainly didn't have any unrealistic expectations or pressure from each other to conceive going forward. In fact, inscribed on my wedding band in Dan's handwriting are his words that he said to me when we first started our relationship, and I told him the road to creating that family could be rocky. It reads: "I just love you and we'll work out the rest". And that we have.

Dan and I did three further fertility treatments before little Zoe came along on number four. It was a whole different experience than the first time around in my old life. I had learnt so many hard lessons along the way and developed some great strategies for working through it all, had a renewed purpose and passion with our charity involvement and with the business that I was launching, and I already felt like I was enough no matter what the end result of our treatment was.

Due to us having fertility treatment, we knew the exact dates of the two-week wait etc and I was naughty (as, I can tell you, most women are who have been through a long fertility journey) and tested a day earlier than planned using a home pregnancy test. When it immediately showed up two bright pink lines, my reaction was much more blasé than I could have ever predicted. I was so used to seeing negative results over the years that my initial reaction was: "Ha! Well, there you go!" and I promptly went outside to hang my wet washing while the news slowly sunk in. I then went back inside and used two more tests just to be sure and when each came back instantly positive, I think I wandered around the house in a state of shock and didn't really know what to do with myself. I then waited until Dan got home to surprise him with the news and that's when I got more excited and of course, a few tears flowed. It had been an incredibly long journey to get to that point filled with every single emotion under the sun and more than a little adversity and a fair few life upheavals along the way. I was surprised by how exhausted I felt in the first trimester and combined with the trepidation and hesitant excitement waiting to get to the 13-week scan safely, we both kept life pretty low-key for those first three months only confiding with family and a few close friends about the

pregnancy. After taking so long to get to that point physically, mentally, emotionally and financially, we were not willing to risk anything. As excited as we were, truth be told we never relaxed until we held our little angel in the operating room the day she was born and looked at her, along with our doctors in awe and respect and looked at each other with massive grins and love brimming over. But generally, I feel really blessed and lucky to have sailed through the pregnancy with ease, despite being a "geriatric" Mum at the age of 43 according to some medical professionals! As one of my close girlfriends reminded me: "I think you've had enough challenging moments over the last 10 years, so just roll with it and embrace it, or have you forgotten that?" The truth is that once I was holding our little bundle of joy in my arms, the struggles it had taken to get her weren't so much gone but they had just paled in comparison to the result of her finally being here and oh-so worth it!

I believe life is about finding a peaceful flow. My purpose is to support women to maintain a strong sense of self through life's challenges and chapters, regardless of what is thrown at them.

I have a background in Life Coaching, Fertility Mentoring, Holistic Counselling and Personal Leadership Coaching, as well as meditation. My mission is to support women to thrive through challenging times. I bring care, compassion, warmth and understanding to deliver a supportive outcomes-focused approach towards helping my clients to bring more peace and fulfilment into their lives.

Working with me allows you to dive deep into your personal inner workings, your values and beliefs, in a safe and sacred space, to honestly and bravely explore the things that really matter to you at your core and to make a plan moving forward to live aligned to the essence of who you are and what's fundamentally important to you and your happiness.

Once you drop into that reconnection to your sense of self, you will become empowered and confident to maintain that connection yourself and thrive through whatever life presents, with your own beautiful and unique peaceful flow. It really is such an honour to hold that space for the women I work with, to help facilitate that positive change for them, and to witness the joy that they then bring into their own lives with confidence and grace.

Much love to you all. *Miranda*

Meet with Miranda - As a special offer to our readers, Miranda has very generously offered a **\$45 coffee with the coach special**. Get in touch with her now and book your spot!

GET IN TOUCH WITH MIRANDA
miranda@empaticconsulting.com
0439 905 901

Dear Pumicestone

Lots of you have asked me what the next step is for our Bribie Island Bridge so keep reading for the latest update!

What's next for our Bribie Bridge?

Over 3,000 of you had your say on what our next Bribie Island Bridge needs in the Business Case consultation at the start of the year.

Many of you shared your concerns about access between the island and mainland when accidents occur. You also want to see a much better active transport corridor, with safer and more accessible pathways for pedestrians, cyclists and mobility scooters.

Thank you to everyone who had their say – your feedback is essential to make the case for our next Bribie Bridge.

TMR have analysed your submissions and are preparing a concept design to release later this year!

(But to the people who wanted our next bridge to have a KFC drive-through - please don't hold your breath!) You'll have the chance to give your feedback on the proposed design after it's released.

To make sure you stay up to date sign up to my Bribie Bridge updates here <https://www.aliking.org/what-ali-s-working-on/bribie-island-bridge/> or follow me on Facebook @ [AliForPumicestone](https://www.facebook.com/AliForPumicestone/) - <https://www.facebook.com/AliForPumicestone/>

Our Bribie Island Satellite Hospital is really coming along!

The first of our two local Satellite Hospitals opened last week in Caboolture and I've already heard stories from Bribie locals who got urgent treatment at its long-hours Minor Injury & Illness Centre.

The Caboolture Satellite Hospital is at 15 Rowe Street Caboolture. Our Bribie Island Satellite Hospital will also have a Minor Injury and Illness Centre, open 7 days a week from 8am until 10:00pm, with staff onsite until 11:30pm.

This means locals needing treatments for infections, fevers, sprains or strains, fractures, wounds, burns and illnesses, will be able to receive their healthcare right here on Bribie. You won't have to travel and wait at Caboolture Emergency, which will take pressure off our busy EDs and local GPs.

- There will also be:
- Renal dialysis chairs
 - Day medical chairs for administering IV medications, iron infusions, steroid and blood transfusions
 - Mental health appointments
 - Oral health chairs
 - Aboriginal & Torres Strait Islander Health Hub
 - Geriatric assessment & intervention
 - Rehabilitation
 - X-ray, ultrasound and pathology to support the services
 - And more!

We're expecting the Bribie Island Satellite Hospital to open mid 2024. It's all part of our plan for more public health services, closer to home!

Seniors' Cost of Living Morning Tea Are you a senior over 65 years old who wants to find out more about the State Government's cost of living support? I'm inviting local seniors to attend a Cost of Living Morning Tea on 29 August at 9:45am, at the Bribie Island Orchid Society Hall.

Light refreshments will be provided and the special guest will be announced soon!

There are limited spots, so get your RSVPs in quickly by emailing pumicestone@parliament.qld.gov.au or calling 07 3474 2100. You must have your RSVP confirmed by our office to secure a spot. I can't wait to see our local seniors there!

If you have any questions or need help with any State Government issues, please contact my office by emailing pumicestone@parliament.qld.gov.au or calling 07 3474 2100. Warmly

Ali King MP
Working Hard for Pumicestone




The Unplanned Journey

Sometimes life throws us a curve ball and changes what we thought our route would be. That is what happened to Mel, who, after numerous tests, was diagnosed with a severe Auto-Immune Disorder just as she started her university pathway.

In hospital and unwell for weeks on end, at high risk of infection and permanently tired, Mel realised that studies would have to take a back-burner as she spent years trying to stay healthy. But Mel had the drive to stay busy too and for over twenty years, she offered her time to volunteering at various organisations. Her outstanding work ethic also awarded her part-time employment when she was able to work.

For the past 11 months, Mel has enjoyed her volunteering role with the Government-funded Aged Care Customer Visitors Scheme (ACCVS) through Suncare.

"My life now is unrecognisable now. I have a new confidence and a real sense of purpose. Volunteering has taken my mind off my own problems and has shown me how much it benefits me to give back to the community."

She has built up her endurance and is now looking forward to paid employment at the Aged Care facility she volunteered through ACCVS. *"It will be wonderful to continue to see my customers, there is no better feeling than brightening someone's day."*

If you are receiving services or are on a waiting list for a Home Care Package or living in Residential Aged Care, contact Suncare to see how we can match you up with someone for a cuppa and an outing. If you are ready to give back to the community and would like to learn more about the ACCVS, please call 1800 786 227.



Become a Suncare Volunteer

The difference between social connection and isolation can be as simple as a cup of coffee or taking a drive.

Become a Suncare volunteer and you can help to make that meaningful difference to someone in your community. An hour or two a week can change a life!

Suncare is in the business of making people's lives better. We are a leading provider of in-home care and health service delivery which enables our customers to stay in their own home.

Make a difference one cuppa at time.

1800 786 227 | suncare.org.au

Making people's lives better



Bribie Bridge and Satellite Hospital



ALI KING MP
Member for Pumicestone

Community Update!

HELP support vulnerable RICHMOND BIRDWINGS

Housing development, farming and clearing have significantly impacted Richmond Birdwing butterfly numbers since the 1920s.

Loss of their habitat has resulted in fragmented distribution of these butterflies which are now classified as a vulnerable species in Queensland.

You can help conserve and attract these beautiful butterflies by planting their host plants in your garden.

For more information visit: wildlife.org.au/our-work/conservation-programs/rbcn



FAQs

Scientific name:
Ornithoptera richmondia.

Smallest of the Australian birdwing species.

Found in South East Queensland and subtropical northern NSW.

Wingspan: 13-14.5cm.

Both have a distinctive red patch on body and green stripe on top of the thorax.

Host plants
Pararistolochia praevenosa (birdwing butterfly vine)

P. laheyana

Note: Aristolochia elegans and Aristolochia ringens are imported vines which are poisonous to the birdwing caterpillars.

Local Lions Roar

In a landmark appointment Sandstone Point Lion, Andy FitzGerald has been appointed District Governor of Lions District 201Q3. This means she is effectively the Chairman of 65 Lions clubs with 1634 members spanning from the Qld coast north of Brisbane to the NT and SA borders.

Lions District Governor Andy FitzGerald Andy is a Life member of Lions and has held numerous senior roles in Lions including several club presidencies, district cabinet positions and state roles. Andy is a local resident and a recently retired medical professional.

"I am both proud and honoured to be appointed to this role," she said. "Lions play a pivotal role in Australia and internationally in community service and we are faced with a number of critical issues at present which are placing enormous pressure on Lions resources. The loss of momentum in volunteerism, the war in Ukraine, Turkish earthquakes and the dynamic nature of refugee movements worldwide are coming on the back of possibly the worse series of natural disasters in Australia's history and this is proving to be very challenging. Our current focus is retaining existing members, growing the organisation

organically and, as always, reaching out to the broader community to provide support" she added.

In another exciting appointment in Lions locally, Heather Dawber, a Gem Life resident on Bribie, has been appointed President of Sandstone Point Lions for the 2023-24 year.



"It is a proud moment for our reasonably new Club to have Club member Andy as the senior District person and for me, it is the culmination of several years of preparation to be our new Club President.

Women now make up more than 50% of our Clubs membership and that is a common occurrence across all clubs these days, so it is fitting to see women reaching senior roles" Heather said.

Lions International has some 1.3 million members in more than 47,000 clubs all over the world and recently celebrated 75 years since the formation of the first club in Australia at Lismore in Northern New South Wales.



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5 TIPS TO KNOW

for Planning a Party with Over 50 People



The experience of party planning for more than 50 guests can be both exhilarating and hard. There are many essential aspects to think about when planning a gathering of any kind, whether it be a business event, a wedding reception, or a huge social get-together if you want it to be successful and enjoyable for everyone who attends. This article will provide five helpful tips to assist you in planning a party for more than 50 people. This guide will cover various topics, including logistics, guest management, and creating a great experience for everyone involved.

1. GET STARTED WITH A COMPREHENSIVE PLAN.

The successful execution of a party with a significant number of guests requires meticulous organization and preparation. To get started, draft a comprehensive plan for the event that describes its goals, budget, timetable, and any unique criteria that must be met. Consider the location, food, entertainment, décor, and seating arrangements while planning an event. Your

event will benefit from having a detailed strategy that can act as a road map and assist you in remaining on track throughout the planning phase.

2. PICK THE APPROPRIATE LOCATION

When planning a party for more than 50 guests, the event's location is one of the most important considerations. Ensure that the location can easily handle a big audience and that there is enough room for people to wander about, participate in activities, and sit down. Think about things like the availability of parking, how accessible the location is, and whether any permits or licenses are required. It is also essential to evaluate the amenities the location provides, such as the toilets, the sound system, and the lighting, to ensure they are enough for your event.

3. STREAMLINE GUEST MANAGEMENT:

Efficient management of attendees is crucial to ensure a smooth and successful event. Incorporating technology, such as an online RSVP system or event administration software,

can streamline the process of registering guests and checking them in. This helps maintain an updated guest list, allowing for accurate attendance tracking and accommodating specific requirements like food preferences or special needs. To facilitate guest management, assigning a dedicated team of volunteers who can assist with directing attendees, and addressing any issues or inquiries that may arise is recommended.

4. PREPARE SUFFICIENT AMOUNTS OF FOOD AND DRINK

When throwing a party for many people, it is necessary to ensure that there is enough food and drinks. Maintain constant communication with your caterer to ascertain the appropriate amount and diversity of menu items depending on the number of guests expected and their tastes. When planning for everyone who will be attending, be sure to consider any dietary requirements or allergies. Setting up food stations or serving meals in

a buffet format can be more effective when feeding many people. This gives visitors greater freedom to choose the dishes they like most.

5. ENHANCE THE AMBIANCE

When planning a party with over 50 attendees, creating an aesthetically appealing environment is key to leaving a lasting impression on your guests. Pay attention to details such as lighting, decorations, and table settings. Utilize a combination of ambient and accent lighting to create a warm and inviting atmosphere. Proper lighting can create a warm and inviting atmosphere, while carefully chosen decorations can set the tone and theme of the party. To elevate the aesthetic appeal further, consider enlisting the services of linen rental companies to provide high-quality tablecloths, napkins, chair covers, and sashes that match the desired colour scheme or theme. Whether you prefer crisp white linens for a classic look or vibrant hues to create a festive atmosphere,

these companies offer a wide range of clean, well-maintained linens ready to use, saving you the hassle of laundering and ironing them yourself. By focusing on these aspects, you can create a captivating atmosphere that will make your party truly memorable. Planning a party for more than 50 people involves careful attention to every detail, an efficient system for managing guests, and careful consideration of logistics. You can make an event memorable and effective if you begin with a clear strategy, choose the appropriate location, simplify managing guests, provide adequate food and drinks, and create an aesthetically stunning party environment. Remember that you need to communicate precisely with each of the concerned stakeholders, and make sure that you keep the lines of communication open throughout the planning process. Your grand party will be a resounding success if you plan and carry it out with care, leaving all participants with a lasting memory.

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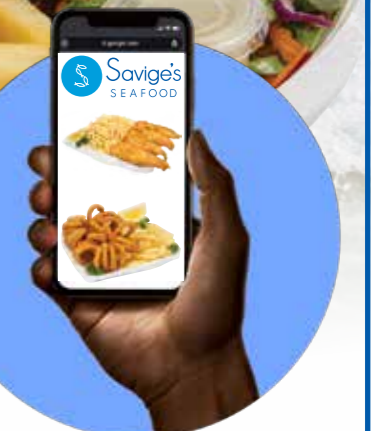
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Winelander

PINOT GRIS v PINOT GRIGIO

Today let's discuss the two wines that adorn the liquor store shelves, Pinot Gris and Pinot Grigio, and what if anything is different apart from the second name. Firstly, the words Gris and Grigio both mean 'grey' since the grapes are quite dark-coloured for a white wine variety and they are both made from the same grape. Pinot Gris is the original grape variety and is native to France, originally from Burgundy where it was a mutation of Pinot Noir the famous grape of Burgundy. It did however find a home in Alsace, an area just north of Burgundy, as a white wine grape variety, and thrived in the shadows of the Vosges mountains which protect the vines from rain and the dry sunny slopes of Alsace allowing the grapes to ripen into a full bodied, aromatic and spicy style. The wines can be made in varying levels of sweetness from bone dry to an aromatic dessert wine. Characteristics include aromas of apples, pears and nectarines, with hints of cinnamon, nutmeg and vanilla, pair with cheese and charcuterie and sit back and enjoy a long lunch or great evening.

Pinot Grigio on the other hand thrived over the border in north-eastern Italy where they tend to pick the grapes earlier resulting in a bright lively white wine with lots of freshness. The flavours are similar but there's

more acidity and more citrus aromas that tend to be sharper such as green apples and not so much spice. Due to the early picking, there is no sweetness, and these wines are best with seafood.

Here in Australia, it really is about the style and an Australian Pinot Gris is likely to be more full-bodied and spicier, Grigio on the other hand will have some of the Italian freshness and will be a crisper style. As with most wines, there is usually a description on the back label to let you know the winemaker's thoughts but whether a European wine or Australian wine I'm sure you will enjoy this wine.

Wine is a very personal choice and with the new varieties appearing almost daily on the shelves as Australian winemakers seek varieties that suit the warmer climates now is a very exciting time to experiment, give it a go. If I asked the question of what Australia's most valuable wine brand is, I'm sure the name Penfold's would be on most wine drinkers' minds, well it has just been revealed that the title belongs to the Casella Family and their Yellow Tail range. Developed in 2000 to supply mainly to the United States it is now available in over 60 countries and in 2001 sold 200,000 cases, the following year the figure jumped to over 2

million cases and now the figure exceeds 14 million. The range covers most grape varieties including sparkling wine, the family source grapes from a number of vineyards including their own and after buying a number of estates sold them off but carry on buying the grapes from them.

Of course, the price has been a factor in the success of the wine, here in Australia \$10 is the usual price for the range and this is a price point around the world, however having tried their Chardonnay several times I can assure you if you like this grape variety you should try a Yellow Tail, the wines are excellent value for money.

Recently I have noticed several of the larger wine companies supporting a couple of outstanding wines at very competitive prices at Liquorland, firstly Grant Burge has released a couple of excellent wines under the Fifth Generation label, the Shiraz is silky smooth and a surprise in the form of the Merlot, it is a long time since I have seen a Merlot of this quality and the deal is two bottles for \$25. Also, at the moment Mildara Limestone Cabernet Sauvignon at \$12 instead of \$24 and another favourite of mine the Saltram 1859 Barossa Shiraz is also \$12 instead of \$24, a great time to fill the wine rack.

It wasn't many years ago Lindeman's Bin 65 Chardonnay was the darling of the Chardonnay set nowadays the wine is on sale at Liquorland at \$6 a bottle and I have to be honest there is nothing wrong with the wine, here's a tip when buying from Liquorland which will save you a few dollars, if you want to take advantage of the above specials and spend \$70 you get a \$7 discount, I'm not sure whether that's just for Flybuy customers, however, if you want to save more just spend \$70 on different days as they will only reduce the price once regardless of how much you buy, I tried doing it in several \$70 buys on the same purchase and you only get one crack per day. Cheers

Philip Arlidge
arlidge@bigpond.com.au

Port was conceived by the British as a preservative for getting wine from Portugal to England with no spoilage by adding brandy spirit to red wine.

Hugh Johnson wrote:

It was the British who invented Port. It was somewhere between a desperate measure and a brilliant scheme for making the wine of Portugal palatable.

From Thomas Love Peacock

There are two reasons for drinking: one is when you are thirsty, to cure it, the other is when you are not thirsty, to prevent it.

Fun Ways to Get to Know Someone New

When meeting someone new, establishing a genuine connection can be both exciting and challenging. Whether it's a potential friend, colleague, or romantic interest, finding fun and engaging ways to get to know them better is key to fostering a meaningful relationship.



Explore a Shared Interest

Discovering a shared interest is an excellent starting point for building a connection with someone new. Find out what hobbies, activities, or topics you both enjoy and plan an outing around it. For example, if you both enjoy hiking, organize a hike in a nearby scenic location. While enjoying the activity, you can engage in conversations about your experiences, favourite trails, or even the benefits of being in nature. This shared interest will create a natural flow of conversation and help you understand each other better. The Seven of Pentacles' meaning, symbolizing growth and patience, is relevant here as you nurture the new relationship through shared experiences.

Attend a Workshop or Class Together

Learning something new together is not only enriching but also a fantastic way to bond with someone. Find a workshop or class that interests both of you, such as painting, cooking, or even a dance class. Engaging in a shared learning experience allows you to support and encourage each other while exploring new skills. As you navigate the learning process together, you can exchange insights, share challenges, and celebrate each other's progress. The Seven of Pentacles' meaning, which represents reaping the rewards of hard work and investment, resonates here as you invest time and effort into building a connection that may yield great rewards in the future.

Take a Day Trip or Explore a New Neighbourhood

Exploring new places together is not only exciting but also offers a chance to create lasting memories. Plan a day trip to a nearby town, visit a museum, or simply explore a new neighbourhood in your city. As you wander through unfamiliar surroundings, you can engage in conversations about your observations, interests, and favourite aspects of the place you're exploring. The shared adventure of discovering new places allows you to see each other in different contexts, fostering a deeper connection. The Seven of Pentacles' meaning, with its emphasis on

growth and evaluating progress, can remind you to appreciate the gradual development of your new connection.

Share a Meal or Cook Together

Food has a remarkable way of bringing people together. Invite your new acquaintance for a meal at a restaurant with a cuisine you both enjoy or cook a meal together at home. Sharing a meal allows you to bond over the experience of tasting new flavours, discussing culinary preferences, and sharing stories related to food. If you choose to cook together, you can collaborate in the kitchen, exchanging recipes, and learning about each other's cultural influences on cuisine. This shared experience fosters a sense of comfort and intimacy, facilitating deeper conversations and understanding.

Engage in a Team Activity

Participating in a team-based activity is a fantastic way to build camaraderie and get to know someone new. Join a sports league, volunteer for a community project, or organize a friendly game night with mutual friends. Engaging in a team activity encourages collaboration, communication, and shared experiences. As you work together towards a common goal, you'll have the opportunity to observe each other's strengths, weaknesses, and problem-solving abilities. This knowledge will contribute to a deeper understanding of each other, fostering a stronger connection.

Insights and Takeaways

Getting to know someone new is an adventure filled with possibilities. By incorporating these five fun activities into your interactions, you can create meaningful experiences, open up avenues for deeper conversations, and foster a genuine connection. Remember to embrace the Seven of Pentacles' meaning, which highlights the importance of patience, growth, and evaluating progress. Through shared interests, learning experiences, exploration, and collaboration, you'll pave the way for a blossoming connection with someone new. So, step out of your comfort zone, embark on these enjoyable activities, and watch as your relationship flourishes.

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Sneaky supermarket tricks to watch out for as the cost-of-living soars

HOW SUPERMARKETS ARE MAKING CONSUMERS SPEND MORE MONEY WITHOUT THEM REALISING IT.

Ever walk into the supermarket to buy milk – and come out with a trolley full of stuff you didn't even know you needed? Welcome to supermarket consumer behaviour, where supermarkets implement strategies to get consumers to buy more items unknowingly. Australia is currently experiencing one of the worst costs of living crises recorded according to recent data from the Australia Bureau of Statistics. With high inflation rates and stagnant wages, there is no doubt that working Australians are “very price conscious”, says Professor Nitika Garg, School of Marketing at UNSW Business School.

The rising inflation and increasing costs are impacting everyone in the supply chain, from manufacturers to retailers, and are then being passed on to consumers. Consequently, prices are a lot higher than they were a few months ago. How can consumers cope with these escalating costs and price hikes in the current economic climate?

Supermarket consumer ploys to steer clear of

According to Prof. Garg, there are some key tactics to watch out for when supermarket

shopping. She says that these tricks are all based on consumer psychology, designed to trigger reminders or impulse purchases for the consumer.

Locked-in deals: These are commonly identified by bright red labels on items and typically present a capped price until a specified date. Consumers may be misled into believing that purchasing the item before the deadline offers greater cost-effectiveness due to the deal. However, the price of the locked-in deals is often the same as the original price of the item.

Store layout: Supermarkets design the layout of the store to purposely put staple foods such as milk and bread far away from each other – and usually at the back of the store. This tactic is designed to make a consumer walk through the store and spend more time.

Music: Have you ever wondered why supermarkets typically play more relaxed, slow-paced music instead of fast and upbeat tunes? It's not a coincidence. Supermarkets strategically choose calming music to create a relaxed atmosphere and encourage customers to stay longer, enhancing their shopping experience and getting them to buy more.

Store deals: the 'buy two, get one free' deals and similar schemes may initially appear as an excellent opportunity and a cost-effective method of saving money if it's an item you buy regularly. However, if it's an item that has a short expiry date, is it realistic that a consumer will consume all three items before the expiry date? Furthermore, certain supermarkets show, for example, 'buy two for \$10.00', making it appear as a deal and misleading the consumer by implying that you are saving on cost. However, upon closer inspection, you might find that the price of one item is just its regular price, that is, half of the price of two.

Prof. Garg explains that the obvious answer to why supermarkets use these tactics is that “their purpose is to sell more, that's their job, they are storing lots of goods. They want you to buy more than what you have on your list.”

The current environment:

multi-store shopping and loss leaders Prof. Garg says the current environment with the high cost of living is causing consumers to be more price-conscious. “With the cost-of-living crisis soaring, it would be in the interest of consumers to shop at different stores to get

the best deals, if they have the time,” she says.

“You could go to one shop to get your meat and then another to get your veggies because you as a consumer have taken the time to research and know where the best and cheapest products are.” However, most consumers won't have time to complete multi-store shopping.

“It's all dictated by the basic idea that consumers find processing information at the store or beforehand costly, and this is where supermarket tactics come into play,” Prof. Garg says. “How many of us will research which product is the best price and do comparison shopping and so on?”

Another supermarket tactic is the 'loss leader' concept – where supermarkets will lure you into their shop with an attractive deal and bet on you doing the rest of the shop there. “What all supermarkets are guilty of is advertising some products which are desirable to the consumer and where they are competitive, and most supermarkets won't make any profit on the item – these are known as loss leaders,” Prof. Garg says.

“Usually, supermarkets will place loss leaders at the front of the store to allow consumers to see from a distance because they know that once you come in, you are likely to buy everything from them or at least, a lot more from them than planned. “If you're going in and you're saying oh, they're selling bananas at \$1.99 per kg and Coles is selling it at \$4.00 per kg, suddenly that's a great deal. But the thing is, how many of us are going to get the bananas from one store and then get the other things from Coles?”

“In summary, it's best to be aware of the consumer psychology that supermarkets use to market their products. If consumers are more aware of these tactics, they can be more mindful of where they want to rely on them and where they want to be wary of such tactics. It's also important to note that this is not just relevant to in-store supermarket shopping. Online shoppers should be wary of similar tactics too,” says Prof. Garg.

5 COOL PARTY FAVOURS to Give Your Destination Wedding Guest

One of the best ways to celebrate your big day with your loved ones is with a destination wedding in a stunning setting. Showing your gratitude to your guests for making an effort to attend your celebration will help to make the occasion even more special. Giving your guests fun, distinctive party souvenirs they can treasure long after the wedding is one way to show appreciation.

2. Thoughtful Essentials for Wanderlust Souls

A personalized little travel kit is a thoughtful and useful present to give to guests who have travelled a significant distance to attend a destination wedding that you are hosting. These kits can contain travel-sized toiletries, a miniature first-aid box, and a personalized note with travel information and recommendations for the location of the wedding. You can ensure that your guests have all they require to have a pleasant

souvenirs but also ensure that your guests' beverages are kept chilled for the duration of the celebration. Your visitors will love this one-of-a-kind and useful present that they can use repeatedly, regardless of whether they enjoy a crisp beer or a reviving cocktail.

4. Culinary Delights from the Heart of Your Wedding Destination

Every region has its signature flavours and culinary delicacies that set it apart. It is a wonderful way to indulge

logo of the couple getting married. During their stay, your guests will be able to use these totes to transport their luggage, and after the event, they will be able to utilize them as souvenirs of the beautiful time they spent celebrating your marriage. By selecting favours that are kind to the environment, you are helping to preserve the natural splendour of the location and encouraging your guests to make more environmentally conscious choices in their life.



1. Exquisite Mementos

When planning a destination wedding, particularly one that will take place on the beach, it can be a nice touch to incorporate some of the local flora and fauna into the favours that guests take home with them. Handcrafted gifts with a beach theme, like necklaces made of delicate seashells or bracelets with brilliant hues found along the coast, make for gorgeous and unique presents. Not only these wearable mementos remind your guests of the lovely wedding they attended, but they will also recall memories of the sun, sand, and surf that contributed to the one-of-a-kind nature of the occasion.

stay at your establishment and to be able to take advantage of the opportunities presented by their surroundings by supplying them with the necessities listed above. It's a nice way to convey that you've considered what they could require during their stay at your place.

3. Keeping Memories Cool with Personalized Touch

Your guests will have a great time during your destination wedding, and you can give them cool party favours like personalized Stubbie coolers so that they remember this memorable event. These insulated drink holders can be personalized with the names of the bride and groom, the date of the wedding, and a design that corresponds to the theme of the wedding. Stubbie coolers that are personalized not only make excellent

your guests' taste to give them a taste of the region where your wedding will be held by showcasing the regional cuisine in the form of party favours. Consider the possibility of packaging bite-sized jars of honey produced locally, artisanal chocolates, or little bottles of the region's most well-known alcohol. These edible gifts offer your guests a delectable taste of the regional cuisine and establish a sensual connection between your wedding location and the guests in attendance.

5. Practical and Earth-Conscious Souvenirs

Eco-friendly tote bags make wonderful party favours that are useful and considerate of the earth. Pick tote bags that are crafted from eco-friendly materials and decorated with a one-of-a-kind pattern or the

It's critical to choose party favours for a destination wedding that capture the uniqueness of the celebration and leave an impression on your guests. You can ensure your visitors feel valued and cherished by providing handcrafted beach-themed jewellery, personalized mini travel kits, customized Stubbie coolers, locally inspired delicacies, and eco-friendly tote bags. These amazing party favours serve as tangible mementos of the priceless moments made during your destination wedding and add a dash of originality and thoughtfulness to your wedding celebration.



INGREDIENTS

- 4 Lamb shanks
- 1/4 Tbsp olive oil
- 1/4 Cup plain flour
- 2 Tbsp Chinese 5 spice powder
- 2 Tbsp vegetable oil
- 4 Cm piece fresh ginger
- 2 Garlic cloves
- 2 Green onions
- 1 Large carrot
- 1 Small, dried chilli
- 2-Star anise

2 Tbsp light soy sauce

1 L salt-reduced beef stock

Rice,
Chilli,
Green onions and
Coriander.

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

METHOD

1. Pat lamb dry with a paper towel. Place flour and Chinese 5 spice in a large snap lock bag, add lamb and toss to coat.

2. Heat half the oil in a large casserole dish over medium-high heat and cook shanks, in 2 batches, if necessary, for 6-8 minutes or until browned all over. Remove shanks from pan and set aside.

3. Add the remaining oil to the same casserole dish, heat over medium-low heat and add ginger and garlic. Cook

for 1 minute. Add onions and carrots and cook for a further 2-3 minutes. Add chilli (if using), star anise, soy and beef stock.

4. Return the shanks to the pan and bring to a boil, adding water, if necessary, to completely cover the shanks.

5. Reduce heat to a low simmer, cover and cook for 2 1/2 -3 hours or until lamb is tender and falling off the bone.

6. Serve shanks with braising liquid and vegetables, Asian greens, rice, chilli, green onions and coriander.

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The Bribie Island Gem and Fossicking Club operates from premises in the Bribie Island Community Arts Centre complex and is a not-for-profit organisation where members enjoy practising the various skills associated with the lapidary craft and these include casting, silversmithing, enamelling, faceting and even wax casting. After spending some time with them, you can see that being in the club offers members a lot more than just the opportunity to cut stones and make jewellery. The friendship and support that is clearly evident within the club, play an important role in the member's lives, they are more than a club, they are a family of sorts. The members we met while on our visit, were warm and friendly and very happy to show how the equipment and tools worked and the products they make and happily answered any of our questions. At the moment,

they are a busy hub getting ready for their Gemfest which will be held on the 2nd weekend in September, Sat 8 am to 4 pm and Sun 8 am to 2 pm. The festival will offer visitors a chance to check out the displays and also pick up a few early Christmas presents. There will be raffles, live demonstrations, free children's fossicking tables and refreshments and food throughout the day. From when the club was founded in November 1998, it has grown to be one of the best-equipped Gem and Fossicking clubs in Australia and after spending time there recently and seeing the range of devices that are available to members, I can see why. If anyone would like to find out more about becoming a member of the Gem and Fossicking Club, they can pay a visit to the premises during opening hours which are from 8 am to 1 pm on Monday, Tuesday, Wednesday and Saturday or email Secretary@bribiegemclub.com.au



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FB: The Bribie Island Gem Club

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 Tintooke 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.

"The Bribie Bowls Euchre Club

meets at the club each Monday at 12 Noon. Fun afternoon.

Contact Lorraine on 0414802733."

Bribie Gleemen Colour Your World! Quiz Time!

What have these song titles got in common?
Lily The Pink, Blue Skies, Black Velvet Band, Yellow Submarine, Red Sails In The Sunset.

Got it yet? What about....Greensleeves, Purple People Eater, Blueberry Hill, Yellow Bird, Jeannie With The Light Brown Hair, The Redback On The Toilet Seat.

Yes! Songs all featuring Colours! You clever things! The Bribie Gleemen along with the newly formed U3A choir, The Sundown Singers and featuring special guests, The Wondering Minstrels will present a Gala Concert "COLOUR YOUR WORLD" on Saturday 12th August in the Recreation Hall, First Ave, Bongaree at 1.30pm'

DO NOT MISS THIS ONE. Tickets just \$20 including light refreshments.

Now you can easily book online through "trybooking.com" It is such an easy to follow process! Or phone 0408 404 180. Or grab your tickets from one of the Gleemen or Sundown Singers! The Bribie Gleemen are well known in the Bribie environs and have performed publicly hundreds of times for various local charities. But this is the debut of The Sundown Singers, also under the baton of Musical Director, Trevor Vincent, that is also creating some excitement! The U3A choir will perform too, ensuring a full complement onstage!

Bribie Gleemen
with the
U3A Sundown Singers
& **The Wondering Minstrels**
present

Colour Your World!

A cheery collection of favourite songs with many musical hues and shades, including fine show tunes, pop ditties from many decades, folk songs, old ballads, G & S, and (at times) some C & W.

1.30pm Sat. 12th August
Recreation Hall, First Ave, Bongaree



Concert Tickets \$20
(Includes light refreshments)

Some tickets at the door. Buy advance tickets from the Gleemen or online direct at

trybooking.com

For phone bookings & further information:-

☎ 0408 404 180

E-mail: **bribiegleemen2@gmail.com**

A Production of the Bribie Gleemen & Titanic Musical Company Inc
With generous support from Moreton Bay Regional Council

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THE FUTURE ISNT WHAT IT USED TO BE

For much of the last century, attitudes towards some minority groups led to anti-social behaviour, so whatever your background you may have grown up with some prejudice. Any Australian who can trace a slight link to a Convict ancestor is keen to let it be known, but that has not always been the case. Some who previously concealed aspects of their heritage now warmly embrace it. Modern technology enables people to identify tenuous links to distant ancestors through DNA which creates an interesting reversal of prejudice and pride.



Barry Clark
Bribie Island Historical Society

BRIBIE ISLAND RICH HISTORY.

The area that is now Bribie Island can be traced back to when the whole of Moreton Bay was dry land, and the sea and coastline were east of what is now Moreton Island. Bribie and the other islands of Moreton Bay were progressively formed as the sea level rose over 140 meters over a ten-thousand-year period.

The coastline has been this way for about 1000 years after the sea level reached its highest point and receded slightly. Bribie has been an island for only a few hundred years and is home to a variety of edible food from swamps and waterways.

The Joondoburrie people of Bribie Island enjoyed a rich seasonal diet of plants, seafood and animals including kangaroo, possum, goanna, snakes, and birds as well as oysters, prawns, crabs, and fish

throughout the year. It was indeed a land of plenty that supported several hundred people in seasonal camps around the island and along the Passage.

NEW ARRIVALS

Matthew Flinders was the first explorer to visit Bribie Island and Moreton Bay in 1799 with his Sydney aboriginal friend Bongaree and crew aboard the Sloop Norfolk.

Twenty-five years after that first visit the Moreton Bay penal colony and Brisbane were established, and in less than 100 years very few of the native people remained.

In 1877 an Aboriginal reserve was established at White Patch on Bribie Island, but it closed after a couple of years when funding ended. A few years later in 1891, a School was established at Mission Point, but it also only operated for a short time before being relocated to Stradbroke Island

In 1891 Archibald Meston as Government Protector of Aborigines visited Bribie Island and reported that there were very few remaining, and specifically mentioned a lady named Kal-Ma-Kuta as the last of the Joondoburrie.



Bribie Island Mission Point School prior to being moved to Myora 1892

LAST JOONDOOBURRIE.

The life of Kal-Ma-Kuta reminds us of the standards and values from that time not very long ago. She had married a white man, Fred Turner, and they lived and raised their family at Turners Camp on Ningi Creek for 23 years. Two of their children were at Mission Point School up the Passage and when it was closed all the children were relocated to Myora on Stradbroke Island.

Fred Turner had come from England with his family to Australia aged 8 and later met

and married Kal-Ma-Kuta who became known as Alma Turner Before Christmas 1894 Fred and Alma wrote to the Colonial Secretary asking if their two children, who had been moved to Stradbroke Island when the Mission School closed, could come home for a few days over Christmas.

The request was refused!!

During their 23 years living at Turners Camp on Ningi Creek, they had the job of maintaining the shipping navigation Pilot Light on Toorbul Point, where Sandstone Point Hotel now stands. Every evening they would walk around the point with a bottle of Kerosene and fill the navigation light. In the morning they would walk back and put it out. They did this for over 20 years providing safe passage for the many ships travelling up and down Pumicestone Passage at that time.

Prior to the record rainfall and floods of 1893, Pumicestone Passage was a major waterway for large ships servicing the Campbellville timber mill on Coochin Creek and transporting Oysters to market from the passage.

KAL-MA-KUTA MEMORIAL

Over the years Fred and Alma had 8 children and all of them, plus some grandchildren and great-grandchildren were taken away from their mothers "for their own good". When Alma Turner (Kal-Ma-Kuta) died around 1897 her burial site was marked with a traditional Fig Tree, which later became the resting place for three other descendants, including the ashes of her daughter Florence who died in 1961.

Florence was one of the children at Mission Point School who was refused permission to go home at Christmas 1894. Her mother died just three years later in 1897.

Sixty-five years passed before Kal-Ma-Kuta's life and work with Fred was recognised with an appropriate memorial. In 1962 the Caboolture Historical Society erected a memorial cairn to mark the burial site.

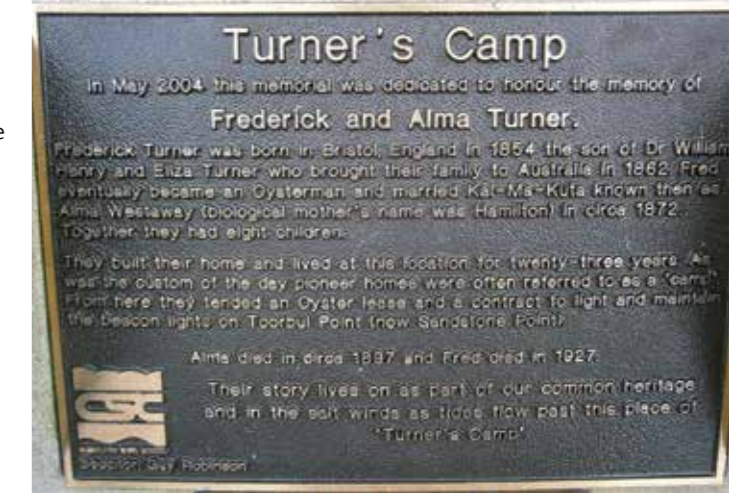


Toorbul Point and Turner's Camp land was owned by the James Clark family and was used as a military training camp during World War 2. The Clark family offered land for her memorial to be erected in 1962 when the Bribie Island Road and Bridge were being constructed. To accommodate the memorial cairn the road was constructed as a dual carriageway at that point so the cairn and fig tree were safely located in the central road reserve prior to the opening of the new Bribie Bridge in 1963. The memorial



cairn remains in the bushland between the two roads largely unnoticed to this day.

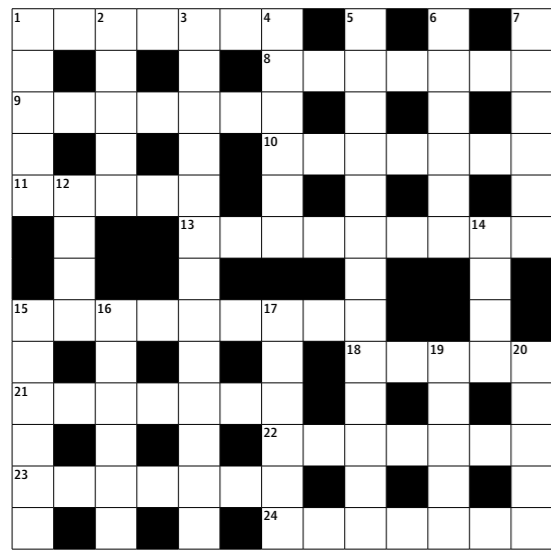
In 2004 Turner's family descendant asked the then Caboolture Shire Council to erect a monument at the Turners Camp site and a stone carving was commissioned which portrayed an old Navigation Light encrusted with Oysters. However, the plaque gave no indication that Alma Turner was the last of the Bribie aboriginal people. Such was the dilemma of publicly recognising her heritage just 19 years ago. An additional plaque was later added to correct that omission and the Turners Camp memorial with its two plaques can be seen on Turners Camp Road turning left off the Bribie Island Road before the Kal-Ma-Kuta memorial in the central road reserve.



MORE BRIBIE HISTORY

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

Crosswords - QUICK & CRYPTIC



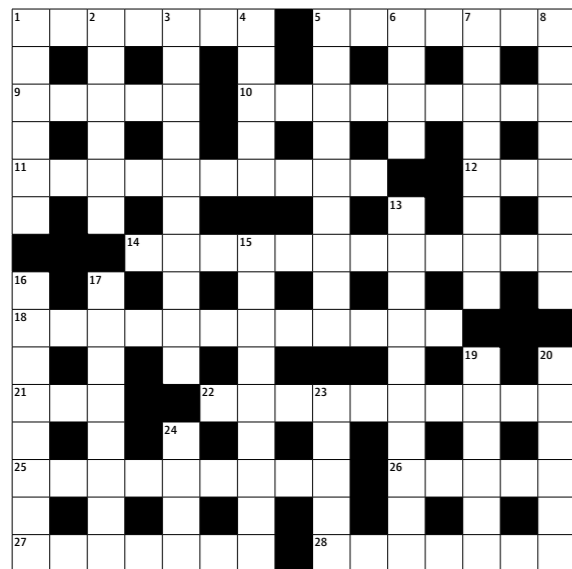
Across

- 1 Hard core of an ear of maize (7)
- 8 Spite (7)
- 9 Island — Marconi (anag) (7)
- 10 Warlike (7)
- 11 Kind of leather (5)
- 13 Stationery weapon? (6,3)
- 15 US state between Lakes Michigan and Superior (9)
- 18 Game involving bulls and doubles (5)
- 21 Please (7)
- 22 Piece of candy — honey! (7)
- 23 Medicinal tablet (7)
- 24 Bunch of hair, feathers or grass (7)

Down

- 1 Free tickets (abbr) (5)
- 2 Wash(ing) gently without soap (5)
- 3 Pen pal? (13)
- 4 Hindu god of creation (6)
- 5 Temporary inability to see, caused by sunlight reflected from a frozen surface (4,9)
- 6 The noble art? (6)
- 7 Poor mischievous urban child (6)
- 12 Large juicy fruit, hybrid between a tangerine and a grapefruit (4)
- 14 One whole thing (4)
- 15 Like a worm? (6)
- 16 Stylish (informal) (6)
- 17 Dying of the light? (6)
- 19 Relation between amounts (5)
- 20 Meat served rare, medium or well done? (5)

CRYPTIC



Across

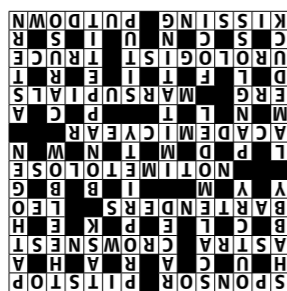
- 1 Support poles placed inside track (7)
- 5 Surface of mine, which allows for quick maintenance (7)
- 9 Broadcast rally includes some Roman stars (5)
- 10 Spooner understands badge is part of mast (5,4)
- 11 Negotiates to win tip for these servers (10)
- 12 Imagine writer dropping names? It's a sign (3)
- 14 Exploding on some toilet — it's a matter of urgency (2,4,2,4)
- 18 In theory, time for a period of study (8,4)
- 21 Work unit essential for creating synergies (3)
- 22 Animals damaging a Paris slum (10)
- 25 You can't go when you see one, perhaps (9)
- 26 Correct setting for college to bring peace (5)
- 27 It's touching when leader becomes married in absentia (7)
- 28 Record destroyed? That's an insult (3,4)

Down

- 1 Neglected super group almost forced into retiring (6)
- 2 Published call for protest (6)
- 3 Engineer made cellos and a smaller version (5,5)
- 4 Charged Conservative with expensive cover up (5)
- 5 Good form of one paid to imbue king with devotion (9)
- 6 Express disapproval about a chore (4)
- 7 This joint let's you go, if you get it? (3,5)
- 8 Access old information to discover source of disease (8)
- 13 Enjoy consuming strange Tibetan pop (3,7)
- 15 One in congress bottling it but making an impression (9)
- 16 Surprisingly, UK calmed by this ineffectual person (4,4)
- 17 Doctor who thought suffering and bereavement were for the best (8)
- 19 He sang about game like this (6)
- 20 It's behind the evacuation of Amiens, Toulouse and Rouen (6)
- 23 Exercise allows one to delay retiring (3,2)
- 24 Some points of interest raised in civic offices (4)

SOLUTIONS

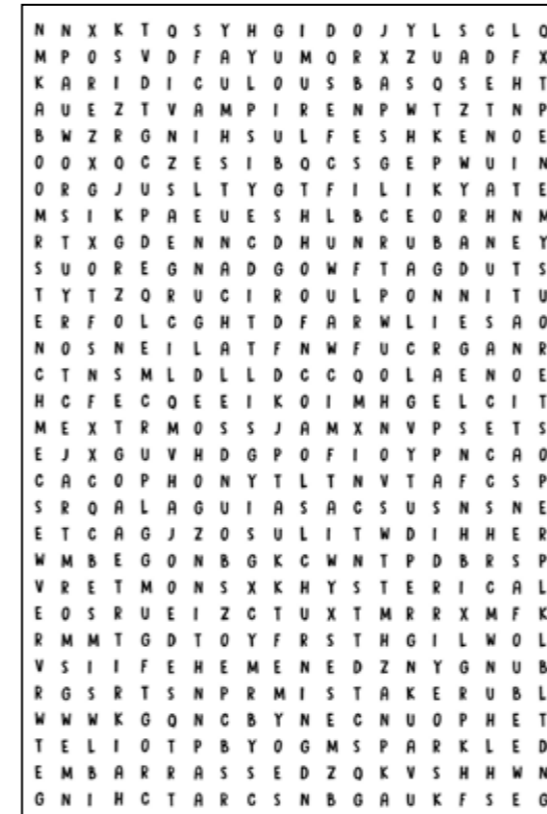
CRYPTIC SOLUTION 197



QUICK SOLUTION 197



KidsPage



- | | | |
|--------------|--------------|------------|
| ALIENS | GRIME | RULES |
| AWKWARD | HAUNTED | SCRATCHING |
| ATTENTION | HIGHLIGHTS | SCREAM |
| BURST | HYSTERICAL | SENSATION |
| CACOPHONY | INTRIGUED | SHOCK |
| CEMETERY | KABOOM | SPARKLE |
| CHURNING | KERFUFFLE | SPLATTER |
| COMMOTION | LOWLIGHTS | STENCH |
| DANGEROUS | LEGENDARY | SUSPECTS |
| DETENTION | MELTDOWN | TOILET |
| DISAPPEARING | MISTAKE | TOXIC |
| DISGUSTING | NERVOUS | TRAJECTORY |
| EMBARRASSED | NUISANCE | TROUBLE |
| EMERGENCY | OUTLANDISH | VAMPIRE |
| ENEMY | POUNCE | VOMIT |
| EPIC | PREPOSTEROUS | WORST |
| FLUSHING | RIDICULOUS | |

Easy Peanut Butter Freezer Fudge



Ingredients

- 380g smooth peanut butter
- 100g melted coconut oil or butter
- 1/2 cup maple syrup
- 1 tsp vanilla (optional)
- 2 tablespoon Cocoa

Instructions

1. Use either a cake mixer, bowl and electric beater or bowl and hand whisk (I prefer the cake mixer option, but all options are doable)
 2. Add the peanut butter, maple syrup, vanilla, and butter to the remaining peanut butter mix and beat until well combined.
 3. Line a 20cm square cake tin with baking paper
 4. Pour half of the peanut butter mix evenly into the base of the cake tin, and pop it into the freezer to chill for a few minutes.
 5. Add the cocoa powder to the remaining peanut butter mix and beat until well combined.
 6. Pour the chocolate peanut butter mix on top of the chilled peanut butter fudge.
 7. Freeze for 1-2 hr before slicing and serving.
 8. Store in the freezer in an airtight container in the freezer for up to 90 days, although it doesn't usually last this long!
- Melted coconut oil can be substituted for butter if dairy free or vegan is required.
Cashew or Almond butter can be substituted if peanut-free or paleo is needed.

Spot 10 Differences in 25 Seconds



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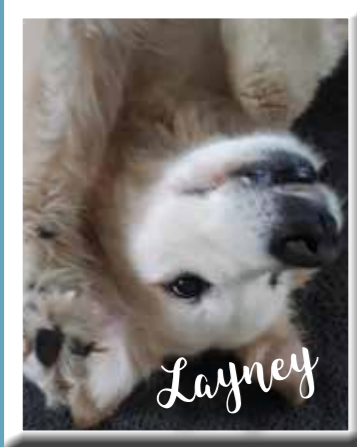
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10AM - 2PM



Layne



Pepper



Jess and Rebel with Dad



Pigger



Puddy



Chance

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WE ♥ PETS

5 Things to Know Before Getting a Chihuahua

Are you thinking of getting a little Chihuahua to add to your family? These little guys are great to bring home and they are almost entirely harmless. They can get along well with your family and friends as well as other pets! We have compiled a list of reasons to help you consider adding one of these furry little buddies to your family. Here you'll learn about chihuahuas and how to incorporate them properly into your life.

SIZE AND EXERCISE NEEDS

The chihuahua is known as a small dog, they usually weigh around 2-6 pounds. Because they're small, they are good for living in apartments, but just because they're small, you shouldn't ignore the fact that they do have exercise needs. So, chihuahuas do require regular exercise to maintain a healthy life. So, giving it daily walks, playing with it, and not overfeeding it will all help it live a better life. So, remember that these guys can still gain weight and easily run into unhealthy weights.

TEMPERAMENT AND SOCIALIZATION

Chihuahuas have a lot of emotions. They can sometimes be feisty, loyal or even protective. Chihuahuas can also be affectionate. If they are not given enough social interaction, they can become more aggressive over time. Socializing and giving attention to the chihuahua will help it develop properly. So, be sure to take your dog out, and let it interact with new people or even other new pets - this will help it develop better as well. Also, they respond

well to positive reinforcements and rewards.

HEALTH CONSIDERATIONS

They have health conditions that you'll want to be aware of. They can have dental issues, like tooth decay or gum disease, so you'll want to ensure you take care of their teeth. But they can also get dislocated kneecap, low blood sugar, and even heart problems. So, always be sure to give them frequent veterinary check-ups and help them maintain a healthy diet to prevent potential health issues. Finally, you may want to get a coat for them since they're sensitive to colder weather.

Longevity and Commitment

They can live for around 12-20 years. So, before getting one, be sure to consider the long-term prospects of having a chihuahua with you for years to come. Yes, they'll want care and attention to sustain a happy life. Be sure to be around them since they prefer human interaction. Always try to find spare time in your day to devote to your little lovable furry buddy.

TRAINING AND LEADERSHIP

Finally, they may be small but they're also smart. With good training, you can yield more potential from your chihuahua. Give yourself the leadership position with your chihuahua, with proper training, positive reinforcement, and bonding. You'll want to get into teaching it crate training, and potty training, as well as other commands, are essential so they can integrate better.

So, by learning and applying the fundamentals we've shared such as their exercise requirements, health concerns, and training needs, you'll give your chihuahua a great home!



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TO PUNISH OR NOT TO PUNISH - Stress & Anxiety Part One

Before we continue talking about Separation Anxiety I thought it was best to understand what is anxiety or stressful behaviour in dogs. It works the same way in the body of a human as in a dog. So, it is important to understand that it is not naughty or bad dog behaviour. We would never say a person that is suffering from anxiety or depression is acting in a naughty way. Stress is important and a part of every living thing. It is needed to help us survive and to function properly. If a dog has too much stress, then it cannot cope and can cause behavioural, health and learning problems. A dog that is highly stressed has high levels of adrenalin and cortisol. These are chemicals in the brain. The

good chemicals are serotonin and the endorphins. Common behaviours in a stress dog are barking/whining, destructive chewing, and inappropriate toileting, panting or acting aggressively. Other signs that a dog is stressed are the body shake, lip licking and yawning. They look and feel tense. They may lean or look away from you. Their eyes are hard, ears back and their mouth is tightly closed. They may also have gastro issues such as nausea, vomiting, constipation and diarrhoea. Some dogs can lose hair or have dandruff.

In the next article I'll write how you can help your dog.

Happy Training
Yvonne

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

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In 2022, a committed group of volunteers established the Moreton Bay Wildlife Hospital Foundation to find a way to support injured and orphaned local wildlife. The Foundation is a registered not-for-profit community organisation with a mission to provide the region with its first dedicated wildlife hospital to treat, care, rehabilitate and release native fauna back to their home in the wild.

Wildlife is an invaluable part of the Moreton Bay Region. Representing an area of 2,042 km², the region features a rich diversity of landscapes including coastal wetlands, bushland, sub-tropical rainforest, and beaches. It is also home to 805 different animal species, with 55 regarded as endangered, vulnerable or near threatened. Some of the wildlife that share our neighbourhoods include koalas, kangaroos, platypus, powerful owls, microbats, and pelicans. With a growing population and expanding urban areas, the wild places these animals call home are shrinking.

True to Moreton Bay's mantra of "Going Green as we Grow", Council has allocated a \$3 million parcel of land in Dakabin for the construction of a wildlife hospital in Moreton Bay to provide critical care for native animals and guard against the impacts of human population growth. Dakabin means grass tree or grassroots in the Yugarabul language. Moreton Bay Wildlife Hospital Foundation has already secured \$1.5 million for the facility's construction, and they've completed a business case for the much-needed facility which

has been submitted to the State Government. Currently, there's no dedicated wildlife hospital between the RSPCA facility at Wacol and Australia Zoo at Beerwah, meaning wildlife can travel up to two hours to receive emergency care. Mayor Peter Flannery said the worst thing about this sad fact is that Moreton Bay is the top source of admissions of injured koalas to both RSPCA Wacol and Australia Zoo.

"Council is as serious about providing housing and infrastructure to accommodate a booming human population, as we are about the need to support our wildlife and wildlife carers," Mayor Flannery said.

"We all have an obligation to protect native animals, and this shows we're serious about our role as caretakers for this beautiful part of the world.

"So, I think the state's koala habitat mapping is a good start, but what's the point of protecting eucalyptus trees if the state government isn't also providing ongoing funding to support wildlife rescuers and carers to give these animals a fighting chance at survival when they're injured or sick?

"This is one of those times politicians need to ditch the rhetoric and take some action, don't talk to us about the importance of biodiversity and Queensland's wonderful natural assets, without putting some money into protecting Moreton Bay's natural assets so our kids' kids can enjoy them the way we did.

"Incredibly, thanks to the hard work of the Moreton Bay Wildlife Hospital Foundation, we're

actually seeing the community sector showing the leadership that the State and Federal Governments lack when it comes to funding. They've already secured \$1.5 million in private funding. "This facility will need serious investment from the State and Federal Governments, and as a first step, we need the State Government to include this facility in SEQ's Wildlife Hospital Network and provide at least \$1 million per annum in operational funding. That's the same as the State currently provides to other facilities.

"Building a wildlife hospital here in Moreton Bay will increase survival rates for native fauna by reducing travel times for injured animals, it would also take pressure off carers and rescuers who are already stretched by rising fuel and animal food costs. "This all has a significant personal impact on rescuers and carers and their mental health."

A board representative from the Moreton Bay Wildlife Hospital, Christine West, said the wildlife hospital is an important step towards providing essential care and rehabilitation for injured wildlife in the region.

"Last year our group of dedicated volunteers established the 'Moreton Bay Wildlife Hospital Foundation' as a community-driven initiative, to raise the required funds," she said. "Council providing the land for a wildlife hospital gives us the certainty we need to make this

dream a reality, as we continue fundraising to build this critical facility in Moreton Bay.

"There are over 60 rare or threatened species living in this area, including endangered koalas, and these funds will ensure that Moreton Bay's fauna gets the care they deserve. "We remain committed to expanding our efforts and working together with all levels of government to ensure a brighter future for our wildlife.

Moreton Bay Wildlife Hospital



BY: Marj Webber

BLACK-FACED CUCKOO-SHRIKE - *Coracina novaehollandiae*

Black-faced Cuckoo-shrikes are common to Bribie Island and are likely to be seen almost anywhere there are trees, in parks and gardens and often perched on overhead electricity wires and clotheslines.

They are grey, medium-sized birds measuring 30-36 cm in length and weighing 90-145g. Their most recognisable feature is their black face mask which extends down to the breast. Underparts are white and wingtip feathers are black, edged with white. Mostly they are solitary, in pairs or small family groups. After breeding large flocks of migratory birds are often formed. Juveniles resemble their parents, except instead of the black face mask, they have a black stripe extending beyond the eye. These youngsters are sometimes confused with the smaller, White-bellied Cuckoo-shrike which also has a black eye stripe, but it does not extend past the eye. Male and female birds are alike.

Anywhere in Australia where there are trees, except for rainforests, is where they are likely to turn up. Some are migratory and some are sedentary. Many, but not all, migrate across Bass Strait from Tasmania to the mainland in winter. Some mainland birds migrate to PNG

and Indonesia. They are also found on Lord Howe Island and other Pacific Islands.

Insects, native fruits and introduced fruits are their main source of food. They are particularly fond of strawberries. Insects are collected by dropping to the ground from exposed branches or catching them on the wing. They also forage for food amongst the foliage of high trees.

Breeding takes place mostly between August to January, but they can breed at any time of the year. In arid regions, they wait for conditions to be suitable before building a nest. Nests are small and saucer-shaped, built of bark and grass and woven with cobwebs. They are usually built in a fork on a horizontal branch. In coastal regions, nests are usually high in the trees, but in arid areas where the trees are small, nests may be only a few metres from the ground. Both male and female build the nests and incubate the 2-3 green-brown, blotched eggs. The small nests are hard to see from the ground except when the chicks start growing and must cling to the sides of the nests. Their living quarters sometimes become so crowded that some of the nestlings occasionally fall out. Babies leave the nests after about 3 weeks. Parents

may stay together and breed in the same area for several years.

There are 5 species of Cuckoo-shrikes in Australia. Cuckoo shrikes are neither Cuckoos nor Shrikes. They have been so named, as their feathers are similar to those of the Cuckoo and their bills are like the Shrike's bills.

Other common names for Cuckoo-shrikes are Blue Jays and Shufflewings. They are called Shufflewings because of their curious habit of shuffling their wings when landing and courting. I don't know how they came by the name Blue Jay as there are no Jays in Australia. Their scientific name *Coracinos* is from the Greek, meaning Raven-like and *novaehollandiae* which means New Holland, the first name for Australia.

There is a painting of a Black-faced Cuckoo-shrike in the Natural History Museum in London. This was painted by William Ellis during the third voyage by Captain Cook to the Pacific Islands in 1776-1780. It was during this voyage that Captain Cook was killed.

Black-faced Cuckoo-shrikes are common birds with a conservation status of "least concern".

BOWLS RESULTS

BRIBIE BOWLS CLUB

Self Select pairs Fri 14 July am

Winners: D Cherry, H Anderson

Runners up: B Snare, G Skoien

Lucky draw: M Callinan,

J Olson

Lucky draw: P Mann, P Neumann

Self Select pairs Fri 14 July (pm)

Winners: J Falvey, T Turnbull,

J Howarth

Runners up: M Durham,

G Teakel, I Cooper

Lucky draw: N Holzberger,

F Grimsey, B Hoffman

Lucky draw: K Thornton,

C Chidley, B Meek

Lucky draw: R Brinton,

L Deakins

Random Select Fours Sat 15 July

Highest margin: C Stroud,

W Follett, T Phillips, M Wright

Lowest margin: M Roberts,

S Telfer, C Kelly, W Gilbert

Out of hat winner:

R McDermott, G Mulpeter,

P Neumann, L Gilmore

Out of hat winner: R Follett,

W Langford, K Muller,

K Mulpeter

Self Select Triples Tue 18 July

Winners: I Gillard, G Olsen,

G Riley

Runners up: I Smith, W Kelly, C

Kelly

Lucky draw: F Grimsey, B Castle

Lucky draw: E Bateman,

T Bennett, B Garfield

Lucky draw: J Ferguson,

R Hunter, M Lowe

Lucky draw: A Sturm, J Wallis,

J Lonsdale

Scroungers Wed 19 July

1st: A Sturm

2nd: W Kelly

Self Select triples Wed 19 July

Winners: T Bishop, A Sturm,

C Hayles

Runners up: R Ferguson,

B Priest, J Ferguson

Lucky draw: Macca, T Fisher,

D Wilks

Lucky draw: K Laverty,

Y Ackroyd, P Gray

Lucky draw: M Durham,

I Cooper, M Dagio

Random Select Triples Thu 20 July

Lowest winning margin:

M Gittens, M Drought

Runners up: A Feitcher,

S Brown, G Mellors

Lucky draw: P Mann, B Hamer, W

Hoelscher

Lucky draw: P Gee, S Telfer, G

Gawron

Self Select Triples Fri 21 July

Winners: A Sturm, A Baker,

Macca

Runners up: D McMahon, R

Ferguson, J Hattie

Lucky draw: G Duncan, M

Durham, I Cooper

Lucky draw: W Ebert, T Fischer,

D Wilks

Lucky draw: N Holzberger, I

Ridley, G Hoffman

Random Select Fours Saturday 22

July 2023

Highest margin: S Lonsdale,

T Phillips, W Langford, P

McCarthy/R Gilmore

Lowest margin: T Richardson, C

Kelly, C Halley

Out of hat winner: M Cherry, D

Bishop, D Hudson

Out of hat winner: BJ Adams, L

Mather, E Hooke, L De-Roule

Self Select Triples Results

Tuesday 25 July 2023

Winners: J Lonsdale, T Bishop, A

Sturm

Lucky draw: P Mickan, G

Woollett, S Smart

Runners up: J McClelland, A

Bucker, B Lamb

Lucky draw: R Eaton, F Crockett,

G Shaw

Lucky draw: S Mitchell, B

Tumbull, D Hudson

Scroungers Results Wednesday

26 July 2023

1st: R Eaton

2nd: M Roberts

3rd: S Patching

Self Select Triples Results

Wednesday 26 July 2023

Winners: D Bishop, K Ford, A

Legosz

Runners up: G Riley, R Eaton, F

Crockett

Lucky draw: F Grimsey, K Burton,

J Perry

Lucky draw: Les Mather, C

Wilson, Lyn Mather

Lucky draw: P Patrikeos, S Lobo,

K Piva

Random Select Triples Results

Thursday 27 July 2023

Highest margin: J Prower, J

Wallis, M Cullinan

Runners up: T Dean, Lyn, W

Follett

Lucky draw: C Christenseon, S

Kurtz, W Hoelscher

Lucky draw: P Boyland, T Telfer,

C Kelly

BONGAREE LADIES BOWLS

Friday 21st July

Winners: Jacque Murdoch, Richie Ferguson

R/U: Dee Morrison, Mary Doorley

Tuesday 25th July

Winners: Arne Jensen, Errol Fender

R/U: Bonus Draw Arne Jensen, Errol Fender

Friday 28th July

Winners: Lidija Patching, Gaynor Johnson Judy Hargreaves

R/U: Ian Gillies, Marg McGarry, Julie Sibthorpe

Tuesday 1st August

Winners: Sue Francis, Sandra Scott

R/U: David Hutchinson, John Park

Bonus Draw: Sue Francis and Sandra Scott, Victor Wright and

John Miller

BONGAREE BOWLS CLUB

enjoyed a great day of bowling for the Australia vs New Zealand Challenge sponsored by Wilson & Co Property Professionals, Bribie Island.

There were 72 bowlers including visitors from New Zealand,

Victoria and Bribie Island bowls clubs. Perfect weather, good

music, good food and good company made for a great day of

friendly rivalry on the greens.

The prize winners were presented with their envelopes on behalf

of Wilson & Co and their raffle hampers were gratefully accepted.

The trophy was retained by New Zealand and presented to our

visiting New Zealanders.



Marg McGarry with a winning raffle prize kindly donated by our sponsor for the day - Wilson & Co

Pat Clancy presenting the perpetual trophy to the winning New Zealand team - Geoff Shaw, Lidija Patching, Steve Patching

BRIDGE CLUB

MORETON BRIBIE BRIDGE CLUB:

Sat 22 July:

N/S 1 J Wright & L McLaren 2 R

King & N Everson 3 H Tyler & L

Groves

E/W 1 B Fuller & P Breene 2 M

Hardy & P Tipping 3 F & B Van

Dongen

Wed 26 July

N/S 1 A Jones & D Rubin 2 M

O'Reilly & B King 3 P Edis & M

Arthur

E/W 1 D & G Gibbards 2 B &

K Ranson 3 R Medhurst & A

Tywanek

Sat 29 July

N/S 1 S Watson & R Medhurst

2 D Quinan & F Barkwith 3 P

Tipping & M Hardy

E/W 1 S Burton & D Quinan 2 B

Fuller & P Breene 3 Y Swanson

& C McAlister

Wed 2 Aug

N/S 1 J Easey & J Borowski 2 J

Wright & L McLaren 3 J Hays &

K Cohen

E/W C & S Wagg 2 D Rubin & A

Jones 3 D & G Gibbards

BICBC: Monday 24 July

N/S 1 R Clements-Brown & R

Deacon 2 P Edis & C McAlister 3

M Peterson & D Quinan

E/W 1 H Schwass & L McLaren

2 L Wilson & P Tipping 3 I Best

& B Moxham

Monday 31 July

N/S 1 P Edis & C McAlister 2 A

Jones & D Quinan 3 L Wilson &

J Brazier

E/W 1 J Lawson & A Bronn 2 M

Arthur & J Easey 3 I Best & B

Moxham

SOLANDER LAKE BOWLS CLUB

Moreton Bay District Ladies

Singles Champion of Champions

Champion: Vicki Mitchell

(Solander Lake BC)

R/U: Noela Gray (Bribie Island

BC)

WEEKLY SOCIAL BOWLS

RESULTS - W/E 05/08/2023

Tuesday: Winners Noel Power,

Paul Boldero & Allan Matheson.

R/U Ann Boldero, Val Paul &

Ricci Harris.

Wednesday: Winners Cary

Winton & Ian Carr.

R/U Brian Wrice & Chris Jenkins.

3rd Peter McDonald & Doug

Whitehorn.

Jackpot (\$374) - No winner.

Thursday: Winners Chris

Cummins, Keith Reithmuller &

Digby DeGrono.

R/U Jenni Cummins, Anne Boast

& Ian Boast.

3rd Paul Smart, Dean Wilkinson

& Barry Allen.

Jackpot (\$120) - No winner.

Friday: Winners Allen Lavender

& Brad Jackson.

R/U Chris Treacy & Bruce Hill.

1st Rnd Sandra Cook & Jerry

Dieben.

2nd Rnd Chris Cummins & Ian

Boast.

Saturday: Winners Mitch

Magnussen, Kev Zipf & Robert

James.

R/U Julie Watson, Jenni

Cummins & Brian Cayley.

WEEKLY SOCIAL BOWLS

RESULTS - W/E 29/07/2023

Tuesday: Winners Kerry Filmer,

Paul Boldero & Merv Adams.

R/U Ces Gleeson, Merv Boike &

Stan Barringhaus.

Wednesday: Winners Brett

Sellars & Glen Merrin.

R/U Pat Samuelson & Deb Hill.

3rd Pater Neilson & Glenn

McCarthy.

Jackpot (\$304) - No winners.

Thursday: Winners Ann Larsen,

Judy Pursehouse & Bruce

Pursehouse.

R/U Geoff Cusbert, Trevor Rolfe

& Ron Boddenberg.

3rd Marg Hopper, Anne Ager &

Stuart Ager.

Jackpot (\$360) - Digby

DeGrono and Ron Boddenberg's

teams.

Friday: Winners Robert Stumbles

& Rob Dickson.

R/U Chris Treacy & Bruce Hill.

1st Rnd Chris Avenell & Paul

Ollier.

2nd Rnd Sandra Cook & Alex

Kinneer.

Saturday: Winners Shirley

Morero, Mike Jones & Brian

Craitem.

R/U Paul Bottger, Tom

McCormick & Allan Matheson.

The final of the Moreton

Bay Ladies District Singles

Champion of Champions was

played between Vicki Mitchell of

Solander Lake and Noela Gray

of Bribie Island Bowls Clubs with

Vicki being named Champion

Of Champions. Just for a bit of

background, there are 18 clubs

in the district, where each club

can send their Singles Champion

to compete against the other

club Champions.

GOLF

Bribie Island Women's Golf 20 July to 1 Aug

20/7/23 - Foursomes

Championships (Sponsor -

Vernazza Ristorante)



Gross Winners: Jo Malone & Desley



Pauline Grooby & Abby Driver

Neilson 127, Runners-Up: Di

Binghamy & Vicki Jones 133

Nett Winners: Pauline Grooby

& Abby Driver 112, Runners-Up

Dianne Hayward & Sandra Power

117.5

25/7/23 - 4BBB Stableford

(Sponsor - Hairdressers with

Hearts)

Overall Winners: Vivi Lloyd &

Jenny Williams 45, 2nd Angela

Jordan & Val Smith 43, 3rd

Maureen McGlone & Sandra Power

42

NTP's: Hole 7 Lyn Ball, Hole 14

Leanne Skeggs, Hole 16 (2nd shot)

Carol Williams

25/7/23 - Committee Cup Final

Pauline Grooby & Myra Dickson

defeated Vivienne Learoyd &

Margaret Parkinson

27/7/23 - Single Stroke

A Grade Winner: Dianne Hayward

75 cb, 2nd Pauline Grooby 75, 3rd

Val Smith 76

B Grade Winner: Gay Burnham

72, 2nd Vivienne Learoyd 73, 3rd

Angela Jordan 74

C Grade Winner: Rae Clarke 68,

2nd Yvonne Nicklin 74, 3rd Jody

Bedson 75

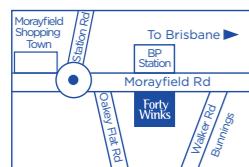
NTP's: Hole 4 Fitzie Jackson, Hole 7

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HOW TO FIND YOUR HOME DECORATING STYLE



Putting your stamp on your living space begins with the interior design of your house. That said, it can be challenging to identify your design style for your house. Because there are so many different design trends and possibilities available, it is essential to determine your tastes to produce a consistent and harmonious space. Discovering a design aesthetic that not only warmly welcomes guests but also caters to their aesthetic sensibilities will be a breeze with the aid of the following pointers, which include things like broadening your horizons in terms of design inspiration and getting to know your habits, preferences, and routines. Let's plunge in!

GATHER INSPIRATION

Begin by collecting ideas from various publications and online resources, including design websites, social media platforms, home decor stores, and magazines. Create a mood board or a digital folder to gather photographs of interiors that strike your eye. This will help you decide what kind of look you want. It's important to pay attention to colours, patterns, textures, and general aesthetics that appeal to you, so keep that in mind. This will assist you in recognizing patterns and themes that have a connection to your preferences.

DEFINE YOUR LIFESTYLE

Think about how you live and how you intend to utilize your house. Consider your lifestyle preferences and whether you prefer a more formal and sophisticated setting or a laid-back and casual environment. It's important to align the design of your space with your daily activities and personal style. For example, if you have an active family, prioritizing durable and functional furniture may be more important than focusing solely on aesthetics. Additionally, think about how you want your space to function and reflect your lifestyle. By taking these factors into account, you can create a home that not only looks beautiful but also suits your practical needs and enhances your daily life.

TAKE NOTE OF YOUR FAVORITE ELEMENTS

Take a tour of your house and pay close attention to the furnishings and decorative features that resonate with you the most. It could be a striking piece of artwork, a particular colour palette that catches your eye, or a unique furniture design that stands out. These elements can serve as a starting point for developing your personal style. By incorporating these preferred aspects into your design choices, you can create a cohesive and personalized aesthetic throughout your home. Let your favourite pieces inspire you and guide your decisions as you curate and decorate your

living spaces.

CONSIDER YOUR PREFERRED COLOUR PALETTE

The disposition and ambience of a room can be significantly influenced by the colours used. Consider colours that make you happy and connect with your unique style when deciding which colours should make up your chosen palette. You can select a colour palette that provides comfort and delight by experimenting with various colour combinations and tones. Remember that your colour pallet isn't limited to only paint colours. It can also include colours for your space's furniture, accessories, and fabrics.

IDENTIFY KEY DESIGN STYLES

To enhance your design skills, it's important to familiarize yourself with various design motifs and their unique characteristics. Each style offers distinct aesthetics and qualities, from classic and contemporary to farmhouse, bohemian, Scandinavian, coastal, and even Mediterranean-inspired designs that incorporate the use of Spanish tile. By exploring and understanding these motifs, you can draw inspiration and incorporate elements that resonate with your personal preferences. Whether it's the intricate patterns and vibrant colours of Mediterranean designs or the simplicity and minimalism of Scandinavian design, embracing different

motifs allows you to create captivating and well-rounded designs that reflect your vision and captivate your audience.

MIX AND MATCH

Avoid confining yourself to a single aesthetic when it comes to decorating your home. Embrace the opportunity to blend different styles and create a look that is uniquely yours. By experimenting with various style combinations, you can add depth and interest to your living space. However, it's important to maintain a sense of cohesion by ensuring that there is a consistent colour scheme or theme that ties everything together. This will help create a harmonious and balanced overall aesthetic while still allowing for creative expression and individuality in your home decor. Don't be afraid to mix and match elements from different styles to create a space that reflects your personality and preferences.

TRUST YOUR INSTINCTS

When designing your home, trust your instincts and choose items that spark joy and excitement within you. Avoid getting swayed by passing trends or the opinions of others on what is considered stylish. The most important thing is that you feel comfortable and happy in your space, so decorate it in a way that reflects your unique personality and tastes. Opt for furniture, decorations, and accents that hold personal significance or tell a story. Surround yourself with items that bring you joy and create a sense of belonging. Your home should be a true reflection of who you are and a place where you can fully express yourself.

Discovering your taste in interior design is a fun and creative adventure. You can make your home an expression of who you are and something you like by researching, figuring out what you like, deciding on a colour scheme, picking out some crucial pieces of furniture, mixing and matching, and following your gut. Remember that you can enjoy the ride as you discover and hone your design style for your house over time. Have fun with the process and take pleasure in creating a home that is uniquely yours.



The NATIVE Garden

By: Peter Schinkel



It is no surprise that native gardens are Australia's most popular style of garden, attracting local wildlife (especially birds), creating a thriving mini ecosystem that ensures pollination of plants and a healthy environment. Another wonderful advantage is that you'll be adorning the surrounds of your home with hardy, drought-tolerant plants that require little maintenance. Less work. Yay!

From ground covers and flowering grasses, right through to shrubs and trees, there are more than 8000 native plant varieties readily available for purchase across south-east Queensland. This means you can aim for whatever 'look' you desire. Yes, native gardens can be surprisingly soft in appearance, flowing, and with a variety of attractive foliage, plus a vast array of colourful flowers year-round ... and, as an add-on, you might even attract native bees. Thank you to Jenny - one of our readers, who explained how she'd

created her native garden slowly over the course of a year. Labour cost was zero because spreading the work out meant she could do just an hour or two every week or so (plus she got a little help from her grandson with the heavier plants). Taking her time meant Jenny was able to choose plants that were in flower every time she went to nurseries, ending up with the all-year round colour mentioned above.

To get started- note how much sun and shade the garden is receiving. This will help greatly in choosing the right plants. If you want plants that like shade, a good tree on the western

side of the garden will help. Easily-available favourites that don't grow too tall, include the Australian Daintree Pine, the Coastal Banksia (shorter varieties), the aptly-named 'Flowering Eucalyptus', and the Tuckeroo (Beach Tamarind).

Secondly, consider the soil. Bribie's sandy soils are great for growing natives but you might need to add a little acidic fertiliser. If you have clay-like soil, you could add gypsum to help break it up a little.

Now, here comes the fun part - plants! :-D

Unable to list thousands of varieties here, I've decided



to concentrate on colourful flowers. Bunnings nailed it on their website with the following advice.

"Everlasting daisies, callistemons, grevilleas, banksias and correas flower for months on end and generally come in warm shades of red, pink, yellow and orange. For cool tones, try scaevolias, native daisies, dianellas and wahlenbergias. Foliage can provide fresh interest, too. The palette of native grey foliage is extremely diverse and it contrasts so beautifully with green foliage. Highlight your planting scheme with

the silvery notes of conostylis, westringia, woolly bush or the silver-leaved mountain gum."

For advice specific to our region, be sure to visit our friendly local nurseries and markets. There are some absolutely beautiful native plants available all around our region.

I look forward to returning in on Issue 199 on 8th September, where our younger readers can enjoy learning all about fairy gardens. Wishing you a wonderful transition into Spring. Thanks for reading.

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- ✓ rules for building a secondary dwelling
- ✓ off-street parking ratios for certain residential uses
- ✓ requirements for more green space and larger yards in Next Generation Neighbourhoods
- ✓ deliver better designed student accommodation
- ✓ reduce the boundary of the Warner Investigation Area

Separate changes to guidelines are also proposed to preserve the unique township character of D'Aguiar, Dayboro, Samford Village, Wamuran and Woodford.

Read more and have your say by Monday 4 September.

QR code and link: yoursay.moretonbay.qld.gov.au/better-housing-amendment

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AI-POWERED PHOTOS TO HELP PREDICT CATASTROPHIC AUSTRALIAN BUSHFIRES



After the world experienced the highest average daytime temperatures ever recorded in July, the University of the Sunshine Coast is helping Australia prepare for the summer ahead with a new initiative to predict devastating bushfires.

The National Bushfire Resilience Network (NOBURN) is a citizen science project empowering people to use their mobile phones to collect information that will help predict bushfire hotspots and minimise their impact said Chief Investigator Dr Sam Van Holsbeeck.

"Fire season is approaching. After some very wet years with everything growing nicely, there's a lot of fuel available," Dr Van Holsbeeck said.

"The NOBURN app encourages people out and about in their local forests to take photos

and tell us more about the forest and fuels. That data is processed by artificial intelligence to help predict the probability, severity and burn area of potential bushfires.

"So what we want people to do is to go into the forest, snap a pic and help predict."

The project is the culmination of two years of research through an alliance of world-renowned researchers in artificial intelligence, forestry, human factors and science communication at the University of the Sunshine Coast and the University of Adelaide's Australian Institute

for Machine Learning, in partnership with Noosa Shire Council and funded through the Federal Department of Industry, Science and Resources. Professor Javen Qinfeng Shi from the University of Adelaide's Australian Institute for Machine Learning said the AI developed for NOBURN is cutting-edge.

"We are developing AI models to spot potential bushfire hazards and assess bushfire fuel load from the images captured by the NOBURN app. The algorithms behind these AI models are based on AIML's world-leading expertise in computer vision, and machine learning," Professor Shi said. NOBURN was developed in the wake of the 2019-20 bushfires that burned more than 10 million hectares of forest, destroyed 2000 homes and claimed dozens of lives. Professor Mark Brown from UniSC's Forest Research Institute said the app will help

predict future disasters of that scale.

"While naturally occurring bushfires cannot be avoided, there is an opportunity with this project to predict their likelihood and implement strategies to minimise their impact on the environment, property and life," Professor Brown said.

Dr Van Holsbeeck believes NOBURN will generate not only better-informed science about the risk of bushfires in Australia but also better-informed communities.

"The NOBURN project is a unique opportunity to engage the community to collect nationwide forest fuel data while creating more awareness on the risk associated with fuels in our forests. It's a great way to learn how to be better prepared for any potential disasters or extreme bushfire events if they were to happen," Dr Van Holsbeeck said.



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Energy Saving Tips

SWITCH OFF LIGHTS AND ELECTRICAL APPLIANCES WHEN NOT USING THEM.

- To save the most energy, switch off the power point rather than leave appliances on standby.
- Turn off your heater, cooling units and appliances when you go to bed or leave the house.
- Switch off your computer and equipment such as printers or Wi-Fi routers overnight or when you're away. Most computers have energy-saving settings that will turn the computer and screen off after a period of inactivity.

SWITCH TO ENERGY-SAVING LED LIGHT GLOBES

Energy-efficient globes could save up to 80% off your lighting costs. This is because LED bulbs use less power and last longer. That means you spend less money and time replacing them.

SHUT DOORS AND CLOSE CURTAINS.

- Shut doors to areas you're not using, and only cool or heat the rooms where you spend the most time.
- In cooler months, make sure your curtains or blinds seal your windows properly.
- Stop cool air leaking out by blocking draughts around doors and windows.
- In warmer months, keep your curtains closed during the day.
- External blinds or canvas awnings will also help keep your house cooler.



MANAGE YOUR HEATING AND COOLING.

Save money by switching to more energy-efficient heating. For example, switching from an electric fan heater to a split system can save the average home nearly \$700 a year on bills. If you have gas heating and a modern reverse-cycle air-conditioner, try using your reverse-cycle system in heating mode. This will reduce your winter bills and improve heating efficiency. Using solar electricity, you generate can reduce the amount of energy you need to buy from your retailer. Solar hot water systems can also help you avoid gas charges using a gas-fired water heater.

INSULATE YOUR ROOF.

An insulated ceiling can make a big difference to your energy bills. Effective ceiling insulation can save you up to 20% on cooling and heating costs.

SAVE ENERGY IN HOW YOU WASH AND DRY CLOTHES!

- Wait until your machine is full before starting a washing cycle.
- Washing clothes in cold water can save around \$115 per year.
- You can also save by selecting the shortest appropriate washing cycle.
- Hang clothes outside to dry or use a fan to help dry them indoors.

SAVE ENERGY IN THE KITCHEN.

- Your fridge runs 24/7 and is one of your most expensive appliances.
- The ideal fridge temperature for your freezer is 4 or 5 degrees Celsius and -15 to -18 degrees.
- Ensure the fridge door seal is tight and that no gaps or cracks let cold air escape.
- If you have a second fridge or freezer, only turn it on when needed.
- When cooking, use the microwave when you can. Microwaves use much less energy than electric ovens.
- Using a stove, keep lids on pots to reduce cooking time.
- Plan to cook more and have leftover meals for the next day or the whole week.
- Use the economy cycle on your dishwasher, and only run it when it's full.

Selling Bribie and Surrounds

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Contact Agent

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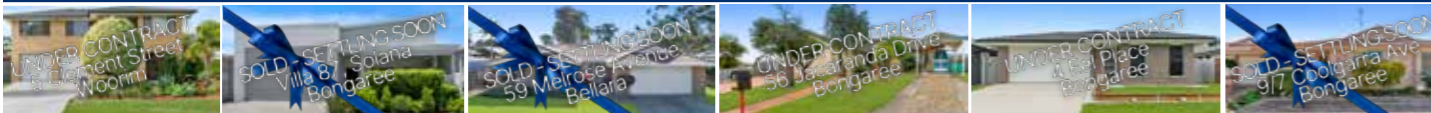
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SETTING THE RIGHT PRICE FOR YOUR HOUSE

Determining the right price for your house is crucial as it can make or break a potential sale. One of the first steps in setting the right price is conducting a comparative market analysis (CMA). This involves researching similar properties in your area that have recently sold or are currently on the market. By analysing these comparable properties, you can better understand the current market trends and price your house accordingly.

Another factor to consider when setting the price is the condition of your house. If your property is in excellent condition with updates and modern amenities, you can typically ask for a higher price. On the other hand, if your house requires repairs or updates, you may need to adjust your price accordingly. It's crucial to balance pricing your house competitively and ensuring you get a fair return on your investment.

PREPARING YOUR HOUSE FOR SALE

Now that you have set the right price for your house, it's time to prepare it for sale. First impressions matter; you want your house to shine when potential buyers walk through the door. Start by decluttering and depersonalizing your space. Remove personal items, excessive furniture, and any clutter that can make your house appear smaller or less appealing.

Next, focus on deep cleaning your house from top to bottom. Pay attention to often-overlooked areas such as skirting boards, windows, and carpets. A clean and fresh-smelling house creates a positive impression and can make potential buyers envision themselves living there.

Consider making minor repairs and updates to enhance the overall appeal of your house.

Fix leaky taps, replace broken light fixtures, and touch up the paint where needed. Small investments in repairs and updates can significantly affect how potential buyers perceive your house.

Staging your home is another vital aspect of preparing it for sale. Staging involves arranging furniture and decor to highlight your house's best features and create a welcoming atmosphere. If you need more clarification on staging, consider hiring a professional stager who can work with your existing furniture or provide rented furniture to create an appealing look.

SHOWING AND PRESENTING YOUR HOUSE TO POTENTIAL BUYERS

Now that potential buyers are showing interest in your house, making a positive impression during showings is essential. Here are some tips to help you present your house in the best possible light:

- **Curb Appeal:** The exterior of your house is the first thing potential buyers will see. Ensure your lawn is well-maintained, the entrance is inviting, and the exterior is clean and well-painted. Consider adding potted plants or flowers to enhance the curb appeal.

- **Light and Bright:** Open curtains and blinds to let in natural light. If needed, add additional lighting to create a bright and welcoming ambience. Well-lit rooms tend to appear more spacious and inviting.

- **Neutralise:** While you may have personal preferences for bold paint colours or unique decor, it's best to neutralize your space to appeal to a broader range of buyers. Repaint walls in neutral tones and remove excessive personal items or decor that may distract potential buyers.

- **Highlight Features:** Draw attention to the best features of your house. If you have a stunning fireplace, arrange furniture to showcase it. If you have a beautiful backyard, stage it with outdoor furniture or create a cozy seating area.

- **Smell Matters:** Ensure your house smells fresh and inviting. Avoid strong fragrances as they may be off-putting to some

buyers. Consider using subtle scents like fresh flowers or baking cookies before showings.

- Paying attention to these details can create a memorable and positive experience for potential buyers during showings.

NEGOTIATING OFFERS AND CLOSING THE DEAL

- **Review the Offer:** Carefully review the offer terms, including the purchase price, closing date, and contingencies. Work with your real estate agent to understand the implications and negotiate.

- **Counteroffer:** If the initial offer doesn't meet your expectations, you can make a counteroffer. This process involves negotiating with the buyer to reach a mutually acceptable agreement. Be prepared for back-and-forth negotiations until both parties reach a consensus.

- **Acceptance and Contract:** You can accept the offer once both parties agree on the terms. This acceptance typically leads to creating a purchase contract outlining the agreed-upon terms and conditions. It's essential to have a real estate attorney review the agreement to ensure your interests are protected.

- **Inspections and Appraisals:** The buyer may request inspections or an appraisal as part of the closing process. Cooperate with these requests and address any issues that arise. These inspections and appraisals ensure that the house is in the condition stated in the contract and that the agreed-upon purchase price is fair.

- **Closing:** Closing is the final step in the selling process. It involves signing the necessary paperwork, transferring ownership, and receiving payment. Work closely with your real estate agent and attorney to ensure a smooth closing process.

Selling your house can be a challenging yet rewarding experience. Remember to set the right price, prepare your house for sale, market it effectively, and present it in the best possible light. Negotiate offers, handle legal requirements, and close deals with the guidance of professionals.



FOR RENT

18/11 Murray Court, Beachmere
\$510.00 per week - Available Now!

15b Elanus Court, Banksia Beach
\$450.00 per week - Available Now!

156 Freshwater Drive, Banksia Beach
\$620.00 per week - Available Now!

07 3408 4071



12 Rivercherry Avenue, Banksia Beach

3 BED | 2 BATH | 2 CAR

For Sale: Offers Over \$899,000
Land Size: 710m²

George Hayes-Walsh
0432 189 157

- Ducted air-conditioning.
- Solar electricity & hot water.
- Water tank.
- Media room.
- Side access.
- North/East facing alfresco.
- Extended double garage.



7 Windward Place, Sandstone Point

4 BED | 2 BATH | 2 CAR

For Sale: Offers Over \$949,000
Land Size: 700m²

George Hayes-Walsh
0432 189 157

- Side Access.
- Plantation shutters.
- Multiple living areas.
- Covered alfresco.
- Court-yard.
- 8 KW Solar panels.
- Solar hot water system.
- Electronic front door entry.



69 Marina Boulevard, Banksia Beach

4 BED | 2 BATH | 5 CAR

For Sale: 12pm Saturday 19th of August 2023 - IF NOT SOLD PRIOR
Land Size: 888m²

David, Brianna & Aisha
0409 255 255

The home has been thoughtfully designed to take in stunning long canal vistas and provide a practical floor plan that incorporates all its separate living zones seamlessly with a high level of class and sophistication. If we look at the three zones of the home being, living, sleeping and vehicle/lifestyle accommodation, the home is nothing short of a masterpiece.



MAKE A GOOD IMPRESSION

When you apply for a rental property, you may be competing with many other people also interested in the same place.

The landlord or agent will decide whether your application will be approved. To give yourself the best chance of success, it's important to make a good impression on the landlord or agent.

To make a good impression:

- dress neatly
- be on time for appointments and inspections
- respect the property you are visiting
- introduce yourself and answer questions politely
- have a list of any questions you want to ask about the property
- provide all the required documents with your tenancy application so the landlord/agent doesn't have to contact you for more information.

When applying for a rental property, the landlord or agent will check your references and whether you are listed on a tenancy database. If you know you are listed on a tenancy database, talk to the landlord or agent about this before you submit your application.

COMPLETING APPLICATIONS

Once you find a rental property you like, you will need to complete an application.

It's a good idea to have all of the documentation you need to apply for a rental property when you start your property search and bring copies with you when you inspect a property. Before the inspection, ask the landlord or agent for an application form so you can complete this immediately if you like the property. This can increase your chances of getting the property you want.

Some landlords or agents may ask you to apply online. If you do not have a computer or internet access, there are places where you can find free internet and Wi-Fi, such as your local library.

You may also be asked to provide referees with your application. Before you submit an application, let your referees know they may be contacted by the landlord or agent. Signing a privacy consent form gives your landlord or agent permission to contact your referees.

Deposits

The only money that can be taken from a prospective tenant is a holding or key deposit.

Holding deposit

You may be asked to pay a deposit,

to hold the property you are thinking about renting. The landlord or agent must give you a copy of the proposed tenancy agreement before they take any money.

If you pay a holding deposit:

- the landlord or agent cannot rent the property to anyone else during the holding period.
- the landlord or agent must give you a receipt when you pay.
- make sure you know when the holding period ends. If you do not agree on a specific time with the landlord or agent, the holding period is 48 hours.
- you must tell the landlord or agent if you wish to rent the property or not within the holding period.
- if you do not let the landlord/agent know whether or not you will take the place by the agreed time, you will not get your holding deposit back.
- if you decide not to rent the property and tell the landlord or agent within the holding period, they must refund the deposit to you within 3 days.
- if you do not tell the landlord or agent your decision by the agreed time, or if you say you will proceed with the tenancy and then you do not, you will not get your holding deposit back.
- when you sign the tenancy agreement, the holding deposit must go first towards your rental bond and then rent.

Key deposit

You may be asked to pay a deposit and/or leave your driver's licence with the landlord or agent before getting the keys to inspect a rental property. The landlord or agent must give you a signed receipt when you pay a key deposit. The full deposit must be refunded when you return the keys.

APPLICATION OUTCOME

The landlord or agent will contact you to let you know the outcome of your application.

Approved applications

If your application is approved, your landlord or agent will make a time with you to sign the tenancy agreement.

You will also be required to pay a rental bond and rent in advance before you move in.

Unsuccessful applications

If your application is not approved, ask the landlord or agent why you were unsuccessful. This may help you with your next application.

Be polite and respectful as the next property you apply for may also be from the same landlord or agent.

How you act in response to your application being unsuccessful could affect your future applications.

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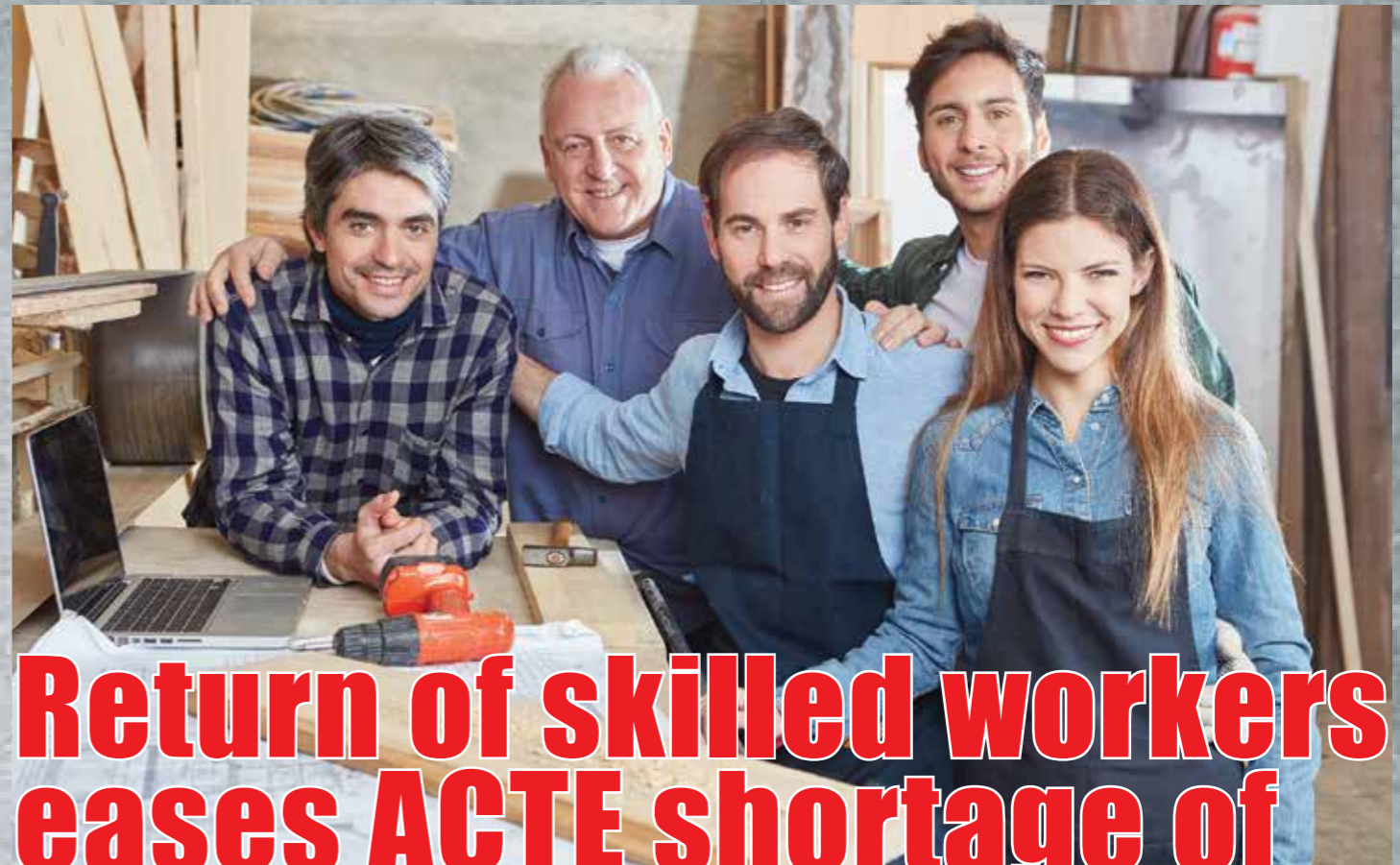
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Return of skilled workers eases ACTE shortage of skilled trades

The HIA Trades Report released today provides a quarterly review of the availability of skilled trades and any demand pressures on trades operating in the residential building industry. "While the Index still reflects some of the most acute shortages of skilled tradespeople since HIA started this Report in 2003, the trajectory is most encouraging," added Mr Devitt.

"The Report's Trades Availability Index registered -0.62 for the June Quarter 2023, compared to the -0.92 peak a year ago. An index of less than zero represents a shortage of tradespeople and an index of greater than zero represents a surplus.

"Some of the greatest improvements in availability

over the last year have been in the trades of carpentry, roofing, and bricklaying, precisely where the most acute shortages had been a year ago.

"The return of skilled workers since the re-opening of Australia's international borders in late 2021, is making a difference to a number of sectors, including house and apartment construction, and manufacturing businesses.

"As tradespeople have become more available, the price of trades has also slowed. The price of skilled trades increased by 3.4 per cent in the last year, compared to the 10 per cent peak a year earlier. This is much closer to the 2 per cent average annual increase that prevailed in the decade-and-

a-half before the pandemic. "The outlook is that as home building activity declines, demand for skilled trades will slow further.

"The rise in the RBA's cash rate over the last year has seen significant drop in new work entering the pipeline. The record volume of projects awaiting commencement has shrunk, but there are still more than 100,000 houses under construction around the country.

"Builders have struggled to complete these projects, held back by the materials and labour shortages that have plagued the industry in the last few years.

"Next year, the rise in interest rates that we have already seen is expected to produce the weakest year of

new house commencements since 2012. An increasing number of projects will also reach completion.

"This is expected to produce a further easing of trades shortages, with the volume of homes under construction shrinking rapidly from late this year.

"Next year will be the ideal time for governments to start investing in new public housing stock. The timing of this investment will not only ensure that governments are able to gain the greatest return on their investment, as costs and delays will be at a minimum, but also ensure that skilled tradespeople are not lost to other industries and that the industry can rebound on the other side of this RBA-induced trough," concluded Mr Devitt.



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

BUSYFINGERS XMAS IN JULY

Friday 21st July 2023 – VMR Bribie hosted a Christmas in July function for our wonderful sponsors Busyfingers. This is an annual event and our way of thanking Busyfingers for their ongoing valuable support.

The evening started with some videos showing VMR Bribie in action in very treacherous conditions saving lives at night and also recovering vessels with vision taken from the QPS Helicopter.

The theme of the night was “Simply the Best”, which was a tribute to both Busyfingers and the late Tina Turner, attendees were encouraged to dress up as Tina or come in their NRL team colours in commemoration of Tina being the entertainment at the NRL Grand Final in 1993.

Peter McNamara, our Radio Officer and Committee Member was the MC for the night, entertaining the attendees with Xmas flavoured trivia with prizes of VMR stubby holders with chocolates. The DJ and Dance Leader for the “Nutbush” for the evening was none other than our own Secretary and Commercial Coxswain Gary Voss

Kelly Langworthy and her Social Committee Team decorated the function room and provided an amazing help yourself buffet meal of honey mustard glazed baked ham, roast chicken, baked potatoes & pumpkin, honeyed carrots, and peas, with gravy and bread rolls. Followed by dessert of individual plum puddings, or jellies, with your choice of custard and/or ice-cream. A full bar service was provided by Allan Tranter and Mike Lucas, tea and coffee were also provided.

Busyfingers President Pauline Hindle thanked VMR for

hosting this wonderful event, mentioned that it was very much appreciated by all and committed their support would continue for this extremely valuable community service provided by VMR Bribie Island.



Self-serve at the buffet



A couple of Queenslanders line up for the Buffet.



Santa looking for a singer to help with Xmas carols.



Lorraine receives her certificate from Commodore Ces Luscombe as the Nutbush Champion.



Voting for the Tina Turner best dressed!



Commodore Ces Luscombe presents Busyfingers President Pauline Hindle with a plaque in appreciation for their ongoing support.

SUNSET DRINKS - Friday 28th July 2023

Sunset Drinks for July was celebrated with an Xmas in July function for Active Members and partners with around 65 attending. Those attending were treated to honey mustard glazed baked ham, roast chicken, with baked vegetables (potatoes, pumpkin, sweet potatoes) with honeyed carrots, and peas and corn. Followed by dessert of individual plumb puddings or Jelly with custard and/or ice-cream at a special price of \$10 per head. Prepared and presented by our Social Committee Team comprising Kelly Langworthy, Cheryl Robinson, Sheryl & John Traill, Sharyn Giles, Colleen Beros, Kaye Hammond, Betty Snell, Robyn Young, and Brenda Allardyce. The bar was manned by Mike Lucas (on his birthday), Peter McNamara, and Stewart Bell (who had just completed his afternoon radio shift). The usual raffles were held, congratulations to Angela Mullins, Cheryl Robinson, John Traill, Diego Lucas, John Burdinat, and Gwen McNamara. A lucky seat prize was won by Robyn Young.

Commodore Ces Luscombe thanked everyone associated with making the evening such a great night. Commodore Ces also took the opportunity to present Certificate II in Maritime Operations (Coxswain Grade 1 Near Coastal) to Mike Lucas, Dale Mullins, and Steve Williams – congratulations guys!



SANTA (a.k.a. Radio Officer Peter McNamara) also made a visit and made a special presentation to Finn Mullins and spread joy (and sweets) to everyone!



Crew mates Dale Mullins, Steve Williams, and Mike Lucas with their hard-earned Certificate II.



Sue Francis and Tom Buckley enjoy the evening.



Kaye Hammond at the buffet.



Di and Steve Williams.



Wayne and Kerry Beeton



Colleen and Garry Beros.

CONGRATULATIONS KATHY



Kathy Rickard-Simms receives her Crew epaulettes from Red Saturday Skipper Coxswain Jim Brown.



Sunday 30 July 2023 1029AM emergency services received calls that a boat was on fire at Spinnaker Sound Marina. Fire fighters, QAS, and QPS officers attended.



The 8.5m Cruiser was destroyed and was taken away by low loader



The 15m Yacht aground between Beachmere and Godwin Beach there will not be an equivalent high tide until the “Blue Moon” on 30th August 2023.

JULY/AUGUST VESSEL ASSISTS:

MON 17/07 1640PM – 14m Yacht non-member ran aground at Salamander Banks, requested by Water Police to escort vessel back to Bongaree when the tide floats vessel off the banks.
FRI 21/07 1142AM – 6m Half Cabin member with motor issues required a tow from South Cardinal to Pacific Harbour canals.
FRI 21/07 1614PM – 6m Cruise Craft non-member engine will not start, required a tow from Sandstone Point Hotel Jetty to Bellara Boat Ramp.
SUN 23/07 1004AM – 5.8m Half Cabin non-member grounded and motor problems, required refloating and a tow from North of Toorbul to Toorbul Boat Ramp.
TUE 25/07 0906AM – 12m

Catamaran non-member, moored at Bongaree and sail unfurled, transferred owner to boat and secured.
SUN 30/07 1025AM – 7m Cruiser member with motor problems, required a tow from off Toorbul into the Toorbul Boat Ramp.
SUN 30/07 1100AM – 5m Allycat non-member with fuel issues required a tow from The Cackle Banks to Bellara Boat Ramp.
WED 02/08 1726PM – 10m Trimaran non—member is double anchored but is drifting toward other moored vessels just North of Base. Move and secure nearby.
THU 03/08 1745PM – Members of the public had called re 15m of the public had called re 15m Yacht aground between Beachmere and Godwin Beach. Investigated will require commercial salvage.

SAFETY DAVE THE FRENCHIE'S MESSAGE:

Safety Dave says with the weather improving please check your LIFE JACKETS:

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

Many boaters have their jackets still in their original packaging – this leads to lack of effective inspection and the deterioration of the



straps. This in turn also makes it difficult to fit in an emergency.

The bottom line – life jackets should not be stowed and forgotten. They are difficult for a novice to put on in an emergency, and then it's too late to realise they are inappropriate for the intended person in that emergency. Skippers should inspect each before each trip, show all passengers how to wear and have them easily accessible for use, preferably worn.

“PLEASE WEAR YOUR LIFE JACKETS!”

2023 YEAR RADIO ROOM STATISTICS

To Thursday 3rd August 2023
9,581 Calls, 2,868 vessels logged on,
142 Vessel Assists, 930 Sitreps, 683 Requests,
47 overdue vessels, 12 Vessel Tracking,
1,035 Radio Checks, 5 Weather Broadcasts,
3 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 61.2%, 27MHz 6.3%, Phone 15.0%. GWN 1.2%

FISHING REPORT

BY: Robyn
Bribie Island Boat Charters



Photo 1: Lyn shows that you don't always need a boat to go fishing. Here's a lovely catch of winter whiting from the shore at Sylvan Beach, on a rising afternoon tide, using fresh yabbies for bait.

There's been fairly typical winter fishing over the past couple of weeks. If you're hoping to catch a fish and not fussy if it's a keeper, then you'll be happy. If you're after the usual fare of flathead, whiting or flounder, then that's good too. Anything fancier than that might have to wait - but there have been plenty of reports of good catches in the Pumicestone Passage. Regular catches of flathead have been coming in from the creek entrances during the last of the falling tide, Bullock and Ningi creeks especially. Paul has been having a great run with fishing flathead on the drift south of Ningi Creek. One week, he had two, with the biggest one 52cm; the next week, another two, with 52cm being the smallest! Paul also said he lost a real biggie at the side of the boat, but it was probably too big to keep anyway. He's been using cut-up pillies for bait. Clint says there are loads of keeper flathead in the Passage right now, including

inside Pacific Harbour. He's been using soft plastics to lure them in - he used to use pinks and fluoros, but now favours natural, darker colours, like motor oil or camo. One customer, Shane, who has just settled at Bribie, told me he used to be quite successful with flathead fishing in the waters off Tasmania - using just a bit of alfoil padded around a longshank hook. Never can tell, it may take off here, too. Over the past fortnight, there have been occasional showers that haven't amounted to much and haven't affected the clarity of the water. The water temperature has cooled a little and is predicted to drop further over the next week. Ideal conditions for algal growth, apparently, and there's a lot of it on our lines when we wind in, as well as our rope when we pull up the anchor! Nothing much can be done about it, just a natural occurrence but try to avoid the spring tides with big flows, and you'll find it less troublesome. There was a study,



Photo 2: One of a few good flathead which Paul has caught near Turner's Camp. Paul is one of the valuable volunteers with Fishability Qld, so it's nice to see him catching the odd fish, too!

a few years ago, into whether "happy moments" could be encouraged to reduce algal growth - it came to nothing. In case anyone's wondering, happy moments are also called black trevally - a mainly vegetarian fish that occasionally gets caught in the Passage, whose spines can give an incredibly painful sting, lasting hours. We've had a few caught in the past month, but no injuries, thank goodness!

Bream have been increasing in number and size. There are still plenty of undersized ones; the Fishability crew said they've seen record numbers of small bream. Utu and Paul brought in a few over 30cm,

TIDE TIMES Bribie Island AND Moreton Bay

FRI 11 Aug 12:13 am 0.72m 5:30 am 1.15m 11:21 am 0.46m 6:42 pm 1.76m	SAT 12 Aug 1:37 am 0.63m 6:58 am 1.17m 12:34 pm 0.45m 7:45 pm 1.83m	SUN 13 Aug 2:34 am 0.53m 8:05 am 1.26m 1:41 pm 0.39m 8:39 pm 1.9m	MON 14 Aug 3:18 am 0.46m 8:56 am 1.34m 2:33 pm 0.33m 9:22 pm 1.93m	TUE 15 Aug 3:55 am 0.42m 9:35 am 1.4m 3:15 pm 0.29m 9:59 pm 1.94m	WED 16 Aug 4:27 am 0.41m 10:08 am 1.43m 3:48 pm 0.26m 10:29 pm 1.93m	THU 17 Aug 4:53 am 0.41m 10:37 am 1.45m 4:19 pm 0.27m 10:54 pm 1.91m
FRI 18 Aug 5:16 am 0.41m 11:03 am 1.47m 4:49 pm 0.29m 11:17 pm 1.88m	SAT 19 Aug 5:40 am 0.39m 11:31 am 1.49m 5:20 pm 0.33m 11:42 pm 1.83m	SUN 20 Aug 6:04 am 0.37m 12:02 pm 1.51m 5:53 pm 0.39m	MON 21 Aug 12:10 am 1.77m 6:30 am 0.36m 12:38 pm 1.53m 6:30 pm 0.47m	TUE 22 Aug 12:40 am 1.67m 6:58 am 0.36m 1:18 pm 1.54m 7:14 pm 0.57m	WED 23 Aug 1:15 am 1.55m 7:28 am 0.39m 2:06 pm 1.53m 8:08 pm 0.67m	THU 24 Aug 1:59 am 1.4m 8:07 am 0.44m 3:07 pm 1.53m 9:32 pm 0.75m

from north of Ningi Creek, Clint has been catching good-sized ones in Pacific Harbour, and Ben and family caught 47 just north of the bridge but not many legal.

Tailor and whiting are still keeping fishers busy over winter. Brent said he was among about 20 boats around the south cardinal marker, all of them catching whiting. Doug got onto a nice school of tailor near Turner's Camp, using pillies for bait.

It's almost EKKA time, but those strong westerlies haven't really come in - yet. There are westerly breezes most mornings, but the stronger afternoon winds are all from the east. It will happen though, and then the best fishing might be from the

mainland, places like Turner's Camp in particular - nice big sandbank, tide falling out from Ningi Creek, a bit of shelter from the wind, and hey! - a handy toilet, too!

While you're out near the water, keep an eye out for the little black cormorants - not for fishing clues but for sheer entertainment. During July and August, they get together in squadrons and herd the fish into a tight school, then go crazy - all diving together, coming up with a fish, dodging the seagulls and pelicans, who are trying to steal their catch. It's great fun to watch - the biggest squadron I've ever seen, a couple of years ago, was well over one hundred!

Another amazing sight I saw, just a couple of weeks ago, was a flock of pelicans, that swung across the marina, then out and up the Passage - at least one hundred of them - unbelievable, I know. Fortunately, other people saw them too, so I knew I wasn't imagining it - a wonderful event.

Talking of events, Fishability Queensland is about to celebrate its fifth birthday as a registered not-for-profit charity - that is five years of reaching out to isolated, disadvantaged and disabled community members, offering friendship, fresh air and fun. That is a milestone worth celebrating! Lastly, let's also celebrate August 15th - the end of the snapper closed season.

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7 Best Tips - How To Fish Like a Pro

A successful fishing venture is not all about getting the fishing rod, hopping into a vessel, and hoping for the fish to take your bait. Whether a pro or amateur, fishing may require some know-how to enable you to meet your fishing target or catch some unique species. A memorable fishing venture depends on how well you plan and prepare before arriving at the fishing spot. As a fan of fishing, you should have specific tips to boost your hobby and make the venture more fun. These tips will help you catch the right fish conservatively and win in a fishing competition. Therefore, you should know various aspects such as the type of fish, the right spot, the items to carry, how to handle the fish, etc. Here are a few tips to help.

THE RIGHT FISHING LOCATION

Different waters have different types of fish since fish thrives well in different water conditions. One can also go to Reef Fishing Charters Australia for a deep-sea fishing trip. Also, this explains why catching certain types of fish in salty water is easier than fresh ones and vice versa. Before you go for the fishing venture, you should consider the type of fish you need to target. Select locations with broad waters allowing you to fish deeper into waters and have other ventures such as boat ventures.

SAFE FISH HANDLING TECHNIQUES

Constantly practice how to handle the fish without causing any harm or injury. If you are fishing for fun, do not keep the fish out of the water longer. Use wet tape, measure your catch, maybe take a picture, and return them to the water. The type of hook you use should be friendly, i.e., use a barbless hook to prevent any harm or bodily injury to the fish. If the fish is hurt, do not return them to the water, you can take them home. Do not wipe the fish with a cloth since the slime on the body protects its body surfaces and gills from harm when swimming.

CHOOSE DOUBLE-DUTY LURES

Different fish species tend to be attracted to different baits; hence you can capture more species by using different types of baits. To do so, you need double-duty lures to catch any species that comes around. Such lures are ideal when fishing from shallow waters, rivers, and banks. With double lures, you can get more than you would have if you used a specific bait to target particular fish.

FISH SUSTAINABLY

If you love fishing, you know the benefits of conserving aquatic life and aquatic environments. One way to sustainably fish is to fish for what you need. When using double lures, you can reach your target fast and easily, do not overfish since you should only fish for what you need. You need the aquatic life to regenerate for future fishing ventures. Follow other guidelines about noise and types of materials to use when fishing sustainably. Do not use harmful gear or pour chemicals into the water, nor return any dead fish to the water. Ensure all the materials you use, such as bait, are harmless to the waters and do not encourage overfishing.

PREPARE FOR FISHING

Before leaving the house, pack all the items you may need for the adventure. The first items to include are the fishing rods, hooks, or baits. Consider different types of bait and pack enough to enable you to fish longer without running out of bait. Once you catch the fish, you may need to gut it hence carry a pen knife. If you are going to a competition, consider the types of gear you take to avoid gear failure that can affect the expedition. Also, ensure the fishing vessels you need are available and in perfect condition for the adventure.

THE RIGHT TIME TO FISH

Fish in fresh waters are likely to feed at dusk or dawn; therefore, early mornings and evenings can be a good time to fish if you need more catch. If you are doing it for leisure, any time of the day will be ideal; however, you must carefully select the waters and spots to ensure enough fish to take the bait. The first thing to plan for when fishing is the right spot; select spots with various fish where you can fish any time of the day. Secondly, have the right items, such as hooks, baits, fishing rods, and any other items you need to handle the fish. While fishing, remember to conserve the environment and care for aquatic life.

PREPARE FOR THE WEATHER CONDITIONS

Weather can sometimes interfere with the fishing venture; prepare for the storms by carrying the right gear. If you plan to go deeper into the sea or the lake, the fishing vessel you select matters; select one that can protect you from adverse weather conditions. If you are bringing the kids along, carry skin care products to protect

them from the direct sun or hire a vessel to protect them from the harsh sun. Carry a rain jacket to enable you to fish even when it's drizzling. Pros target deeper waters, drizzles, and sudden rains are part of the venture hence the need for all the protective gear. The only conditions that should interfere with your fishing venture are extreme storms and waves; otherwise, rainfall should not be a bother with all the right gear.

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CHOOSING THE BEST ANCHOR FOR YOUR BOAT

Pick the wrong anchor for your boat and you could find yourself drifting miles away from where you intended. Whether you have a large or small boat, the importance of choosing the right anchor and knowing how to use it correctly can't be understated. Here is a list of considerations when choosing the right anchor for your boat.

1. ALL ABOUT BOAT SIZE

It goes without saying, size matters when it comes to choosing the best anchor for your boat. A small anchor cannot effectively hold a big boat in place while a big anchor can be an unnecessary weight on a small boat. Most manufacturers supply their anchors in a range of sizes based on boat length and weight.

2. YOUR BOAT'S MAIN USE

Anchors are available for different purposes. If you use your boat mainly for diving or fishing where you are re-anchoring often, you may need a different one for anchoring

overnight. Some anchors are all purpose when used in different modes. For example, the Rocna anchor can be used in retrieval mode with a shackle rail which allows you to pull it in from the opposite direction if it becomes fouled while the secure mode has an attachment for overnight or unattended anchoring.

3. THE MATERIALS USED IN YOUR BOAT ANCHOR

Boat anchors are made from a range of different materials. Some materials, such as galvanised steel, reduce the overall cost of an anchor while still maintaining the holding power and quality. Galvanised steel has been a popular choice for many years due to its low cost and high quality. In recent years, more boat owners have been happy to pay a premium as they prefer the look of a stainless steel anchor. Certain higher grade anchors also have a high-tensile steel shaft that increases the overall strength and longevity of

the anchor.

4. USE A BOAT ANCHOR SUITED TO THE SEA BED

When anchoring your boat, you have to remember that the seabed will impact on the effectiveness of your anchor. Your anchor should suit the seafloor where your boat is usually anchored. Most anchors will specify which seabeds they can be used on. A special purpose anchor may sometimes be required. For instance, if you want to anchor on a reef your sand or mud anchor won't work, you'll need a reef anchor.

5. CHOOSE BETWEEN DIFFERENT ANCHOR STYLES

There are different styles of anchor. The fluke or grapnel anchor is an ideal choice for small boats because of its lightweight characteristics. The plow anchor does as the name suggests ploughing the substrate seafloor. The claw anchor is designed to self-align on the bottom and dig into mud and sand seabeds.

Some anchors use a combination of characteristics for best performance. For example, the Vulcan anchor is a combination of shank and fluke geometry. The anchor self-rights on the seabed and has a larger fluke surface for more holding power and security.

6. KNOW THE LIMITATIONS OF YOUR ANCHOR

Just as you know the limits of your boat, you should be aware of the limits of your anchor. Wherever your boat stops, your anchor needs to be able to hold for as long as necessary. In an emergency, you may need to stay grounded for many hours so take into account the worst conditions you may encounter to ensure your anchor has the necessary holding power. The chain and line you use should be of a suitable strength and durability; capable of keeping the anchor's shank parallel to the seabed. Check your chain and line regularly.

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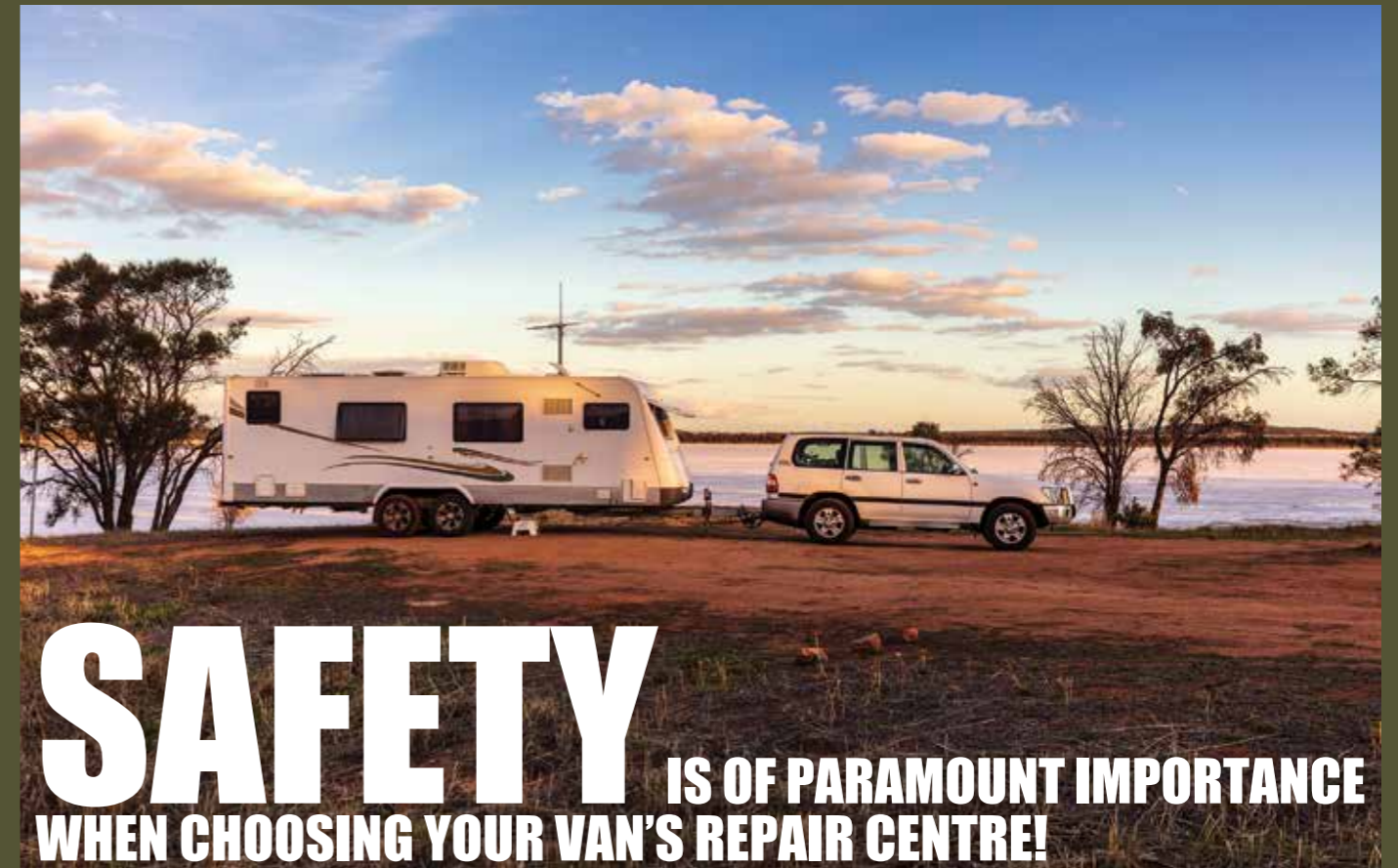
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When performing maintenance on your caravan, you may be tempted to repair damage yourself or carry out some DIY. Remember, some things are better left to the professionals. Your Caravan or RV is like your home and needs regular attention and servicing to keep it in top order. When in need of RV repairs or spare parts, you need a reliable, trustworthy service performed by trade-qualified staff. Finding a great, trustworthy, and affordable RV servicing and repair company can be a bit of a stressful experience. When choosing a centre to service your caravan, make sure you look at their Google reviews, read any replies, and make sure they are qualified for your brand of caravan. Don't scrimp on good service. Trade-qualified mechanics provide a professional service with many years of total experience

within the repair and maintenance industry and offer technical advice and superior workmanship by expert repair technicians. The safety of your family and your own peace of mind are the two most important things you will achieve when you know that your caravan is up to scratch. On-road or off-road, beaches or bushes, your caravan has been taking all the hits and bumps to give you the best caravanning experience. But periodically, it needs some love and care to keep running. It needs professional caravan services by trained and experienced mechanics specialising in caravan repairs. They are professionals with the expertise and knowledge to diagnose and fix any issue with your caravan. It does not matter if you are a new caravan owner or are an old hand at caravanning.

Regular maintenance for your caravan is critical. As an owner, you not only have a legal responsibility to ensure that your caravan is as safe as possible but a moral obligation to those around you. Maintaining your caravan in optimum condition will ensure that it takes you anywhere you want to go without any issues; nothing spoils a trip like having your caravan break down while travelling. Another benefit is that when a caravan is maintained correctly, the van's resale value goes up significantly. Booking a caravan service with a professional service centre ensures that the caravan is maintained as they inspect and fix any electrical problems, stop any water leaks, and ensure that all interior and exterior parts are in good working order. When your caravan or motorhome services are inadequate, minor faults

and problems can turn into significant issues, costing you extra money to remedy. Make sure they are offering top-notch customer service and finding the best, most affordable solutions for your needs and have the correct trade-qualified experience. You are much better off paying that little bit more for superior service. It is easy to ignore essential van maintenance and repairs and drive off for your next trip. Regular safety inspections should be performed, especially if your caravan has been stationary. Instead of just giving your van a once-over, this should be carried out by trained trade-qualified professionals. There may be cheaper options out there, but what price do you place on the well-being of yourself and your family when you're out on the road?

Keep YOUR Teen Driver



SAFE on the Road

Your young driver's well-being should be your first concern as a parent, and you should take every precaution to protect them. Although it can be nerve-racking to consider your adolescent at the wheel, you can take preventative measures to encourage safe driving practices and reduce the likelihood of potential dangers. This piece will go over five proven strategies that can help you keep your adolescent driver safe while they are out on the road. You can assist your child in developing the abilities and mentality essential for responsible and safe driving if you put these techniques into practice and keep the lines of communication open.

When it comes to encouraging safe driving behaviour, setting clear expectations and ground rules is really essential. Create a detailed driving agreement that defines your expectations for speed limits, curfews, passenger restrictions, and the use of electronic devices while driving. In this agreement, you should also discuss the usage of electronic devices while driving. It is essential that the repercussions of breaking these rules be communicated in an understandable manner and that they be regularly enforced. Your adolescent will have a better understanding of the significance of safe driving and the possible repercussions of engaging in risky conduct if you establish clear expectations from the very beginning.

Offer Sufficient Opportunities for Practice Under Close Supervision

Practice and monitoring are vital components when assisting your adolescent in developing solid driving abilities. Spend a significant amount of

time with your kid honing their driving skills in various driving environments, such as on the highway, in residential neighbourhoods, and in parking lots. Introduce them to more difficult driving situations, such as driving at night or in severe weather, and do so gradually. During the practice sessions, you should provide them with constructive criticism and general direction to assist them in developing their driving abilities and self-assurance.

Encourage Defensive Driving Techniques

Instil in your kid an appreciation for the value of defensive driving practices, which centre on identifying possible dangers ahead of time and devising solutions to address them. Emphasize the significance of maintaining a safe following distance, continuously scanning the road for potential risks, and staying vigilant of other drivers' behaviours. Encourage children to anticipate possible dangers, like rapid lane changes, pedestrians, or severe weather conditions, and prepare to respond appropriately. Your kid will be better prepared to prevent collisions and make appropriate judgments on the road if you establish these defensive driving behaviours in them from an early age.

Reduce the number of distractions.

Teenage drivers face a huge risk whenever they get behind the wheel: distracted driving. Your child must be aware of the risks associated with distractions, and you should lay down some firm rules about using electronic devices while driving. Please encourage them to put their phone out of reach or use an app to prevent them from texting or engaging in other distracting activities while driving. Because your actions significantly impact your

adolescent's behaviour, it is important for you to set a good example for them by using your phone safely while driving.

Review Insurance Options

One of the crucial steps in ensuring the safety of your teen driver on the road is to review insurance options. By doing so, you can not only provide financial protection but also promote responsible driving habits. Explore insurance policies that offer discounts for good grades or safe driving records. Additionally, consider the benefits of a home and car insurance bundle, which combines coverage for both your home and auto under a single policy. Bundling your insurance can offer several advantages, such as potential cost savings and simplified policy management. By saving on insurance costs, you can allocate resources for advanced driver training programs or additional safety features for the vehicle. Prioritizing insurance coverage will contribute to the overall well-being of your teen driver and provide peace of mind for both of you.

You can assist your adolescent in acquiring the required skills and mentality for responsible and safe driving by establishing clear regulations, giving adequate practice and supervision, promoting defensive driving tactics, reducing distractions, and considering insurance options. These elements are crucial for their development. Remember that safety is a continuous process, and it is essential to continue emphasizing the importance of these driving habits as your adolescent acquires more experience behind the wheel. By prioritizing their safety and working together, you can instil lifelong safe driving habits and equip them with the necessary skills for a lifetime of responsible driving.

Young Drivers



Queensland has a graduated licensing system to help reduce fatalities on the roads—particularly among young drivers. The aim of the system is to encourage safer, more proficient drivers, allowing novice drivers to gain more experience and improve their driving skills before they are allowed to progress to a higher type or class of licence.

Research suggests that young drivers and riders, aged 16 to 24 years, are 60% more likely to be involved in a serious crash than licensed mature adult drivers and riders, aged 25 to 59 years.

The graduated licensing system

The following rules apply under the graduated licensing system:

- Your first step to getting your licence is to complete PrepL. You can start PrepL when you are 15 years and 11 months. You can choose to complete the written road rules test, but you will have to wait until you are 16 years old.
- The minimum learner licence age is 16 years.
- Learner drivers have to pass a hazard perception test before they can upgrade their learner licence. Learners can attempt the hazard perception test after they have held their learner licence for 6 months.

- Learner drivers under 25 years of age must gain 100 hours of certified supervised driving experience recorded in a learner logbook or logbook app before being eligible to apply for a provisional licence.

- L plates (a black L on a yellow background) and P plates (a red P plate for P1 and a green P plate for P2) are compulsory when driving.

- The learner licence period is a minimum of 1 year.

- Mobile phone use, including hands-free, blue-tooth accessories and loud-speaker functions, is restricted for learners and P1 licence holders under 25 years of age.

- Supervisors and passengers of learner and P1 licence holders under 25 years of age can't use a phone that is on loudspeaker but can use a hand-held or hands-free mobile phone where the conversation can not distract the driver.

- Learner drivers must pass a practical driving test to progress from a learner licence to either a P1 or a P2 licence (dependent on age).

- A 2-phased P1 and P2 licence system applies if you are under 25 years of age. If you are over 25 you will progress to a P2 after the learner phase.

- Peer passenger restrictions apply to young novice drivers—P1 provisional licence holders under 25 years of age can only carry 1 passenger aged under 21 years between 11 pm and 5 am.

- High-powered vehicles are restricted for provisional drivers under 25 years of age.

- Restrictions, such as no late-night, apply for disqualified and suspended young drivers.

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LETTERS
TO THE
EDITOR

Dear Editor,
BR Christiansen's letter in your last issue needs some correction. They talk about "our Constitutionally enshrined Freedoms of speech, movement, association etc". These are NOT in any way enshrined in our Constitution. We do not have a Bill of Rights, so these concepts only exist in Australian law by virtue of the various International Conventions we have signed up to. They must be thinking of the USA, a mistake many people make, probably because it's the most commonly quoted Constitution in popular culture.
Yours, Diana Grey, Bongaree.

Dear Ed,
I have just received my new rates notice with a letter from our Lord Mayor telling me how hard they have worked to keep the rate rise down below inflation at around 4 to 5 %, however when I checked my bill it had increased from \$397.41 to \$436.19. I am not sure where our mayor went to school, but that looks close to 10% by my calculations. I would advise residents to check their bills to calculate just how much extra they are paying.
Charles Williams

Dear Editor,
It has been very disappointing to witness the lies, fearmongering and scare tactics of those advocating a No vote on the upcoming Voice referendum.

It is simply not true to say that The Voice will have a veto over all legislation – it can only offer advice and opinion.

Likewise, it's ridiculous to argue that there is "not enough detail". Many people don't realise that The Australian Constitution established the Federal Parliament but gives no detail on how it will operate – it doesn't mention having a Cabinet... or even a Prime Minister!

The Voice is a proposed change that simply asks that a Voice be allowed to exist. Parliament will decide the details and functioning of The Voice, just as it does for how government functions. Claiming that The Voice will lead to land being confiscated, or titles abolished (or any of the other scares the No case is spreading) are just ways of trying to frighten ordinary Australians that you are under threat – you're not. Any proposals, whether for reparations or compensation or anything else, would need to gain the support of MPs, just as they would if a political party brought them forward now.

Scan this QR code or visit <https://tinyurl.com/DebunkingNo> for further information.



Dear Editor

"You can fool some of the people some of the time" To answer Lyn Rushby's dependence on FACT CHECKERS, please google, <<https://nypost.com/2021/12/14/facebook-admits-the-truth-fact-checks-are-really-just-lefty-opinion/>>. How could anyone believe

AAP - controlled by millionaire owners - when they refused to print alternative treatments for Covid and only published Government advice?
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CARBON NEUTRAL FOR 50 TRILLION DOLLARS IN THE USA
Whether it's the Voice, Climate Change, or some other lefty idea, once a liar, always a liar.

Thomas Mahon JP Bcs

Dear Editor,

The sign at the start of the Bribie Island bridge says, "Welcome to Bribie – a Fauna and Flora Sanctuary." Oh no, it's NOT – these are the "Killing Fields". We have just phoned in our ninth Kangaroo roadkill, 2 of which were mothers and Joey's. All these road kills were on either Sunderland Drive or Avon Avenue, and we know there is far more carnage elsewhere on the island. Let's stop all the BS and face up to reality.... it's time to fence the National Parks.
Annette & Chris Schnack

Hello Ed,

There have been numerous letters regarding the 'Voice' to Parliament and it would appear to be dividing the country in a very decisive way something I only thought Trump could do in America. Two of the proponents for the 'Voice' are self-proclaimed communists who have made their intentions quite clear with the direction the outcome will go should it be successful, and it certainly wouldn't be good for the majority of Australians.

Last year \$38 billion was spent on around 800,000 people averaging around \$40,000 per head. I would have thought it more important to investigate where this money is being spent if conditions are as bad as it would appear and why are there so many separate departments handling all this taxpayer-funded outlay. It would also appear that many of the 800,000 have simply claimed to be Indigenous and are receiving benefits, some even being born overseas, which would then lend itself to why DNA isn't being used as proof of heritage, I believe in The USA you have to have 70% Indigenous bloodline to qualify for benefits or would this be too racist? Added to the 'Voice' in Western Australia has introduced changes to land reforms whereby the owners of farms now have to consult with Indigenous groups before carrying out necessary work on their properties even though many of these properties have been in the family for generations, you can rest assured this will also come to Queensland very shortly. Will the 'Voice' have any effect on the health, education, employment opportunities and life expectancy of Aboriginals, probably not, will the expense the current government is spending be rewarded by a happier country, probably not, if this is the outcome then why are we wasting all this taxpayer's money?

Philip Arlidge



DEVELOPMENT ON BRIBIE

Living on Bribie Island gives us a lifestyle many people wish for. We are blessed with the best of both worlds, surrounded by nature with modern-day comforts and conveniences at our fingertips. Families move to the Island so their children can benefit from a better environment. As the population grows more and more development takes place, and more and more natural bushland and native habitat are sacrificed to accommodate people.

Some Developments happen in our community that make us ask how or why they were allowed to go ahead. Developers continue to destroy natural habitats at an alarming rate in the name of progress and the betterment of mankind. But is it? There comes a point where we all must ask ourselves, does this really make our lives better? Do we really need that structure or that development in that place?

Very soon we will see a section of bushland and native habitat bulldozed off the face of the earth along First Avenue to accommodate yet another development. The animals will be displaced, some will be injured; some will die. All will be traumatized, and the call will go to wildlife organizations to come to relocate the lost, save the injured and help end the suffering of the ones they are unable to save. The Local government has given a green light for this development and now expects us all to accept it regardless of the site having no access to sewage and no plans for a connection. This is despite increased traffic

on an already busy road and even though the developer already owns a site that could be redeveloped to suit their needs. They expect us to accept the destruction of the bushland and the animals.

As mankind, we look at ourselves as good caring people, but we have become blind to the ever-increasing encroachments our lifestyle has upon the world we live in. All our choices and everything we do have an impact on the world around us and the people and animals in it.

So now ask what is needed to stop the development from going ahead, or at least have the developer take a more environmentally friendly/accountable approach like septic system upgrades as well as no comprehensive clearing of the site. We must make the local government aware that we are not happy with the way this has been allowed to proceed.

If you care for the future of your children, if you care for the future of our Island, if you care about your environment, please let MBRC know you are not happy.

We may not right all the wrongs of the world but just maybe together we can give a loud and strong message as to how we want our Island to be in the future. There is a wonderful American Indian saying "Only when the last tree has fallen, the last river poisoned and the last fish caught, that then will we discover that we cannot eat money".

Kay Taaffe

LETTERS
TO THE
EDITOR

The views, thoughts, and opinions expressed in the text belong solely to the author, and not necessarily to the author's employer, organization, committee or other group or individual. 1 July 2023

Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

AUG 2023

**BANKSIA BEACH - BELLARA
- WOORIM - BONGAREE -
SANDSTONE POINT - NINGI**

Welcome to Bribie Island! Do you get that special feeling as you drive across the bridge from the mainland? Pumicestone Passage looks fantastic lately, dead calm, with hundreds of boats out on the water, fishing maybe? But certainly, enjoying the warm weather conditions..

Have you noticed the M.B.R.C. island waterfront improvements of late? Seating and access to the beach have been upgraded. Travel down to Solander Boulevard Banksia Beach – notice the new exercise equipment and the improved tourist picnic facilities including the Bar-B-Que areas. Take a drive down Marina Boulevard into Harbour Promenade towards the marina, the beautification of that little park has been exceptional, and we congratulate MBRC Parks Dept. Not sure if Councillor Brooke Savige had a hand in this -but well done!

Homelessness- a growing challenge around our suburbs. It is a shame that some residents see homeless people as a threat to their own sanitised lifestyle! People just need help, some residents see this help as a threat to their own style of living, hopefully, homelessness will not happen to them.

D.V. and homelessness are situations we all could finish up in-married life is just too much! Dad quits – Mum and kids have to move out-sometimes the wife or husband passes away and the one left cannot cope or pay the bills! Sure, there is help around eventually. But it is the between places gap that creates the bigger problem. Where would I go if it was me, Grandad, or Grandma?

The society we live in recognises the problem- but the majority tend to look the other way when it's presented to us. Come on, give everybody a fair go - Don't blame anyone- just

step up and see what you can do to fix this challenge.

ART CENTRE Sunderland Drive Friday 18th Aug, 7. pm SOUP NIGHT. Must book in, but worth a look.

If criminal activity is happening now! call triple 0 and file a Police Report.

It is up to us – Police cannot be everywhere- still require action or an answer call Police Link on 131444. See you at the next meeting Tuesday 15th August at 9.30am -all welcome.

Thanks, Area Coordinator Bribie One NHW - Greg Rollason 0431598560.

NEXT BRIBIE ONE NHW MEETING IS ON TUE 15TH AUG AT BRIBIE RSL ANZAC ROOM 9.30 AM.

All visitors are invited to attend. Next meeting 15th Aug 2023 - ANZAC Room Bribie RSL or Contact Greg Rollason PH: 0431 598 560.

FB Bongaree Neighbourhood Watch E: bongareenhw@outlook.com
Bongaree NHW Inc. P.O. Box 1376 Bongaree Qld 4507

LETS MAKE CRIME PREVENTION A PRIORITY

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

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CRIME REPORT BRIBIE ISLAND WRAP AUGUST 2023



www.mypolice.qld.gov.au/moreton

Moreton swears in first Special Constable for the District Moreton Police District have welcomed their first Special Constable with the swearing-in of Adam Campbell. Recently the Queensland Police Service (QPS) created a new category of constable known as a 'special constable (State officer)' to strengthen our policing capability, particularly at times of peak demand.

This surge capability will ensure police officers are on the frontline at key times to meet service delivery requirements. These officers could perform various frontline duties on an ad hoc basis when required. This could include natural disasters or major events.

"I was initially sworn in in 2020 and had been stationed at Moreton for the two years of my service," Special Constable Campbell said.

"I resigned to pursue other things but found that, even though policing is sometimes challenging and confrontational, I missed the diversity, camaraderie and serving the people of Queensland. "It is great to be back, and I look forward to serving the Moreton community once again." Chief Superintendent John Hallam led the proceedings, welcoming Constable Campbell back to Moreton District," Chief Superintendent John Hallam said. "Having Constable Campbell onboard at Caboolture will be a great help to fill temporary resource gaps.

"Being a Special Constable allows Adam to contribute to community safety as well as pursue his non-policing career." Special Constables hold the same powers as permanently employed officers and undergo training to ensure they can perform the same duties and responsibilities.

Special Constable Campbell will work casual shifts with Caboolture station and will be on-call to local officers during times of high demand. He is the first of a number of officers who have recently left and are considering returning to duty within Moreton.

Police officers aren't born, they're made, with every challenge or adversity overcome, and their personal values, helping to shape them into great officers who can make a real difference. There is no better time to join the QPS. You're already ready. Visit PoliceRecruit.com.au to check your eligibility today.

Drug driving – cocaine testing Recently, upgrades for roadside drug testing have been introduced, that allow for the detection of cocaine.

The roadside saliva-based sample tests previously tested for THC, methylamphetamine and MDMA.

At 12.45 pm on August 2, a 19-year-old Warner man was



intercepted driving on Kinsella Road, East at Mango Hill, where it is alleged, he tested positive for cocaine.

He was charged with drug driving and is set to appear in the Pine River Magistrates Court on September 5.

At 1.40 pm on August 5, a 22-year-old Buderim woman was intercepted driving on the D'Aguilar Highway at Stony Creek, where it is alleged, she tested positive for cocaine. She was charged with drug driving and is set to appear in the Caboolture Magistrates Court on October 9. Since July 1, Moreton Police have detected a total of 103 drug drivers.

Senior Sergeant Mal Lilley, Officer in Charge of the Landsborough Highway Patrol, is disappointed that people are still making poor decisions when it comes to drink and drug driving.

"Research shows that those driving with a relevant drug in their system have a higher crash risk than other drivers," said Senior Sergeant Lilley.

"Anything that reduces your ability to drive at your best, is not good."

"Remember, road safety starts with you."



76 Offences
8 JUL 2023 — 7 AUG 2023

- Assault 11
- Other Offences Against the Person 2
- Unlawful Entry 7
- Other Property Damage 5
- Other Theft (excl. Unlawful Entry) 13
- Fraud 2
- Drug Offences 12
- Trespassing & Vagrancy 2
- Weapons Act Offences 2
- Good Order Offences 7
- Traffic & Related Offences 13

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