

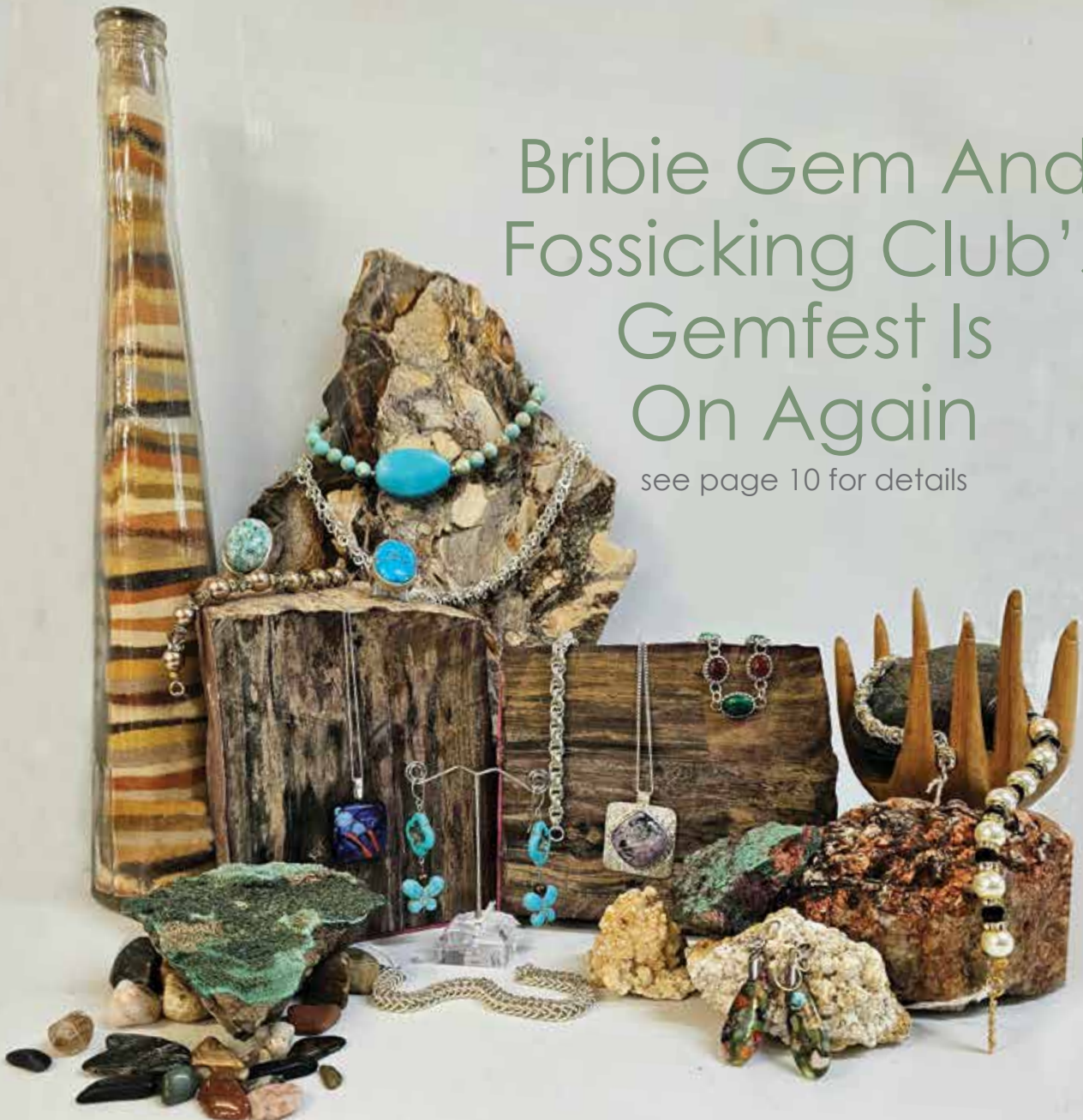
The Bribie Islander

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COMMUNITY
MAGAZINE

ISSUE 198 AUG 25 2023

Bribie Gem And Fossicking Club's Gemfest Is On Again

see page 10 for details



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25 Aug, 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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GEMFEST AT BRIBIE ISLAND ART CENTRE

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BIG BUN TURNS 30

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DADS DAY PUZZLE PAGE

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Welcome

Dear readers,
Welcome to edition 198. Firstly, thank you, everyone, for being patient with us, as we had a few delivery issues recently. We have sorted them out, and it should be smooth sailing from here on in! We are heading into our 200th edition, time is flying, and with Christmas just around the corner, this year has flown by! Where does the time go? Speaking of time flying, I recently turned 50, an age I was convinced I wouldn't make, and in the mail, I received a lovely card from Terry Young congratulating me on a

milestone birthday. How special that our residents get sent

these cards! I also received the free bowel testing kit on the same day, delivered to my mailbox. I would have preferred a box of chocolates, but ensuring your health is in check is a gift that keeps giving! As for gift giving, this edition, we are celebrating Father's Day, and we wish all the fathers, grandfathers and all those who take on that role a very happy and safe day with your loved ones. The Seventh-day Adventist Church is putting on a tribute to Fathers program followed by a free BBQ lunch for those dads and kids who may not have a chance to spend the day together. All are

welcome, and it is lovely to see an event like this put on for those who may be alone on such an important day.

As you can see from our front cover, the Gem and Fossicking Club is holding Gemfest on the 2nd weekend of September, and it will be a fantastic day out for all the family. Make sure you pop in and have a look! There are some seriously talented people in this club, and it is definitely worth having a chat with them and observing how they make the stunning items they do!

Until next time,
Take care, stay safe,

Cherrie

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The Safety of PERMANENT MAKEUP: What You Should Know

In recent years, permanent makeup has gained immense popularity as a convenient solution for enhancing one's natural features. Also known as micro-pigmentation or cosmetic tattooing, this procedure involves depositing pigment into the skin to create long-lasting makeup effects like eyebrow tattoos, eyeliner, and lip colour. While the allure of waking up with perfectly defined features is undeniable, many potential clients wonder about the safety aspects of this cosmetic trend. So, let's explore the safety considerations associated with permanent makeup, the potential risks, and what you should know before stepping into a permanent makeup studio.

Understanding the Process

Before delving into safety concerns, it is essential to have a clear understanding of the permanent makeup process. This innovative procedure involves the use of specialized needles to carefully deposit pigments into the dermal layer of the skin. To ensure a comfortable experience, a topical

numbing cream is typically applied before commencing the treatment. Moreover, the pigments used in permanent makeup are exclusively formulated for cosmetic use and undergo rigorous scrutiny to avoid any harmful ingredients. The primary goal of permanent makeup is to provide clients with long-lasting, hassle-free results, liberating them from the need for daily makeup routines.

Professional Studios and Safety Standards

The safety of permanent makeup heavily relies on the expertise and professionalism of the artist and the studio they work in. Reputable permanent makeup studios prioritize safety and hygiene, adhering to strict standards and guidelines set by local health authorities. These studios use single-use, disposable needles to prevent cross-contamination and ensure a sterile environment. Well-trained artists also conduct thorough consultations with clients to assess their individual needs and address any potential allergic reactions to the pigments. Furthermore, professional studios take into account the client's medical history and skin conditions to minimize risks and avoid complications.

Understanding the Risks

As with any cosmetic procedure, permanent makeup does come with some risks. The most common risk is an

allergic reaction to the pigments used. Although rare, some individuals may experience redness, itching, or swelling around the tattooed area. To mitigate this risk, it is crucial to undergo a patch test before the actual procedure, allowing the artist to observe any adverse reactions. Additionally, if you have a history of keloids or hypertrophic scarring, you should inform your artist beforehand, as tattooing may cause unexpected reactions in such cases. It's important to remember that every individual's skin is unique, and while most people experience no issues, there is still a possibility of adverse reactions.

Post-Procedure Care

Proper aftercare is of utmost importance in ensuring the safety and success of your permanent makeup experience at a reputable permanent makeup studio. Your artist will provide you with comprehensive instructions on how to care for the treated area during the healing process. This typically involves keeping the area clean, shielding it from sun exposure and harsh chemicals, and refraining from picking or scratching. Diligently adhering to these guidelines not only promotes better healing but also significantly minimizes the risk of infection or complications, ensuring a satisfactory outcome for your permanent makeup journey.

Who Should Avoid Permanent Makeup

While permanent makeup is generally safe for most people, certain individuals should avoid this procedure altogether. Pregnant or breastfeeding women are advised against getting permanent makeup due to the potential risks associated with pigments entering the bloodstream. People with certain skin conditions, such as eczema or psoriasis, should consult with a dermatologist before considering the procedure. Additionally, individuals with a history of allergies to cosmetic products or those with a compromised immune system should exercise caution and seek medical advice before proceeding.

Insights and Takeaways

Permanent makeup can be a life-changing solution for those seeking to enhance their natural features with long-lasting results. When done by a skilled professional in a reputable permanent makeup studio, the procedure is generally safe. By understanding the process, researching and choosing a reputable studio, and following proper aftercare, you can minimize risks & ensure a successful experience. However, it's essential to be aware of potential allergic reactions and to consult with your artist about any medical conditions before undergoing the procedure. Remember, your safety and satisfaction should always be the top priority when considering permanent makeup.

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Sometimes one can be in a relationship that is not for the highest good, not all relationships make our life better and impact us in a positive way, some can create more damage than good, lowering self-esteem. I often get asked, "How do I know when it is time to leave?" We need to look out for red flags, and when these are showing up in relationships it may be a whisper to contemplate leaving.

What are red flags???

Red flags are warning signs, that indicate unhealthy or manipulative behaviour. By being aware of warning signs you can leave a toxic relationship before too much damage is done. Overly controlling behaviour A person controlling all your movements, decisions, beliefs or even what you wear.

Lack of trust

We can all have doubt at times, though when are consistently lacking trust, it is not a great sign. Trust is an important foundation.

Low self-esteem

When you love someone, you

build a person up, not diminish them, if you are feeling your partner has not got your back, it could be a warning.

Physical, emotional, or mental abuse

Physical, emotional, and mental abuse are clear red flags!! Substance abuse It indicates that a person struggles with impulse.

Narcissism

Indicates, self-obsession and a misplaced sense of importance, it rarely gets better.

Anger management issues Anger management issues can make you feel unsafe, and who knows when the anger may turn its hand on you.

Co-dependency

Co-dependency happens when two people rely on each other exclusively for emotional, psychological, and even physical support.

Inability to resolve conflict.

As uncomfortable as it can be, embracing constructive conflict is crucial to all relationships, without productive conflict, matters can never be resolved. Constant jealousy Someone who is constantly

jealous of you and your connection with others.

Gaslighting

Victims of gaslighting are made to feel guilty regardless of whether they did anything wrong, to the point of it making them question their own sanity. Lack of emotional intelligence Conflicts can be due to a lack of emotional intelligence, an inability to pick up on your feelings or empathise with you. Negatively affecting your relationships

If someone is impacting any of your relationships in a negative way.

Inability to communicate openly.

The lack of desire to communicate isn't great. Lack of social connection Not having any friends or close relationships can be a red flag.

Understanding the importance of leaving a destructive relationship is the ultimate act of self-love. Need support to decide whether to stay or go? Give me a call on 0405 361 882 or reach out via FB: MariaChristina.Love

Always with love, Maria Christina x

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NOT ALL LASH LIFTS ARE EQUAL!

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

lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age.

- Additionally, applying a Lash Serum to your eyelashes will help keep your eyelashes strong, soft, and healthy - making the lash curl last even longer.



The Yumi™ Keratin Nourishing Serum or Yumi™ Biotin Serum is recommended, and is available to purchase at appointment.

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

Vanessa Taylor
0412 273 530
Facebook: Forever Vee
Instagram: @Vanessa.taylor.forever.vee



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

Facebook: Forever Vee

Instagram: @vanessa.taylor.

forever.vee

Website: ForeverVee.com



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

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

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

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E: secretary@bribiegemclub.com.au

Gemfest

2ND WEEKEND SEPT
Sat 9th 8am - 4pm
Sun 10th 8am - 2pm



FB: The Bribie Island Gem Club

The priority of Wallum Action Group and its Bribie Island Community Plant Nursery is to support deserving community needs in the form of programs people and organisations



On this occasion, we are proud to support Arnie Vereschildt who is a volunteer with the Department of Veterans Affairs as an advocate and pensions officer. The role of the DVA Advocate is one of acting for and representing veterans, who need support for personal conditions arising out of their military service, and who are attempting to access the services and support provided by the Department of Veterans Affairs.

The assistance provided by the advocate is crucial in navigating the torturous process of either gaining recognition or applying for the many services that will make the lives of the veterans just a little bit easier. Particularly for those who have injuries and disabilities resulting from their service.

There are two types of advocates, paid and volunteer. Arnie is the latter, who spends much of his own time helping others who have served in the Australian Defence Forces. Arnie has volunteered his time in this role for the past 11 years. Much of that has been in Canberra following his resignation from the ADF. There, his interaction and service have mainly been with Iraq, Afghanistan and peacekeeping veterans.

Arnie has been on Bribie now for two years, where he supports mainly an elderly and disadvantaged veteran population. Obviously to do the work he needs to do; he must have a laptop. As his existing one had reached its used-by date, and to keep him going and doing his great work, Bribie Island Community Plant Nursery said it was a privilege to be able to supply the laptop to him.

Well done and a huge thank you goes out to both Arnie Vereschildt and Wallum Action Group and its Bribie Island Community Plant Nursery for all digging deep and helping out those who are in need.



JOIN OUR PRIDE

Bribie Island Lions Club needs you!

- ✓ Do you enjoy being part of a fun team making a difference with local challenges?
- ✓ Do you want to help with
 - ✓ Camp Quality (kids with cancer)
 - ✓ Bribie Island Children of Courage
 - ✓ Bribie Island Youth of the Year
 - ✓ Or other worthwhile community projects
 - ✓ Make new friends with great ethics

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The Lions Club of Bribie Island

SEVENTH ANNUAL MEMORIAL

RIDE FOR RED

SAT 30TH SEPT & SUN 1ST OCT

2023



Ride begins at the Ampol Service Station, Pumicestone Rd, Caboolture (near Big Fish)

9:00am SHARP

First Stop - Peachester Café Bakery 10am. Raffle.

Second Stop - Dag Hotel, D'Aguilar 12pm. Lunch \$15pp & Raffle.

Final Stop - Bribie Hotel, Dinner \$25pp. Raffles & Auctions.
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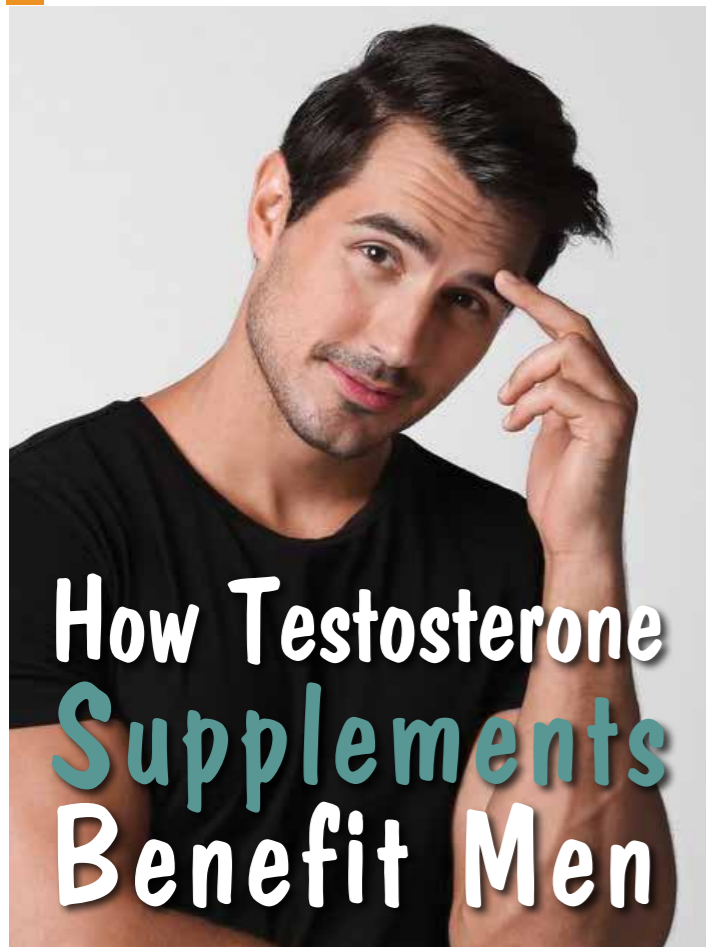
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Hosted by Helen & Gary (Blakey) from Granks Social Riding Club to raise funds for Cancer Council QLD





How Testosterone Supplements Benefit Men

As a male, you may have come across the idea of using testosterone supplements to enhance your overall well-being. However, what are these supplements, and how can they enhance your life? Let's delve into the perks of using testosterone supplements and how they can help you achieve optimal health and vitality. Testosterone is a vital hormone responsible for the development and preservation of male physical traits. Its impact on various bodily functions, such as mood, sex drive, bone density, and muscle mass, cannot be understated. However, with the passage of time, men's testosterone tends to decrease, which can result in various symptoms.

HERE ARE SOME OF THE INDICATIONS AND WARNING SIGNS OF LOW TESTOSTERONE:

- **Reduced Sex Drive** - One of the most prevalent signs of low testosterone in men is a reduction in their sex drive. Testosterone has a

significant influence on male sexual function, including the desire for sexual activity. As testosterone levels diminish, men may experience a decline in their libido, leading to a decreased interest in sexual activity.

- **Erectile Dysfunction** - Testosterone plays a role in the attainment and maintenance of an erection. Scarcity of testosterone can add to erectile dysfunction - creating difficulties for males in achieving and preserving an erection while engaging in sexual activity.
- **Loss of Armpit and Pubic Hair** - Testosterone also plays a vital role in the growth and upkeep of body hair, such as armpit and pubic hair. As testosterone levels reduce, you may notice a reduction in your body hair.
- **Fatigue And Decreased Muscle Mass** - Testosterone is crucial for the development and maintenance of muscle growth. As testosterone levels decrease, men may experience a reduction in muscle mass and an increase in body fat, which can cause feelings of

exhaustion and low energy levels.

BENEFITS OF TESTOSTERONE SUPPLEMENTS FOR MEN

- **One potential remedy for low testosterone levels** is a natural testosterone supplement. Here are a few benefits of using testosterone supplements for men:
 - **Increased Sex Drive** - Male sexual function, particularly erectile and libido function, is greatly influenced by testosterone. To improve sexual desire and function in men, testosterone supplements can be helpful in increasing testosterone levels.
 - **Increased Physical Endurance** - Testosterone is vital for muscle growth and upkeep, and decreased levels of testosterone can result in a decline in muscle strength and mass. Testosterone supplements can assist in boosting muscle strength and endurance, enabling men to remain active and sustain their physical fitness.
 - **Increased Bone Density** - Testosterone is also crucial for maintaining bone health as it

aids in preserving bone density. As testosterone levels decline, men may experience a decrease in bone density, leading to an elevated risk of fractures and osteoporosis. Testosterone supplements can assist in increasing bone density and minimizing the risk of bone-related health problems.

- **Increased Red Blood Cell Production** - The red blood cells' production - responsible for transporting oxygen in your body - relies significantly on testosterone. Inadequate levels of testosterone can cause a decline in red blood cell production, leading to tiredness, feebleness, and other health concerns. Testosterone supplements can help increase red blood cell production, leading to improved oxygenation of tissues and organs, and overall better health.

Choosing The Right Testosterone Supplement

- When deciding on the ideal testosterone supplement, there are numerous factors to take into account. Here are a few key considerations to bear in mind:
 - **Supplement's Effectiveness**
 - **Potential Side Effects** -

- When selecting a testosterone supplement, one crucial aspect to contemplate is whether it has been clinically tested and verified as efficient. Seek out supplements that have undergone rigorous testing and have been demonstrated to enhance testosterone levels in men.

- **Ingredients And Dosage** - In addition to clinical testing, another significant factor to consider is the supplement's ingredients and dosage. Opt for supplements that incorporate natural ingredients, while avoiding those that contain synthetic or potentially harmful substances. Furthermore, adhere to the recommended dosage instructions to ensure effective and safe usage.
- **Quality And Purity** - Selecting a testosterone supplement from a reliable manufacturer that employs pure and high-quality ingredients is critical. Seek out supplements that are produced in facilities that comply with stringent quality control standards and have a good reputation within the industry.

Although natural testosterone supplements are generally safe and well-tolerated, it's crucial to be mindful of potential side effects. Several prevalent adverse effects of testosterone supplementation comprise acne, hair loss, and escalated aggression.

- **Cost** - Lastly, it's vital to contemplate the supplement's cost. While a less expensive option may seem appealing, keep in mind that it may compromise the supplement's quality and effectiveness. Look for supplements that provide good value for their cost and fit within your budget.
- For men, testosterone supplements can provide several benefits, including better cognitive function, improved bone density, and enhanced muscle mass and strength. While supplements can be advantageous, it is vital to maintain a healthy lifestyle and consult with healthcare professionals before commencing any supplement regimen.

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

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



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

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

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

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

Dr Ensi speaks English and Farsi/Persian.

She has keen interest in

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

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



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

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

He is also taking on new patients.

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

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

Areas of interest:

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



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When calling for a pickup please call 3408 1014 only some callers are ringing the office phone 34101920 which is not manned all the time. Some calls are 3 days old before the messages are checked, so we don't want you to think you are being ignored.

DONATIONS THIS MONTH

With the help of our supporters and the many customers that come through the shop, we have been able to assist many associations on the island this month including our permanent assistance to VMR for fuel, Hospice for the Palliative Care Suite, and the monthly assistance with Foodbank and fuel for BI Global Care. We have also been able to assist the BI Retirement Village with a new shed to accommodate the many mobility scooters that some residents have to help keep them mobile. We are assisting the RSL Subbranch's Children's trip to Canberra for next year's ANZAC Day, 48 children from the 3 island schools get a chance to be part of the morning service and also see many of Canberra's special sites. The school-based Bribie Hi-Tech Team (STEM/robotics group) require a few pieces of equipment to enable them to continue enhancing their skills and success in the many competitions available to them. The Special Education Services of the BI High School has asked for assistance in acquiring transport weekly over an 8-week period to allow BB primary school students to attention to a Transition Program for year 6 students who may be a bit anxious going to the high school next year. The Tri Sports Club require 6 bike wind trainers to assist the younger less confident athletes during training sessions.



VOLUNTEERS

WE ARE IN NEED OF MORE VOLUNTEERS WITH SOME GAPS ON SEVERAL DAYS AND WE WOULD BE PLEASED TO HAVE A FEW MORE MEN TO HELP AS WELL. We always welcome new volunteers, so if you have a few hours to spare please give us a call on 3408 1014 or pop into the shop and speak to Stacey, we are registered with Centrelink for Job Seeker requirements. Newcomers to the island can easily make new friends as we have an excellent group of volunteers working with us, it is also a wonderful way of supporting our beautiful island and its residents.

NO MORE HOLDING PURCHASED ITEMS

Please be aware that we will no longer hold items once purchased. When you have paid for an item, you must either take it with you at the time or arrange for delivery. We continually have problems with available space when we obtain a lot of furniture, so we will no longer hold items for customers to come later that day or the next day to pick them up. Some people

have left it longer and we have been forced to put the item back on the floor for sale, much to the annoyance and abuse of the buyer. So PLEASE DO NOT ASK US TO HOLD ONTO YOUR PURCHASES - you must take them or arrange delivery at the counter. Our delivery fee is very reasonable, especially when you consider the running costs of not only the truck but also the wages of two permanently paid staff. We thank you for your cooperation in this matter as it is just unmanageable for us.

REQUEST FOR PRESENTATIONS AND DONATIONS

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

TRADING HOURS

HOURS 8 AM TO 3.30 PM Monday to Friday and 8 AM to 12 on Saturday Morning.

The Lions Club of Bribie Island was the grateful recipient of a \$1000 donation from Bribie Bowls Club to go towards our annual project Camp Quality, which is to be held on 19th November.

This project has been conducted by The Bribie Island Lions Club with assistance from other clubs in our district for over 30 years. Camp Quality is a fun day for children suffering from cancer, and their families. One day of the year they can forget the hospital visits and just have fun. Camp Quality is an Australian children's cancer charity that has been improving the quality of life for kids facing cancer for 40 years. It all started with the first camp held in 1983! Today recreation programs continue to give kids and families a precious break from cancer, and also do so much more! Providing families facing cancer with Child Life Therapy, a Cancer Education Program, Puppet Playdates, digital resources, a supportive community and professional counselling!

Camp Quality was founded on



the belief that when a child is diagnosed with cancer, you can't always change the quantity of their life, but you can change its quality. And they do, every single day! Because laughter is still the best medicine.

Camp Quality continues to bring positivity, fun and laughter

back into the lives of kids facing cancer, 40 years after the first camp. Over 10,000 kids aged up to 15 years are registered for Camp Quality's free services and programs. There are almost 800 volunteers registered with Camp Quality and are appreciated greatly!

A big, heartfelt thank you to everyone who has been a part of the Camp Quality family- as they look forward with optimism to the decades ahead.

PHOTO LEFT TO RIGHT: Bribie Bowls Club Treasurer, Kerry Muller, Receptionist Melissa, Lion Glen Hartley, Lion Cheryl Edge and Camp Quality Coordinator, John Edge



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Mon-Fri 8:00-3:00, Sat 8:00-12:00



WE ARE FRIENDSHIP
Bring a buddy!

We know how much you love Little Athletics, so why not invite your friends to experience this fun sport with you?

Participating in athletics is a great way to spend time with your friends and achieve your personal bests together, whilst having so much fun along the way!



FIRST-TIME DAD

Becoming a father for the first time can be one of the happiest times in your life, it can also be a very emotional and confusing experience. Having a baby will impact your free time outside of work but should not 'wreck your social life' if you are organised and plan your time well. Before, you were both able to come and go pretty much as you pleased. Now you have to learn to negotiate breaks and check in with your partner. Becoming a father may raise all sorts of pressures about being a provider, protector, and engaged dad and working hard at the same time — the balance can be difficult to find. Moreover, if you want to do things differently from the way you were fathered, you have to work it out for yourself from scratch. This can mean seeking out information or support, something that many men aren't used to doing.

Try not to feel that you're "on the outside"

At the start, it may feel as though your partner has more of a role in caring for your new child, especially if she is breastfeeding. But being part of the new family unit is about teamwork. Your role in looking after the house, fielding telephone calls when your partner is trying to get some sleep, or going to the shops for new nappies is just as important to the family unit as feeding the baby. You may feel that you're more part of the family unit if you get involved from the very beginning. Some ways to do this could be:

- Attending antenatal classes
- Being present at the birth
- Learning how to change a nappy
- Finding out what is needed to look after a baby

Speaking to any other fathers that you know

As well as helping your partner, it will help you to feel part of the parenthood process.

Intimacy - Don't forget about your partner during this time. While sex may not be on the agenda straight away, don't forget to show your affection and love for your partner during this challenging time. Sex might be the last thing on her mind in the early stages. Talking honestly with your partner about what you're comfortable with is by far the most important part.

Look after yourself - Believe it or not, dads are also liable to get a dose of the "baby blues", despite not physically giving birth themselves. Studies have shown that male partners can experience significant hormonal changes and, coupled with the lack of sleep that comes with looking after a newborn, it is important for the first-time dad to look after himself.

Support networks - Don't forget about your mates! Do any of your friends have children? They will be a great source of advice, ideas and support through difficult times as they are likely to have experienced many of the same things. Learn from them about how you can do things with your partner and new child and find ways to spend time with your mates and your child! You may find that you become closer to your own parents as you gain a better understanding of their perspective as parents.

If you feel down: Make sure you eat regularly and think about good food choices, limit your alcohol intake and get regular exercise to get you out of the house and make you feel better (put the baby in the pram and get outside!).

What is a Dad?

Dads come in all shapes and sizes, as being a parent can sometimes lie with a less traditional role model. So, let's celebrate all the different dads out who help shape who we are!

Dad - This one is pretty standard, the one we think of when we think of Father's Day.

Boyfriend or Stepdad - Whether a biological dad is around or not, a boyfriend or stepdad can play a very important part in kids' lives.

Grandpa - Sometimes a grandparent ends up being a primary caregiver. If you're worried about seeing your kids today, and your Dad is still alive, maybe shift your focus to make sure your Dad knows you love him and try to spend some time showing him that.

Uncle - An uncle can play a leading part in their niece or nephews' lives, whether they're an uncle by blood or marriage, or just based on their friendship and relationship to the family.

Mate - Just like an uncle, sometimes a friend of the family or a mate can step in to play dad sometimes, whether that's helping sometimes to pick the kids up from soccer or having those man-to-man type of chats with a young man figuring out the important things in life.

Boss - This one can be particularly relevant to a young man embarking on an apprenticeship or someone that spends a lot of time at work, but there are plenty of ways that a boss or manager can take on father-figure actions through the simple act of mentorship and looking out for someone.

MensLine Australia has professional counsellors available 24 hours a day, seven days a week, providing confidential and anonymous information and support for all father and parenting issues. Call us on 1300 78 99 78 or access online counselling.



Be there - The first step isn't a big step, but it is an important step. Just be there. Go visit your Dad, pick up the phone and have a chat, just let them know that you're there for him.

Pick your time - You're not going to want to have a big deep and meaningful chat over the kitchen table, in front of your mum and aunties and Nan and whoever else might be over for dinner. Choose the best time that's not only in a safe and private place but when you can carve out the time to have a proper conversation.

Where to start

This can be a tough one. You might have noticed a change in behaviour in your old man and have all these concerns and questions but don't know which one to say first. There are a couple of ways you can approach this conversation starter:

- "I've noticed you've been sad/angry/not yourself lately, do you want to tell me about it?"
- "How have you been going?"
- "I heard/saw you say/do something that made me worried about you, can we talk about it?"
- "I've been feeling concerned about you."

straight out and tell you what's on their mind. They might need a couple of cracks at coming out and saying it. They might ask you how you're going and hope that you ask them back to get the conversation started. So, keep your ears open just in case Dad is sounding like he wants to have a chat.

Go do stuff - If your old man is one of those old men that aren't exactly the talking about his feelings type, then it's going to be easier for him to open up if the opening up happens while another activity is taking place. Go for a drive, play golf or help him do... whatever hobby it is that he likes to do. Men find it easier to talk when 'the talk' isn't the main activity.

During times of stress - There are going to be times in your Dad's life when he's going to need to deal with stressful situations. He may have lost a friend, been made redundant or living with an illness. A common thought is that when people are living through stressful times, it's best to leave them alone. But being in a positive relationship means that you're there for the hard times as well as the good. So, reach out and just let them know you're there. The most important thing at the

Give DAD the gift of mental health this Father's Day

Don't know what to give Dad this Father's Day? You're thinking maybe a pair of socks or another tie? But does Dad really need either of those things? Think about this for a second, what does Dad really need? Sure, he might actually need a pair of socks or another tie for his collection, but he also might need the gift of mental health just that little bit more.

Men's mental health statistics

- 4% of Australian men aged 16 to 85 will experience anxiety in their life
- 1 in 8 Australian men will experience depression in their lives
- Only 27.5% of males with mental illness access any services.

So, thinking about those stats, do you really think Dad needs those new socks? He might really appreciate those socks, so go on, get him a pair of socks, but also think about maybe checking in on his mental health as well.

You might think that it's hard to do. After all, we're talking about the man who taught you how to ride a bike, who used to hold you up on his shoulder and held you close when you scraped your knee. He's the guy you thought was unbreakable. But as we grow older, we realise that we all break a little sometimes. So, maybe it's time to reach out and check in on Dad. Where do you start, I hear you ask. Well, I'm glad you did. Here are a couple of tips. Tips for checking in on Dad's mental health.

- "I know that this is what I do when I'm feeling down, and I've seen you doing it too. Is there something wrong?"
- "Are you okay?"

All of these could be good conversation starters to get you going.

Ask twice - Generally, when you ask a bloke something along the lines of 'Are you all right?' you'll most likely be told that everything is good. That doesn't necessarily mean that's the case though. Most guys don't want to be a bother, so it's always a good idea just to ask twice. More times than not, if there is something on their mind they'll open up after the second time you ask.

Have a read between the lines - Sometimes Dads (and males in general) won't always come

end of the day is letting Dad know that no matter what, he's supported.

Now, there may be a time when your dad needs more help than you can provide. If that's the situation he's in, then support him to seek help from a GP, or a health professional or encourage him to MensLine who provides a free, 24-hour counselling service that doesn't require your dad to need a referral. MensLine Australia is available 24 hours a day, seven days a week.

So, this Father's Day instead of giving him another pair of socks, take the time to check in on his mental health.

P.S. Get some socks as well. Everyone needs socks!

BBQ

Fathers Day Program & BBQ Lunch SATURDAY SEPTEMBER 2nd

*All welcome, especially Dads who won't see their kids or kids who won't see their Dads.
11 am to 12pm tribute to Fathers,
Followed by a BBQ lunch. Registration for catering purposes is required, RSVP Jennie on 0422147100*



Refreshments will be available from 10.30

Bribie Seventh-day Adventist Church
80 Webster St Bongaree
Meeting in the Bribie Island Uniting Church

Honey has been part of our everyday healthcare package for centuries and is widely known to have many health benefits. But does modern science really support this view?

Dean Ashton, a qualified Nutritionist and Exercise expert gave us these benefits of honey and the scientific evidence to support it? Here is what he had to say:
"The nutrients found in honey have been widely reported to have antioxidant, antimicrobial, anti-inflammatory and anti-metastatic effects. Flavonoids and polyphenols, which act as antioxidants, have provided evidence to support these positive effects. These natural compounds as a dietary component offer health promoting properties due to their high antioxidant capacity."
"Scientific literature also supports the protective effects honey can offer against respiratory, cardiovascular and gastrointestinal

disease which can be prominent, particularly in older adults."

POSITIVE RESPIRATORY EFFECTS

"A systematic review tested multiple studies on honey and its suppressant qualities against the common cough and determined it to be effective. So if you have a winter cough, get out those hot, honey and lemons guys!"

"It is believed that the sweetness of honey triggers your salivary glands to produce more saliva, leading to lubricating your airways and easing your cough. In addition its anti-inflammatory qualities to help break up mucus within the bronchial tubes."

"Some research has also indicated honey acts to reduce asthma-related symptoms as a preventative agent, showing positive signs of reducing airway inflammation."

POSITIVE CARDIOVASCULAR EFFECTS

"Antioxidants found in honey such as Vitamin C, flavonoids and polyphenols have all been associated with a reduced risk of cardiovascular failures. Honey has shown to decrease total

cholesterol and these effects were drawn from the anti-inflammatory sources within the honey."

POSITIVE GASTROINTESTINAL EFFECTS

"Honey has been found to contain properties which treat infections from its antibacterial properties and has been found to be useful for people who are prone to ulcers. Like many probiotics you can find in your local supermarket, honey can serve a similar purpose for conditions within the gastrointestinal tract."

OTHER POSITIVE BENEFITS

"Honey is a natural product formed from the nectar of flowers, and produced by bees. Honey has many nutritional values to support the research discussed above and has offered health benefits from honey that is classed as raw. Honey is part of a well-balanced diet which is classed as a carbohydrate as part of your macronutrient intake and can be added to all types of food sources such as your morning porridge or yoghurt."

"Honey is also the oldest wound healing agent because of its bioactivities, honey induces

leukocytes to release cytokines, which is what begins the tissue repair process."

"Honey is cost effective, readily available and has virtually no side effects and doctors can recommend it as a suitable alternative to antibiotics."

"Honey contains some vitamins and minerals in trace quantities, including small amounts of iron, zinc and potassium. Honey contains antioxidants, which can protect the body from inflammation. Inflammation can lead to a variety of health issues, including heart disease, cancer and autoimmune disorders."

EXPERT SUMMARY

"The scientific evidence from most of the literature out there does distinctly support that honey has anti-inflammatory properties. Of course, it is encouraged to combine honey with a well-balanced diet and a physically active routine."



red rooster

ADD ON
\$2.50 EACH HOT HONEY FRIED
MAX 2 PCS PER ORDER



T&C'S APPLY - NOT EVERYWHERE AND NOT FOREVER.

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1650 Anzac Ave

MORAYFIELD

123 William Berry Dr

KALLANGUR

1475 Anzac Ave

BURPENGARY

163a Station Rd

DECEPTION BAY

444 Deception Bay Rd

REDCLIFFE

82-98 Anzac Ave

BRIBIE ISLAND

75 Cotterill Ave, Bongaree

MORAYFIELD FOOD COURT

Morayfield Shopping Centre



HAPPY Birthday!

The Big Bun is one of the longest-established businesses on the island, being a big part of the Bribie Island community for 30 years now, sharing the residents' special occasions, it is now The Big Bun's turn for a celebration!

Established in the 1980s when Bribie was still a tiny island community and there was no such thing as a shopping centre, Benabrow Avenue was the business hub of the island. The Big Bun Bakery was perfectly located on the left on Benabrow

Avenue, just after you come off the bridge. After running for 13 years, it changed ownership in 1993 when Ann and Tay Mehmet bought the business and still own it to this day. In that time, they have seen and made many changes, as Bribie has grown, so has The Big Bun. They have doubled the shop size to incorporate seating for customers who wish to enjoy a cup of coffee, breakfast freshly made sandwiches or one of their famous pies! Ann and Tay's son, Altan now manages The Big Bun, which is no longer called The Big Bun Bakery, now simply "The

Big Bun". They have a full-time pastry chef and qualified professionals, it is not easy to find such staff, but they found them! Altan has watched the island grow, along with its popularity with holidaymakers – whom he sees as an integral part of his clientele. He loves welcoming visitors to Bribie and he's always happy to help with directions and handy local tips. Altan is proud that they not only work within the community but also live within it. Altan considers that seeing "our community thrive befits all of us personally".

Altan also has some great stories to tell, one being when back in the day, Monsoon's nightclub used to run alongside the Bribie Island Hotel. When it closed at 2 am, Altan said he would race to the bakery to open it, so all the partygoers could buy pies and pastries. He watched as many a romance blossomed over a freshly baked pie and people would fall in love. It wasn't all hearts and flowers though, as many a fight broke out there as well, after all, 2 am after a night of drinking, there are two outcomes, lovers and fighters!

The Big Bun are very proud of the fact that they have been part of the community's special occasions. Having made cakes for engagements, baby showers, and birthdays having the pleasure of watching every year as the next milestone cake is ordered, making them feel as if they have been a part of that person's journey through life. Altan's belief is "To provide



Bribie with the best products; made with highest quality (ethically and sustainably) ingredients; with the best practices; made by qualified and passionate people; backed up by fantastic service". The Big Bun loves to support the local community. They are involved in many charitable ventures, such as supplying food to charity golf days, school fundraisers, etc.

The Big Bun is your local shop - YOUR SHOP. Where they combine freshly baked pies and pastries, sweets and savouries, with quality espresso, dine-in or takeaway. You can pick up your morning coffee and breaky on the way to work or find an easy park to dine in. Enjoy watching the world go by, seated streetside in the covered outdoor

alfresco area. Delight in one of the delicious sweets, with your favourite from the coffee menu! Drop in and pick up your favourite treat and don't forget to congratulate them on the excellent service they have provided us in in the past 30 years! Congratulations team, it is well deserved!

Want To Have Fun?

By: KATHY VINCENT

ISN'T THAT WHAT WE ALL WANT? THERE IS NO AGE LIMIT ON HAVING FUN. AS WE GET OLDER PERHAPS IT IS MORE DIFFICULT TO FIND SOMEWHERE TO HAVE FUN. WELL, I CAN TELL YOU JUST THE PLACE!

Pumicestone Passage Probus Group is dedicated to having fun !!!

In July 40 plus friends went to Birches on Mount Mee for Christmas in July. The coach drive was spectacular with amazing mountain views in all directions. The room was suitably decked in festive trimmings. The Christmas tree was sparkling in the corner and the live music was very Christmassy.

The following week we had a fabulous talk from Rolly Sussex of Radio fame. What an interesting talk from a very interesting person. We had to wait a long time to get him, but the wait was worth it. Then there was the breakfast BBQ and fishing. I am afraid the BBQ is a lovely breakfast as catching a fish for the BBQ hasn't quite happened!!!

Then there are coffee mornings where you can just sit and have a friendly chat or lunch, this month on the Deck at Pacific Harbour Golf Club.

Why not come and join us and join in the fun? We meet every second Tuesday of the month in the garden room at the RSL. Perhaps we will see you there. We look forward to it.



A Probus Milestone

A very significant event for The Probus Club of Bribie Island occurred earlier this month when our most senior member, Don O'Neill, celebrated his 98th birthday. With eight years of membership under his belt, Don personifies the spirit of fellowship and friendship for which Probus clubs are renowned, by being a very active member who attends almost every club activity. He still lives independently in his Bongaree townhouse and is frequently seen taking his daily walk of some 3 - 4 km around the local area.

If you are seeking to make new friends who are of a similar mindset to your own and would enjoy participating in our many social outings and other activities, come along to one of our monthly meetings held in the RSL's Garden Room at 9 am on the first Tuesday of each month to get a feel for our club.

Find out more by visiting our website, accessed by Googling "Probus Bribie", or call Gabrielle on 0407 341 074 or Dave on 0408 453 066.



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

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Price Includes BBQ lunch and cruise
Prices: Adults \$49, Children \$25 (4 - 14yrs).
2023 DATES: Wed 6 Sep, Tues 3 Oct, Tue 14 Nov
2024 DATES: Fri 12 Jan, Wed 28 Feb, Fri 15 Mar

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 Returns 2.00pm (approx)

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Friday - Saturday 10am-8pm
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 Shop 3/12, First Ave, Service Road,
 BONGAREE (Across from Bongaree Car Park)

PHONE YOUR ORDER THROUGH THEN COME PICK UP!!!

WEEKDAY EATS Specials



It's A Steak Out MONDAYS

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



Two For Tuesday TUESDAYS

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



Parmis-Palooza WEDNESDAYS

A CHICKEN PARMIGIANA SERVED WITH CHIPS AND SALAD OR CREAMY MASH & SEASONAL VEGETABLES*.
\$20 SPECIAL OFFER



Spice It Up THURSDAYS

YOUR CHOICE OF ONE, TWO OR THREE AUTHENTIC CURRY DISHES SERVED WITH SCENTED RICE & ACCOMPANIMENTS. MILD, MEDIUM OR HOT HOT HOT!*.
SPECIAL OFFER FROM \$20



Kids Eat Free FRIDAYS

KIDS EAT FREE FROM THE LIL' NIPPERS MENU*. ONE COMPLIMENTARY KIDS MEAL WITH EVERY MAIN MEAL PURCHASED.
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2 First Ave, Woorim QLD 4507



BRIBIE ISLAND BOWLS CLUB

Welsby Parade, Bongaree QLD 4507

07 3408 1010 www.bribiebowls.com

Club's New Charity Month Fundraiser

Throughout September, Bribie Island Bowls Club is launching a new fundraising initiative to support five foundations that help fund medical research into major cancers and diseases that unfortunately seems to impact all of our lives.

Club Community Coordinator Kerry Muller said the Club has selected five foundations that help fund targeted medical research and each week in September the Club will focus and fundraise for that particular foundation.

"Unfortunately, Brain Cancer, Prostate and Testicular Cancer, Blood Cancer, Breast Cancer and Parkinson's Disease all seem to touch our lives in some horrible way, whether it's an illness or cancer that we face ourselves or it attacks our friends and loved ones, he said.

"Sometimes when you focus on fundraising one specific cancer, you run the risk of alienating some people who may feel more passionate about fundraising for a different cause, especially at the moment given our tough economic climate.

"The Club will be donating all green fees from each Wednesday bowls and will be holding a sporting memorabilia auction with a signed 1996 Brisbane Bears football, a signed 1992 Broncos football and signed Broncos and Dolphins NRL jerseys, plus a mega raffle.

"Each week, on Wednesday the Club will also have speakers that have been personally affected or whose lives have been touched by these diseases as well as providing information about the amazing research these five foundations are currently undertaking."

All money raised by the Club will be donated equally to all five of the foundations.

• Week 1 28th August - 3rd September. Brain Cancer. Beneficiary: Piece of Mind

Foundation Australia

• Week 2 4th September - 10th September. Prostate and Testicular Cancer. Beneficiary: ANZUP Below the Belt Research Foundation

• Week 3 11th September - 17th September. Blood Cancer. Beneficiary: Leukemia Foundation

• Week 4 18th September - 10th September. Breast Cancer. Beneficiary: National Breast Cancer Foundation

• Week 5 25th September - 30th September. Parkinson's Disease. Beneficiary: Shake it up Research Charity

Each week in September there will be donation buckets located throughout the Club or you can donate directly at Reception. Raffle tickets will be for sale for \$2 per ticket and will be drawn on Friday September 29th after the sporting memorabilia auction from 5pm.

For more information, please visit www.bribiebowls.com/charitymonth/

CHARITY MONTH

THROUGHOUT SEPTEMBER THE CLUB WILL BE FUNDRAISING TO SUPPORT FIVE FOUNDATIONS WITH THEIR MEDICAL RESEARCH WHICH HOPEFULLY WILL PREVENT THESE DISEASES FROM HAVING SUCH A DEVASTATING IMPACT ON OUR LIVES. ALL MONEY RAISED WILL BE DONATED EQUALLY TO ALL FIVE CHARITIES.

<p>28th August - 3rd September BRAIN CANCER Supporting the Peace of Mind Brain Cancer Foundation</p>	<p>4th September - 10th September PROSTATE & TESTICULAR CANCER Supporting ANZUP - Below The Belt Research Foundation</p>
<p>11th September - 17th September BLOOD CANCER Supporting the Leukaemia Foundation</p>	<p>18th September - 24th September BREAST CANCER Supporting the National Breast Cancer Foundation</p>
<p>25th September - 30th September PARKINSONS DISEASE Supporting the Shake It Up Australia Foundation</p>	<p>MEGA RAFFLE & AUCTION Super Mega Raffle - Tickets \$2. Winners do not need to be present. Sporting Memorabilia Auction Friday 29th September from 5pm. Raffle drawn after auction.</p>



BRIBIE ISLAND BOWLS CLUB

WELSBY PARADE BONGAREE 07 3408 1018

www.bribiebowls.com



VERNAZZA
ristorante

@  **bribieisland
golfclub**

wednesday nights



15 at \$ 15

special menu items
available from 5.00pm

bribieisland golfclub VERNAZZA

THURSDAY NIGHTS



Steak and Prawns

250g Rump Steak, garlic prawns, chips and salad

\$23

Senior Lunches

AVAILABLE MONDAY TO FRIDAY
11.30AM TO 2.00PM

- NORTHERN RIVERS ROAST PORK
- BEER BATTERED FISH AND CHIPS
- CHICKEN SCHNITZEL AND CHIPS
- CHICKEN CAESAR SALAD
- SEAFOOD CATCH
- BANGER AND MASH

STILL ONLY \$12 EACH

FRIDAY NIGHT MEAT RAFFLE

12 MEAT TRAYS

\$500 LUCKY 13 DRAW

QUICK TRIVIA

MEMBER'S DRAW

TICKETS ON SALE FROM 5.30PM

10 QUESTION TRIVIA 6.15PM

RAFFLE DRAWN 6.45PM



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A Romantic Weekend

WHICH WENT A BIT WRONG.

By David Horrocks

We all maybe imagine and try to plan for an exciting break from the humdrum of modern-day life; a short interlude of fun and games to temporarily lift our lives and to help us remember past days that were not fully occupied with responsibilities. I think the military used to call it R and R.

Well, my wife and I planned such a longed-for good time when we lived in Sydney some years ago. Our kids, then in their younger years were taken to spend time with Grandma, a trip they gladly accepted as a treat as Grandma spoiled them unashamedly, which they of course enjoyed.

We chose a posh hotel in the city centre known as the 'Sheraton on the Park'. Great plans were made - two nights in a luxury suite, plus dinner on night two at a star restaurant in the city. Oh, it was going to be beautiful. One of the attractions of this chosen venue was that the hotel had as a guest feature an infinity swimming pool on the roof. How romantic to be able to take a nighttime swim towards the lights of the surrounding high-rise buildings just beyond the water's edge, then to sip champagne with arms resting almost on the edge of eternity with the world far below. It couldn't be better than this for two romantics, could it?

Now, we start to get into the 'going wrong' part of the story. You must promise gentle reader not to laugh - we didn't.

We always had a great love of wine made by the Peter Lehmann winery in SA. This sparkling Shiraz wine was and maybe still is known as the 'Black Queen', not too sure though in the age of woke! It was a gorgeous drop so mouth-filling that you could almost chew it. We sneaked a bottle of this favourite into our luggage and popped it into the fridge to cool as we donned our swimmers then cloaked ourselves in the fluffy robes supplied by the hotel and headed up to the darkened roof.

There we stopped short - a notice advised that the swimming pool was closed for repairs but that we could

alternatively use the one in the gym in the building opposite - what a bummer! You know what it feels like when you've got up a head of steam and suddenly the brakes get applied.

We wandered back down to the suite still attired in our upmarket fluffy white robes. Oh, what a disappointment - however not to be deterred we decide to make the best of the situation. We still had all the plans in place so what else could go wrong - are you kidding? Well let's have a drink we said, the juicy sparkling red awaited in the fridge with its promise of a start to the festivities. I wrestled the large bottle out of the small freezer compartment where I'd placed it to get a little extra chill.

With a flourish I started to show my prowess as the skilful wine steward for the evening; the foil cover just about fell off the bottle revealing the wire that locked on the cork enclosure, and then there was a BANG. The bottle tilted in my hands and was now pointing towards the wall. A huge out spray of blood-red foam and liquid shot upwards, spraying all over the wall, the wide screen TV and its cabinet spewing then onto the floor. As the wet bottle reacted to the explosion it slipped from my grasp still spurting. My wife and I received a shower of the liquid, and our white fluffy robes were no longer white but now well-streaked in a darker hue.

The explosive energy now depleted we stood in shock and horror at the results. The red liquid was running down the wall, the TV and the furniture. The best thing to say was that we lost our composure and sort of panicked at that moment. What to do, what to do; we raced into the bathroom and got rid of the bottle. We decided to try to mop up the mess using the towels we found

there. That worked as we used them to wipe down the wall and the vertical surfaces and then mopped up the floor area. Finally, after much effort, the place looked less devastated but we had a heap of wet and red-stained high-quality bath towels. We thought it best to wash them out in the bath together with the two bathrobes. We filled the tub and started to work like the folk you see in nature films when the local native women are washing at the edge of a jungle river. But horror, the red colour disappeared - it went black.

We decided that we would have to be honest with the management and admit what we'd done and offer compensation but we would delay doing so until we checked out on Sunday; might as well try to salvage the weekend before we eventually faced the music. However the rest of the 'romantic weekend' just wasn't. The walk back into the room after dinner in the posh restaurant the following night was just a letdown, with no thoughts of any fun and games to follow.

When we checked out and offered our naïve Mea Culpa to the front desk offering to pay whatever the repair bill came to we were met with an understanding, amused smile from the guy on the desk. No worries were the reaction, housekeeping can take care of it and why ever hadn't we reported the accident when it happened? We were stunned; we could have salvaged the situation instead of having all our plans ruined. My wife has a comment for whenever such things have happened to us in the past "Another effing adventure" - but she doesn't say effing!

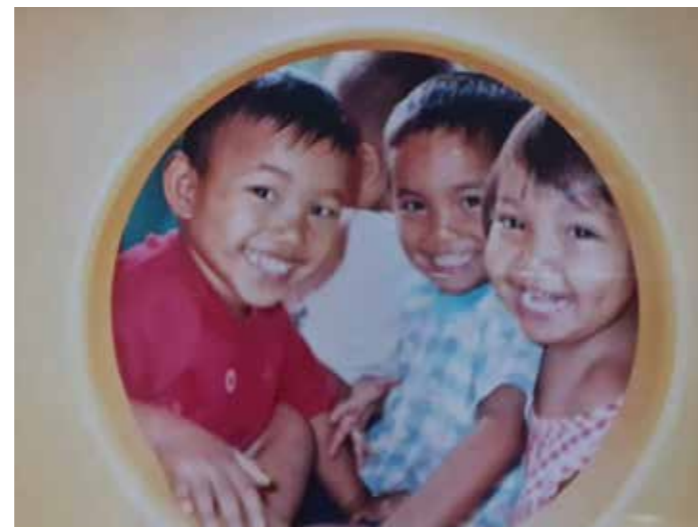




perspective on Christianity – “The world is my parish”. They, with the support of their city-based church in Brisbane, helped and supported many people and organisations around the world that were making a difference in people’s lives.

In the early 1980s, Rob and Jean focused on Thailand, and during these times, they were challenged to do something for the disadvantaged children of that nation.

In support, the team from Freedom Church is hosting a movie fundraiser on Sunday, August 27th at 3 pm at Bribie Cinema. There are still tickets available and these can be purchased for \$20 (including a choc top or medium popcorn) from Helen at 0457 777 146 or Toni at 0433 117 647. By supporting this event, you will also be supporting our local cinema.



Pastors John and Helen Gardner and 5 representatives from Freedom Church Bribie Island are travelling to the Mercy International children’s homes in Thailand in September, as part of their ongoing commitment to make a practical difference in our world. They will be taking supplies of shoes, clothing and various other items as requested, for the children and are also raising funds to buy additional supplies in Thailand. In 1974 Rob & Jean Dunk were challenged to adopt John Wesley’s

“About My Father” (PG), is a comedy starring Robert De Niro and Sebastian Maniscalco. Encouraged by his fiancée, a man and his father spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a culture clash, allowing father and son to discover the true meaning of family.

Feel free to check out the movie trailers online. From what we have seen, it should be a good laugh. For further information regarding Mercy International please go to their website, <https://www.mercy-international.com>.



MARKETS

Beachmere District Community

The B.D.M.S. Community Markets are held at the Men's Shed 53 Rogers Street Beachmere, every 1st Saturday of the month 7.30am - 12 Noon.

Bribie Island BICA Markets

The Bribie Island BICA Markets are held at Brennan Park, Bongaree, the 3rd Sunday of each month from 6am -12pm

Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second Sunday of each month from 6.30am – 12 noon

Queensland Cancer Council

The Cancer Council Markets are held at Brennan Park, Bongaree on the first Sunday of each month from 7am to 12 noon.

The Sylvan Beach Munch Markets (Farmers Market)

The Munch Markets are held in the park opposite the Bribie Island Hotel on the 1st Saturday of each month from 9am to 2pm

Banksia Beach Market

Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 2pm

The Bribie Island Comm Plant Nursery

The Bribie Island Community Plant Nursery is open Tues to Sat 8 am to 12 pm

The Bribie Island Lions Market

2nd Sat of the month at Tintookie Park Woorim 7am - 1pm.

Bribie & District Woodcrafters Assoc

Contact president: 0415 237 167
Bribie Island Gem Club

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

“The Bribie Bowls Euchre Club

meets at the club each Monday at 12 Noon. Fun afternoon.
Contact Lorraine on 0414802733.”

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DOOR OPENS AT 12.30 pm

Horoscope

It's carnival weekend in London. The city comes alive to the sights, sounds and tastes of Caribbean culture. But it's not just at the costumed parades in Notting Hill where appearances matter. As Mars enters Libra ahead of the Super Blue Moon, it's time to revel in the beauty of achievement. After all, if something's worth doing, it's worth doing in style! Under Saturn's influence, the best way to celebrate success is to solidify foundations on which bigger dreams can be built.

CAPRICORN (Dec 22 - Jan 20)

Mistakes are part and parcel of life. Which is why people who enjoy pointing out other folk's errors are the most mistaken of all. If you're being subjected to disapproval, know that the person who's criticising you is just as imperfect as we all are! And if you're unhappy about someone's behaviour? Say something... but say it gently. And let it go. This Super Blue Moon week, be as adaptable, forgiving and encouraging as you can be. Yes, it's satisfying to be proved 'right'. But you'll be happier if you find ways to work together. Be inspired by the Super Blue Moon! For advice that could change your life go to ozfree.cainer.com



PISCES (Feb 20 - Mar20)

Here's a car. Here's the key. Ahead, is a clear road heading towards a glorious horizon. Oops! There's no fuel. There's a service station, but you've left your money/card at home. That's disappointing. You've got an idea that feels promising. But you're missing a vital resource. The Super Blue Moon, which is in your sign, brings a boost of creativity that enables you to improvise and find a way to instigate your plan. You've overlooked someone who has access to a metaphorical fuel pump. Take the energy, and go for it. Lift your spirits this Super Blue Moon week! For valuable insight and advice go to ozfree.cainer.com



GEMINI (May 22 - Jun 22)

If you happen to find yourself on the underground this week, try running up a downwards-moving escalator. Actually, definitely don't do that! Instead, imagine how well you'd do. Would it be fun? Would you succeed? I offer this image because it represents the challenge you're dealing with. An objective seems to be frustratingly elusive. Do you really need to invest a ridiculous amount of energy just to make a small amount of progress? The Super Blue Moon brings a staircase that you can go up in leaps and bounds. Under the rare Super Blue Moon your future can be changed. Go to ozfree.cainer.com



VIRGO (Aug 24 - Sept 23)

We like getting things right. Of course. The problem, is that we can be so worried about getting it wrong that we compromise our ability to get it right! We let fear colour our decisions. And our self-confidence ebbs away like air leaking out of a balloon. The exit point is tiny, but the descent can be startlingly fast. If you want to avoid making a mistake this Super Blue Moon week, get the metaphorical repair kit out. You can patch up that leak in your inner bubble. Then re-inflate by drawing on your strong source of self-belief. Let the Super Blue Moon reveal your future. For valuable insight go to ozfree.cainer.com



SAGITTARIUS (Nov 23 - Dec 21)

Are you expecting too much? You're an enthusiastic Sagittarian. But have you set your sights too high? Is a recent discouraging experience a side effect of your unreasonable optimism? I ask because I suspect that's what you're wondering. Yet just because things haven't worked out the way you wanted doesn't mean you should give up. Or settle for second best. You're attempting something challenging but not impossible. When the Super Blue Moon brings a surprising offer of support, welcome it. And keep going. The Super Blue Moon has a powerful message. For spookily accurate predictions go to ozfree.cainer.com



ARIES (Mar 21 - Apr 20)

You're struggling to make sense of a situation. The more you try to get to grips with it, the more mystifying it becomes. Whenever you think you're getting a realistic view, something new pops up. You're experiencing what some people call 'a valuable learning process' and others call a 'tricky patch'. Which is it? Both! The Super Blue Moon suggests you'll soon identify at least one factor that you can feel totally confident about. And that will give you the energy to work through this challenge. The outcome makes it all worthwhile. The Super Blue Moon adds to this week's thrilling cosmic climate. Go to ozfree.cainer.com



CANCER (Jun 23 - Jul 23)

You're caught up in a drama. Unlike something you might see on TV, this one doesn't seem to be progressing in an interesting way. In fact, you're repeating various processes. And the ending is nowhere in sight. This Super Blue Moon week enables you to see how to rewrite the plot so that it goes in a more satisfying direction. There are still intense moments ahead. But the storyline can be developed so that some interesting characters join you in your efforts. With their help, you'll find a way to put something wrong right. What will the Super Blue Moon reveal? For spine-tingling news go to ozfree.cainer.com



LIBRA (Sept24 - Oct23)

Imagine you're on an adventure. You're exploring unknown territory. You realise you're lost and at a crossroads. There are lots of signs, but none of them point in the right direction. With no map or Satnav, what would you do? In that situation, you'd feel frustrated and anxious. But if you made a choice, it wouldn't be long before you realised that you were on the right path (or not). You don't feel like you've got enough info to make a decision. But under the Super Blue Moon, if you trust what you feel, you'll know what to do. Change your future! Be empowered by the Super Blue Moon energy. Go to ozfree.cainer.com



AQUARIUS (Jan21 - Feb 19)

You can't please everyone all the time. Especially when you're a free-thinking Aquarian. So, just because your current plan is somewhat controversial, do you need to modify it to get other people on board? To fulfill it, you're going to have to be determined and different. There's no point getting into a heated discussion. Yet you have to be true to the vision that means so much to you. The Super Blue Moon signals that a wonderful opportunity awaits you this week. To seize it you need to be considerate of others... but bold! Discover why this Super Blue Moon week's cosmic climate is so magical for you. Visit ozfree.cainer.com



TAURUS (Apr 21 - May 21)

Although it's true that we don't know what's possible until we try, in reality, we don't really know until we've tried, tried and tried again. We tend to give up on our dreams too easily. We have a great idea, which we try to action. But as soon as we're faced with an obstacle, we give up. No one likes feeling foolish. And no one wants to be disappointed. Just because you're not making progress as fast as you'd like doesn't mean you should give up on a dream. The Super Blue Moon is a sign. It's worth at least one more try. It's time for positive change! For spookily accurate forecasts go to ozfree.cainer.com



LEO (Jul 24 - Aug 23)

Life on planet Earth often feels unsure and uncertain. There are so many reasons to feel anxious. So many problems that seem unsolvable. And we're all under so much pressure. With our newsfeeds supplying us with information, we're constantly reminded of other people's difficulties and needs. And there are our own on top. Yikes! You're lacking something you need right now. This Super Blue Moon week if, instead of worrying, you invest that same energy into searching for a solution, you'll easily find one. Take advantage of the Super Blue Moon energy. Change your life. Go to ozfree.cainer.com



SCORPIO (Oct 24 - Nov 22)

How good are you? Better than you think! Even if you think you're good, you're better than that! Being a sensitive Scorpio, you're aware of your imperfections. That's no bad thing. But, sometimes, it's easier to dwell on those rather than focus on the positives. The reality, is that even when you're less than your best, you're better than the rest. Now, why am I giving you a confidence boosting pep talk? This Super Blue Moon week, don't let anything knock your confidence. If you trust that you're doing the right thing, you will be. Let the powerful Super Blue Moon guide you to the future you long for. Go to ozfree.cainer.com



The Skies Above Bribie

BY: Kat Miller

Have you ever wondered how big the moon is, or how far apart the stars are? How can you measure this distance without fancy equipment?

The answer is simple: use your fingers and hands!

When we look at the sky, we see a dome of stars that surrounds us. This is an illusion caused by the fact that we are on a spherical planet and the stars are very far away. To measure the distance between two objects in the sky, we cannot use the usual units of length, such as meters or miles, because they are too small and impractical. Instead, we use angular distances, which are based on the angle that the objects make with our eyes. Imagine drawing a line from your eye to one object, and another line from your eye to another object. The angle between these two lines is the angular distance between the objects. Angular distances are measured in degrees (°), arc minutes ('), and arc seconds ("). There are 360 degrees in a circle, 60 arc minutes in a degree, and 60 arc seconds in an arc minute. For example, the angular distance between the two pointers of the Southern Cross is about 6 degrees.

Angular distances are important because they help us understand the size and scale of the objects in the sky. One of the easiest ways to estimate angular distances in the sky is to use your hand as a measuring tool. All you need to do is hold your hand at arm's length and close one eye. Then you can use different parts of your hand to measure different angles. Here are some common measurements:

- Your clenched fist is about 10 degrees wide.

- The width of your little finger is about 1 degree.
- The span between your thumb and little finger, when stretched out, is about 25 degrees.
- The span between your index finger and little finger, when stretched out, is about 15 degrees.

- Your three middle fingers are about 5 degrees wide.

These measurements are approximate and vary depending on the size of your hand and arm. Now you can use this technique to find and compare objects. For example, you can use your little finger and index finger to measure the Southern Cross. The Southern Cross also has two bright stars on either side of it: Alpha Centauri and Beta Centauri. These stars are about 4 degrees apart, so you can use three fingers to measure it.

Why not try to measure some of the conjunctions coming up in September. On the fourth the Moon and Jupiter will be separated by around 4 degrees. From around 1:00 AM on the sixth, the Moon and seven sisters will only be about 2 degrees apart. To learn more about September night sky visit www.astrogirl-au.com. With this newfound knowledge, try your hand (or pinkie) at measuring the angular distance of night sky objects. If you have any questions or feedback, feel free to email me astrogirl.au@mail.com Clear skies!



Full-moon-4.6.23



The Southern Cross

A Historic Bird Dog

FLYING WITH Flight Lieutenant Garry Cooper (ret.)



The South Vietnamese sky was a smoky orange as dusk approached in July of 1968, when the buzz of a United States Air Force (USAF) O-1 Bird Dog grew louder as it flew metres from the treetops, looking for enemy targets, at the height of the Vietnam War.

The Bird Dog was piloted by Flight Lieutenant (ret) Garry Cooper, now 85, one of 36 RAAF Forward Air Control (FAC) pilots to fly with the USAF in one of the most dangerous deployments of the war.

"Basically, the role of the FAC was to detect targets and direct fighter-bombers and artillery onto them to give relief to ground forces in close contact with the enemy," Mr Cooper said.

"In Saigon, we were working within 75 metres of friendly forces and further roles were many; reconnaissance of suspected enemy positions, flying low ahead of road convoys to flush out the enemy, or simply flying low over areas to tempt the enemy to fire at you giving away their presence. Generally though, the enemy was very conscious of this and would avoid firing at FAC aircraft until they were sure the FAC knew they were there, then the first and primary objective of the enemy was to take out the FAC.

"Although the task was dangerous, this became a way of life and as long as you did not plan on anything tomorrow, life was good."

While Mr Cooper flew Sabre and Mirage aircraft for RAAF, deploying to Vietnam in a FAC role supporting the US Army's 9th Infantry Division was a new concept for Australian operations.

"We practiced ground attack with both the Sabre and Mirage but had no exposure to FAC operations," Mr Cooper remembered.

"To be 'on the other end' so to speak, rounded off the ground attack experience and made one aware of the whole Army/Air Force co-operation procedures.

"The O-1 was ideally suited for the job, as you were right in close to the target and could hear where the ground fire was coming from before holes appeared in the aircraft. Higher speed FAC aircraft had their disadvantages as some of the senses were limited."

Even though on August 18, 1968, Mr Cooper survived after being shot down while flying in a command-and-control helicopter over the Mekong Delta, a mission that stands out for him, came from one of the bloodiest campaigns of the Vietnam War: the May Offensive in Saigon. *"This was not the usual jungle environment, but in the streets of Saigon,"* Mr Cooper recounted.

"During that seven-day period, I did 68 hours of flying, 16 hours in one 24-hour period, putting in 40 airstrikes as well as artillery.

In addition, he served many hours in the

Tactical Operations Centre, as well as air liaison officer duties on the command helicopter.

"The destruction was incredible and to witness the gratitude of the Army personnel who were saved is something that is indelible in my mind as the Australian Task Force met the retreating enemy forces from this Saigon battle at 'Coral,'" he said.

Mr Cooper is humble about the honours and awards he received from his time in Vietnam, including the Distinguished Flying Cross, and is the highest-awarded RAAF veteran from the conflict.

Recognition for gallantry included the United States awarding Mr Cooper the Silver Star and three US Distinguished Flying Crosses for heroism.

He was recommended for the Congressional Medal of Honour, but ineligible due to being a non-US citizen.

He was awarded dual US Air Force Crosses; the second-highest military decoration, of which only 200 have ever been awarded.

These were the first dual US Service Crosses awarded to a non-US citizen since 1918, making Mr Cooper the highest-awarded foreigner under the US honours and awards system.

"It was just circumstances that had me there in 1968, during the bloodiest year of the Vietnam War, on a major infiltration route from the Ho Chi Minh Trail, so I was placed in the way of more action than normal," Mr Cooper said.

"On average we had direct contact with the enemy every few days. The awards were a by-product of doing my job to the best of my ability and not getting killed."

With this year marking the 50th anniversary of the proclamation to end Australia's involvement in the Vietnam War, the Australian War Memorial is remembering the Australian FAC pilots with the unveiling of an OV-10 Bronco aircraft.

Mr Cooper, who didn't fly OV-10 Broncos in combat but did fly them as a combat instructor at the end of his Vietnam tour, thinks the aircraft unveiling, is a fitting tribute to the Forward Air Controllers.

"This OV-10 is a fitting memorial to the 36 RAAF Forward Air Controllers who did a unique and important service," Mr Cooper said.

"Let us not forget other special tasks men fulfilled, like the RAN Emu Helicopter Flight, the Tunnel Rats and RAN divers. All must be remembered."

The unveiling of the OV-10 Bronco aircraft, remembering the 36 FAC pilots from the Vietnam War, took place on Vietnam Veterans' Day, August 18, at the Australian War Memorial.

BRIBIE HISTORY POPULAR

Bribie Islands' rich history dates from a time when Moreton Bay was dry land and the rising sea level created many islands in the Bay, including Bribie.

It was here that the first European explorer Matthew Flinders landed with his Sydney aboriginal friend Bongaree in 1799, on what became Queensland.

The Bribie Island Historical Society was formed 15 years ago to showcase, preserve, and promote its fascinating history for both residents and visitors. Many informative heritage signs, plaques and brochures talk about people and places of interest, and regular articles on different aspects of Bribie's History have raised public awareness in this magazine.

The Historical Society conducts regular Heritage Walks at Bongaree and Woorim attracting participants throughout the region, as well as public presentations and talks to local Clubs and Groups.

NEW COMMITTEE

At the AGM last week founding President Barry Clark was re-elected with ongoing and new Committee members including Lynne Hooper continuing as Secretary with a Treasurer yet to be appointed.

Insert Photo- BIHS Committee 2023/24

Committee members (L to R) Kathy Goodwin, Pat Coulter, Lynne Hooper, Brian Russell, Barry Clark, Mark Sheldon-Collins plus two new Committee members Greg Carson (far Right) and Roger Nunn (absent) and Elizabeth Morrice also absent.

With one hundred active members, the Historical Society attracts impressive guest speakers to monthly meetings and conducts regular visits and outings to places of historical interest.



ACHIEVEMENTS

President Barry Clark reviewed the society's achievements over the past 15 years showing how many pioneer residents had been interviewed and their memories and memorabilia captured for future generations. Commemorative events had been held for the Centenary of Settlement, Historical buildings and Bribie Bridge anniversaries.

Barry thanked the many people who had served the Historical Society over the years and hoped there would soon be a building they could call home.

The Society is planning to donate a sculpture of Matthew Flinders and his aboriginal friend Bongaree, to be erected at the place named Bongaree in his honour. It would be the first such figure in Australia.

With more people wanting to appreciate the significant history that is still visible in Bribie, the next round of free guided Heritage Walks will be held in September and October. They are Free but you must register online.

FREE Guided Heritage Walks

Explore BRIBIE ISLAND HISTORY on a

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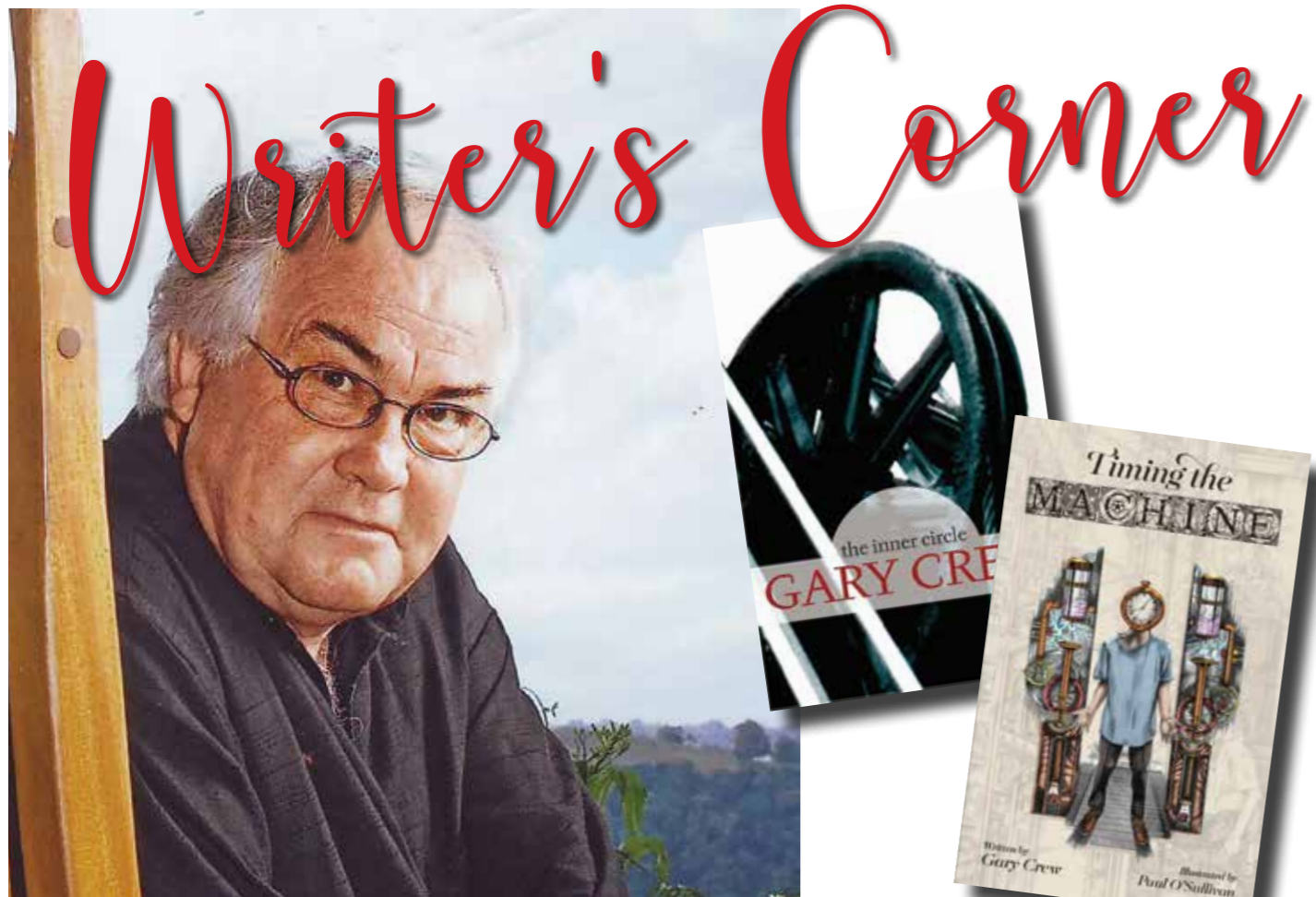
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Writer's Corner

Writing Your First Novel

Gary Crew, Professor Emeritus (Creative Writing), University of the Sunshine Coast.

Writing can be a great relaxation therapy, a great hobby, a great money maker or even a great method of changing the world for the better. The first piece of writing recognised as a novel was the Epic of Gilgamesh written anonymously in cuneiform script somewhere between 2000 - 1000 BC. Today, novel writing is made so much easier by a potential author's access to a computer. This article outlines how an aspiring author might undertake the writing of a first novel.

The document is intended as advice from an author who has written over forty novels and outlines the processes he has followed. It is not intended as a fixed and methodology for novel writing. Any emergent novelist will no doubt choose his or her own method.

Stephen King advises in *On Writing: A Memoir of the Craft* (2000), 'If you want to be a writer, you must do two things above all others: read a lot and write a lot'. This is true. Emergent writers are advised to

enrich themselves by reading the works of published authors to appreciate their style and narrative content. By this means, new writers will come to understand what they personally think is good writing or plot structure and hopefully find their own writing style or genre (eg. Sci-fi; thriller; fantasy) and put that into practice.

Read widely on the topic that you may be developing into a novel, remembering this: 'One good idea does not a novel make.' For this reason, read fiction and nonfiction to develop your initial idea. Paste photocopies of ideas you find useful in a writer's journal. Paste maps, diagrams or photos into the journal, also handwritten notes relevant to each item. If a section of your novel is set in a cemetery, go to a cemetery and take photos. Once these photos are pasted into the journal, the writer may reconsider (or 'recollect') where they have been and what they have learnt from that site. For example, in writing about poetry in his *Lyrical Ballads* (1798), William Wordsworth states that: 'Poetry is the spontaneous overflow of powerful feeling: it takes its origins from emotions recollected in tranquillity'. The same applies to writing

prose. Computers are probably the writer's most valuable tool, but notes written by hand in a journal form a creative link to the author's fertile brain.

When the emergent author has found a 'personal voice' or style, he or she should move to the computer to complete their novel.

Once the novel is ready for submission, google 'Australian Independent Publishers' and read the various publishers' advice on submitting a manuscript. Conform to their advice which will differ for each publisher. If you are rejected yet still wish to publish, google 'self-publishing houses Queensland' and see what you can learn.

Author bio: Gary Crew has won numerous awards for his novels over the years. He has delivered workshops and addresses on all aspects of writing and literature in Australia, the USA, England, the Pacific Region and Asia. To participate in his free **Writer's Workshops at the Bribie Island Library**, please call 5433 2676.

Gary's latest novel, 'In the Secret Place' is out now.

2024 HANS CHRISTIAN ANDERSEN AWARD NOMINEE GARY CREW RELEASES NOVEL

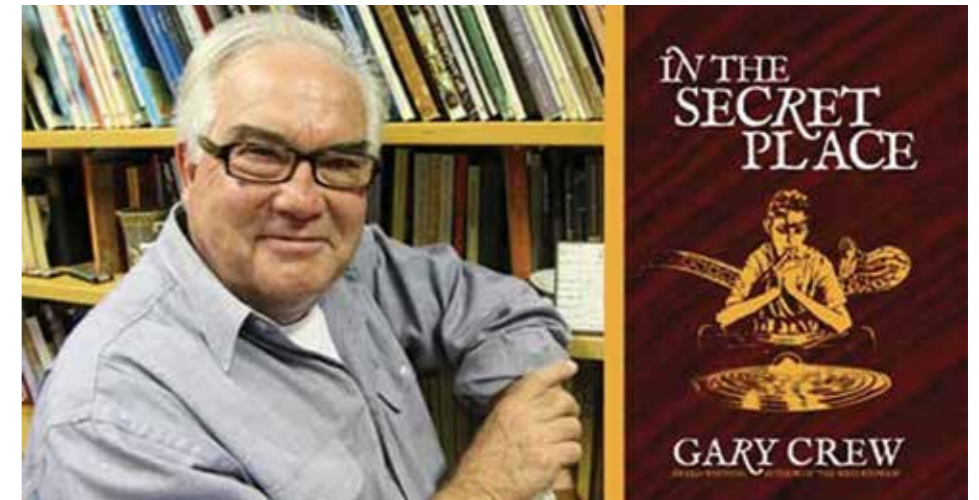
GARY CREW, AUSTRALIA'S 2024 HANS CHRISTIAN ANDERSEN AWARD NOMINEE, IS RELEASING A NEW MIDDLE-GRADE NOVEL PACKED WITH ADVENTURE, COURAGE, AND SELF-DISCOVERY.

Gary Crew is one of Australia's most awarded authors for youth and Australia's nominee for the prestigious international 2024 Hans Christian Andersen Award, the winner of which is announced at the 2024 Bologna Book Fair, Italy.

Crew has been consistently recognised for his ability to connect with youth through writing, causing him to be a four-time winner of the Children's Book Council of Australia's Book of the Year.

Gary Crew demonstrates his lasting contribution to youth literature through incredible storytelling accompanied by characters with meaningful purposes and captivating settings, capturing the hearts of readers worldwide.

In *The Secret Place*, his latest novel, tells the story of a young boy discovering unexpected friendships in fantastical



settings as he navigates the complex truths of the adult world.

Crew's impressive use of metaphor and symbolism - proposing a welcomed challenge to younger readers - supports the concept of young teenagers being more resilient and resourceful than they are given credit for. This is described beautifully throughout the main character's journey as we learn about the dark struggles he regularly faces and the entertaining efforts he takes to overcome them.

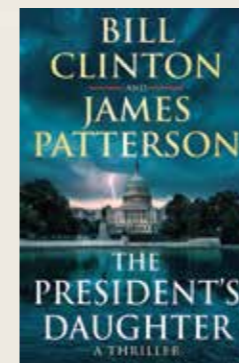
Director of Hawkeye Publishing, Carolyn Martinez, says the *In The Secret Place*

release is an achievement that many are excited about, with Australians both young and old eager to read his newest work. "Since we signed Gary, I've spoken to librarians and teachers who are excited that he has a new book coming out because they grew up studying his books in school, particularly *The Watertower*."

In The Secret Place is to be launched on 12th August 2023 through Brisbane-based Hawkeye Publishing.

To read more about Gary Crew's new novel, visit: <https://hawkeyebooks.com.au/in-the-secret-place/>

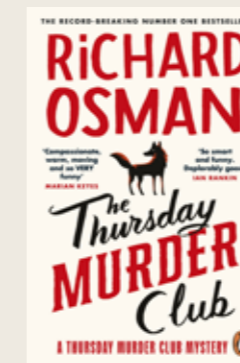
For the ones that loves a political drama:
The President's Daughter



For the one that loves crime and cartel shows: **The Deep**



For the one who loves a classic "whodunnit":
The Thursday Murder Club

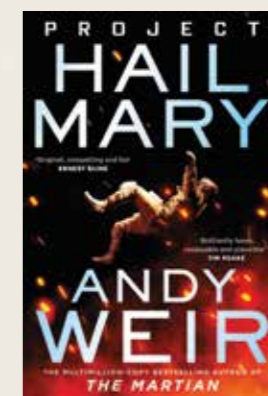


For the one who loves to cook: **Flavour**



Book Ideas for Dad

For the one who's a little nerdy: **Project Hail Mary**



For the one with little kids:
Bluey: My Dad is Awesome



A Reflection on the PROGRESSIVE STANDARDS of Today

By Al Finegan

How the world has changed since I was born in 1944 and grew up in the 1950s and 60s. Is it better than when I was a child? Or is it just different. But I lament the change in the standards of morality of today compared to those of the post-war years. Not only the morality, but things like common sense, and "Big Brother" attitudes. Today, most politicians are simply interested in their own agendas, rather than what their constituents want. Education seems to be nothing more than a coercive influence of progressive agendas on the younger generation. The division between left and right political persuasions

has widened, with both sides condemning the other, often with abuse, or worse, violence. In my youth, everyone believed in the greater good. Today it seems to be more about individual's rights, and to hell with the majority. Is it better today? You decide.

I have included a number of poems which I have written, probably from a mindset of sadness, (and a little tongue in cheek), driven by the changes I mentioned above. Whether you agree or disagree with my poetic muses, feel free to express yourself without fear of condemnation from me.

OBITUARY

Today we mourn a dear old friend,
Whose life it seemed to have no end.
Common Sense, he was called,
His teachings were practiced by us all.

He taught us lessons that we'll always hold,
Coming in from the rain, or when it's cold,
To be the early bird, to catch the worm,
To take responsibility, and not to squirm.

His financial advice was wise and true,
Don't spend more than you can accrue.
And adults knew not to pass the buck,
Never let children rule, to run amuck.

Then strange regulations began to reign,
And Common Sense began to feel the pain,
Like children charged with sexual harassment,
For simply teasing, what an embarrassment.

Teachers were fired for reprimanding students,
From parents blame for their children's imprudence.
Schools forbidden to administer punishment,
From rules inflicted by a progressive government.

Citizens attacked right where they live,
By violent youths, we're supposed to forgive.

The offenders treated with tenderness.
The victims reeling, their lives in a mess.

A woman sued because her coffee was hot,
For spilling it on herself, right on the spot.
Common Sense knew it was time for goodbye,
As he saw that our world was living a lie.

The last occurrence to break his resolve,
Was when it was decided that humans had evolved
To an alphabet of sexes, and Common Sense knew,
The world had lost its mind, nothing he could do.

Common Sense's family went before him in death,
Truth, Trust, and Discretion, took their final breath.
Now he is survived by stepchildren who blame,
And demand and act like life is a game.

Sadly these stepchildren are simply appalling,
Armed with epithets, they are constantly calling,
"Someone else is to blame", and "I'm a victim,"
"Pay me for doing nothing," is a common dictum.

Common Sense's funeral was scarcely attended.
Many didn't realize his life had ended.
If you still remember him, pass this on,
Or he'll be forgotten, and all wisdom will be gone.

EDUCATION

Truth is in the eye of the beholder,
And education has a duty to empower,
To present all sides and every factor,
For learners to evaluate and to gather.

Some dodgy folk claim to be educators,
Spreading their fallacies, to the spectators.
Emphasizing or distorting the obvious truth,
Spinning their message, without any proof.

Blatant propaganda though mostly drivel,
Still enters the minds, of those less civil,
To change understanding, and reactions,
A desired outcome, without objections.

Censorship and propaganda, they align,
In controlling what data, enters one's mind,

It seeks to restrict opposing views,
The truth to be confused, a subtle ruse.

Children are the most susceptible,
Absorbing messages, fake and regrettable.
Their eager minds, in the process of learning,
Accepting propaganda, without discerning.

So educators must continue to strive,
To equip students with skills to thrive,
To distinguish propaganda, from the truth.
Ignoring deception, is not uncouth.

Propaganda flourished with media's rise.
Opinions flourished to influence and advise.
Puppets we are, moved by hidden strings,
From power unseen, to shape our thinking.



POLITICIANS

Politics is a strife of many consequences,
Masquerading as a contest of principles.
Conducting affairs for private advantage,
Postponing decisions until there is damage.

We gaol petty crims, while we appoint,
The biggest conmen, to sit in parliament.
Politics known as the second-oldest profession,
Bears a close resemblance to the first, no question.

Politicians are the masters of propaganda.
Smiling sweetly while spruiking their agenda.
Castigating and defiling their opposition,
To make us believe their own proposition.

The Greeks fooled Troy with a trojan horse.
A gift so beautiful, but of course,
It was just deception that was presented,
Just like propaganda, it became lamented.

So beware of words dripping like treacle,
Designed to sway you, and all the people,
Turning your thoughts with words so clever,
Till you become theirs, now and forever.

Each party devotes its basic resources,
To prove that the other party is hopeless,

And unfit to rule, and often succeed,
Proving they're right, making both sides bleed.

If you can see something, and it is wrong,
You can fight it and win, if you are strong.
But fighting non-existent, is worse than useless,
Battling progressive nonsense, feels so hopeless.

Politicians all know if you tell a huge lie,
Often enough with conviction, it will fly.
Make the lie big, make it simple, keep saying it,
Soon the masses will unwisely commit to it.

Politicians identify the problem most popular,
That the press is demanding action spectacular,
Diagnosing incorrectly and applying a concise,
Wrong remedy, and at an exorbitant price.

In order to become the lord and master,
As a servant the politician falsely poses.
Promising actions to fix things faster,
But once in power, they thumb their noses.

Politics is the art of postponing a decision,
Until it's irrelevant, so no more discussion.
A good politician is quite as unthinkable,
As an honest burglar, or Titanic unsinkable.

IN MEMORY OF RUGBY

Our boys will soon be playing for the Bledisloe Cup.
At noon, players will enter Eden, and all line up.
After a welcome to country, when they all take a knee,
A minute's silence for all, who have ceased to be.

The national anthems will soon break the reverie.
A full band for the Kiwi, and one soul for the Aussie.
Then the Kiwis will gather in the middle of the lawn,
And perform the haka, while the Aussies all yawn.

The players then go into their religious groups,
To sing and pay homage, to all our lost troops.
While Atheists all gather to decide when to arrange,
A huge demonstration - to combat climate change.

Both teams will come together, in the middle of the park,
and hold hands while attaching rainbow tape - what a lark.
The wallabies will be wearing their colourful new strip,
designed by Lisa Wilkinson, and in the hair, a pink clip.

It will have first nation's artwork all over the back,
With spears and lizards and other claptrap.
There'll be rainbow art on the front of the jersey.
Oh what a sight, please give us some mercy.

The shorts will have a large Z on the bum, to show all,
The team's new sponsor, clean energy billionaire, Zali Steggall.
The wallabies have lost their captain as intervention,

As he is in disgrace and serving, a 10-game suspension.
It was discovered his great uncle was a sexist,
After calling a barmaid, "love", back in the sixties.
They'll have a 2-minute time out after each try is scored,
To allow mental coaches on, after the crowd has roared.

The mental coaches help those scored against,
To discuss their emotions - before depression commenced.
Purple cards will be issued for players to be seen,
Leaving the field, for saying something mean.

As solar and windmills power the stadium,
if there is no wind or sun, they'll retire to the gymnasium.
The refs are all pedantic by nature, it is known,
They live to cause heartache to players, it is shown.

With their tv mates watching for the smallest indiscretion,
They can't wait to punish the blatant transgression.
With histrionics that would please - even the bard,
They wave their arms about, and grab their red card.

And soon there are more players off the field,
Than those in the game, refusing to yield.
Then at last we get to the end of this farce,
And all of the veterans of days that are passed,

Express their disgust and find they agree,
And try to remember what rugby should be.

Dear Pumicestone

It's time to celebrate our sporting heroes – and launch the first-ever Pumicestone Community Sports Awards!

I'll never forget cheering the Matildas through to the semi-finals alongside my daughter and her friends!

Because sport, at every level, is so much more than a game – it's about uniting communities, staying healthy and connected and striving for the best we can be.

Last week we witnessed history with the Matildas making the semi-finals of the 2023 FIFA Women's World Cup. While they didn't make it through to the final, crowds turned out to watch the semi-final at the Bribie Tigers Football Club, Donnybrook Sports and Community Club and pubs and clubs across Pumicestone. I'm so grateful to the volunteers and venues who made these screenings happen and brought our community together.

From young girls and boys to football fanatics to those who usually don't follow sport, the Matildas have drawn in diverse crowds right across our community and Australia. 11.15 million people tuned in to watch the semi-finals on 16 August - that's the biggest Australian TV audience ever!

The stereotype that women's sport will always be less commercially successful, that sportswomen can't excel after becoming mothers, or that women's

teams can't turn out big crowds, have all been proven wrong. The Matildas have truly changed the game for girls and women in sport. Thank you, Tillies, for inspiring the next generation of Aussie athletes to follow in your footsteps.

What's next?
I'm glad that the excitement the Matildas have generated won't end now even though their World Cup campaign is over.

This week our Palaszczuk government committed major extra funding for grassroots sport, including for female facilities and to develop women's football, as well as for community clubs across Queensland. I'll be writing to our local clubs with more information about these opportunities.

Announcing the Pumicestone Community Sports Awards! It's so important we support our grassroots sporting clubs and their teams, athletes and volunteers. Just like with our inaugural Small Business Awards, I want to create opportunities for our local Clubs to raise awareness of all they offer, build their communities and spotlight their local heroes.

That's why this week I'm launching the first ever Pumicestone Community Sports Awards, in partnership with the Bribie Island Sport and Recreation Hub. I'm asking our community to get involved and nominate their

favourite local sports club for Pumicestone People's Choice Sports Club of the Year, with separate categories for larger and smaller clubs.

- Sports Club of the Year (large club)
- Sports Club of the Year (small club)
- Sports Club of the Year (inclusive club)

I'll also be writing to local sports clubs to invite them to nominate finalists for more categories, including Junior and Senior Athlete of the Year, Volunteer of the Year, Community Spirit Awards and Encouragement Awards, to be decided by an independent panel.

Nominate your favourite local Sports Club for the Pumicestone People's Choice Club of the Year Award now! <https://www.surveymonkey.com/r/R2G5PTF>

Nominations close 15 September. You can find out more on my website: <https://www.aliking.org/>

I've taken the time to consult with local sporting club leaders about these new Pumicestone Community Sports Awards and I'm sure there will be a lot to learn along the way, but I can't wait to hear your stories about our wonderful clubs and the volunteers who do so much for them!

As always, if you have any State Government issues please reach out to my office on 3474 2100 or by emailing pumicestone@parliament.qld.gov.au.

Warmly
Ali King MP



A FIFTIETH TO REMEMBER 50



This year the Bribie Island Senior Rugby League Reserve Grade Warrigals celebrate their 50th year of competition and what a season it has been so far. Coached by Kirk Crouch and captained by Luke Gillett, the Warrigals have become the first senior side to go undefeated through a season and won all there is to win so far. Going undefeated through the 9s competition. Carrying that form into round 1 with an 82-0 victory over Gympie. The Dougie Drew Shield was next on the list. With the Warrigals reclaiming the shield, beating Stanley River at home in front of a huge

reunion crowd. The following week the Warrigals claimed the president's cup. With the minor Premiership under the Warrigals belt and the first week of finals off, they now look towards their home major semi-final, on the 26th of August at Bernie Foley Oval. Kick-off is at 430pm and the entire club invites everyone in the community to come down, cheer the boys on and watch history in the making.

Photos by Shane from Grip N Rip Photography.



BOWLS RESULTS

BRIBIE ISLAND BOWLS CLUB RESULTS

Self Select pairs Fri 28 July

Winners: R Avern, K Taylor, C Perkins
 Runners up: D Ackroyd, P Gray, W McDougall
 Lucky draw: D Riesham, T Smith, G Hayles
 Lucky draw: K Soens, P Mickam, T Hudson
 Lucky draw: K Piva, V Lindsay, M Prewett
 Lucky draw: P Patrikeos, B Castle, D Bowers
Random Select fours Sat 29 Jul
 Highest margin: G Olsen, C Davis, L Gilmore
 Lowest margin: G Woollett, L De-Roule, T Phillips, M Cherry
 Out of hat winner: G O'Bourne, G Low, W Hoelscher
Self Select Triples Wed 2 Aug
 Winners: C Perkins, K Perkins, P Gray
 Runners up: V Lindsay, B Hamer, M Andrews
 Lucky draw: W McDougall, G Mewett, J Mewett
 Lucky draw: B Meek, T Dean, I Cooper
 Lucky draw: F Crockett, R Eaton, G Reilly
 Lucky draw: L Mather, W Hoelscher, D Bishop
Self Select Triples Results Tue 1 Aug
 Winners: I McLelland, C Smith, B Lamb
 Runners up: M Andrews, H Anderson, J Smith
 Lucky draw: J Ferguson, R Hunter, S Kurtz
 Lucky draw: L Mather, T Erfurth, C Kelly
 Lucky draw: P Smart, P Mickan, S Smart
 Lucky draw: J Neill, W Hoelscher, N Smith
Scroungers Wed 2 August
 1st: W Ritchie,
 2nd: M Cullinan
 3rd: D Heath
 4th: J Falvey
Random Select Triples Thu 3 Aug
 Highest margin: C Sambaher, S Brown, P Mickan
 Runners up: T Erfurth, R Bickerton, J Muller, L Standford
 Lucky draw: A Locking, P Conn, L Locking, M Hall
 Lucky draw: P Mann, Lyn, M Young
Self Select triples results Friday 4 August 2023 (morning)

Highest margin: S Telfer, W Ritchie, M Neko
 Runners up: C Hartley, B Svenson
Self Select Triples Friday 4 Aug
 Highest margin: B Pritchard, J Howarth, Z Elmore
 Runners up: M Durham, T Dean, I Cooper
 Lucky draw: W Hoelscher, M Mills, T Bennett
 Lucky draw: P Patrikeos, B Castle, D Bowers
 Lucky draw: O Riehsham, T Smith, C Hayley
 Lucky draw: G Jackson, F Grimsey, K Muller
Random Select fours Sat 5 Aug
 Highest margin: G Woollett, S Kurtz, L Gilmore
 Lowest margin: G McEniery, K Muller, L De Roule,
 G Hutchison
 Out of hat winner: G Frew, w Langford, C Kelly
 Out of hat winner: A Sharp, S Brown, L Hackwood, P McCarthy, R Gilmore
Self Select Triples Tue 8 August
 Winners: C Christiansen, P Mickan, P Bourke
 Runners up: F Crockett, P Mann, G Shaw
 Lucky draw: M Mills, G Riley, C Monk
 Lucky draw: L Deakins, E Deakin, R Brinton
Scroungers Wed 9 August 2023
 1st: K Thornton
 2nd: G Jackson
 3rd: P Mann
Self Select Triples Wed 9th Aug
 Winners: D McMahon, E James, P Adams, C Wilkie
 Runners up: C Thornton
 K Thornton, B Ferguson
 Lucky Draw: D Bishop, L Murphy, L Tweedle
 Lucky Draw: G Reilly, E Sharp, T Smith, F Crockett
 Lucky Draw: G Steel, P Gamble, J Dunn
Random Select Triples Thu 10 Aug
 Highest Margin: A Locking, G Brown, T Phillips
 Runners Up: P Mann, J Muller, L Mathers
 Lucky Draw: J Olsen, L Kurtz, M Sheahan
 Lucky Draw: T Bishop, K Lang, R Follett

BONGAREE BOWLS MEN'S RESULTS

Scroungers Sat Aug 5th 1st Mike Flint, 2nd Sheena Bath, 3rd Peter Brown, 4th Yuki King
 Wed 4's Aug 9th Winners Doug Meikle, Doreen O'halloran, Gaynor Johnson, Ron Corrick
 Runners Up Ken Wales, Roger Parker, Peter Thatcher, Col Hodges.
 Thurs Jackpot pairs Aug 10th Winners Merv Miles, Butch Smith
 Runners Up Gary Ryan, David Vaughan
 Scroungers Sat Aug 12th

SOLANDER LAKE BOWLS CLUB

Men's Vets Final
 Champion: Bruce Hill
 R/U: Steve Ross
W/E 19/08/2023
 Tuesday: Winners: Dudley McKenzie, Mike Whiteside & Rosa McLeod.
 R/U: Ann Boldero, Janelle Day & Stan Barrinhas.
 Wednesday: Winners: Chris Avenell & Nelson Lepera.
 R/U: Pater Neilson & Glenn McCarthy.
 3rd: Paul Ollier & Peter Hodgson.
 Jackpot (\$500) – Not won.
 Thursday: Winners: Tay Mehmet, Ralph Chaplin & Ann Mehmet.
 R/U: Ann Boast & Ian Boast.
 3rd: Lyn Shorter, Ian Carr & Bruce Hill.
 Jackpot (\$250) – Not won.
 Friday: Winners: Mandy McIntyre & Karen Perkins.
 R/U: Rob Horsfall & Eric Holliday.
 1st Rnd: Chris Jenkins & Wayne Mitchell.
 2nd Rnd: Robert Stumbles & Rob Dickson.
 Saturday: Winners: Gill Wilson, Shiela Jeffrey & Brian Craitem.



1st Peter Brown, 2nd Yuki King, 3rd Steve Patching.
 Saturday Social triples Aug 12th Fang, Stevie Horn, Bruce Rawson
 Runners Up Jacko, Ant Gordon, Jimmy Parker
 Wed 4's Aug 16th Winners Jo Horsley, Carolyn Merritt, Di Drew, Kim Hagan
 Runners Up Clare McCarthy, Mike Giles, Barb Tanner, Sheena Bath
 Thurs Jackpot pairs Aug 17th Winners Mike Hansen, Judy Hansen
 Runners Up Barry Russell, Ken Kajewski

R/U: Chris Cummins & Robert James.
W/E 12/08/2023
 Tuesday: Winners: Gary Pincott, Kev Zipf & Janelle Day.
 R/U: Dianne Nock, Bruce Crawford & Stuart Ager.
 Wednesday: Winners: Terri Curtis & Barry Curtis.
 R/U: Tony Miguel & Andy Dehnert.
 3rd: Terry Nash & Mike Wilson.
 Jackpot (\$460) – No winner.
 Thursday: Winners: Andrew Wilkie, John Gemmell & Darryl Wilkins.
 R/U: Bob Stuart, Janelle Day & Ricci Harris.
 3rd: Mike Whiteside, Val Paul & Merv Adams.
 Friday: Winners: Ken Laverty & Alex Kinnear.
 R/U: Brian Wrice & Chris Jenkins.
 1st Rnd: Mandy McIntyre & Steve McIntyre.
 2nd Rnd: Chris Avenell & Paul Ollier.
 Saturday: Winners: Dudley McKenzie, Ron Bull & Trevor Smith.
 R/U: Paul Bottger, Mike Whiteside & Ricci Harris.

CROQUET CLUB

BRIBIE BUNCH IN HERVEY BAY

Kathy Vincent.
 Yes, that's what the tournament manager in Hervey Bay called us the "Bribie Bunch!"
 This is probably because a group of Bribie Island Croquet Club go each year to the 4-day event in Hervey Bay. Members of many clubs all descend on Hervey Bay for this event which is very good.
 Ten members of the Bribie Club went off to play. Some of us stayed in the same apartments, and some took caravans, but it was great to meet up after a hard day playing for a nice meal and a few drinks. For those who haven't been to Hervey Bay, there are lots of eateries to

choose from.
 Bribie players entered both the singles and doubles competitions. There were some very very good players entering so the competition is tough. However, Bribie players represented our club excellently.
 Kathy Vincent got through to the singles semi-final. Dolly and Sandy got through to the semi-finals in the doubles. They all did very well to get to that point, but Rikki did even better winning the finals in her block for the singles. What could be better than being out in the sunshine playing a fun game with friends? Come and join us at the club and see for yourselves.



MORETON BRIBIE BRIDGE CLUB:

Sat 5 Aug N/S 1 B & F Van Dongen
 2 J Wright & J Kennedy 3 L McLaren & R Sutton
 E/W 1 G & S Barnulf 2 L Groves & H Tyler 3 C & S Wagg
 Wed 9 Aug N/S 1 R & C Cowley 2 J Borowski & J Easey 3 D Quinan & F Barkwith
 E/W 1 J Hays & K Cohen 2 M Hardy & L Wilson 3 D Dowling & N Denver
 Sat 12 Aug (Winter Pairs) N/S 1 G & S Barnulf 2 J Hays & K Cohen 3 R & C Cowley
 E/W R Sutton & Y Nakamura 2 B Fuller & P Breene 3 R Webb & L McLaren
 Wed 16 Aug N/S 1 L Carr & J Wright
 2 G & D Gibbards 3 J Kinross & J Reiter
 E/W 1 R King & M O'Reilly 2 R Sutton & Y Nakamura 3 B Fuller & D Brady
 BICBC: Mon 7 Aug N/S 1 U Maffey & D Dowling 2 P Edis & C McAlister 3 M Peart & D Quinan
 E/W 1 R Deacon & J Brazier 2 J Lawson & A Bronn 3 P Tipping & L Wilson
 Mon 14 Aug N/S 1 N Everson & R King 2 P Edis & C McAlister 3 M O'Reilly & S Smith
 E/W 1 H Schwass & L McLaren 2 L Hutton & L Chapman 3 E Seeney & T Avenia

GOLF

BRIBIE ISLAND WOMEN'S GOLF

3 August 2023 to 15 August 2023
 3/8/23 – Monthly Medal – sponsor - Churches of Christ Qld
 A Grade Winner: Jo Malone 75, 2nd Debra Dunn 76, 3rd Pauline Grooby 77 cb
 NTP's: Hole 4 Desley Neilson, Hole 7 Ann Rogers, Hole 14 Maureen Bailey, Hole 16 Di Binghamy
 Best Gross: Jo Malone 81
 B Grade Winner: Rita de Bondt 71, 2nd Angela Claxton 73, 3rd Vivienne Learoyd 74
 NTP's: Hole 4 Diane Fitzpatrick, Hole 14 Sue Graham, Hole 16 Wendy Robinson
 Best Gross: Rita de Bondt 94
 C Grade Winner: Paddy Hyde 75, 2nd Di Croft 79 cb, 3rd Jennifer Mckay 79
 NTP's: Hole 7 Carol Lobegeiger, Hole 14 Jennifer Mckay, Hole 16 Carol Lobegeiger
 Best Gross: Di Croft 108
 8/8/23 – Club Championships Rd 1 – sponsor - Woorim Surfside Pharmacy
 A Grade Winner: Carole Watson 71, 2nd Val Smith 73, 3rd Susie Smith 74
 NTP's: Hole 4 Marg Bailey, Hole 7 Desley Neilson, Hole 14 Carole Watson, Hole 16 Di Binghamy
 Best Gross: Jo Malone 80
 B Grade Winner: Margaret Huxley 74, 2nd Gay Burnham 75, 3rd Angela Claxton 76 cb
 NTP's: Hole 4 Margaret Huxley, Hole 7 Fizzie Jackson, Hole 16 Diane Fitzpatrick
 Best Gross: Angela Claxton 99
 C Grade Winner: Heather Croukamp 76, 2nd Jude Dorhauer 77, 3rd Yvonne Nicklin 79 cb
 NTP's: Hole 7 Jennifer Mckay, Hole 16 Jude Dorhauer

Best Gross: Heather Croukamp 107
 10/8/23 – Club Championships Rd 2 – sponsor - Woorim Surfside Pharmacy
 A Grade Winner: Ann Rogers 71 cb, 2nd Val Smith 71, 3rd Abby Driver 75
 NTP's: Hole 4 Jo Malone, Hole 7 Lyn Ball, Hole 14 Jo Malone, Hole 16 Di Binghamy
 Best Gross: Jo Malone 82
 B Grade Winner: Vivienne Learoyd 68, 2nd Heather Croukamp 70, 3rd Rae Clarke 73
 NTP's: Hole 4 Mary Barbeler, Hole 7 Charmaine Price, Hole 14 Vivi Lloyd, Hole 16 Diane Fitzpatrick
 Best Gross: Vivienne Learoyd 94
 C Grade Winner: Jude Dorhauer 75, Hazel McDonnell 78, 3rd Nadia Aylott 80 cb
 NTP's: Hole 7 Lulu Drew, Hole 14 Nadia Aylott, Hole 16 Hazel McDonnell
 Best Gross: Jude Dorhauer 106
 15/8/23 – Club Championships Rd 3 – sponsor – Woorim Surfside Pharmacy
 A Grade Winner: Myra Thomsen 73, 2nd Carole Watson 75, 3rd Abby Driver 76 cb
 NTP's: Hole 7 Yuko Nakamura (hole in one), Hole 14 Ros Gardiner, Hole 16 Judith Umlauf
 Best Gross: Jo Malone 84
 B Grade Winner: Ailsa Lauchlan 72, 2nd Sue Graham 75, 3rd Vivi Lloyd 76 cb
 NTP's: Hole 4 Rae Clarke, Hole 7 Sue Graham, Hole 14 Paula Mckenzie, Hole 16 Sheena Bath
 Best Gross: Ailsa Lauchlan 98
 C Grade Winner: Nadia Aylott 77, 2nd Tricia Phillips 79 cb, 3rd Jude Dorhauer 79
 NTP's: Hole 4 Lulu Drew, Hole 16 Di Croft
 Best Gross: Jude Dorhauer 110

Brooke SAVIGE

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

Integrity. Commitment. Energy.

A fresh approach for Division 1

f t i /Savige4Div1



HAPPY FATHER'S DAY

MY HERO

Why do dads bring an extra pair of socks to play golf on Father's Day? In case they get a hole in one.

Which days are the strongest? Saturday and Sunday. The rest are weekdays.

AUTOMOTIVE CARE



- ACROSS**
- [2] Helps to lift the car up off of the ground
 - [4] Exhaust comes out
 - [5] Put your key in this to start the car
 - [7] What you pull out to check your oil level
 - [8] When you get an oil change you may want to change this as well
 - [9] If this dies you may need a jump
 - [10] What fuels a car
 - [11] These help in the rain
- DOWN**
- [1] This person will service your car when you take it to the shop
 - [3] Turn these on when it's dark out or raining
 - [6] Lubricates engine
 - [9] You need to take care of these so you can come to a stop
 - [11] After washing your car apply this for a nice shine

I just swallowed a stack of Scrabble tiles by accident. My next poop could spell disaster.

Why did the dad get a boat on Father's Day? So he could sail into fatherhood!



- | | | |
|--------|-------------|-----------|
| BRAVE | FUNNY | LOVING |
| CARING | GRANDAD | PAPA |
| DAD | GRANDFATHER | SEPTEMBER |
| DADDY | GRANDPA | SMART |
| FATHER | HARDWORKING | STRONG |
| FUN | HELPFUL | WISE |

Why did the dad bring a hammer on Father's Day? Because he wanted to fix all the dad jokes!!

The school phoned me today and said, "Your sons has been telling lies." I replied, "Tell him, he's bloody good. I don't have any kids."

MY HERO

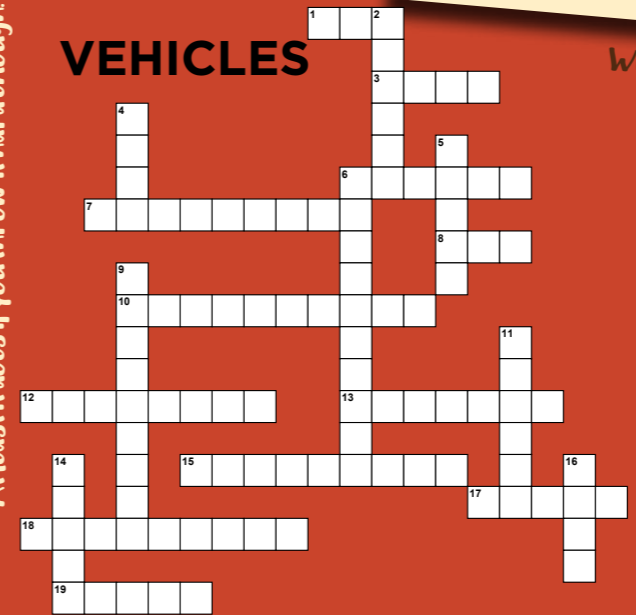
Why did the bullet end up losing his job?? He got fired.



An apple a day keeps the doctor away. At least it does if you throw it hard enough.

Why doesn't James Bond fart in bed? Because, it would blow his cover.

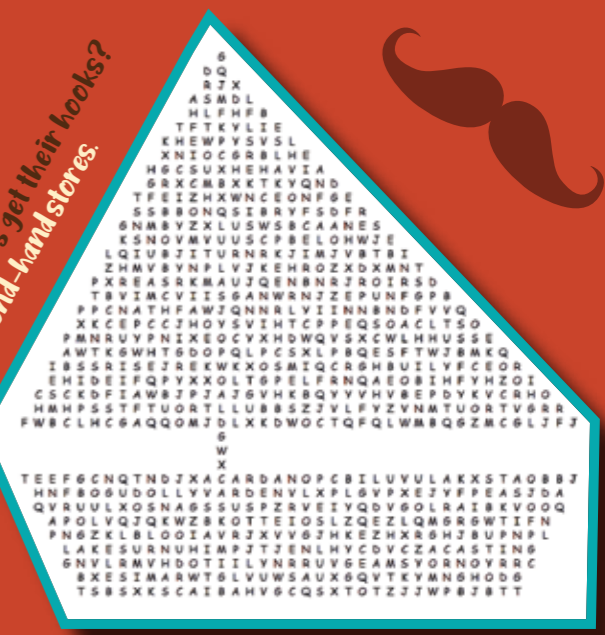
VEHICLES



- ACROSS**
- [1] used for transporting a large number of people
 - [3] a vehicle on water
 - [6] an electric/gas powered car
 - [7] a long, fancy vehicle
 - [8] a land vehicle used for getting around
 - [10] a fast vehicle with two wheels
 - [12] a wind powered boat
 - [13] a vehicle used on a farm
 - [15] a vehicle that goes underwater.
 - [17] a vehicle that runs on rails
 - [18] a truck that rushes to fires, sometimes carries a ladder
 - [19] fast moving air vehicle
- DOWN**
- [2] an underground train
 - [4] a vehicle used to transport a small amount of people
 - [5] land vehicle used for transporting goods
 - [6] an air vehicle that has a big propeller on top
 - [9] a vehicle that transports hurt people
 - [11] a two wheeled vehicle owned by Mike and Matt
 - [14] slow moving hydrogen powered vehicle
 - [16] a two wheeled vehicle that doesn't usually have a engine

I had a legless dog called Cigarette. Every morning I took him out for a drag.

Where do pirates get their hooks? Second-hand stores.

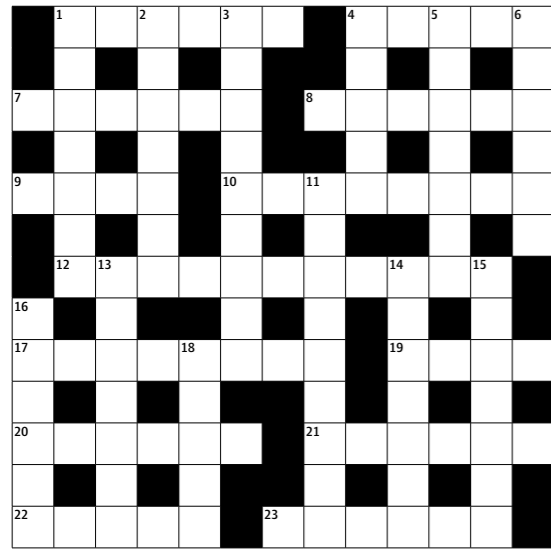


- | | | | |
|---------|---------|---------|-----------|
| BAIT | FISH | LUNKER | SNAGS |
| BOATS | FISHING | LURES | SPINNERS |
| BOBBER | FLY | MINNOWS | STREAMS |
| BULL | FISHING | NET | TACKLE |
| TROUT | HOOKS | PIKE | TROUT |
| CASTING | LAKERS | RIVERS | WHITEFISH |
| DOLLY | LAKES | SALMON | WORMS |
| WARDEN | LEADERS | SINKERS | |

How does a computer get drunk? It takes screen shots.

I found a wooden shoe in my toilet today. It was clogged. used to hate facial hair but then it grew on me

Crosswords - QUICK & CRYPTIC



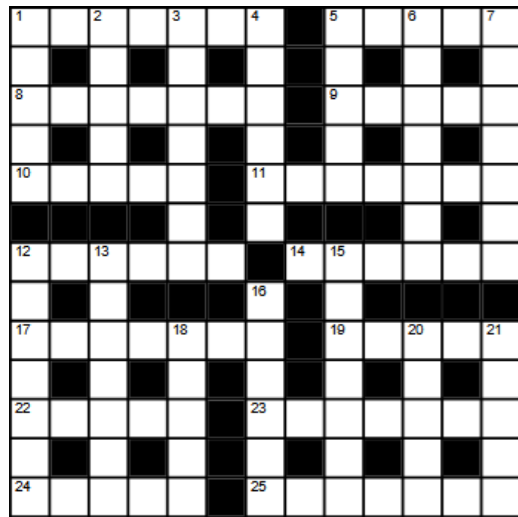
Across

- 1 Small Far East boat, propelled with one or two oars at the back (6)
- 4 Custom (5)
- 7 Crooner, say (6)
- 8 Single digit (6)
- 9 Largest organ of the human body (4)
- 10 4 down feature hanging behind head (8)
- 12 Entrance to Heaven? (6,5)
- 17 Board and 32 pieces needed to play a game requiring strategic skill (5,3)
- 19 That was painful! (4)
- 20 Blasted — repaired by sewing (6)
- 21 Song of devotion, loyalty or praise (6)
- 22 Internationally famous yachting centre on the Isle of Wight (5)
- 23 Made use of a Microsoft voice, video and messaging app (6)

Down

- Act of armed robbery (5-2)
- 2 Shade of crimson — name tag (anag) (7)
- 3 Citadel in ancient Greek towns (9)
- 4 Dangerous and/or frightening (5)
- 5 Target for those on safari with rifles (3,4)
- 6 Reptile like a tortoise (6)
- 11 Person who likes to be most active during the hours of darkness (9)
- 13 One of a pair just below the forehead (7)
- 14 Old-time ballroom dance — wet tops (anag) (3-4)
- 15 Attain a desired goal (7)
- 16 Bitter tasting (6)
- 18 Reading glasses (abbr) (5)

CRYPTIC



Across

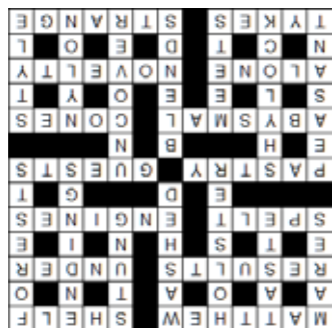
- 1 His word is gospel – and met what is ordered? (7)
- 5 Quiet - little people on the edge (5)
- 8 Consequences for ill-treatment of Rustlers - not right! (7)
- 9 Covered by the German following United Nations principals (5)
- 10 The word defined by individuals (5)
- 11 On track or something along those lines (7)
- 12 Father's effort at the bakery (6)
- 14 Going to a party gets us out (6)
- 17 Dreadful when one stews, say, Lamb (7)
- 19 They support a scoop with, maybe, a follow-up (5)
- 22 Singularly, a solo meeting (5)
- 23 The latest thing is quirky but extremely tawdry (7)
- 24 Offer key to a good man to open up for the rascals (5)
- 25 Odd show of anger out on the street (7)

Down

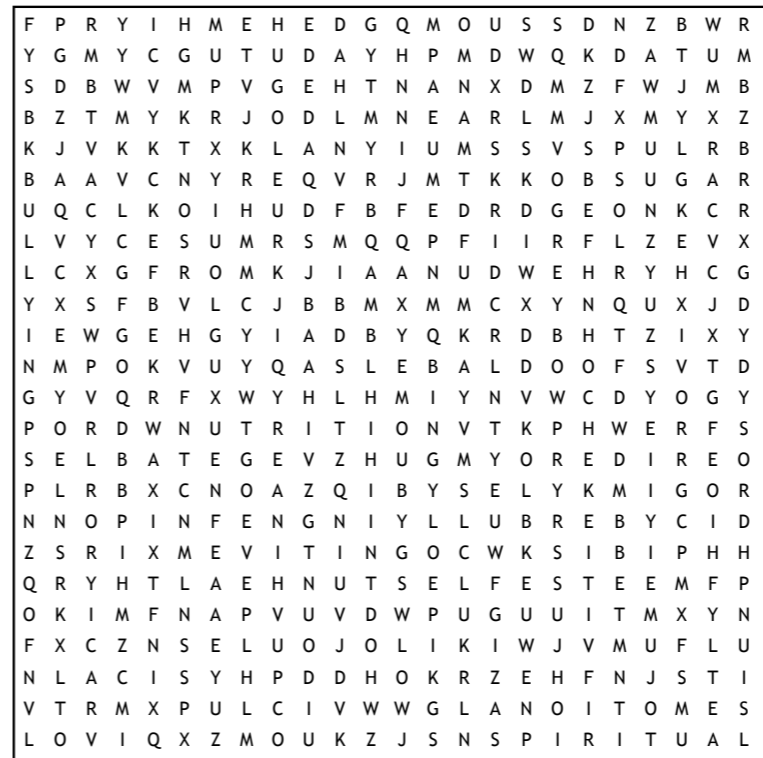
- 1 They come from stable families (5)
- 2 Try a good man captivated by brewed tea (5)
- 3 Somewhere to hold, maybe, a colt.. (7)
- 4 Showered once he had ended working (6)
- 5 Nettled at being swindled (5)
- 6 Conclusions led to closures (7)
- 7 The trees obscure them, apparently (7)
- 12 Good man suffers with apnea as a rustic (7)
- 13 He took interest in "The merchant of Venice" - reticent to start with, though (7)
- 15 Find out that International body has insurance (7)
- 16 Advances following Bachelor's lead and fits in (6)
- 18 Gets together with horses? (5)
- 20 Stocking - funnily, only in the North (5)
- 21 Pork provider uses his pen adding the French panache (5)

SOLUTIONS

CRYPTIC SOLUTION 198



QUICK SOLUTION 198



- | | | | |
|-------------|-------------|----------------|------------|
| bullying | cognitive | cyber bullying | emotional |
| food labels | friends | fruit | health |
| kilojoules | nip | nutrients | nutrition |
| physical | self esteem | social | sodium |
| spiritual | sugar | unhealthy | vegetables |

Kids Page

Roll up sandwiches



Serves: 1 | Prep time: 20 mins | Cook time: No cook

Ideal as a task that will keep the kids engage and have lunch made at the end of it. Jazz us those usual dull sandwiches with a bit of flair by creating these swirly rolls together. Basically, flatten the bread with a rolling pin, add on toppings – could be grated cheese or cream cheese, tuna or ham, peanut butter or jam, or even Nutella for a treat – and roll it up before cutting it into chunks.

Rolling out the bread
Sprinkling on and learning to spread different toppings
Rolling up the sandwiches
Skills learned:

How to make a sandwich
Flavor combinations – how well cheese and ham, or peanut butter and jam go together, for example – Nutella and tuna, not so much!

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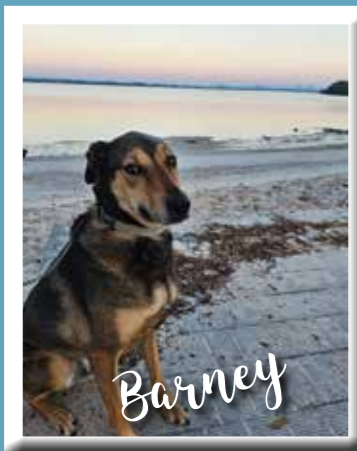
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Rory



Toast



Chairman Meow



Nullah



Coco

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Rocky



Astro

WE ♥ PETS



INTRODUCING A 2nd dog into your home part 1



Supplied by PetsforHomes. They are dedicated to connecting pet lovers with ethical and responsible pet sellers and educating pet lovers on how to take care of their pets better.

Welcoming a new pet into your home can be an exciting time for your family. However, for homes with existing dogs, this transition can potentially be stressful for your resident pets. Dogs are territorial creatures and can react differently to newcomers,

depending on their individual temperament, breed, and previous experiences. That's why it's crucial to have a plan in place for introducing a new pet, be it a dog, cat, or other animal, into your home to ensure the process is as smooth as possible for all involved. Let's take a look at some key strategies to minimise stress

and conflict during this period of change. **PREPARATIONS BEFORE ARRIVAL** Before the new pet arrives, make sure to prepare your home. Dedicate separate spaces for your new pet and existing dogs to provide them a safe haven. This space should include a sleeping area, food and water dishes, toys, and a litter box if your new pet is a cat. This helps to establish boundaries and prevents resource guarding, which can trigger conflicts. Equipping your home with calming pheromone products can also be beneficial. Synthetic pheromones mimic the natural chemicals that mother dogs and cats produce to reassure their young. These can create a more calming environment for both your resident dogs and the new pet.

If a cat or other small animal is involved, keep the dog on a leash and let the new pet explore the environment while the dog watches. Always remember, patience is key. Don't force them to interact more than they're comfortable with.

MONITOR THEIR BODY LANGUAGE closely. Look for signs of stress or aggression, such as growling, baring teeth, hissing, or a puffed-up tail. If you notice any of these signs, calmly separate the animals and give them some time to relax before attempting another interaction. Building Positive Associations When introducing a new pet into your Queensland home, building positive associations with the new arrangement is essential for a smooth transition. This process involves creating positive feelings and experiences for both your resident dogs and the new pet whenever they interact with each other or even when they are exposed to each other's presence.

FIRST INTRODUCTIONS When it's time for the first introduction, choose a neutral territory to avoid triggering territorial instincts. For dog-to-dog introductions, this could be a park or a friend's backyard. **Controlled Interactions** One effective way to build positive associations is through controlled interactions. This means facilitating situations where both pets can engage with each other under controlled and safe conditions. For instance, during the initial stages, keep your resident dog on a leash while allowing the new pet to explore.

For dogs and cats, or other animals, introductions should occur indoors, but in an area not typically claimed by the resident dog. Keep the initial interaction short, calm, and positive. For dogs, this might mean a brief, leashed meeting, followed by a walk together, while maintaining distance.

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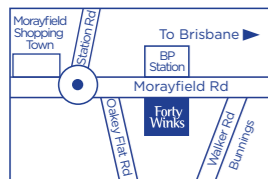
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SERIOUS ABOUT SLEEP

Cleaning the bathroom is a chore that most people dread. It's a space that requires special attention and care to maintain its freshness and cleanliness. But fear not; with the right tools and techniques, you can clean your bathroom like a pro and enjoy a sparkling and fresh space every day. In this article, we'll share some expert tips on how to clean your bathroom efficiently and effectively.

PRE-CLEANING PREPARATION BEFORE YOU START CLEANING,

it is essential to prepare your bathroom. Begin by removing items from the surfaces, such as toothbrushes, soap dishes, and towels. Place them in a safe place outside the bathroom. Next, remove the shower curtain and liner and wash them separately in the washing machine. If you have a bathmat, remove it and wash it as well.

Once you have cleared the surfaces, it's time to tackle the clutter. Dispose of any empty bottles, old razors, and other items that are no longer needed. This will give you more space to work with and make cleaning easier. Now you are ready to begin the cleaning process.

Cleaning the Toilet

The toilet is one of the most important areas to clean in the bathroom. It is also the most challenging. Place toilet cleaner into the bowl and let it sit for a few minutes. While the cleaner is doing its job, clean the exterior of the toilet with an all-purpose cleaner. This includes the tank, base, and seat. Use a scrub brush to clean the inside of the bowl, paying particular attention to the rim and under the seat. Once you have scrubbed the bowl, flush the toilet and use a toilet brush to clean any remaining stains. Finally, use a disinfectant spray to sanitise the toilet seat,

Bathroom Cleaning Tips to Keep in Mind for Your Next Refresh

dirty, try using a shower glass door water repellent, which can keep harsh water stains at bay.

CLEANING THE FLOOR

The bathroom floor can accumulate dirt and grime, especially around the toilet and corners. Begin by sweeping or vacuuming the floor to remove any loose debris. Next, mop the floor with water and an all-purpose cleaner. Be sure to mop under the toilet and in corners.

Once you have mopped the floor, rinse it with clean water and dry it with a microfiber cloth. If there are any stubborn stains, use a scrub brush or a toothbrush to remove them. Finally, dispose of any dirty water and wash your mop and bucket to prevent the spread of germs.

KEEPING YOUR BATHROOM FRESH

Now that you have cleaned your bathroom, it's essential to keep it fresh. Here are some tips to help you do just that:

- Keep a small trash can in the bathroom for easy waste disposal.
- Use air fresheners or potpourri to keep the bathroom smelling fresh.
- Open a window or turn on a fan to improve ventilation and prevent mould and mildew buildup.
- Hang wet towels and bathmats to dry after use to prevent musty odours.
- Wipe down the surfaces in the bathroom regularly to prevent the buildup of dirt and grime.

Remember to prepare your bathroom before cleaning; tackle the toilet first, and work to the other areas. Don't forget to keep your bathroom fresh and maintain it regularly. With these expert tips, you can transform your bathroom into a clean and inviting space that you'll be proud to show off to your guests.

handle, and surrounding area. Don't forget to clean the floor around the toilet as well.

CLEANING THE SINK AND COUNTERTOP

The sink and countertop are next on our list. Begin by spraying an all-purpose cleaner on the sink and countertop. Use a sponge to scrub away any stains or grime. For hard-to-reach areas, use a toothbrush or a scrub brush. Once you have cleaned the sink and countertop, rinse them thoroughly with water and dry them with a microfiber cloth.

Next, clean the mirror with a glass cleaner. Spray the cleaner on the mirror and wipe it with a microfiber cloth. If there are any stubborn stains, use a scraper to remove them. Finally, clean the taps and handles with a disinfectant spray.

CLEANING THE SHOWER AND TUB

The shower and tub can be challenging to clean, especially if there is a lot of soap scum and mildew buildup. Begin by spraying an all-purpose cleaner on the walls, floor, and tub. Use a scrub brush to scrub away any stains or buildup. For stubborn stains, mix baking soda and water to create a paste. Apply the paste to the stain and let it sit for a few minutes before scrubbing. Once you have cleaned the walls and tub, rinse them thoroughly with water and dry them with a microfiber cloth. Don't forget to clean the showerhead with a brush or a toothbrush to remove any buildup. Finally, clean the shower curtain and liner if you have not done so already. To keep things like your shower door from getting overly

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SO, don't wait for **SUMMER** to arrive.

During this season, aircon installers and repairers are generally busy and in high demand. So, before the heat hits, book your air conditioning cleaning service and enjoy a cleaner, cooler and more hygienic home season after season.

Book your service with Brett now to make sure your air conditioning is ready to go this summer!

Without its scheduled service and tune-up, you would not expect your car to keep running reliably. You would not expect your body to perform at its best without committing to regular exercise and a balanced diet. Why should your air conditioner be any different?

Nothing is more critical to good health than the food you eat, the water you drink and the air you breathe. So, what if the air you're living in daily is contaminated? While it's horrifying, it's much more common than you might think.

Imagine flipping the switch on your aircon only to find it does not work. The unit may have been idle for a few months. It collected leaves, dust, and debris during that time, requiring more maintenance than usual.

Cleaning and maintaining your air conditioning unit may sound unnecessary and daunting. After all, why fix something if it is not broken? Why bother cleaning it if it can keep your house cool, right? Wrong! Regular cleaning of your air conditioning unit brings you and your family many monetary and health benefits. Reduce your energy bill

With the cost of living rising, many of us are looking for ways to cut back and save on everyday essentials. And while air conditioning already uses a fair amount of energy, clogged and dirty filters can make the unit work harder -

which means it works less efficiently and costs more to run.

By cleaning the air filters and removing any built-up dirt, dust and debris, you can ensure your air conditioner works at peak performance all summer long and enjoy lower energy bills. In an average household, air conditioners use a significantly large chunk of your monthly electrical consumption. On the same note, a dirty air conditioning unit consumes more power mainly because your unit is forced to work harder, raising its operating costs. Such air conditioners generally use anywhere between 5%-25% more electricity. By cleaning your AC unit regularly, you can reduce your unit's need to work harder and thus shave some dollars off your electricity bill.

Leaving air conditioners running in a dirty state will eventually lead to more significant problems or, worse, a complete failure of your unit. As your air conditioner unit gathers more dust and dirt, it will become more challenging to clean, which may lead to costly replacement of parts.

Furthermore, while cleaning your unit, an expert can detect and identify potential problems that your unit may encounter. This will prevent more expensive repairs or, worse, replacing your whole air conditioning unit.

Improve air quality.

Your air conditioning unit does more than cool your home; it also plays a vital role in helping to keep the air circulating inside your home clean and healthy. But you'd be amazed at the dust, bacteria and mould spores that can circulate in your home from a dirty air conditioner. Even more surprising, building up only takes a couple of months.

an air conditioning unit creates condensation all summer long when the air conditioning unit runs and is a prime catalyst for mould and mildew growth. As the system lays dormant over winter, the mould can spread and grow and, if not cleaned properly, can create respiratory problems and what some people call a 'dirty sock odour.' A dirty unit provides a suitable breeding ground for mould, fungi, bacteria, and germs to thrive. Whenever you turn on your unit, it's spewing mould spores and bacteria into the air and your lungs, exposing you, your family, and your friends to various respiratory infections and triggering asthma attacks. If you have a dirty air conditioner, you everyone to a raft of potentially serious, even deadly, health problems. A mouldy air conditioner is a recipe for chronic illness.

EXTEND THE LIFE OF YOUR AIR CONDITIONER.

Keeping your air conditioner clean and maintained will help it last longer, meaning you get more out of your investment and won't have to replace it as often. And because any problems will be spotted sooner, you may only need to pay for repairs rather than replacing the entire unit.

Also, major air conditioner manufacturers place the responsibility on you as the consumer that annual and quarterly maintenance is conducted on the unit as per the recommendations in the owner's manual for the warranty to be valid. If this is not performed and a product failure is found to be due to lack of service or cleaning, you will not be covered under your warranty.





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LAWN CARE PROGRAM

- Have you spent hundreds of dollars on weed control products?
- Are you taking up storage space in your shed with harsh chemicals?
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Coochie Hydrogreen can make these dilemmas a thing of the past. By joining our Lawn Care Program (LCP), you will receive our unique 6-in-1 treatments, designed specifically for your lawn.

Our treatments contain a mixture of liquid fertilisers, organic soil conditioners and soil moisture retainers to encourage strong, healthy growth in your lawn as well as spot treating for weeds, pests and diseases to give your lawn a lush, weed free appearance year-round.

Our Lawn Care Program consists of 6 visits annually every 8-10 weeks. Every other month your local technician will stop by to apply a seasonal mix of our products to give your lawn a boost of nutrients needed to thrive throughout the season. Your local technician will also monitor and treat your lawn for any

weeds, pests, and diseases that may be showing their heads since the last visit. If you ever have any questions or concerns, call your local area manager Jack Martin and he will pop out to discuss &/or address the concern free of charge.

LAWN GRUB SEASON
Lawn grub is a name that covers a wide variety of creepy crawlies that invade your lawn. Scarab Grubs, Mealy bug, Army Worm and African Black Beetle are just a few of the lawn pests that we see in unprotected lawns each year.

HERE'S SOME SIGNS TO LOOK OUT FOR:

1. BROWN PATCHES IN YOUR LAWN
Lawn grubs feed off the root system of your turf, this prevents all the nutrients in your soil getting to the turf leaf so brown patches in your lawn can indicate that grubs are present. .

2. WASP ACTIVITY
If Army Worm are attacking your lawn, you will notice large orange wasps start to hover around your turf. They are looking for the Army Worm & Army Worm Pupa to lay their egg's in.

3. MOTH ACTIVITY
When Army Worm mature they turn into moths, these moths then lay eggs in your turf, under your gutters and in every corner of your property, starting the life cycle starts all over again. If you see lots of moths hovering above your lawn it's likely you have had or will have lawn grubs soon.

4. INCREASED BIRD ACTIVITY ON YOUR LAWN
If birds are pecking at your lawn a lot more lately, it's likely there's some juicy grubs in your turf that they're snacking on.

HOW TO STOP LAWN GRUBS
Jack says " This has been the worst Lawn Grub season that we have experienced in over a decade. The last season this bad was in 2011 around the time of the last floods. People should know that we are not out of the grub season yet, and given the recent rain and humidity that we have had, we may yet see another surge of lawn grubs this season".
The best way to deal with Lawn Grubs is to apply preventative treatments every 8-10 weeks during the grub season.

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WHAT to Look for in a Trustworthy Real Estate Brokerage

When navigating the real estate market, finding a trustworthy brokerage is crucial. A reputable brokerage can make all the difference in ensuring a smooth and successful transaction, whether buying or selling a property. But what should you look for in a trustworthy real estate brokerage? Here We will explore the key factors that can help you make an informed decision and choose the right brokerage for your needs.

Experience and Expertise
One of the first things to consider when selecting a broker is their experience and expertise. Look for brokerages with a proven industry track record and a team of experienced agents. A brokerage with a wealth of experience will deeply understand the local market, property values, and trends. Their expertise can guide you through the complexities of real estate transactions and ensure you make informed decisions.

PROFESSIONALISM AND ETHICS
Trust and integrity are paramount in the real estate industry. A

trustworthy brokerage will prioritise professionalism and adhere to a strict code of ethics. Look for brokerage members of recognised real estate associations or hold professional certifications. These affiliations often indicate a commitment to maintaining high ethical standards and providing quality service to their clients.

CLIENT TESTIMONIALS AND REFERRALS
One of the best ways to gauge a broker's reputation is by seeking feedback from past clients. Positive testimonials and referrals are strong indicators of a brokerage's reliability and the satisfaction of its clients. Ask the brokerage for references or search online for reviews and ratings. Hearing about other clients' experiences can give you valuable insights into how the brokerage operates and treats its clients.

STRONG COMMUNICATION SKILLS
Effective communication is crucial in any real estate transaction. A trustworthy brokerage will have agents who possess strong communication skills. They should actively listen to your needs, promptly respond to your inquiries, and keep you informed. Look for agents who are accessible, transparent, and responsive. Clear and open communication can help build trust and ensure a smooth and seamless experience.

LOCAL MARKET KNOWLEDGE
A reputable broker should have a deep understanding of the local market. They should know current market conditions, property values, and neighbourhood dynamics. This knowledge allows them to provide valuable insights

and guidance tailored to your needs. Look for brokerages that have a strong presence in the local market and can provide you with accurate and up-to-date information.

WIDE NETWORK & RESOURCES
A trustworthy brokerage will have a vast network of industry contacts and resources. This network can be advantageous when it comes to facilitating a successful transaction. They should have connections with reliable lenders, inspectors, appraisers, and other professionals involved in the real estate process. Access to a strong network ensures you receive comprehensive support and access to trusted service providers.

Technology and Innovation
In today's digital age, technology plays a significant role in the real estate industry. A trustworthy brokerage should embrace technology and leverage innovative tools to enhance its services. Look for brokerages that utilize advanced marketing strategies, online platforms, and data analysis. These technologies can help effectively promote listings, reach a wider audience, and streamline the transaction process.

ATTENTION TO DETAIL AND ORGANISATION
Real estate transactions involve numerous paperwork and legalities. A trustworthy brokerage will demonstrate attention to detail and strong organizational skills. They should ensure that all necessary documents are accurately prepared, and deadlines are met. Pay attention to the brokerage's processes

and systems, as these factors can contribute to a smooth and efficient transaction.

CUSTOMISED APPROACH
Clients' real estate needs are unique; a trustworthy brokerage understands this. Look for brokerages that offer a customized approach tailored to your specific requirements. Whether you're a first-time buyer, investor or looking to sell a luxury property, the brokerage should provide personalized solutions to meet your goals. Avoid brokerages that adopt a one-size-fits-all approach, as it may not address your individual needs effectively.

COMMITMENT TO CONTINUED EDUCATION
The real estate sector is a dynamic and ever-changing industry. A trustworthy brokerage recognizes the importance of staying updated with industry changes. Look for brokerages that invest in the professional development of their agents, encouraging continued education and training. Agents knowledgeable about the latest trends, regulations, and technologies can provide you with the most relevant and up-to-date guidance.

Choosing a trustworthy real estate brokerage is critical in your real estate journey. To make an intelligent choice, consider factors such as experience, professionalism, client testimonials, and communication skills. Conduct thorough research, seek referrals, and ask questions before selecting a brokerage. With the right brokerage, you can confidently navigate the real estate market and achieve your goals.

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Why You Should Hire A Professional Tradie



REGARDING RENOVATIONS AND REPAIRS, YOU USUALLY HAVE TWO OPTIONS: DO IT YOURSELF OR HIRE A PRO. IF YOU WANT TO SAVE MONEY, THE FORMER MAY SEEM LIKE THE BEST OPTION, BUT THAT'S NOT ALWAYS TRUE. HIRING A PROFESSIONAL TRADIE NOT ONLY ENSURES HIGH-QUALITY WORKMANSHIP BUT ALSO REDUCES EXPENSES IN THE LONG RUN, AND HERE'S WHY.

FEWER MISTAKES AND REPAIRS

It's often tempting to do home and property improvement projects alone. Instead of paying for a tradie, you only need tools and YouTube tutorial videos to do the job. However, these DIY projects rarely go as smoothly as planned. You may overlook crucial steps or worsen things because you didn't use the proper tools and techniques. Such mistakes can result in you spending more money than you initially hoped. Professional tradies prevent these issues from occurring in the first place. They take all the necessary precautions to ensure that there will be no faulty workmanship nor any need for expensive maintenance work in the future. Plumbers, for example, will check drains, signs of corrosion, and active leaks after a job to save money and give you peace of mind.

EXTENSIVE TRAINING AND EXPERIENCE

Specific jobs are best left to the experts. You wouldn't fly a commercial plane without prior training, practice law without a licence, or do your own dentistry. The same goes for highly technical jobs like electrical, plumbing, and structural renovations. A professional tradesman has undergone rigorous apprenticeship courses and testing to be licenced in Australia. This means they know the safety protocols and industry best practices required to complete jobs to a high standard. Firmly established trade businesses also work efficiently and reduce overheads, so the final invoice is within your budget. What's more, tradies are aware of the latest regulation changes and ensure their work passes all inspections and requirements.

Ultimately, hiring a pro is more likely to give you positive results, whereas DIY is full of uncertainties. You could spend more on materials and make rookie mistakes, increasing costs.

REDUCED LEGAL AND HEALTH RISKS

For health and safety reasons, the Australian government makes it a legal requirement to hire professional tradies for specific tasks. These include

air conditioning, construction, gas, electrical, and plumbing work. Such jobs are hazardous and prone to accidents if done with proper training and should always be attempted with others. Choosing to DIY tradie-type jobs also puts you at risk of hefty fines and even harsher penalties in more severe cases. If accidents and property damage occur because of a DIY project, your insurance provider may not cover you. That's why it's better to err on caution and hire an expert.

TRADIE INSURANCE

Another reason why tradies are cheaper, in the long run, is because of liability insurance. If a tradie makes a mistake that leads to property damage or injury, their insurance shoulders the costs. This includes any expenses associated with repairs and medical bills. By contrast, you don't have that safety net, so DIY can have potentially staggering costs if you're not careful.

MORE TIME ON YOUR HANDS

Renovations, repairs, and other projects are serious time commitments. Without prior experience, you may spend an obscene amount of time googling what screws and power tools you need—even the handiest DIYers waste hours scouring hardware stores, watching tutorials, and planning the project. Most people prefer doing something else other than spending their weekends doing manually taxing work.

If property improvement isn't your day job, it may take a month to finish a week-long task. Professional tradies do complicated and time-consuming tasks every day and finish them by the deadline. They make renovations look effortless and help free up your schedule, giving you more time to do what you want. The time saved with tradie services is worth every dollar. The bottom line is that hiring a tradie for a job is one of the most cost-effective decisions you can make. You don't have to pay for mistakes, and you can rest easy knowing that the job will be done correctly. However, not all tradies offer the same level of service, so it's vital that you choose wisely.



VMR BRIBIE ISLAND

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



Some of the Parking Team for "Legends on the Lawn" concert at the Sandstone Point Hotel Saturday 5th August: Sheryl Traill, Cheryl Robinson, Kelly Langworthy, Lindsay & Mark Paterson, Jim Brown, Mike Henson, and Aamir Cao.

HAPPY HOUR Friday 11th August 2023

37 members and guests attended the August Happy Hour. There were notable absences due to illness and holidays for the coming long weekend. Nibbles of kabana, cheeses, pretzels, potato crisps, cashews, gherkins, and pickled onions were prepared by Kelly Langworthy, Sheryl & John Traill, the bar was manned by Ian Thomas and Stewart Bell.



John and Linda Burdinat enjoy the balcony.



Tom and Sue Malcolm with Robyn Young and Ron Burrett "at the going down of the sun"!



Kerrie Parker, Mandy Luscombe, and Therese Harper enjoying the sunset on the balcony.



Sheryl Traill, Chris Beanlands, Brenda Allardyce, Allan and Gail Tranter with Kelly Langworthy.



Gary Lynskey, Pam Grimes, Carol Thomas, and Annette Lynskey.



Wayne Hook chats with Vitt Cox.

FIRST AID & CPR TRAINING

This course teaches the skills and knowledge required to provide first aid response to a casualty which our volunteers may encounter in the course of their duties.

All VMR Boat Crew and Coxswains are required to hold a current First Aid qualification, and it is encouraged that all our volunteers acquire these important skills. The course is delivered through a combination of face-to-face and online training and assessment. The course is structured to meet National Certification. We are very fortunate that one of our members, Karen Llewellyn, is a qualified Instructor as an RN and Nurse Educator and has been performing this important function for us now for 7 years. Thanks Karen!



Karen Llewellyn presents the mandatory CPR and First Aid training.



Graham Parker, Noel Wendt, Mark Paterson, Wayne Robinson, and Kathy Rickard-Simms.



Wayne Robinson practising CPR on a mannequin prior to assessment on one of our vessels.



Trainer Karen demonstrates the restrictions when providing first aid and CPR on one of our vessels.



Kathy Rickard-Simms is assessed for CPR and First Aid training aboard Bribie 2.

BOAT CREW NEEDED:

Join Volunteer Marine Rescue Bribie Island And Help Us Achieve Our Mission In Saving Lives On The Water



Our professional training will provide you with nationally recognised qualifications whilst learning new skills in a great environment whilst serving your community. Please visit our website <https://www.vmrbrbie.com>

and fill in the Crew Application Form and we will be in touch to invite you to an information night. Please direct any enquiries to our Recruitment Officer on 0400 707 479

SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

need to be checked annually too. Check the life jacket for signs of:

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

Look after the equipment that will look after you.!!

"PLEASE WEAR YOUR LIFE JACKETS!"

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



AUGUST VESSEL ASSISTS:

AUGUST VESSEL ASSISTS:
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.
SUN 06/08 1004AM – 9.6m Yacht non-member has anchor stuck out from Sandstone Point Hotel, investigate and release anchor.
MON 07/08 1227PM – 6.7m Half

Cabin member with engines failed required a tow from Macleay Island to Bellara.
THU 10/08 1607PM – 14.8m Cruiser, member in tender broken down 50m off Toorbul Boat Ramp
SAT 12/08 1416PM – 4.6m non-member with a fuel leak required a tow from BANKSIA Canals to Bellara Boat Ramp.
SAT 12/08 1702PM – 3m Jet Ski non-member overheating required a tow from Goat Island to Bellara Boat Ramp.
WED 16/08 1334PM – 5.8m Centre Console member broken down at Bulwer required a tow to Spinnaker Sound Marina.

2023 YEAR RADIO ROOM STATISTICS

To Thursday 17th August 2023

10,115 Calls, 3,010 vessels logged on, 147 Vessel Assists, 983 Sitreps, 753 Requests, 49 overdue vessels, 14 Vessel Tracking, 1,092 Radio Checks, 5 Weather Broadcasts, 3 Securite Broadcasts, 1 Pan Pan 0 Mayday.

VHF 60.8%, 27MHz 6.0%, Phone 15.5%. GWN 1.4%

FISHING REPORT

BY: Claude
Bribie Bait and Tackle and Bikes:

Fish of the month has been Sand Whiting (summer whiting) with large numbers now being caught, Whiting 40cm are plentiful with some over 45cm in the mix, Anglers are enjoyed the early run with the passage producing the better fish. Blood worms proving to be the best bait, yabbies, squid, and prawns also working. Gear used 6lb main mono line or braid with a 6lb flouro carbon leader, about one 1.5 meter long, depending on the length of your rod, a size 0 or 1 round running sinker and a single long shank or aberdeen hook size 4 or 6. Drifting with the tide to locate the school and then drop the anchor has been a good method. Whiting tend to migrate from one sand bar to the next so if the bite spots start another drift to relocate the school. Whiting are found mainly over yabby beds in less then a meter of water, also shore fishing has provide a good catch. QLD rules allows 30 limit and a minimum of 23cm long, Whiting can grow up to 51cm.



to

Col Westcombe a land base local has been landing quality flathead on hard body and plastic lures around the south end of the passage, early starts seem to equal fish, 62cm flathead as an above average Flathead, Nice work Col.



Tailor have been hard to find with only the odd scout landed, With the westly blowing this often brings the baits schools into the bay and the tailor are close being, keep an eye on the water for working birds as we are in the prime time for tailor.



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TRADING HOURS:
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Sat 6.30am - 5pm | Sun 6.30am - 4pm

TIDE TIMES Bribie Island AND Moreton Bay

FRI 25 Aug	SAT 26 Aug	SUN 27 Aug	MON 28 Aug	TUE 29 Aug	WED 30 Aug	THU 31 Aug
3:00 am	4:24 am	12:38 am	1:47 am	2:41 am	3:28 am	4:11 am
1.26m	1.17m	0.65m	0.51m	0.37m	0.26m	0.2m
9:06 am	10:32 am	6:00 am	7:19 am	8:19 am	9:11 am	9:59 am
0.48m	0.49m	1.17m	1.27m	1.4m	1.52m	1.61m
4:26 pm	5:52 pm	11:54 am	1:03 pm	2:03 pm	2:57 pm	3:47 pm
1.56m	1.66m	0.43m	0.3m	0.16m	0.06m	0.02m
11:10 pm		7:05 pm	8:05 pm	8:57 pm	9:45 pm	10:30 pm
0.74m		1.82m	1.99m	2.13m	2.2m	2.19m
FRI 1 Sep	SAT 2 Sep	SUN 3 Sep	MON 4 Sep	TUE 5 Sep	WED 6 Sep	THU 7 Sep
4:51 am	5:30 am	6:06 am	12:30 am	1:08 am	1:49 am	2:41 am
0.18m	0.19m	0.23m	1.73m	1.53m	1.35m	1.2m
10:45 am	11:31 am	12:16 pm	6:40 am	7:14 am	7:50 am	8:39 am
1.67m	1.71m	1.73m	0.28m	0.33m	0.39m	0.46m
4:35 pm	5:23 pm	6:11 pm	1:02 pm	1:50 pm	2:44 pm	3:47 pm
0.06m	0.15m	0.28m	1.73m	1.72m	1.7m	1.66m
11:12 pm	11:52 pm		7:02 pm	8:00 pm	9:10 pm	10:37 pm
2.09m	1.93m		0.43m	0.55m	0.65m	0.69m

The weather has been very windy and not suitable for off shore fishing, Doesn't mean your cant catch big fish, James landed a 18kg long tail tuna of Bribie jetty using a live pike under a float, Over head gear and 15kg rod game rod was required to stop and land this beast, Awesome effort as tuna love to circle when hooked and must have been played well to miss all the jetty Pylons,



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As any seasoned salty boat owner will tell you, the best practice in boating is to "keep your boat alive, use it, maintain it, and she will always get you back home to port". But what does it mean "to keep it alive"?

It's more than merely personifying the human relationship to your boat; it also means machinery can only be left dormant for a short time and remain unchecked and unused, with many parts starting to deteriorate or become unreliable.

With the summer boating season just over the horizon and Australia's fleet of about 990,000 vessels are likely to hit

the water in various conditions, with many overlooked or neglected for maintenance. For some weekend captains, regular boat care, repair and maintenance are understood well.

The skipper should conduct a general vessel inspection before each voyage. A professional marine inspector should conduct a complete assessment annually or before the primary boating season. A marine professional can provide a thorough insight into all aspects of your hull, engine, electrical systems, safety equipment and trailer and identify any defects or items that need rectification before you hit the water. This could save you the heartache of a breakdown and potentially hundreds of dollars in expensive repairs. A specialist using the correct equipment and tools can identify defects and report faults to you for consideration and action.

The key areas a marine inspector will examine for are:

The hull - Recreational vessels are constructed of

various materials, requiring a different method to examine for defects. For example, GRP (fibreglass) boats often contain timber in the construction process, which is susceptible to moisture absorption, particularly around the hull penetration points such as engine mounting holes, bungs and skin fittings. Specialist equipment, such as an ultrasonic moisture meter, must identify high moisture content in a transom, hull or flooring. Severe cases may require a transom or floor replacement. Aluminium or plate boats can suffer from electrolysis, severely degrading a hull. Stress cracks from vibration and work hardening can severely affect hull strength and integrity. Timber boats can rapidly suffer from rot and electrolysis, especially in freshwater environments.

Engine - Boats powered by inboard or outboard engines can often be simple or complex systems depending on boat size or type. All engines require regular inspection for ease of starting, smooth idle and acceleration, correct lubrication, accuracy of indication or monitoring systems, gearshift operation, and engine cylinder compressions. Regular inspection reports will assist the boat owner in tracking engine wear and condition closely.

Electrical - The electrical system is the heart of your boat and allows the engine,

electronics, instruments, lighting and safety equipment to function reliably. The condition of the power supply and wiring, including connections, is paramount to the functionality and reliability of your boat's systems. From our experience and data, batteries are boats' number one failure point. This is often due to an incorrect battery for the application, such as an automotive battery or a non-cranking battery, such as a deep-cycle battery used to start the engine. Batteries are consumable items that require regular testing and replacement, with a battery's average lifespan as low as three years. The condition and functionality of pumps of your vessel, particularly bilge pumps, are paramount and a valuable part of your safety equipment in an emergency.

Safety equipment - Safety equipment should be more often neglected by recreational boaties, with many lives lost due to complacency or cost cutting. Regularly checking all safety equipment is vital and a regulatory requirement for all boaties. You are responsible for ensuring you have the correct safety equipment relevant to your vessel size. This includes a current inshore or offshore distress flare kit, a suitable serviced life jacket for each person onboard and must be age and weight-appropriate, a waterproof torch, anchor, rope and chain, bilge pump and bucket with lanyard, suitable fire

extinguisher for the fuel capacity, plus paddles, fresh drinking water, V-sheet, registered EPIRB, horn or warning device where required.

Boat trailer - Boat trailers have the essential purpose of safely carting your boat to and from the ramp, usually at highway speed. Trailers are often neglected and left to marinate with salt residue and sun, a recipe for corrosion that leads to failure on the best-constructed trailer. A boat trailer's components are all critical to road safety, with brakes and tie-downs common areas of failure. Boats are often loaded with equipment and fuel to the hilt, putting an extreme load on your trailer and its components. Few boat owners understand the dangerous impact of an incorrectly balanced trailer which can cause instability at speed and under braking. Good trailer care is vital, with particular attention to washing all components with fresh water to remove salt buildup and avoid corrosion. A professional set of eyes from a marine inspector can report on trailer chassis, brake systems, lighting, trailer balance, and coupling condition can keep you safe and compliant.

Boat safety and reliability are paramount, so don't take it for granted. Supplied by PetsforHomes. They are dedicated to connecting pet lovers with ethical and responsible pet sellers and educating pet lovers on how to take care of their pets better.

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Aloey SHIPMATES

If you have served in the Commonwealth Navies, we members of the Naval Association Bribie Island would like to meet you! Our Association meets at the RSL on the first Sunday of the month and every Tuesday evening. Why not chill with us and have a coldie and help us with our raffle to raise money to support T.S. Koopa Naval Cadets, our future sailers. Members of our association enjoy bus excursions, welfare support, mateship and more... so please give us a call we would love to welcome you!

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Car detailing is a meticulous process that aims to restore and enhance the appearance of vehicles. However, like any other industry, car detailing is not immune to myths and misconceptions. These myths can often mislead car owners and prevent them from achieving the best results, let's debunk common car detailing myths and separate fact from fiction, enabling you to make informed decisions and take better care of your vehicle.

Myth 1: Washing Your Car with Dish Soap is Just as Effective
Fact: While dish soap may seem like a convenient alternative for washing your car, it can actually do more harm than good. Dish soaps are designed to remove grease and oil, which can strip away the protective wax and sealants on your car's paint. Instead, use a pH-balanced car shampoo specifically formulated for automotive use. These products are gentle on the paint while effectively removing dirt and grime.

Myth 2: Waxing is Only for Aesthetics
Fact: Waxing your car goes beyond aesthetics. While it does provide a beautiful shine, wax also acts as a protective layer against UV rays, oxidation, and environmental contaminants. Waxing helps prevent fading, reduces the appearance of swirl marks, and makes regular maintenance tasks such as washing easier. It adds a barrier that shields the paint from the elements, prolonging its lifespan and maintaining its value.

Myth 3: Detailing is the Same as Washing Your Car
Fact: Detailing and washing are not interchangeable terms. Detailing involves a comprehensive process that goes beyond a simple wash. It includes thorough cleaning, paint correction, polishing, and protecting the vehicle's surfaces. Detailing addresses imperfections, restores shine, and enhances the overall appearance of the vehicle. While regular washing is essential, detailing is a more in-depth and meticulous procedure.

Myth 4: Automatic Car Washes are Safe for Your Vehicle
Fact: While automatic car washes offer convenience, they can potentially harm your vehicle's paint. The brushes and abrasive materials used in some automatic car washes can leave swirl marks, and scratches and even remove protective coatings. Additionally, the recycled water in these washes may contain dirt and debris that can further damage the paint. Opting for hand washing or professional detailing ensures a safer and more effective cleaning process.

Myth 5: More Wax Layers Provide Better Protection
Fact: Applying multiple layers of wax does not necessarily offer better protection. In fact, excessive wax buildup can lead to a dull and uneven appearance. The key to effective waxing is proper application and ensuring a thin, uniform layer. Follow the manufacturer's instructions and focus on thorough coverage rather than layering excessively. Quality wax products provide sufficient protection with just one or two layers when applied correctly.

Myth 6: Detailing Scratches Can Cause More Damage
Fact: Detailing, when done correctly, does not cause additional damage to scratches. In fact, professional detailing often involves paint correction techniques to minimize or eliminate the appearance of scratches. Detailers use specialized tools

and compounds to gently remove a thin layer of clear coat, reducing the depth of scratches. However, it's crucial to rely on experienced professionals or educate yourself on proper techniques to avoid causing more harm during the process. It is also recommended to buy your products from a car detailing store.

Myth 7: Detailing Will Completely Remove Scratches and Swirl Marks
Fact: While detailing can significantly reduce the appearance of scratches and swirl marks, it cannot always completely eliminate them. The severity and depth of the scratches play a crucial role in determining the level of improvement that can be achieved. Professional detailers use various techniques like compounding and polishing to diminish the visibility of scratches. However, deep or extensive damage may require more extensive repairs, such as paint touch-ups or professional respraying.

Myth 8: Detailing is Only for High-End or New Vehicles
Fact: Car detailing is beneficial for vehicles of all makes, models, and ages. It is not exclusive to high-end or new vehicles. Detailing can revive the appearance of older cars by removing oxidation, restoring dull paint, and improving overall aesthetics. Even well-maintained vehicles can benefit from regular detailing to maintain their shine, protect the paint, and uphold their value. Car detailing is a valuable investment regardless of the vehicle's age or price range.

Myth 9: Using a Higher-Pressure Washer Will Provide Better Cleaning
Fact: While pressure washers can be useful for certain cleaning tasks, using a higher-pressure setting is not always better. High-pressure water can potentially damage the paint, strip away protective coatings, and force water into vulnerable areas like door seals and electrical components. It is recommended to use a medium pressure setting and maintain

a safe distance when using a pressure washer. Additionally, combining it with proper car cleaning techniques, such as gentle hand washing, ensures a thorough yet safe cleaning process.

Myth 10: Detailing is a One-Time Solution
Fact: Car detailing is not a one-time solution but an ongoing process to keep your vehicle in optimal condition. Regular maintenance is crucial to preserve the results of detailing and protect your vehicle's appearance. Environmental factors, road contaminants, and daily wear and tear can gradually impact the paint and surfaces. By incorporating regular washing, waxing, and occasional professional detailing sessions, you can maintain the lustre, shine, and overall condition of your vehicle.

Myth 11: Detailing Will Instantly Increase the Resale Value of Your Car
Fact: While professional detailing can improve the

overall appearance and condition of your car, it does not guarantee an instant increase in resale value. The value of a used vehicle is influenced by various factors such as age, mileage, mechanical condition, and market demand. However, a well-detailed car that looks well-maintained and cared for may attract potential buyers and create a positive impression, potentially influencing their perception of the vehicle's value.

By debunking these common car detailing myths, we can ensure that car owners have accurate information to make informed decisions about the care of their vehicles. Remember, using the right products, following proper techniques, and seeking professional assistance when needed are key to achieving excellent results. Understanding the facts behind car detailing will help you maintain the appearance, protect the paint, and ultimately enjoy a vehicle that looks its best for years to come.

CAR DETAILING MYTHS DEBUNKED: Separating Fact from Fiction

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LETTERS
TO THE
EDITOR

To the Editor | August 2023



I'm writing to express my deep appreciation and thanks to everyone across Queensland who supported The Smith Family's 2023 Winter Appeal. It goes without saying that the last few years have been incredibly hard on all Australians - we have gone from the COVID-19 pandemic to the middle of a cost-of-living crisis. Both have had a significant impact on our feeling of stability and our plans for the future. And while many of us are struggling, it's the Australians who have the least who have been impacted

Dear Editor,
Who's going to pay and how?
The recent flurry of activity regarding a new bridge to Bribie has highlighted some issues that need to be discussed as this project goes forward.
All sorts of benefits have been claimed for this new bridge. It will reduce commuter time. It will enable more people to visit Bribie which will be good for business.
It will eliminate traffic snarls during major events like concerts which will allow more to be held. And if Aunt Enid desperately needs to get to the hospital, she can do so even if there is an accident on the new bridge.
I attended one of the workshops for this proposed bridge and asked if there was going to be any look at ways to reduce traffic numbers like addressing the woeful public transport system, we have on Bribie Island or initiating park-and-ride

most.
Living in economically unstable times is particularly difficult for young people, and this is even more true for children living in poverty. School can be a great constant, and all children should feel confident enough to participate fully, so they can get the most out of their education.
We know that COVID-19 exacerbated existing learning gaps, with children experiencing disadvantage up to 5 years behind their more advantaged peers by the time they reach Year 9. The families we support want the very best for their children and while they are working hard to pay for necessities, things like tutoring or tailored support to help their children catch up are simply not within reach, especially as the cost-of-living increases bite.
We are working to address this inequity, and thanks

options during major events. I was told that was not in their scope.
I also asked where the \$150 million for this new bridge is going to come from. Both major political parties have ruled out a toll. I was advised that those matters would be looked at when the "business case" is developed. Clearly, the message was that the bridge must be paid for by those who use it and benefit from it.
So where does that leave us? The existing bridge was paid for by land releases. To raise \$150 million the State would need to release around 10,000 new lots which would effectively double the population of Bribie. If the rumour mill is to be believed, a deal has already been done with developers to do exactly that. Doubling Bribie's population would destroy many of those things that we value about living on Bribie. Is that a price Bribie Islanders are willing to pay for a new bridge? How else could this bridge be paid for? Any suggestions?
John Oxenford
Woorim

to the generous support of thousands of Australians, we are now able to give an extra 17,600 children and young people across the country access to our learning and mentoring programs, so they can catch up and keep up with their peers. These include programs like our evidence-based reading buddy program, student2student, with programs like this one reaching over 180,000 children and young people nationally.
As Federal Education Minister Jason Clare recently said - education is the most powerful cause for good in this country. When we empower a young person through education, it can change the course of their life. So, on behalf of the students and families we support - thank you very much for your incredible generosity.
Doug Taylor
Chief Executive Officer

Dear Editor,
I am a homeowner and live just off Solander Esplanade, my wife, myself and our dog walk along the footpath adjacent to the Passage from Kakadu Bird Sanctuary to White Patch, or parts thereof twice daily. It has become a very unsafe pathway to walk along.
Between E-bikes, E-scooters and conventional cyclists and recumbents who treat this path as a racetrack and consider they have the right of way. Yes, the signs painted on the footpath state cyclists ring your bell, yet this seems to be interpreted as "I've rung my bell now get out of my way", and if you are not fast enough you get taken out as I know of at least one case and an extremely close call I had myself a few days ago.
The walkers with me (x5) guessed the cyclist to be travelling about 30-40kph, I was fortunate but still had to leap off the pathway, and the rider when I yelled (loudly) after him yelled back, "I rang my bloody bell". I don't believe the ringing of a bell gives anyone the right to demand a right of way. I suffer from a minor hearing defect, and I would guess I'm not the only one considering

the age group of the majority of morning and afternoon walkers taking advantage of the magnificent place we live and don't think I should have to keep looking over my shoulder to avoid an accident.

Everybody (10-15 people) whom I have discussed this situation with feels intimidated, as the same or similar has happened to them and they spend a lot of the time looking over their shoulder, just in case, instead of enjoying why we live here and walk regularly.

My wife and I are also cyclists, and we ride on the cycle lanes where possible or travel at a speed where we can avoid pedestrians, by moving out of the way and off the pathway if necessary. Little children are never a problem and are kept safe and upright.

Not knowing the law but I don't feel that those with alternative means of transport have the right of way to expect, demand you get off the pathway and give them the right of way.

Be aware that this is not the criticism of the majority but a little higher than the minority.

Thanks, Neville.

Dear Editor,
Thank you for publishing letters with different opinions in your magazine.
I read with interest the article about a proposed wildlife hospital. I sympathize a lot with the idea, as while living in Redcliffe, I was a volunteer at the Redcliffe animal shelter.
The annual cost of the hospital funding is 1 million. Wouldn't it be better that we work harder to prevent the injury of animals on Bribie Island? Volunteers from Wildlife Rescue carry injured kangaroos from Bribie to the hospital weekly. The most dangerous roads for the wildlife on Bribie seem to be Sunderland Drive, Avon Ave, First Ave, and White patch esplanade. Roos are killed and injured there on a weekly basis.
I think that prevention could be more efficient than cure.
We have a 70 km/k speed limit on Sunderland Drive, 60 km/h on Avon. I think it would be reasonable to ask our Council to reduce those speed limits to 40 km per hour.
I know it is inconvenient, however, it could be our contribution to the privilege to live in this truly unique place. Bribie is very different from, say Fortitude Valley, where people think they can see kangaroos only in a zoo. Yet the speed limits are

the same.
Fencing the roads could be very helpful as well. Construction of a road rump on First Avenue, so the wildlife can cross under the road would be a big help.
The first avenue is a big concern. A lot of wildlife crosses the road with an 80 km per hour speed limit.
Our Mayor and councillor B. Savage just voted in favour of a big development on 99 First Ave. They approved a 120-person facility on the block with 30 parking lots. And they made it hard to object, making the objecting period as short as 5 days on many issues with this application.
I assume they then "fight" to get more funding for the wildlife hospital to patch those poor injured animals, picked up on the roadsides. Neither Mayor nor Brooke Savage is not going to pay this extra \$1,000,000 a year for the wildlife hospital out of their pockets. It is the public that will be required to foot the bill to fix the consequences of their decisions. And then the public is left to calculate the rate increase percentage on their rates bills.
Would be great if more people expressed their views on how we can protect the wildlife on Bribie in the most efficient way before it is injured.

LETTER TO THE EDITOR
Helpful advice?
I'm very open to information about the upcoming Referendum - as long as it's factual and checked for fabrication and deception.
I was therefore not impressed with a recent flyer that arrived in my mailbox from the NO Campaign. (It was authorised by A Hirst, Liberal Party, Barton ACT.)
Their ten reasons to say NO to The Voice appeared to contain scarcely believable claims, imaginary scenarios, magnification, embellishment and distortion - not what I expected of a factual flyer.
And the parting statement - 'Don't know? Say no.' - the reader must find quite insulting. If you don't know something you find out. You track down the information. It's not that hard. We do it every day.
• If your child has a temperature and you don't know why - you find out.
• If a friend hasn't met you for a pre-arranged coffee and you don't know why - you find out.
• If your car isn't running smoothly and you don't know why - you find out.
Don't know? Find out.
Lyn Rushby

Dear Editor,
Women's sporting achievements and the referendum for Aboriginal recognition are both important but are mere distractions when it comes to dealing with the current biodiversity and climate crises.
We have a housing crisis, but new houses are still being built with black rooves and single-glazed windows facing west. They will cost more to cool, using electricity which is still being generated from fossil fuels.
Heat waves kill more Australians than any other natural cause (or even misbehaviour on our roads), but the Government is doing little to promote the adaptation of infrastructure to make it suitable for future climate events. Money should not be spent on temporary fixes which will fail again in the next event. Where are the regulations which prevent councils from approving unsuitable buildings? The wilful failure of federal leadership in the last decade was evident before the 2019/20 bushfires. Now with an El Niño predicted this summer, money would be better spent on fire-fighting aircraft than military jets.
When will the Government get back to dealing with the real crisis at hand?
H.Beneke

LETTERS
TO THE
EDITOR

Dear Editor,

Thomas Mahon is surely joking when he cites The New York Post as an authority on what constitutes lying. This a rag from News Ltd, an organisation notorious for its climate change denial and its lies and misdirection regarding the proposed Voice to Parliament.

Believe nothing you read in the right-wing Murdoch press!

Yours,
Tony Longland: Proud lefty, socialist, non-binary, pansexual, Yes-voting, watermelon-Greenie.

Letter to the Editor,
Recently when shopping at Woolworths here in Bribie, I was very humbled when I received a tap on my shoulder from an unknown lady, who wanted to assist me as she could obviously see I was distressed after being told by the checkout operator that my card was not being accepted and this dear lady, immediately just swiped her card, and said: "HAVE A GOOD DAY".....I was in total shock and hugged her, and thru this media, I hope she reads this message even though I am a few weeks late.

Grateful person.

CRIME REPORT BRIBIE ISLAND WRAP

AUGUST 2023



www.mypolice.qld.gov.au/moreton



Queensland Police Honour Brett and Belinda Beasley

Brett and Belinda Beasley, the parents of Jack Beasley, were recently presented with the bill for Jack's Law and a hand-held scanner in recognition of their powerful advocacy in reforming knife crime across Queensland. Brett and Belinda Beasley founded the Jack Beasley Foundation after the tragic stabbing death of their 17-year-old son in 2019 at Surfer's Paradise.

The tragedy prompted a trial in Surfer's Paradise Safe Night Precinct (SNP) that allowed police officers to use hand-held metal detectors to detect knives and other weapons.

streets, and 647 people were charged with various offences.

Brett and Belinda and the Foundation were instrumental in the introduction of the trial, and their ongoing support and advocacy have resulted in the passage of Jack's Law through Queensland's Parliament earlier this year.

Jack's Law allows police officers to conduct stop-and-wand operations in all Safe Night Precincts (SNPs) in Queensland.

Wanding is designed not only to detect but to deter. To have youth and young adults, and anyone else intent on carrying a knife or bladed weapon, re-think their actions prior to going out into the community.

The Honourable Mark Ryan described Brett and Belinda's work and advocacy while still grieving for their loss as an inspiration.

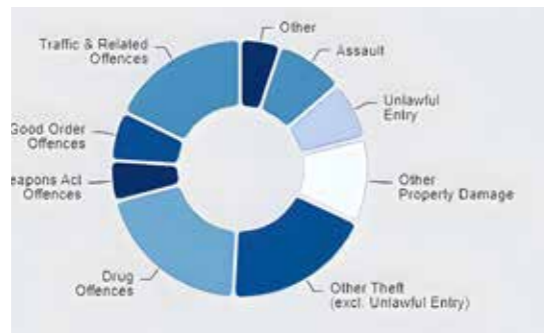
Commissioner Katarina Carroll told Brett and Belinda that it was impossible to measure how many lives they have saved.

Brett and Belinda also presented certificates in appreciation to officers for all the work done to see Jack's Law now passed into legislation.

83 Offences

21 JUL 2023 — 20 AUG 2023

- Other 4
- Assault 7
- Unlawful Entry 6
- Other Property Damage 9
- Other Theft (excl. Unlawful Entry) 16
- Drug Offences 17
- Weapons Act Offences 4
- Good Order Offences 5
- Traffic & Related Offences 15



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