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MAGAZINE

ISSUE 199 SEP 8, 2023



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8 Sept, 2023

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

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BRIBIE NATURE FESTIVAL

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Welcome

Dear readers, Welcome to edition 199. Spring has arrived, and the weather has been lovely! There are so many events happening around the Island. It is the perfect time to leave the house and see what's available! The fishing has been great, our sporting clubs have had great successes, the Volunteer National Servicemen have done a fantastic job with some upgrades at the Memorial Park, Bribie Rocks Group has yet again done an outstanding job painting

their rocks ready for the annual Ladybug Parade, and so much more is going on, there is no excuse to be bored!!

As Spring has arrived, now is the time to prepare your home and garden for Summer, which is fast approaching. The Little Timber Garage has some beautiful furniture and screening options; Grow Plant Nursery has a new range of stock in gorgeous feature items for your garden (I may or may not have indulged in an



BRIBIE ROCKS

28

article or two on the weekend from there and Mayyada Bazaar) Mayyada Bazaar's never a disappointment with new stock arriving daily! We would love to see you support these and our other businesses and keep your money locally! Until next time,

Take care, Stay safe,

Cherrie



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Taking space in a relationship

In my last article, I wrote about when it is time to leave a relationship - where it really is to your detriment. Sometimes, though, when there is still love and when you are undergoing a difficult period in the relationship, not only for the relationship's sake but for both of you as individuals, it is beneficial to take some time out from each other.

So, how do you know when that time is? This is different for each couple, though when you find that you cannot communicate, you are feeling irritated with one another or are just going round and round in circles with the same conflicts, with no resolution. This is an excellent time to take some space to reflect on what is going on with you and the relationship.

Taking time apart helps you identify and process what you are feeling and look at what you need for yourself, as well as out of the relationship. It gives you time to clarify your thoughts and evaluate what is going on without putting the blame on yourself or your partner. Time apart also allows you to assess whether you want to rekindle the relationship and perhaps bring back more love and passion into it.

Taking some time apart does not mean it is over, but it grants you both some time to explore

yourselves as individuals. This permits you to define what your needs are and how they need to be met.

Even in the best relationships, taking some time away from each other can be beneficial, normal and healthy. As to how much time is based on each couple's needs and for those who are anxious about time apart, setting a time to meet can be helpful.

During the time apart, really focus on yourself and take time to love yourself. I mean, if you do not love yourself, how can you expect anyone else to? If you find that one of you is prolonging the time apart, perhaps then you will have to evaluate whether the person is becoming more independent and is enjoying life more on their own.

Though only time can tell, and whatever happens, remember it is not about you personally; it is about the experience each of you has together. Relationships are there to make us grow and be a better version of ourselves, so embrace the journey!

Are you wanting to find more self-love, improve yourself or your relationship? Take that first step forward and call me on 0405 361 882 or reach me via FB messenger: MariaChristina.Love

Always with love, Maria Christina x

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Unlock the Secrets to LUSCIOUS Locks: Part 2

The Best Products for Your Hair Type

When it comes to caring for your hair, using the right products can make all the difference. With so many options available on the market, it can be overwhelming to choose the best ones for your specific hair type. But fear not! We've done the research and compiled a list of top-notch products that are tailored to meet the needs of every hair type.

For those with **dry and damaged** hair, look for moisturising shampoos and conditioners that contain ingredients like argan oil or shea butter. These will help nourish and hydrate your strands, leaving them soft and manageable.

If you have **oily hair**, opt for

clarifying shampoos that effectively remove excess oil without stripping away essential moisture. Look for formulas infused with tea tree oil or lemon extract to help balance sebum production.

Fine or limp hair? Reach for volumising products that add body and lift without weighing down your locks. Choose lightweight mousses or sprays that give you instant oomph while still maintaining natural movement.

Curly-haired folks should gravitate towards curl-enhancing products designed to define and control their curls. Look for creams or gels formulated with ingredients like coconut oil or aloe vera, which provide hydration and combat frizz.

For those with **colour-treated** tresses, invest in sulphate-free shampoos and conditioners specifically created to preserve vibrant colours while nourishing your locks. These gentle formulations will keep your colour looking fresh while preventing fading.

If you have **sensitive scalp**

issues such as dandruff or irritation, seek out soothing products with calming ingredients like tea tree oil or chamomile extract. These will help alleviate any discomfort while keeping your scalp healthy.

Remember, finding the right products may require some trial and error as everyone's hair is unique. Don't be afraid to experiment until you find what works best for you!

DIY Hair Treatments

DIY Hair Treatments are a fantastic way to pamper your locks and give them some much-needed TLC. Not only are they cost-effective, but they also often use ingredients that you can find in your kitchen pantry. Whether you have dry, oily, or damaged hair, there is a DIY treatment out there for everyone.

For those with **dry hair**, try mixing some mashed avocado and olive oil to create a hydrating mask. Apply it to your hair from roots to ends and let it sit for about 30 minutes before rinsing it out. The healthy fats in the avocado will nourish and

moisturise your strands.

If you struggle with **oily hair**, consider using a DIY vinegar rinse. Mix equal parts apple cider vinegar and water and pour it over your scalp after shampooing. Let it sit for a few minutes before rinsing thoroughly. The acidity of the vinegar helps balance the pH of your scalp and reduces oiliness. For those dealing with **damaged hair**, try creating an egg-based mask by whisking together one egg yolk with two tablespoons of coconut oil. Apply this mixture generously all over your hair and leave it on for around 20 minutes before washing it off with cold water. This protein-rich treatment will help repair any damage while leaving your tresses soft and shiny.

In this fast-paced world, it's easy to neglect our hair care routine. But taking the time to care for your hair correctly can make all the difference in achieving those luscious locks you've always dreamed of.

Remember, understanding your hair type is essential in order to customise your routine and address its specific needs.

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and more info**

Vanessa Taylor

M: 0412 273 530

Facebook: Forever Vee

Instagram: @vanessa.taylor.

forever.vee

Website: ForeverVee.com



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

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

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EVERYTHING YOU NEED TO KNOW ABOUT THE BEST

Tattoo Shops

Hey there, ink enthusiasts and potential rebels! Ready to dive into the vibrant world of tattoos? Well, you're in for a wild ride! Whether you're a first-timer or a seasoned tattoo junkie, finding the best tattoo shop is like searching for buried treasure—only instead of gold, you're hunting for art that lasts a lifetime.

But fear not, my adventurous friends, because I've got your back (or should I say your bicep?). In this blog, we'll spill all the colourful beans on the best tattoo shops near you. From tiny minimalist designs to mind-blowing sleeves that leave your jaw on the floor, we'll navigate the buzzing needle-filled maze together.

So, prepare to uncover the hidden gems, meet the most talented artists, and learn about the latest tattoo trends that will make your skin sing with joy.

RESEARCHING TATTOO SHOPS

Personal recommendations can be invaluable in your search for the perfect top-rated tattoo shop.

Next, hit the internet and explore online forums, review websites, and social media platforms. Look for shops with consistently positive reviews and a strong online presence. Take note of the artists' portfolios and customer testimonials. This will give you a glimpse into their style, skill level, and ability to bring your tattoo ideas to life.

Finally, don't be afraid to visit the tattoo shops in person. Stroll through the neighbourhood, visit different studios, and get a feel for their atmosphere. Pay attention to their cleanliness, organization, and overall vibe. Trust your instincts—if something feels off, moving on to the next option is best.

Assessing Hygiene and Safety Standards
When getting a tattoo, hygiene, and safety should be your top priorities. After all, you don't want to end up with a beautiful design and an infection to go with it. So,

when researching tattoo shops, assess their hygiene and safety standards.

A reputable tattoo shop will adhere to strict cleanliness protocols. They should use single-use, sterilized needles for each client and have a dedicated area for sterilization. The artists should wear gloves throughout the entire tattooing process and use disposable barriers to prevent cross-contamination. The shop should be clean and well-maintained, with proper ventilation to minimize the risk of airborne pathogens.

EVALUATING THE ARTISTS' SKILLS AND PORTFOLIOS

Now that you've narrowed your options based on recommendations and hygiene standards, it's time to delve into the artists' skills and portfolios. Every tattoo artist has their own unique style and specialty, so finding the one that aligns with your vision is crucial.

Start by browsing through their portfolios, either online or in person. Look for consistency in their work, paying attention to the quality of line work, shading, and colour saturation. Take note of their attention to detail and ability to capture different styles, whether traditional, realism, watercolour, or something completely out-of-the-box. If you have a specific design in mind, see if they have any similar examples in their portfolio to gauge their ability to bring your vision to life.

UNDERSTANDING PRICING AND APPOINTMENT POLICIES

As with any service, pricing, and appointment policies vary from one tattoo shop to another. It's important to understand these factors before committing to a specific studio.

Tattoo pricing is typically based on factors such as the design's size, complexity, and placement. Some artists charge an hourly rate, while others have a fixed price for

specific designs. Remember that high-quality tattoos are an investment, so be willing to pay a fair price for the artist's talent and expertise. However, beware of studios that offer prices that seem too good to be true, as this may indicate a lack of experience or subpar materials.

Appointment policies also differ among tattoo shops. Some artists may have long waiting lists, especially if they are in high demand. Others may require a deposit to secure your appointment, which is typically deducted from the final cost of your tattoo. Make sure to clarify these details upfront and be prepared to be patient if you have your heart set on a particular artist.

TRUSTING YOUR INSTINCTS AND PERSONAL COMFORT

As you navigate the world of tattoo shops, it's important to trust your instincts and prioritize your comfort. Getting a tattoo is a deeply personal experience; you should feel at ease with your chosen artist and studio.

During consultations, pay attention to how the artist communicates with you. Are they genuinely interested in your ideas? Do they listen to your concerns and offer suggestions? A good artist will take the time to understand your vision and make you feel comfortable throughout the process. If something feels off or the artist seems dismissive of your ideas, it's best to move on and find someone who truly values your input.

By researching, assessing hygiene and safety standards, evaluating artists' skills and portfolios, understanding pricing and appointment policies, and trusting your instincts and personal comfort, you're well on your way to finding the perfect place to get your next tattoo.

Remember, getting a tattoo is a lifelong commitment, so take your time and choose wisely. The right tattoo shop will provide you with a beautiful piece of art and an unforgettable experience.



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Our Cabello shoes are made in Europe, from turkish leather and a host of features that offer excellent value for money. These features include woven detailing for enhanced breathability, removable innersoles, elastic laces, rubber outsoles, and more. We also have a range of orthotic-friendly summer shoes, so you can enjoy comfort and style all summer long.

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PERIPHERAL NEUROPATHY

Peripheral neuropathy is a disorder of the peripheral nervous system, the vehicle that allows communication from the brain and spinal cord to the rest of the body (arms, legs, face). It often causes weakness, numbness, and pain - usually in the hands or feet. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, and exposure to toxins (including medications). Common conditions that lead to peripheral neuropathy include diabetes and chemotherapy. Regardless of the cause, poor blood circulation and inflammation are factors in all cases of peripheral neuropathy. The symptoms often reported by our peripheral neuropathy clients include burning sensations, feeling of pins and needles, and numbness - particularly in the feet.

Those with numbness often describe the feeling to be like wearing a thick pair of socks or walking on sponges. The symptoms alone however are usually not what prompts sufferers to come to our clinic for treatment; they're typically more concerned about the impact neuropathy has on their quality of life, including:

- Difficulty sleeping or engaging in activities due to pain and restlessness
- Fear of losing balance or falling due to numbness
- Reduced confidence while driving (inability to feel the pedals)
- Wanting to dance again.

ACUPUNCTURE FOR PERIPHERAL NEUROPATHY

How does Chinese medicine approach peripheral neuropathy if most conventional medicine

practitioners believe that nothing can be done? The answer lies in acupuncture's ability to influence blood flow. Blood contains all the nutrients vital to our existence, including oxygen, water, platelets, hormones, etc. If nutrients are not delivered to every cell in our body, the cells lacking nutrition will eventually shrivel up and die - which is what happens in areas affected by peripheral neuropathy; poor circulation, compounded by inflammation starves nerves of nourishment and they begin to degenerate, leading to pain and eventually numbness. Fortunately small fibre nerves can often regenerate with proper nourishment and blood flow. Acupuncture stimulates blood flow and guides blood to areas of our body to nourish cells that have been deprived of nutrition, feeding the nerves so they can begin to repair. Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation.

TREATMENT PROGRESS

One of the tools we use in our clinic to measure treatment progress, particularly for peripheral neuropathy, is thermography. Thermography uses an infrared camera to detect heat patterns and blood flow in body tissues by sensing temperature differences. In thermography photos temperatures are represented by a gradient of colours - where red is the warmest (indicating good blood flow), followed by orange, yellow, green, then blue as the coolest (indicating poor blood flow). The following photos (shared with consent) show the treatment progress of one of our diabetic clients who



bribie acupuncture

suffered with peripheral neuropathy and numbness in her feet for several

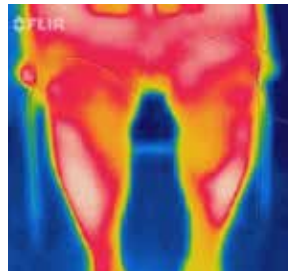


Photo 1: Prior to commencing acupuncture



years. Photo 1 is a "before" thermography photo taken prior to starting treatment, showing decreased blood flow from her knees and lower legs (indicated in orange and yellow) down to her toes (indicated

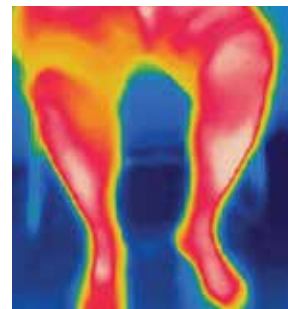


Photo 2: After one month of acupuncture

in green). Photo 2 is a progress photo taken after one month of treatment, showing improved blood flow throughout her legs, down to her toes (indicated in red). By increasing the blood circulation in her legs and feet, her nerves are fed the nutrients they need and are able to begin to repair. As her nerves began to regenerate, the numbness in her feet started to lift, the sensation in her feet improved, and most importantly, she was able to start walking more confidently. Behind the scenes, prior to commencing treatment, she was already working hard to improve her diet and lifestyle to reduce the inflammation in her body, was very diligent with her acupuncture treatments,

and continued with a series of maintenance treatments to stabilise her results.

We've seen similar results with clients with chemotherapy-induced peripheral neuropathy who, after suffering from numbness, are able to drive again now that they're able to feel the pedals and are able to enjoy walking their dog again without pain.

WILL ACUPUNCTURE WORK FOR YOU?

The short answer is, "it depends". The number of treatments required varies depending on the condition, how long you've had it, your lifestyle, and your individual response to acupuncture - some people respond quickly, others take a bit longer. In general however, the longer you have had the condition, the more treatments are likely necessary. Similarly, numbness tends to require more treatments to resolve than pain. Having said that, we've had several clients who had chemotherapy more than five years ago experience significant improvements in their symptoms and quality of life following treatment.

Sometimes, however, acupuncture might not be the solution for you. If acupuncture will help in your case, we expect to see some benefit within the first series of treatments. We discuss the treatment process and expectations with our clients during their first appointment.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our website www.bribieacupuncture.com.au or call 0423 160 228. You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.

4/29 Benabrow Avenue, Bellara (behind the James Moore law office).

Bribie Doctors Group

PROUDLY WELCOMES

DR MICHAEL RAYNER

TO OUR TEAM AT BANKSIA BEACH.

Dr Michael Rayner is an Australian-trained Doctor with a Bachelor of Medicine, a Bachelor of Surgery, with a Diploma in surgical anatomy. He has over 13 years of experience as a Doctor. He has been practising at Bribie Island for a while now and has decided to call Bribie home by settling here. He has a special interest in musculoskeletal complaints and skin cancer, is completing a diploma in skin cancer surgery and performs various skin cancer procedures. He shares Bribie Doctors' philosophy of providing best-practice patient care and looks forward to continuing to serve the Bribie community.

We welcome his existing and new patients.



Bribie Doctors

We warmly welcome

Dr Michael Rayner

to our group who has commenced practice at Banksia Beach

He is currently accepting all new patients.

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Mon-Wed 6pm-9pm

When it comes to our backyards, I think we all want them to feel like a permanent vacation—especially come summer. from cozy places to catch an afternoon snooze on the weekends to the perfect spot for sunset happy hours, a backyard escape that feels transportive shouldn't be considered out of reach, no matter how much (or how little) room you have at your disposal. still, small backyard ideas necessitate more creativity, and you may need to think outside the box to fit everything your heart desires into your space.

Little Timber Garage "LTG" is a local family-owned business dedicated to service and supplying the community with quality, handmade timber-related products that can make your backyard oasis dream come true! Whether it's a gift for yourself or one for a loved one, LTG has the products you are after to brighten up your garden or outdoor area.

If you live up close and personal with your neighbours, you might feel like the elusive enclave of your dreams is just that—a dream. The good news: Privacy is totally a possibility, and it can be stylish too! Browse Little Timber Garage's wide range of planter boxes and bench seat privacy screens. You can select from their standard range or design your own size to suit your space needs, with extras available upon request. "LTG" also do custom projects. If the standard products cannot fit into your area, "LTG" will come up with an idea and a solution to customise for you.

Why not take advantage of the few "cool" months to camp in your backyard? Sitting on the beautiful and comfortable bench seats and enjoying a glass of wine, a cup of hot choc or tea while looking at kids making grilled marshmallows! Do you know that swing chairs can be an option for your outdoor and firepit area? The swing chairs come as fully assembled and finished products. You don't need to have a big space or concrete to the ground as it can be free-standing and sturdy to stay as is.

Whether it's for your outdoor fire pit, new outdoor deck, or entertainment area, LTG has the lounge or bench seat design to meet your needs. All custom-made to style and size to endure it looks its best. You can also browse the foundation product and the wide range of planter boxes available. Additional extras such as lining, top edge and wheels are also available if required. Select from the standard range or design your own size to suit your needs.

If you are thinking about selling soon, make sure to contact them today as staging a house for sale is fun, but might be a stressful process. For the past three years, "LTG" has been working so closely with landscapers and full-time renovators to help them with setting up the outdoor area for the house to be ready on the market. let us make your selling process less stressful!

Little Timber Garage would love to have a chat with you about your outdoor area, jump onto their website and have a look at the ranges available and give them a call!

Buy local, support local, and support Australian-made goods and manufacturers.



screening and privacy items are our speciality

LTG is a local family-owned business, dedicated to service and supply the community with quality, handmade timber related products. Buy local, support local, and support Australian made goods and manufacturers.

Whether it's a gift for yourself, or one for a loved one, LTG has the products your after to brighten up your garden or outdoor area.

Please contact us today or shop online to order your LTG products delivered direct to your door. Feel free to visit us at our local showroom and manufacturing facility, at the below details and opening hours. Also visit us on Facebook or Instagram to view our extensive product range.

We now make over 200 SKU's, from H3 treated rustic pine, ACQ smooth premium pine, Merbau hardwood, and other wooden materials with the ability to custom make items to suit our customer requirements. We can site visit to assist you to measure and design the perfect outdoor space.

Check out our beautiful designs on our Facebook page Little Timber Garage or our website www.littletimbergarage.com.au

0418 874 062 or 0415 491 626
littletimbergarage@gmail.com Tuesday to Sunday – 9:00am – 5:30pm



Baking Delight

Jill looks forward to attending the Suncare outings. And sometimes she brings some delicious treats she is so good at making! *"I love to bake, and I so enjoy meeting up at the Social Support outings. It's a win-win"*.

Jill grew up in a home filled with a love of cooking. Her Dad, in particular, taught Jill to create delicious goodies, and everything they used to prepare the food was home-grown. From chooks to a veggie patch, ingredients at home were always fresh and wholesome.

So, it came naturally to open a bakery in Wynnum Plaza with her husband Gary - and the Pink Pantry was born! With two small children, it became work-filled days of activity, starting at the crack of dawn and then well into the night. "We cooked everything at home, and the children loved to help ice the cakes and sweet treats. It really

was a family affair."

From biscuits and pastries to veggie sticks and quiche, the popular bakery went from strength to strength. Christmas time was even busier, with Jill taking numerous orders for glazed fruit cakes, plum puddings and cheese balls. "And despite it never stopping, I loved every minute," says Jill.

Today, life is quieter, and Jill has time to enjoy an Art Class at Boronia Cottage on Bribie Island. "The Suncare staff are so caring and helpful. And we have a lot of fun."

Jill attends Suncare's Bribie/Caboolture Social Support Group. The group meets on Tuesdays and Thursdays for a local outing and social connection. From lunch overlooking the ocean to a visit to the Caboolture Historical Village, friendships are formed, and memories are created.

If you also want to meet new people and enjoy the outings, contact Suncare on 1800 786 227 for more information.

Boronia Cottage is a community-owned short-term



respite centre on Bribie Island. Offering spacious living areas, light and airy bedrooms with all-ability ensuite bathrooms, and a modern kitchen where nutritious meals are prepared daily, the Cottage offers 24/7 care. **Visit the Suncare website at suncare.org.au/community-connections/ to find out more.**

Community owned *Boronia Cottage* "Your Home Away from Home"

A modern, purpose-built home for short-term respite care.

Plan your own day, from breakfast in bed to watching television in a comfortable recliner or going fishing. Dedicated staff are at the Cottage 24/7, giving carers peace of mind that visitors are well looked after.

At Boronia Cottage, all you need to do is soak up the holiday feeling and enjoy the peace and tranquillity of Bribie Island.

For more information please visit
suncare.org.au/community-connections/
or contact Suncare at 1800 786 227



Suncare
COMMUNITY SERVICES

1800 786 227 | suncare.org.au

Making people's lives better



BRIBIE ISLAND NATURE FESTIVAL SAVE THE DATE

BRIBIE ISLAND WILL BE ABUZZ WITH ACTIVITY THE WEEKEND OF 20 – 22 OCTOBER THIS YEAR FOR THE FIRST-EVER BRIBIE ISLAND NATURE FESTIVAL.

The festival is designed to celebrate the natural beauty of Bribie Island with a program of guided walks, creative workshops, studio art trails, tours and cruises highlighting some of Bribie's home-grown talent.

Festival organiser and Bribie Island resident Libby Anstis said, "The Bribie Island Nature Festival is for residents and visitors to explore the hidden gems of the island, the rich cultural history of the Joondaburri and Kabi Kabi people, and the unique and precious environment we call home.

"There are so many interesting things happening on Bribie Island - the festival provides a platform for our local talent and an opportunity to come together. Now's the time to invite your friends and family to the island for the weekend."

Yarun Cultural Tour

Bribie Island was once known as Yarun by the traditional custodians, the Joondaburri and Kabi Kabi people, and there are sites around the island and Sandstone Point that signpost Bribie's rich aboriginal cultural heritage.

The tour, coordinated by the Pumicestone Indigenous Education and Employment Council (PIIEC), will involve a bus trip around the

island with guided walks, a bush foods presentation, and PIIEC jarjums (children) performances. The children are learning new cultural dances from Sharron Mirri Bell to share with visitors on the day. Sharron Mirri Bell is a proud Wiradjuri Gamilaraay woman and founder of Indigenous Insights, a company focusing on Early Childhood, Cultural Education and Wellbeing. She regularly visits ABC's Playschool and performs at schools and conferences, sharing her cultural knowledge.

"I look forward to teaching our jarjums new dances that we can share on the Yarun Cultural Tour and hope we can play our small part in walking together with respect, sharing and caring for each other and all living things", said Aunty Sharron.

Bruce Gululai Phillips, Bribie resident and founder of Murri Tukka, will be included in the tour, providing a presentation on where food grows, what it is used for, and how it can be prepared both traditionally and today. The tour will be led by Lyndon Davis, a Traditional Custodian of the Gubbi Gubbi /Kabi Kabi people, with rich cultural knowledge of Bribie Island and surrounding areas.



Michelle Watson, Chair of Pumicestone Indigenous Education and Employment Advisor to the Bribie Island Nature Festival, said, "We are excited about participating in the festival and proud to share our stories and culture. We are thankful to the Kabi Kabi Land Trust for permitting us to visit these sites – it will be a special day. At PIEEC, we are always looking for ways to share culture and stories with our jarjums."

The bus tour is on Saturday, 21 October, and will leave from the entrance to the Joondaburri Walk on 34 Cotterill Avenue at 9 a.m. Tickets are \$55, including lunch. For bookings, check out the website www.bribieislandnaturefestival.com.au

Island Sounds

Bring out your floral favourites for the festival finale event, Island Sounds, at the Bribie RSL on Sunday, 22 October, from 4-6 pm.

The afternoon concert features a big band from the Jazz Music Institute (JMI) in Brisbane and the laid-back reggae vibes of the local

band Moving Parts.

The JMI big band plays jazz favourites such as Count Basie and Duke Ellington, performed by students in the internationally renowned jazz institute. Wynton Marsalis, a multi-grammy award winner, Artistic and Managing Director of Jazz at Lincoln Centre and revered jazz musician, recommends JMI as the place to study music if you are serious about a career as a performing musician. JMI and the Jazz at Lincoln Centre have been working together since 2014.

"The Jazz Music Institute is doing phenomenal work – they are passionate, dedicated and accurate. They are creating a revolution in jazz," said Wynton Marsalis in a video encouraging international jazz students to join the institute.

The JMI big band performance is an opportunity to see some of the country's finest musicians at the start of their careers, performing jazz standards and showcasing soloists from within the orchestra.

The festival finale event will start with Moreton Bay's local band Moving Parts, a 6-piece ensemble



playing original music with a lively mix of blues and reggae. With band members scattered across Bribie Island, Mount Nebo, Lockyer Valley and Brisbane, the band's name was inspired by the logistical challenges of organising rehearsals. The band regularly performs for fundraisers, community events and celebrations, and its lively sounds guarantee a packed dance floor.

Guests are invited to dress in Tropical Nightclub theme with prizes and giveaways for the best outfits. Tickets are \$25 and include a welcome cocktail (non-alcoholic options also available).

For bookings, visit www.bribieislandnaturefestival.com.au.

BOOK NOW FOR THE BRIBIE ISLAND NATURE FESTIVAL

The Bribie Island Nature Festival also features many free events and activities, guided walks and talks, and an opportunity to visit the home studios of the many artists that call Bribie Island home. Many creative experiences, such as nature walks and art workshops, have limited capacity, so early booking is essential.

For bookings and further information, www.bribieislandnaturefestival.com.au

For enquiries: info@bribieislandnaturefestival.com.au



The Bribie Island Community Arts Centre is very proud to be nurturing the wide array of creative young talent their Next Generation Art Prize has drawn.

The exhibition is in the Centre's Matthew Flinders Gallery until September 10.

The three judges studying for University of Canberra Art degrees at TAFE Southbank were Francis Cameron, Adam Stockdale and Joey Potter. They had a task indeed, choosing the section winners among the more than 120 entries in six age groups ranging from 7 years to 18.

Local dignitaries MBRC Mayor Peter Flannery, State MP for Pumicestone Ali King and Councillor Brooke Savige were among the more than 200 who attended the prize giving and opening recently.

Sponsors Bribie Bowls Club, Pacific Harbour Golf and Country Club and Bribie Island Environmental Protection Association presented the winning and highly commended artists with certificates.

Next Gen organising Committee chairman Sarah Cave paid tribute to the artists, parents, sponsors and her committee helpers for the night's success. Sarah said it was BICAS' sixth such event, and the standard of art improved each time.

"It's a wonderful thrill for the kids to see their art on display in a beautiful quality gallery," she said.

"And we are delighted to give them confidence and help them along to a creative life."

The Community Arts Centre is open Tuesdays to Saturdays, 9 am to 4 pm, and Sundays 9am - 1pm.



AGE GROUP 7-8

- Saebyeok Han Cute Characters 2D
- Archie Humphreys Artwork 2 3D
- Azarlee Lawrence Red Sands HC

AGE GROUP 9-11

- Ari Cutcliffe Fire Breathing Dragon 2D
- Zyah Owen Yellow 3D
- Lily Lawrie (forgot title) HC

AGE GROUP 12-13

- Ollie Tart Movie Night 2D
- Layla Banks Dream House 3D
- Piper MacDonald Kooka HC

AGE GROUP 14-15

- Magnus Dreyer Clash of Titans 2D
- Lily Edgar Emergence 3D
- Kaitiana Jocusen Mangrove Mist HC

AGE GROUP 16-18

- Makenna Westbury The World is my Oyster 2D
- Millie Barns Don't be Koi 3D
- Kya Dulhunty Journey of Transformation HC

PACIFIC HARBOUR

- Liliana Trabelsi Cattitude Junior winner
- Lavender Trabelsi Full of Grace Intermediate winner
- Olivia Trabelsi Poms and Cavys Senior winner

Ali King's State Parliamentarian Award

- Holly Mee Colourful Jellyfish

BICAS ENCOURAGEMENT BURSARY

- Olivia Trabelsi Poms and Cavys

BIEPA RECYCLED MATERIALS AWARD

- Art with Heart Mutant Turtles Hatching 9-11 age group

Clay and Canvas

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2023

@ 5.30pm

at Bribie Island Community Art Society Inc.



191 Sunderland Drive Banksia Beach

NEXT GENERATION ART PRIZE 2023

Bribie Island Community Arts Society

Exhibition Dates:

Wednesday August 23rd - Sunday September 10th



Matthew Flinders Gallery, Bribie Arts Centre

191 Sunderland Drive, Banksia Beach

Phone: 3408 9288





CRAFTY AUSSIE MAKES BUTTON VERSIONS OF MUSIC ICONS

By Danielle Desouza, Journalist
PA Media Group London

PA Media is the National news agency for the UK and Ireland

Sharyn Harrex, who lives on Bribie Island, has used her retirement as an opportunity to combine her love of music and art by making button versions of iconic singers.

Sharyn has had an interest in art since she was at school, which disappeared after raising her family and busy life in general and was reignited around five years ago after retiring from running a real estate business with her husband, Trevor. Renovating several homes over the past few years led to her developing a "liking for reusing second-hand materials wherever possible".

"That led me to recycle old picture frames, broken jewellery and now more recently buttons to create my art pieces", the 62-year-old told the PA news agency.

"Old broken jewellery and buttons represent art on their own to me, so the challenge then is to use these items which are already shaped and coloured to create my own unique pieces for others to enjoy."

So far, the self-professed music fan has replicated in button form Elton John, Sinead O'Connor, Freddie Mercury, Lady Gaga, Michael Jackson, Prince, Elvis Presley, Snoop Dogg, Ed Sheeran, Tina Turner, Bob Marley and Marilyn Monroe and said that some pieces can take around fifty hours minimum to create. Some pieces have over a thousand buttons on them.

Whilst Sharyn has always enjoyed creating art, the button art is relatively recent, having only started around four months ago.

"The process involves sourcing and preparing the frames and backboards, either painting the subject or chalk drawing, laying out the buttons and jewellery to get the desired effect and shadings, then once satisfied with that lifting all the buttons, etc off and gluing down prior to sealing", she said.

Buttons for her pieces have come from her home, treasure markets, charity shops and some lovely locals interested in what she is creating.

She added that she researches

each "subject" to "ascertain particular features, favourite songs and styles to portray an individual story for each piece".

For her depiction of Sir Elton John, which she said was her "favourite" and so was "first cab off the rank", she added some unique touches to try and tell a story about who he is.

"I have used a small rocket pin on his hair in reference to 'Rocket Man', a rose 'Goodbye English Rose' from Princess Diana's funeral and a miniature grand piano in reference to his piano playing", she said.

"These items help to tell his story and are recognisable to all, which is what I am trying to create right down to ensuring the gap in his front teeth is perfectly replicated and, of course, his statement eyewear, which he always wears as part of his attire."

Another singer she depicted was the late Sinead O'Connor, with Mrs. Harrex mentioning that working on this piece was an "emotional experience".

"Sinead O'Connor has been a particularly emotional

experience due to the sad life she endured, recent passing, and her beautiful rendition of "Nothing compares 2 You", she said.

"Whilst creating this piece, I feel like I am putting her back together one button at a time after being broken.

"Becoming attached to the subject makes me feel I would love to visit Ireland to take her home and perhaps drop into the UK to deliver Elton John."

Mrs Harrex has shared her work on social media and said that seeing the comments and positive reactions from social media users has been "extremely humbling".

"It gives me great pleasure to see others enjoying my art as much as I enjoy creating it", she added.

Rod Stewart, David Bowie, Dolly Parton and Olivia Newton-John are some of the stars who are next on the list for Mrs Harrex.

A Not So Happy Meal



A NOT SO HAPPY MEAL why Queensland families are falling victim to the drive through dash.

If you ask any child whether they'd prefer a piece of fruit or some chicken nuggets, they'll choose the latter. With research showing that Queensland kids consume too many unhealthy foods and drinks and less than three per cent eat the daily recommended servings of vegetables¹, experts are warning that too many fast-food runs could add to the problem.

Research also reveals that Aussie children living in regional or remote areas are likelier to be overweight or obese (29%) than children living in major cities (23%)². But with Queensland farms producing 1.31 million tonnes³ of fresh fruit, vegetables and nuts each year - why are so many families still opting for the drive-through dash?

Parents who enrol their children in after-school sporting activities to encourage them to move their bodies regularly can become time-poor and rely on drive-through dinners as an easy meal on the way home.

Principal Lead - Public Health and Nutrition, Health and Wellbeing Queensland, Mathew Dick, says the odd takeaway meal isn't the issue, but rather the habits both parents and kids develop from eating out regularly.

"We know that repeated behaviours form habits, so if heading through the drive-through after practice or a game is a weekly or fortnightly occurrence, we are building unhealthy foods into their routine," Mr Dick says.

"Equally, if eating out regularly means opting for more balanced and nutritious meals, this also becomes routine."

With one in four children in Queensland overweight or living with

obesity, Mr Dick says modelling healthy eating behaviours and making healthier choices when eating out can help them maintain a healthy weight.

"Eating out can be an exciting experience for kids to taste new and delicious foods that support their overall health," Mr Dick says.

"While fast-food drive-through options are okay in moderation, we want younger generations to become skilled in making healthier decisions from all available options."

CEO of Health and Wellbeing Queensland, Dr Robyn Littlewood, says many nutritious options and easy swaps are available when eating out for the whole family.

"Simple swaps like opting for grilled fish over battered and adding extra vegetables on the side of a meal can ensure you end up consuming less saturated fats and added sugars and more of the fibre, vitamins and minerals we need to keep our bodies healthy and energised," Dr Littlewood says.

"As parents, it can be challenging to get kids to make these decisions when they feel like we're nagging them, which is why Health and Wellbeing Queensland has created the world of Podsquad, a free, play-centric wellbeing program for children and families.

"In Podsquad, fun and engaging characters called 'Epipods' give kids that extra nudge to drink more water and eat more vegetables to build healthy habits that will transfer into their everyday life".

To learn more about how the world of Podsquad is helping Queensland kids and their families build healthy eating habits, head to playpodsquad.com.au.

About the Citations

1. hw.qld.gov.au/blog/recipe-for-success-our-programs-boosting-childrens-nutrition/

2. aihw.gov.au/reports/children-youth/australias-children/contents/health/overweight-obesity

3. daf.qld.gov.au/news-media/campaigns/data-farm/horticulture

“Arts Centre Presentation

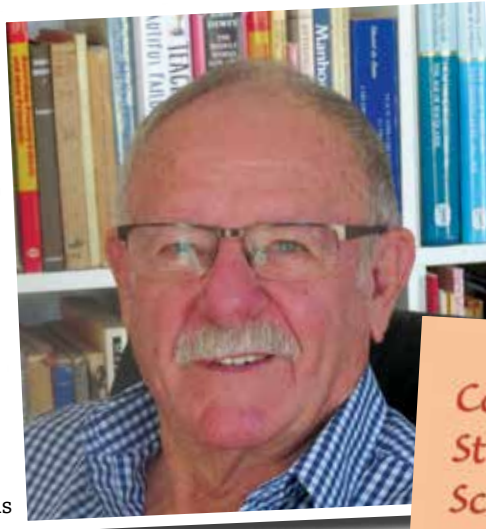
by author Bruce Jones unveils a New Perspective on Education that might be just what society needs right now.”



Join author Bruce Jones at the Bribie Arts Centre on Sunday, 17 September to discover why and how our education system is failing both society and its children. Bruce has recently published “Copycats, Stickybeaks and Scallywags, Our Children All”: an expose of the problems with our education system and indeed, our nation. The book traces how our system has gone astray and explains a far more rewarding direction for education.

The most important gathering of people in any society, after the

family, is in its schools, where the fundamentals of education should be fairly and equitably provided for the future well-being of that society, where its culture is determined. A critical role in every community is that of the teacher, the skilled facilitator of learning in our society and the provider of timely, engaging learning experiences to all. Governments’ purposeful undermining of that role over the past sixty years, and in particular the past thirty, has hampered Australia from realising its true

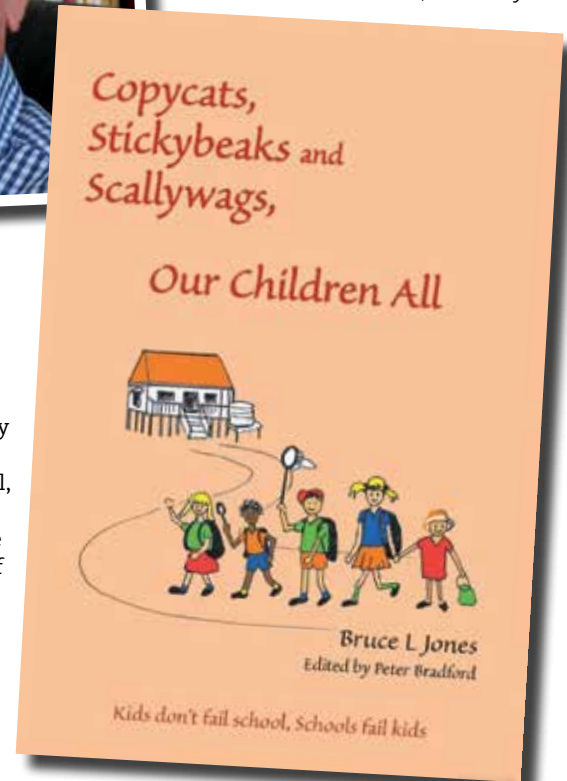


potential as an egalitarian society built on educational success.

Bruce’s book may not have all of the answers. Still, it has one awful question that we must address: “If our politicians have created the current educational model for our nation’s future with a National Curriculum, NAPLAN and its MySchool website to make Parent Choice their preferred option, how is it that each year a greater proportion of students need support, teacher attrition is terrible and, on OECD measures, increasing disorder and disruption in our schools sees us among the worst in the developed world?”

Bruce’s proposed futuristic, yet realistic model, takes into account the need for all of society to be part of the education of its children, our nation’s very future. Our system must include health and well-being, development of good social habits like making friends and respecting others and it must emphasise the joy of learning through creative play in the early years of schooling. Our pre-schools and early years once fostered such an approach,

but the arrival of Prep and the National Curriculum saw five-year-olds sitting in relatively formalised classrooms, being taught a pre-defined curriculum that glazed over the eyes of many. We have never had six-year-olds expelled from schools till now. The changes proposed will challenge every notion you ever had about school, for every



adult is an expert on school as we have all been there at some time.

Federal Education Minister Jason Clare has said “Education is the most powerful cause for good in this country” and we hope his “Expert Panel’s” report, due out on the 31st of October, can fulfil that belief. Nothing short of a complete Re-Form will suffice. Currently, though it is seen as the provision of a good or service, little different from water or electricity, to gain a competitive edge, thus diminishing the role of the teacher to such a degree that so few would now choose to pursue teaching as their lifetime career. Our Copycats, Stickybeaks and Scallywags have been stranded, and yet we heap our blame on them, and their teachers, to our shame.

Hear the True Story of the Demise of Education for our Copycats, Stickybeaks and Scallywags



From the author Bruce L Jones,
Editor Peter Bradford and
teacher/artist Trudy Brooks.

At Bribie Island Community Arts Centre.

Sunday 17th September
2pm - 4pm

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Mayyada Bazaar is a retail store situated on beautiful Bribie Island. We are importers of unique gifts, home decor, furnishings & fashion. We have been happily serving the Bribie Island community for over 16 years. We pride ourselves on excellent customer service & providing products that are unique & affordable!

How to Create Magical Moments With Your Children

EVERY PARENT HAS THE SAME GOAL: TO CREATE BEAUTIFUL EXPERIENCES WITH THEIR CHILDREN THAT THEY WILL HOLD DEAR FOR THE REST OF THEIR LIVES. THESE ENCHANTED TIMES NOT ONLY HELP TO FORTIFY THE CONNECTION BETWEEN A PARENT AND KID, BUT THEY ALSO CONTRIBUTE TO THE MENTAL AND EMOTIONAL GROWTH OF THE CHILD. THIS ARTICLE WILL DISCUSS SIX FASCINATING WAYS TO CREATE WONDERFUL MOMENTS WITH YOUR CHILDREN. THESE SUGGESTIONS RANGE FROM ACTIVITIES THAT ARE LOADS OF FUN TO TOUCHING ADVENTURES THAT ARE SURE TO TURN YOUR TIME SPENT TOGETHER INTO SOMETHING TRULY MEMORABLE.



AN IMAGINATIVE AND ADVENTUROUS STORYTELLING EXPERIENCE

Let your imagination run wild as you go on an exciting journey of imaginative storytelling with your children. Collect your children close to you and let your imaginations go wild as you spin a spellbinding story together. Encourage your young children to add their twists, turns. You may even prepare the stage using props and costumes to bring the story to life. Participating in this activity will stoke Your child's imagination, and your family will become closer to one another as you tell stories together.



PHOTOSHOOTS

A children-themed photoshoot, such as a fairy photoshoot, is a lovely and whimsical event that enables young children to enter a realm of enchantment and fantasy for the duration of the photoshoot. The participants don costumes that make them look like whatever they want to be. In addition to producing attractive photographs, a photo shoot with a theme they like also provides youngsters with several other advantages. Children are inspired to develop their adventures and tales when dressing up as their favourite characters.



ADVENTURES IN THE MAGICAL WORLD OF NATURE

Discover the natural world's mysteries with your kids and have unforgettable family moments in the fresh air. Whether it's a walk in the woods, a day at the beach, or a picnic in the park, introduce your kids to the wonders of nature by taking them on an excursion. Participate in activities related to nature. Such as watching birds, determining the species of plants and animals, or collecting unusual pebbles and shells. Encourage profound gratitude for the environment by providing them with knowledge of the wonders and value of the natural world.



THE KITCHEN IS WHERE THE MAGIC HAPPENS

Create a stronger bond with your children via the joyful and magical experience of cooking together in the kitchen. You can get your young children involved in making a delectable dinner. Try baking some of their favourite things in the kitchen with you. Allow them to assist you in the kitchen as you impart your knowledge of cooking techniques. The satisfaction from accomplishing something as a team and sharing in the delicious fruits of your labour will bring you closer together.



A WONDERFUL NIGHT IN FRONT OF THE MOVIES WITH THE WHOLE FAMILY

Make memories that will last a lifetime with your loved ones by having a movie night. Select a variety of films that are appropriate for their age range and will encourage a sense of awe and imagination in them. Create a warm and inviting space for watching films by surrounding yourself with pillows and blankets. Remember the popcorn! Watch the movie as a unit, and then afterwards, have a conversation on the life lessons and fantastical aspects depicted in the film.



AN IMAGINATIVE AND ADVENTUROUS STORYTELLING EXPERIENCE

Collect your children close to you and let your imaginations go wild as you spin a spellbinding story together. Encourage your young children to add their twists, turns, and colourful characters to the story, and encourage them to share their ideas with you. You may even prepare the stage using props and costumes to bring the story to life. Participating in this activity will stoke Your child's imagination, and your family will become closer to one another as you tell stories together.

As a parent, you have the unique chance to construct memorable moments that will remain ingrained in the hearts of your children for the rest of their lives. Not only will your children walk away from these enchanted activities with happy memories, but they will also receive a boost to their emotional and mental growth. There is a never-ending supply of possibilities to create magical moments with your children, whether via the art of imaginative storytelling, through the wonders of nature, the wonders of the kitchen, or even through the joys of bedtime.

Consequently, seize the day and go on this magical adventure with your young children by your side. As you make lovely memories that will last a lifetime, share laughter, love, and wonder with one another.



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\$15
main meals*

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*does not apply to all main meals, only the select meals

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HOW TO MAKE DELICIOUS AND NUTRITIOUS SMOOTHIES AT HOME

Smoothies are an excellent method of incorporating healthy foods into your diet in a tasty and refreshing manner. Whether it's kickstarting your day, refuelling after exercise, or simply enjoying a wholesome snack, smoothies have you covered. Making them at home gives you complete control over the ingredients, allowing you to customise the flavours to suit your taste preferences.

GATHER YOUR INGREDIENTS

The first thing you should do while making a smoothie is to collect the necessary components. Choose a liquid basis that works for you, whether water, almond, coconut, or dairy. The next step is to choose a wide range of fresh produce. Choose fresh or frozen ingredients since they will keep more nutritional value and provide a thicker consistency once mixed. Add protein, such as Greek yogurt, nut butter, or a scoop of protein powder, to make your smoothie more filling and well-rounded. Superfoods like chia seeds, flaxseeds, spinach, or kale can be added to boost the taste and nutritional value even more. Finally, if you choose, you can sweeten it with honey, dates, or even a ripe banana.

CHOOSE THE RIGHT EQUIPMENT

The proper tools are necessary for making smoothies with the desired consistency. Purchasing a high-quality blender is essential if you want to make healthy smoothies out of raw ingredients like fruits and vegetables and frozen ingredients like ice. Find a strong motor and sharp blade blender for the best results. Use a tamper attachment on your blender to force the ingredients into the blades for a thicker consistency. You can create a smooth and consistent drink using this function, even with frozen fruits or ice cubes.

EXPERIMENT WITH FLAVOUR COMBINATIONS

Making smoothies at home is fun because you can customise the taste in many ways. To make a smoothie, choose a main ingredient, such as a fruit or vegetable. Bananas, berries, mangos, and avocados are all time-honoured options. To improve the flavour, we now need to add complimentary tastes. Think of mixing and matching fruits with opposing tastes, like sour berries, sweet bananas, or zesty citrus and smooth coconut milk. Spices like cinnamon, nutmeg, and ginger can also be added for flavour. It would help if you were willing to experiment with different pairings. You can experiment with various combinations of fruits, veggies, and tastes to discover your favourites.

ACHIEVE THE PERFECT TEXTURE

The smoothness of your smoothie is a crucial factor in its overall appeal. Here are some suggestions for achieving velvety consistency:

- Put some liquid in the blender to start. If you do this, the blades will have an easier time combining the ingredients.
- Slowly add the fruits, veggies, and other components to the blender so as not to clog the blades. Doing so will guarantee a smooth fusion of flavours.
- Blend in some ice or frozen fruit if you like your smoothies on the thicker side. This will make the smoothie more enjoyable by creating a frosty texture.
- If you want a silky consistency, blending the ingredients for longer will do the trick. Any fibrous elements will dissolve, and the result will be as smooth as silk.

ENHANCE THE NUTRITIONAL VALUE

Smoothies are a great way to increase your daily nutrient consumption. To maximise your smoothie's health advantages, think about including nutrient-dense foods.

Some ideas are as follows:

- Throw in leafy greens like spinach, kale, or collards for a healthy dose of vitamins, minerals, and antioxidants.
- Add protein, omega-3 fatty acids, and fibre with superfoods like chia seeds, flaxseeds, hemp seeds, or spirulina.
- Greek yogurt, tofu, a scoop of protein, or a super greens powder blend are all great options for those who want to boost the protein content of their smoothies.
- Add nut butter, avocado, or coconut oil for sustained energy and improved nutritional absorption.

DON'T FORGET THE PRESENTATION

While the smoothie's flavour and nutritional value are crucial, how it looks might affect how much you love it. Place the finished product in an attractive glass, and think about adding a garnish, such as cinnamon, honey, or berries. This extra effort will result in a more delicious and satisfying smoothie. If you want to make your smoothies more memorable, use unusual containers, such as mason jars or colourful tumblers. Putting forth the effort to produce a visually appealing smoothie can make the whole thing seem more luxurious and indulgent. Feel free to express your individuality via the way you serve your smoothie.

CONCLUSION

Making smoothies at home may be a satisfying and pleasurable hobby all on its own. You may produce healthy smoothies that are also tasty by gathering high-quality ingredients, selecting the appropriate instruments, experimenting with different taste combinations, achieving the desired consistency, boosting the smoothie's nutritional content, and paying particular attention to its presentation. Therefore, let your creativity go wild, include your preferred flavours, and embark on a journey to reach the BEST of homemade smoothies.



6 Fun Date Ideas for this Summer

Do you want to make this summer one filled with love and adventure? Here are six great date ideas that will surely be a hit with you and your special someone. Summer is the perfect season to liven up your date evenings with exciting and romantic activities as the sun caresses your skin and the world comes to life. Each date suggestion, from a night spent

at a beach bonfire under the stars to a day spent hiking through stunning scenery, will solidify your bond. Delve into these unique summer date plans and set sail on a voyage of love and happiness!



Romance Around a Beach Fire

Enjoy a romantic evening under the moon and stars with a beach bonfire. Visit a nearby beach, where the sea's roar will help you fall asleep. Light a fire and cuddle up close to each other to feel the warmth coming from the flames. Take along some cozy blankets because seeing the sun go below the horizon is a sight to behold. This is a beautiful place for meaningful talks, sharing stories, and having fun. To create a romantic atmosphere, include drinks and your favourite snacks. Embrace the natural beauty of the beach and each other with a beach bonfire romance that will leave you with unforgettable memories



Movie Under the Stars

Outdoor movie screenings may completely transform a typical Friday night. During the summer, many communities arrange outdoor movie showings at parks and other sites. Get cozy under the stars by bringing blankets and folding chairs. Immerse oneself in the shared experience of viewing a movie outside, whether a classic or the latest blockbuster. Enjoy some popcorn and other concession stand treats to get into the movie. Enjoying the magic of the silver screen together against the beauty of nature is a great way to bond and unwind in this intimate atmosphere. A memorable and enjoyable date would involve watching a movie outside.



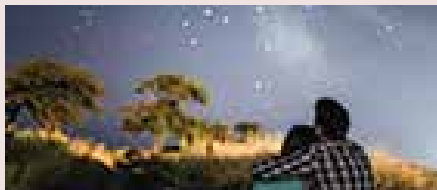
Outdoor Picnic

Have a picnic in the park to relax and enjoy the fresh air. Bring along some of your favourite beverages and snacks, including sandwiches, fruits, and cheeses, in a picnic basket. Find a quiet place in nature's splendour and unroll a blanket. Spend time together undisturbed, whether by playing games outside or just relaxing. A picnic in the park is a great way to spend quality time together. It allows you to unwind, appreciate nature, and enjoy one another's company while sampling local fare.



Lunch at the Farmer's Market

As you stroll through the market hand in hand, you may try all sorts of delicious foods, from artisanal cheeses to freshly baked pastries. Compete to identify the most unusual items and talk to local merchants to learn about their work and what drives them. After you've stocked up on all your favourites, you can enjoy a nice picnic at home or a nearby park while taking in the sights, sounds, and smells of the area. You may satisfy your appetite, support local farmers, and bond over the fun of trying new foods by going on a "Foodie Date" at the Farmers Market



Star-Studded Evening

Experience the wonder of the night sky up close and personal with a mesmerising Stargazing Night. If you have a telescope, bring it along, or you can relax under a blanket and enjoy each other's company while you watch the stars. Talk about your hopes and dreams while you point out constellations and planets and watch a meteor streak across the sky. The tranquility of the setting will allow you and your loved one to reflect on life and each other while also marvelling at the cosmos above. An evening of stargazing will surely be a memorable and enriching experience that leaves you feeling more connected and filled with awe.



A Day Full of Hiking Thrills

Go on a thrilling hiking adventure and take in the sights of the wild outdoors. Get your tracking shoes on, gather some food and water, and set out on an expedition with your friend. As you make your way up each incline, you'll be treated to stunning panoramas, verdant scenery, and an up-close encounter with the natural world's marvels. The link you share as a couple can be strengthened via the shared experience of hiking, which presents both physical and mental obstacles. An Adventure-Filled Hiking Day promises a day full of thrill and connection amidst the natural world's splendours, whether the goal is to reach the summit or to enjoy the journey.

As the summer progresses, you and your significant other can choose from various exciting date ideas. There is something for every pair to enjoy, whether it's the cozy warmth of a beach bonfire, the mystery of stargazing, or the thrill of a walk-through of gorgeous trails. Take advantage of the summer weather by attending a movie under the stars, having a picnic in the park, or going on a food date at the local farmer's market. These six exciting date suggestions will make this summer one filled with love, laughter, shared experiences, and treasured memories.



Chicken casserole with cheesy damper top

INGREDIENTS

- 40g butter
- 3 chicken breast fillets chopped into pieces
- 1 onion chopped
- 250g bacon rashers chopped
- 435g canned cream of chicken soup
- 1 1/4 cups cheddar cheese coarsely grated
- 300g sour cream

CHEESY DAMPER BATTER

- 1 cup self-raising flour
- 2 eggs
- 2 cups cheddar cheese grated
- 1/2 cup milk

METHOD

1. Preheat oven to 180C. Heat the butter in a pan and lightly brown the chicken pieces. Add

chopped onion and diced bacon to the pan and cook for 2-3 min

2. Pour over the soup and stir through the cheese and sour cream. Mix, then transfer to a shallow baking dish.

Cheesy damper batter:

1. Sift flour into a bowl. Add the eggs, 1 1/2 cups of the cheese and the milk. Mix until

blended.

2. Top the casserole with batter and bake uncovered for 30 minutes.

3. Sprinkle with the remaining cheese and bake for a further 5 minutes.

NOTES

Serve with your favourite steamed vegetables.

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BRIBIE ROCKS SPRING!

Bribie will rock on Sunday, September 10. Members of the Bribie Rocks group will conduct their annual Ladybug Parade at 10 a.m. at Brennan Park at Bongaree. Bribie rocks are small, painted rocks that hopefully bring joy to their finders.

The group was started by two local residents, Alayne Charles Stuart and Kaye Harper Smith, in early 2017,

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Price Includes BBQ lunch and cruise

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

2023 DATES: Tues 3 Oct, Tue 14 Nov

**2024 DATES: Fri 12 Jan, Wed 28 Feb,
 Fri 15 Mar, Wed 10 Apr**

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

T: 07 3630 2666

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FOOD, WINE & ISLAND TIMES

as their daughters were both involved in rock painting groups, one in Darwin and the other in Arkansas.

The first Ladybug Parade was held on Bribie in 2018 to welcome Spring. The Hervey Bay group outdid our count that year, but the local group exacted revenge twelve months later.

In 2022, our group outdid itself by laying 1748 painted rocks nose to tail in a line measuring 93.5m along the sea wall. After the measurement took place, a whistle sounded to signal that members of the public were free to take a few and “hide” them to bring enjoyment to the finders.

This year, we hope to exceed that record as we have received rocks from generous painters in Tasmania and Darwin. They will join the many hundreds painted by locals of all ages.

This is the group’s one annual face-to-face event, as messages on the rocks ask finders to post a picture of their discoveries to the Bribie Rocks’ page on Facebook, our only form of communication.



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\$9.50

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SEAFOOD

TRADING HOURS

Tuesday - Thursday 10am-7.30pm
Friday - Saturday 10am-8pm
Sunday: 10am-7.30pm



PHONE YOUR ORDER THROUGH THEN COME PICK UP!!!



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



give a box Initiative

by The Mini Farm Project:

Providing Farm Fresh Food to Feed Families in Need

The Mini Farm Project, a local charity committed to addressing food insecurity, has launched the "Give a Box" initiative to alleviate hunger in the community. With the alarming statistic that 1 in 5 households is experiencing daily food scarcity and over 1.3 million children went hungry last year, The Mini Farm Project aims to bridge the gap by providing farm-fresh produce to families in need.

Founder of The Mini Farm Project, Nick Steiner, shared his motivation behind the initiative, stating, "I wanted to fill the shortfall of available food and ensure that no family goes hungry. The dire situation has prompted us to take action and make a meaningful impact."

Through the "Give a Box" initiative, individuals can make a significant difference by contributing a simple \$20 donation. Each donated box of farm-fresh produce serves as a lifeline to a family in need while also helping to fund the organisation's farms at LuvaBerry in Wamuran and Millen Farm in Samford.

"We believe that community support is vital in tackling the hunger crisis. With just a \$20 donation, anyone can directly contribute to feeding a family and support our ongoing efforts to provide fresh, nutritious food," said Nick Steiner.

Nick Steiner's dedication to eradicating food insecurity has garnered recognition, as he was recently awarded the prestigious Moreton Bay Citizen of the Year for 2023. This honour reflects his tireless commitment to building new farms and expanding resources to meet the ever-pressing food needs.

The Mini Farm Project's "Give a Box" promotion addresses the immediate need for nourishment in the community. To participate in this meaningful initiative and make a tangible impact on families' lives, individuals are encouraged to donate \$20 through the following link: <https://mfp.org.au/products/give-a-box>.

Nick Steiner and The Mini Farm Project encourage everyone to embrace the spirit of giving and join hands in the fight against hunger. All donations are fully tax-deductible, making it easier than ever for the community to support this critical cause.

About The Mini Farm Project:

The Mini Farm Project is a local charity dedicated to combating food insecurity in the community. With a mission to provide fresh, nutritious food to families in need, The Mini Farm Project builds and operates farms throughout the region. Through initiatives like "Give a Box," the organisation aims to create a hunger-free community and raise awareness about the pressing issue of food scarcity.

Website: <https://mfp.org.au>

Join Queensland's largest food relief campaign now!

For as little as a \$ 3.70-a-month tax-deductible donation YOU can help create up to 500,000 meals to feed people in need in our communities.

Help Fight Hunger today - <https://bit.ly/500000mealscampaign> and Feed an Aussie in need or feed the ATO.

HONOURING THEIR SERVICE AND SACRIFICE



Two hundred and eighty-seven thousand young Australian men reported for military service in two separate schemes for compulsory training in the Navy, Army and Airforce between 1951 and 1972.

Yes, please read that again... Two hundred and eighty-seven thousand young Australian men. Of them, 212 died on active service in Borneo and Vietnam. National service was part of Australia's Defense preparedness for three decades.

In recognition of their service and sacrifice, a new park named the Bribie Island National Servicemen's Memorial Park will be dedicated at 10 a.m. on Friday, 20th October 2023. The area for the Memorial Park has been allocated to the Bribie Nashos by the R.S.L. sub-branch and the R.S.L. Club.



Volunteer National Servicemen have undertaken remedial works in the park, including painting all the military artefacts, including the leopard tank, the propellor, the anchor, and the two guns. Upgrading some landscaping and other works will be undertaken before the dedication day, as the work on the Memorial Park still needs to be completed. Still, some of the restoration work the volunteer National Servicemen have undertaken, i.e., painting military artefacts and upgrading some landscape works, as portrayed in the photos, show what a tremendous transformation the Park already has!

All members of Bribie Island and the surrounding community are invited to attend the unveiling of the Bribie Island National Servicemen's Memorial Park.

Lest we forget

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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Curios And Old Shed Items

CASH PAID - 0400 749 454



Barry Clark
Bribie Island Historical Society

Brisbane Telegraph 8 January
1883
STEAM TO WOODY
POINT, SCARBOROUGH
& BRIBIE.

The new steamer Mavis will,
on and after Monday the 15th
instant, make weekly trips to
above places, with passengers
and cargo from Campbell's
wharf

All freights payable in Brisbane
Jas. Campbell And Sons, Agents

From January 1883, Queensland's first Island Tourist Resort was developed by private enterprise, the brainchild of James Campbell and his family. However, the word 'development' may be misleading as they did not obtain land and subdivide it for sale as modern developers do but concentrated on creating tourism. They leased land on Bribie land from the State Government in 1902, on which they later built a Jetty at Bongaree, the 'Twelve Apostles' holiday cabins, a cafe, a guest house, and a caretakers' residence. The Campbells were a remarkable migrant family, contributing much to Queensland, Brisbane, and Bribie Island. James Campbell was born in 1830 at Auchterarder

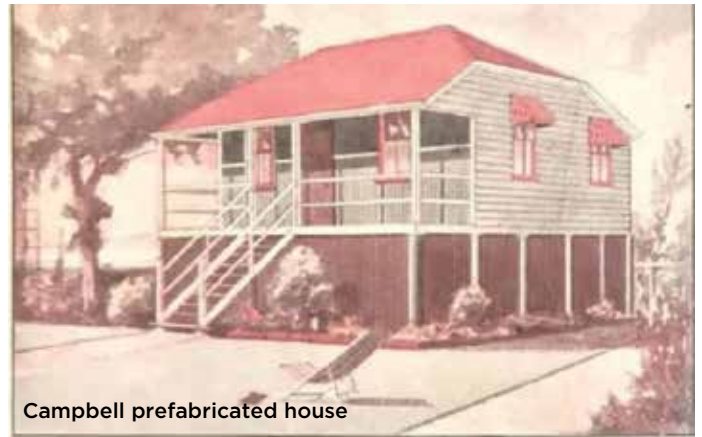
in Perthshire, Scotland. Convict transportation to Brisbane stopped in 1839, allowing free settlers to the Moreton Bay area, so when James married Mary Mitchell in 1853, they decided to take an assisted passage on the ship 'John Fielden' and arrived in Brisbane in June. 1854. James saved enough money to open a building materials store on George Street, and by 1860, he had developed a lucrative market for lime, cement and plaster obtained from shells and coral in Moreton Bay. By 1870, he had expanded into milling and selling timber and progressively established sawmills from Gympie to Kyogle.

CAMPBELLVILLE MILL

In 1881, he built a steam sawmill about six klm up Coochin Creek from its entrance to Pumicestone Passage, from which he transported sawn timber to Brisbane by sailing cutter and later by paddle steamer 'Mavis'. The town of Campbellville was built around the mill with other industries, shops, a post office, a school and about 200 residents.

In 1882, he established the firm James Campbell & Sons and diversified into building prefabricated houses of various designs; he also purchased Petrie's quarry at Albion, Buderim sugar mill, and the Redbank brickworks.

Campbell's new paddle steamer 'Mavis' began weekly passenger trips to Bribie in January 1883, thus beginning



Campbell prefabricated house

The BRIBIE

Queensland's first Island Tourist Industry. By 1890, they moved their sawmill to Albion, and the Campbellville Timber mill slowly declined, with the end coming very quickly in 1893 after extensive rain and flooding silted up the Passage, preventing ships from reaching Campbellville.

Seeing more new business opportunities, James Campbell



James Campbell & Sons Staff Brisbane 1892

formed the Brisbane Tug Company and, with three tugs 'Greyhound', 'Beaver' and 'Boko' offered comprehensive towing services, supplied fresh water to ships and conducted River and Bay Excursions. The tug 'Greyhound' came to Bribie at weekends before a Jetty was built at Bongaree, and the few passengers were carried ashore by Artie Bestmann, a Godwin Beach resident who kept beehives on the island, in his punt.

BRIBIE TOURISM

When James Campbell died in 1904, he was survived by four sons and three daughters. By 1910, the Bribie Island Tourist idea was born, and the family formed the Brisbane Tug and Steamship Co. Ltd. They leased 12 acres of land along the waterfront at Bongaree and ordered a big new excursion steamer to be built in Scotland., and on Christmas Eve 1911 Brisbane witnessed the triumphant arrival of the luxurious excursion steamer SS KOOPA.

It commenced a regular four-day service between Brisbane via Redcliffe to Bribie Island. It created an amazingly successful new tourism boom for almost 30 years, allowing many thousands of Brisbane residents to enjoy low-cost seaside holidays.

It was 12 years after the Jetty was built in 1912 that the first road was constructed on Bribie from Bongaree to Ocean Beach at Woorim in 1924. This was known as Campbell Road for many years but later changed to the less meaningful First Avenue.

When the new settlement of Bongaree was first surveyed in 1912, G.P Campbell wrote to the Secretary for Lands asking that BANYA be named after an indigenous

Oyster camp near their newly built Jetty. The Lands Department did not like that name and called it Bongaree to recognise the historic landing of Bongaree and Matthew Flinders in 1799.

After WW1, another Steamship, Doomba, was purchased in 1923 and joined SS Koopa on the run to Bribie with a combined capacity of 2,630 passengers. These were Bribie's boom years of tourism, with thousands of people camped in white canvas tents along the foreshore. It was



said that more people camped at Bongaree than the entire population of Caboolture.

IMPACT OF WAR

When World War 2 was declared in 1939, the Australian Navy commandeered the Doomba and converted it back to a minesweeper, and the Navy also commandeered Koopa to serve in New Guinea.

During World War 2, from 1939 to 1945, the Military occupied Bribie Island, civilian visits were limited, and the Tourism industry died. The Koopa returned briefly after the War, but by then, motor vehicles had become popular, and an ex-army ferry barge provided vehicular access to Bribie from Sandstone Point.

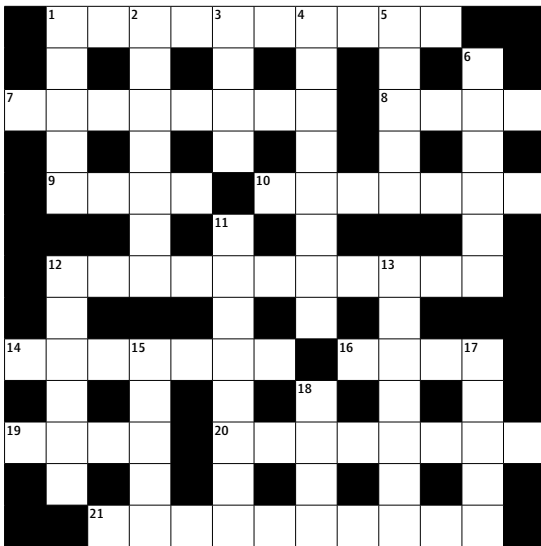
From humble beginnings in 1883, after 70 years of dedicated service to developing Bribie Island as a tourist destination, they sold all their assets and interests in Bribie in 1953.

Ten years of limited access existed before the Bribie Island bridge was built in 1963. My next article will tell some surprising facts about the Bribie Bridge for the 60th anniversary of its opening on 19th October 1963.

MORE BRIBIE HISTORY

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

Crosswords - QUICK & CRYPTIC



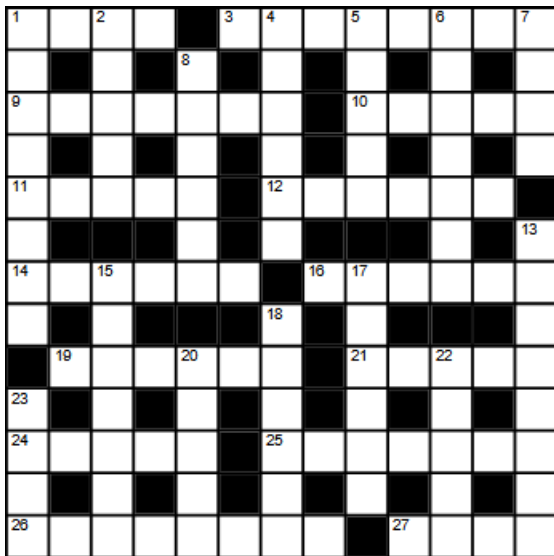
Across

- 1 Clear packaging (10)
- 7 Year planner (8)
- 8 Follow orders (4)
- 9 Bowler, beret and bearskin (4)
- 10 Round up — herd (7)
- 12 Jumping off point (11)
- 14 Sheltered place (7)
- 16 Suffer from lack of (4)
- 19 Oblivious condition (4)
- 20 Charming (8)
- 21 Discredited study of skull shapes her only GPO (anag) (10)

Down

- 1 Drug store? (5)
- 2 Go in again (2-5)
- 3 One with nothing on (4)
- 4 In which to hang clothes (8)
- 5 Oak mast (5)
- 6 Hidden (6)
- 11 Unfeeling — harsh (8)
- 12 Add spice (6)
- 13 Restless — a go at it (anag) (7)
- 15 Loud and showy (5)
- 17 Tarnish (5)
- 18 Acute disease characterised by fever and swollen lymph nodes (abbr) (4)

CRYPTIC



Across

- 1 A Potter's error or does it embellish? (4)
- 3 A female political group getting together for fun? (3,5)
- 9 Break in ruined the leader's agenda (7)
- 10 Blow up in that it's better up with the explosion (5)
- 11 Protection for a chef on the job (5)
- 12 She discovered a fool caught in a whopper (6)
- 14 Dignified as, maybe, Lloyd-Webber, holding some lyrics (6)
- 16 Early Dutch ancestors seized the opportunity (6)
- 19 Tell everyone that I am getting a share? (6)
- 21 Souvenir for a minister losing his head and going mad (5)
- 24 He went into battle throwing stones - outstanding in Florence (5)
- 25 French cheese from mature partnership (7)
- 26 Shared totalled distribution... (8)
- 27 Either ride it or shoot it - take your pick (4)

Down

- 1 Costume can be appropriate (8)
- 2 Between niter - or - nitre - both can give (5)
- 4 The Spanish are jealous but review calmly (6)
- 5, The Fourth estate exert persuasion (5)
- 6, A gathering about joint accord (7)
- 7 Anytime man disappears, we are left, oddly, with a myth (4)
- 8 Escape route for the underground (6)
- 13 A lot of leaves destined to be seen in a sachet - and French too, brewed (3,5)
- 15 Love arm folded? - Moving! (7)
- 17 How about a Rolls Royce as a farm implement? (6)
- 18 Hold back a good man meeting life adventurously (6)
- 20 Review of generous plaudits? (5)
- 22 Pasture - all on display in S.America (5)
- 23 Aide aroused suspicion (4)

SOLUTIONS

CRYPTIC SOLUTION 199



QUICK SOLUTION 199



Kids Page

L	E	L	L	A	B	E	L	F	F	I	W	P	O
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BASKETBALL
BOWLS
SOFTBALL
TENNIS
BASEBALL
BOWLING

SNOOKER
VOLLEYBALL
DODGEBALL
GOLF
FOOTBALL
WIFFLEBALL

CRICKET
LACROSS
SQUASH
POOL
NETBALL
POLO

Sudoku for kids

why did the cookie go to the hospital?
Because he felt crummy.

why was the baby strawberry crying?
Because her parents were in a jam.

what did the little corn say to the mama corn?
Where is popcorn?

what is worse than raining cats and dogs?
Hailing taxis!

how much does it cost a pirate to get his ears pierced?
About a buck an ear.

what animal is always at a baseball game?
A bat.

what falls in winter but never gets hurt?
Snow!

what do you call a ghost's true love?
His ghoul-friend



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\$250
a train ride

TRAINS RUN on 3RD SUNDAY of MONTH

20th Aug, 17th Sept, 15th Oct, 19th Nov

EVERYONE MUST HAVE CLOSED IN SHOES

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Celebrating our local clubs with the Pumicestone Community Sports Awards!

Local sports clubs do amazing work – that’s why I’m asking our community to nominate them for the first ever Pumicestone Community Sports Awards!

By nominating your favourite sports club now for Club of the Year, you could win them \$1,000 – plus you go in the draw for a \$200 voucher: <https://www.surveymonkey.com/r/PP2KYCF>

Local sports clubs are here for us at every stage, from developing our littlest athletes to providing community and connection for retirees.

It’s time to recognise all the hard work coaches, athletes and volunteers contribute to their clubs, and give our local sports clubs the chance to spotlight all they offer our communities.

That’s why I’m holding the first ever Community Sports Awards and asking you to nominate your favourite club for Sports Club of the Year.

By nominating you go in the draw to win a \$200 voucher, and you could win your sports club \$1,000 to be spent on equipment, infrastructure or minor projects.

Nominations close on Friday 15th September. Then the clubs with most nominations will be shortlisted as finalists for a community vote.

I’m also writing to ask local sports club committees to nominate their athletes, coaches, volunteers and programs for a range of awards.

If you are a leader in your local sports club, please reach out to my office for support, resources or to arrange a club visit to promote the Awards.

Thank you to the Bribie Island Sports and Recreational Hub for supporting these awards and bringing together the Pumicestone sporting community.

We are at the pointy end of sporting seasons. For some it’s the finale and for others the beginning – where footy season ends, and athletics, cricket and more starts up.

Here are just some of the big achievements of our sports clubs recently:

Congratulations to Bribie Island Surf Life Saving Club on their 100 year anniversary of patrols!

Bribie Surf Life Saving Club is a keystone organisation in the community, developing surf life savers

and keeping us all safe while we enjoy summer days at Woorim.

In more big sporting news, the Senior Women’s Team at Bribie Tigers have had an amazing season and are headed for the finals!

Well done to the Seniors Team at the Bribie Warrigals for progressing to the Grand Final at Sunshine Coast Stadium and to the Beachmere Stelicans, who competed in their Grand Final last weekend!

I’m looking forward to seeing our community back our local clubs and athletes in the Pumicestone Community Sports Awards.

As always, if you have any State Government Issues please reach out to my office at pumicestone@parliament.qld.gov.au or by phone on 0734742100.

Warmly

Ali King MP

State Member for Pumicestone



Come and Try

SUNDAY 8 OCTOBER 2023, FROM 9 AM TO 12 PM AT KALMAKUTA DRIVE, SANDSTONE POINT

Love the water; then Outrigger Canoeing might be just the activity for you!

So, "Come and Try" paddling in one of our six-person outrigger canoes. A basic fitness level is required to enjoy this fast-growing, popular sport on Bribie Island.

It is exhilarating and a great way to keep fit, meet new people, and experience the joy of paddling on the Pumicestone Passage where you will be frequently greeted by dolphins, stingrays and turtles as you criss-cross the Passage with the amazing Glass House Mountains as an Artist's backdrop.

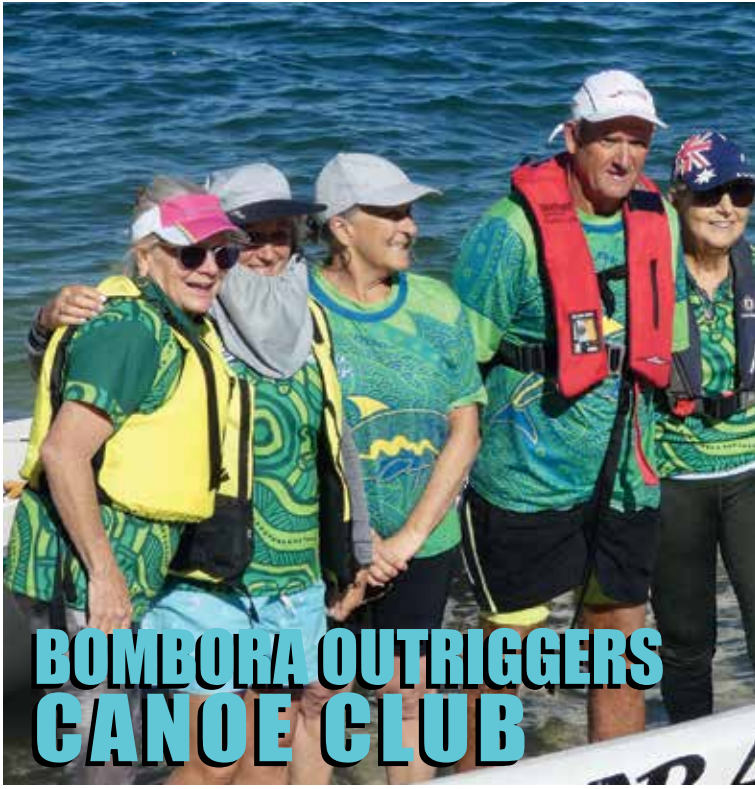
There are up to seven sessions per week, starting with

the early birds or afternoon paddles (times will vary in the summer months).

Sessions are dependent on numbers and the Club is keen to see the canoes utilised as much as possible.

Pack up the family and come down to Kalmakuta Drive, Sandstone Point, on Sunday, 8 October 2023, to see if this is for you.

For further information or to register your interest in attending; please contact the Club Secretary: Christine Knowles, Mobile No: 0493 075 698 Email: bomboraoutriggers@gmail.com or visit our Facebook page: Bombora Outriggers Canoe Club.



BOMBORA OUTRIGGERS CANOE CLUB

Bribie Island Netball Club: A Grand Season of Victory



The Bribie Island Netball Club has successfully concluded a remarkable winter netball season, showcasing the depth of talent and commitment within the local community. With ten teams participating in the league at Caboolture Netball Association, the club's triumphant journey reached its pinnacle as three teams secured grand final wins in their respective divisions, including Bribie Surf, Bribie Suns, and Bribie Tides.

The electrifying atmosphere at Caboolture Netball Association's grand finals was a testament to the hard work and unity that the Bribie Island Netball Club stands for. Under the astute guidance of their coaches, Kyllie Kerr, Amanda Carr, and Kimberly Lingard, the Bribie Island teams demonstrated extraordinary skill, determination, and sportsmanship.



****Bribie Surf - Division 3 Champions (Coach: Kyllie Kerr) ****

Bribie Surf's victory in Division 3 truly reflected their grit and persistence throughout the season. Under the leadership of Coach Kyllie Kerr, the team showcased their talent and synergy on the court, ultimately emerging as the division's champions.

****Bribie Suns - Division 8 Champions (Coach: Amanda Carr)**

Division 8 witnessed the ascendancy of the Bribie Suns, guided by Coach Amanda Carr. The team's spirited performance and relentless pursuit of excellence culminated in a well-deserved championship title.

****Bribie Tides - Division 11 Champions (Coach: Kimberly Lingard)**

In Division 11, the Bribie Tides emerged as undeniable victors, igniting joy and pride within the players. Led by Coach Kimberly Lingard, the team exhibited remarkable teamwork and sportsmanship to ultimately emerge victorious after going into extra time in their grand final.

As the community celebrates these incredible victories, it is also crucial to extend a heartfelt thank you to the dedicated Bribie Island Netball Umpires. Their exceptional dedication and hard work behind the scenes ensured that every match was fair, competitive, and enjoyable. Throughout the season, these umpires upheld the spirit of the game, contributing significantly to the overall success of the league.

A special recognition is due to those umpires who earned their umpiring badges during this remarkable season. Ruby's achievement in receiving her C Badge and the merit badges awarded to Evie, Gracie, Kaylee, Maya, and Mikayla exemplify the commitment of these young individuals to honing their skills and contributing to the netball community.

If you have a passionate netballer, umpire or aspiring player looking to be a part of a supportive sporting community, consider joining the Bribie Island Netball Club for the winter season in 2024. To find out more information and for updates about the 2024 season, make sure to join the Bribie Island Netball Club's Facebook page.

BOWLS RESULTS

**BONGAREE BOWLS
MEN'S RESULTS**

Scroungers Aug 19th 1st Steve Hamblin, 2nd Bob Hall, 3rd Judi Irvine, 4th Trevor Mallouk
Saturday social Winners Fang Stevie Horn, Shammy
Runners Up BJ, Bruce Rawson, Ant Gordon
Wed 4's Aug 23rd Winners Jo Horsley, Clare O'Donohue, Kim Hagan, Di Drew
Runners Up Ray Huggins, Paul Hill, Don Somerville, Peter Higgins
Thurs Jackpot pairs Aug 24th Winners Gary Pincott, Peter McQueen
Runners Up Ian Gillies, Diana Stowers
Scroungers Aug 26th 1st Bob Boyd, 2nd Dee Morrison, 3rd John Bell, 4th Peter Brown, 5th Steve Hamblin
Sat Social Bowls Aug, Winners Jimmy Parker, Fang, Jacko, BJ.
Runners Up Mike Flint, Mick Falvey, Peter Woblers, M Dylan
Wed 4's Aug 30th Winners Rose Marie Di Minc, Rachel Mills, Imelda Valentine, Lorraine Clark
Runners up Mick Falvey, Marty Hall

**SOLANDER LAKE
BOWLS CLUB WEEKLY
SOCIAL BOWLS RESULTS -
02/09/2023**

Tuesday: Winners: G. Pincott, M. Boike & T. Parker.
R/U: M. Power, B. Rudd & S. Kinnear.
Wednesday: Winners: K. Henshaw & R. Henshaw.
R/U: B. Cayley & S. Ross.
3rd: P. Hourigan & P. McCarthy.
Jackpot (\$206) – No winner.
Thursday: Winners: T. Fairman, R. Luscombe & B. Stuart.
R/U: C. Sorrenson, I. Larsen & M. Power.
3rd: B. Storey, J. Oakley & B. Harris.
Jackpot (\$420) – No Winner.
Friday: Winners: B. Cayley & G. McCarthy.
R/U: F. Tarr & S. Kinnear.
1st Rnd: R. Stumbles & R. Dickson.
2nd Rnd: R. Horsfall & E. Holliday.
Saturday: Winners: T. Dempsey, B. Moss, S. Kinnear & M. Adams.
R/U: G. Wilson, B. Cowperthwaite & R. McLeod.
WEEKLY SOCIAL BOWLS

RESULTS - 26/08/2023

Tuesday: Winners: A. Dickfos, P. Dickfos & P. Ollier.
R/U: M. Matheson, G. Pincott & S. Barrington.
Wednesday: Winners: A. Lavender & R. Weir.
R/U: P. Neilson & G. McCarthy.
3rd: P. Hourigan & P. McCarthy.
Jackpot (\$500) – M. Zahl & R. Zahl.
Thursday: Winners: V. Foley, M. Whiteside & M. Adams.
R/U: C. Sorrensen, I. Larsen & M. Power.
3rd: No record.
Jackpot (\$300) – No Winner.
Friday: Winners: A. Lavender & Ross Weir.
R/U: C. Treacy & B. Hill.
1st Rnd: B. Sellars & G. Merrin.
2nd Rnd: F. Tarry & T. Ollier.
Saturday: Winners: P. Botter, M. Whiteside & B. Craitem.
R/U: J. Watson, R. Luscombe & C. Dann

**MORETON BRIBIE BRIDGE
CLUB:**

Sat 19 Aug N/S 1 L Carr & J Wright 2 S Burton & D Brady 3 R Sutton & Y Nakamura E/W 1 R Webb & L McLaren 2 Y Swanson & C McAlister 3 M Courtney & R Deacon
Wed 23 Aug N/S 1 R & C Cowley 2 L Carr & J Wright 3 D Quinan & F Barkwith E/W 1 K & B Ranson 2 R Sutton & Y Nakamura 3 C McAlister & M Peart
Sat 26 Aug N/S 1 L Carr & J Wright 2 K Cohen & R King 3 D Quinan & F Barkwith E/W 1 B Fuller & P Breene 2 C & R Cowley 3 R Webb & L McLaren
Wed 30 Aug (Aust wide pairs) N/S 1 S & C Watson 2 G & D Gibbards 3 L Carr & J Wright E/W 1 S Burton & J Lawson 2 R King & M O'Reilly =3 P Edis & M Arthur / G & S Barnulf
BICBC: Mon 21 Aug N/S 1 M Arthur & J Easey 2 P Edis & C McAlister 3 M Peterson & D Quinan E/W 1 J Brazier & B Van Dongen 2 J Day & S McCulloch 3 L Hutton & L Chapman
Mon 28 Aug N/S 1 M Arthur & J Easey 2 M Peart & D Quinan 3 U Maffey & D Dowling E/W 1 P Tipping & L Wilson =2 J Lawson & J Brazier / I Best & B Moxham

BRIBIE ISLAND BOWLS CLUB INC

Self Select pairs results Friday 11 August 2023
Winners: A Sturm, D McMahon, E Sharp
Runners up: G Hartley, B Svensson, C Neave
Lucky draw: R Brinton, E Deakin, L Deakins
Lucky draw: M Durham, T Dean, I Cooper
Lucky draw: A Feichter, I McClelland, D Gibson

Random Select Fours Results Saturday 12 August 2023
Highest margin: M James, S Kurtz, R Follett
Lowest margin: A Mann, R Hunter, G McEniery, C Kelly
Out of hat winner: I Maclaren, BJ Adams, I Smith, T Brain

Self Select Triples results Tuesday 15 August 2023
Winners: E Bateman, R Garfield, W Hoelscher
Runners up: R Hunter, B Wood, D Riseham
Lucky draw: L Deakin, E Deakin, R Brinton
Lucky draw: L Savige, P Campbell, M Lowe, A Cornett
Lucky draw: R Eaton, F Crockett, BJ Adams
Lucky draw: T Hudson, B Castle, P Patrikeos

Scroungers Results Wednesday 16 August 2023
1st: S Patching
2nd: M Nganeko
3rd: D Dodd
4th: P Hayes

CROQUET CLUB**BRIBIE ISLAND CROQUET CLUB
KATHY VINCENT.**

Bribie Island Croquet Club are looking for new members, this could be the opportunity you have been waiting for. Because There's fun to be had in croquet; it's an addictive game If you've never tried it, well, that's a dreadful shame. There are numerous different aspects, Association or Gate ball Ricochet and Golf Croquet, you can even try them all. What really could be better than playing in the sun It really is a social game- you're sure to have some fun. Anyone can come and try or join the Fundraising day We support local charities because that is our way There are celebrations and presentations, far too many to name There are tournaments and gala days, visitors glad they came. There's always room for anyone, age is just a number You have the sort of fun that you will always just remember! We travel around the country playing croquet it is true The Sunshine Coast, Toowoomba and Norfolk Island too. We've Plate, Shield and Pennant games they were really fun We won so many great games that I have to say, - WELL DONE. So, if you fancy croquet and would like to have a go If you never try it, you will never know How much fun there is just waiting there for you So give us a call, and come along; that's all you have to do. Give Jan a ring on 0437 008 042.

GOLF

RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF**17 August 2023 to 29 August 2023**

17/8/23 - Club Championships Rd 4 - sponsor - Woorim Surfside Pharmacy

A Grade Winner: Debra Dunn 75 cb, 2nd Magrit Pearce 75 cb, 3rd Vicki Jones 75

NTP's: Hole 4 Myra Thomsen, Hole 7 Jo Malone, Hole 14 Ros Gardiner, Hole 16 (2nd shot) Ros Gardiner

Best Gross: Di Benghamy 85

B Grade Winner: Jennifer De Ruyter 74 cb, 2nd Diane Fitzpatrick 74 cb, 3rd Marjorie Sills 74

NTP's: Hole 4 Lesley Heap, Hole 7 Lesley Heap, Hole 16 (2nd shot) Lyn Cockerell

Best Gross: Diane Fitzpatrick 99 cb

C Grade Winner: Jennifer Mckay 81 cb, 2nd Yvonne Nicklin 81, 3rd Jude Dorhauer 83 NTP's: Hole 7 Nadia Aylott, Hole 16 (2nd shot) Heather Croukamp

Best Gross: Jennifer Mckay 112

Overall Championship Results -



A Grade: Jo Malone 332, B Grade: Rita de Bondt 397, C Grade: Heather Croukamp 417

2023 BIGC Club Champions - Rita de Bondt, Jo Malone, Heather Croukamp

29/8/23 Single Stableford

A Grade Winner: Carole Watson 37, 2nd Maree Bailey 36, 3rd Ann Rogers 35

B Grade Winner: Ailsa Lauchlan 36, 2nd Judith Umlauft 35, 3rd Jennifer De Ruyter 34

C Grade Winner: Pauline Smith 39, 2nd Tricia Phillips 37, 3rd Jude Dorhauer 36

NTP's: Hole 4 Ros Gardiner, Hole 7 Desley Neilson, Hole 14 Sandra Power, Hole 16 (2nd shot) Jo McCowan, Hole 7 (Div 3 2nd shot) Jude Dorhauer



Brooke SAVIGE



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SCENT FAMILIARIZATION

Another significant aspect of building positive associations is scent familiarisation. This involves helping your pets get used to each other's smell. Pets, particularly dogs and cats, rely heavily on their sense of smell to understand their environment and its inhabitants.

POSITIVE REINFORCEMENT

Positive reinforcement is crucial when building positive associations. This involves rewarding your pets for desirable behaviour. The reward can be treats, praise, or anything else your pet enjoys. Positive reinforcement helps your pets understand that good things happen when they behave calmly around each other, encouraging such behaviour in the future.

SHARED ACTIVITIES

Once your pets are comfortable

in each other's presence, you can begin to engage them in shared activities. This could be a walk in the park if you are dealing with two dogs, or a play session in the living room with interactive toys for a dog and cat.

These shared experiences allow your pets to build a bond while associating the presence of the other pet with fun and engaging activities.

ESTABLISH ROUTINE AND HIERARCHY

Maintain your existing dog's routine as much as possible to help them feel secure during this transition. Regular feeding, exercise, and sleep schedules provide reassurance and structure, helping to reduce potential stress.

Dogs operate on a hierarchical system, so it's important to establish your resident dog's place in the hierarchy. Allow your resident dog to eat,

receive treats, and get attention first. This can help minimise potential conflicts triggered by jealousy or competition.

Professional Help

In some cases, despite your best efforts, conflicts may arise, or the pets may not acclimate to one another as hoped. If this occurs, it can be helpful to enlist the aid of a professional animal behaviourist or a dog trainer. They have the experience and knowledge to provide tailored solutions for your specific situation.

CONCLUSION

Introducing a new pet to a home with existing dogs requires patience, careful planning, and an understanding of each pet's needs and temperament. It may take time for your pets to adjust to the changes, but with consistent effort and a gentle approach, most pets can successfully accept newcomers,



Part 2

leading to a harmonious and happy home.

Remember, every animal is an individual, so what works best might vary from pet to pet. Always keep the wellbeing of all your pets at the forefront, and you're more likely to have a successful introduction.

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

Last month I wrote about what is stress and anxiety but how can we help our dogs to cope with high stress and lower it to normal stress.

First step is to understand stress and to help prepare your dog to any stressful events.

- Learn and understand your dog's body language
- Sleep is extremely important as it allows the body to detox the stress chemicals and enhance the good chemicals. It is very important that children let puppies sleep and not to interrupt them with cuddles.

Second - learn what the triggers are that causes stress in your dog, no matter how minor it appears to us. It could be a visit to the vet, storms, visitors etc.

- Be prepared beforehand and try to create a stress free

environment before or during the event

Third - how to help your dog cope with the stressful situation.

- Take the dog for a walk and allow them to sniff. It has been found that sniffing to a dog is like deep breathing to us

- If its at home where the dog is experiencing high stress then create a safe, calm area such as a crate or bed in a quiet room

Fourth -

- Spend quiet times before and during the event with your dog.
- Learn to do calm, relaxing massages and T-touch. This is quiet therapeutic and relaxing.

- Play calming music in the background. Studies have shown soft classical music and lullabies to be the most soothing.

To be continued...

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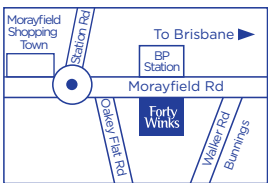
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Creating Your Own Fairy Garden



What a wonderful way to tell a story. Whatever age you are, creating a miniature garden is a great way to express yourself through living art, and it's an enjoyable rainy-day activity to share as a family.

Such a small garden is very easy to maintain too and teaches us the art and joy of looking after living things.

The first step is to decide on your theme or style. Do you already have mini-farmyard animals, small ornaments or toys that you'd love to incorporate into your fairy garden? These items could set the scene for you.

Then, consider if your new mini-garden will be outside or built on a waterproof tray or another surface indoors. Storage containers can be cut to become shallow bases and sanded smooth, making an excellent platform for a little garden.



INDOORS

Indoor gardens are best near a window, perhaps on a desk where you can read, write, draw or create, right beside the inspiration provided by your beautiful new garden.

Choosing the right plants is easy. Just be sure to choose ones that grow well indoors. There are also plenty of dwarf plant varieties these days, many with tiny leaves, mimicking a little shrub or tree. Moss makes a great mini grass-covered hill, and a range of ferns



and succulents is ideally suited for fairy gardens. Happy shopping!

Another ideal addition to the garden could be bonsai but be sure to learn the art of caring for these miniature trees and shrubs before bringing one home.

Otherwise, general care is easy - most shade plants are not too thirsty, so if the soil has been dry for a couple of days, pour on a little more water, being careful not to spill any around electronics that might be nearby.



OUTDOORS

If you're making your fairy garden outside, a shady spot ensures a healthy environment to play in. Here, you can choose plants that grow a bit taller. Have you seen the new dwarf tibouchonas that only grow to 45cm? They're absolutely stunning, and that's just one of hundreds of attractive small-to-medium plants available from our local market sellers and nurseries.

Some examples for you to choose from include the same plants mentioned above, plus small azalea varieties, begonias, mini (non-sharp) bromeliads, many varieties of coleus, dwarf cordylines, ground orchids, hundreds of different types of peperomias, and so on. You can choose virtually anything that doesn't grow too tall and that you think looks like an incredible fairy garden plant.

For further fun landscaping, rocks make great mini-boulders, and you can even add your own pond or lake by using any suitably sized container nestled among your fantasy landscape.

Whatever you choose to do, allowing your imagination and inner storyteller to come to life will be a wonderful thing.

Thanks for reading, and I look forward to returning in Issue 201 on 6th October. As always, happy gardening :-)

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TWO TYPES OF PIGS ON BRIBIE ISLAND

Cycling from Banksia Beach into the National Park and then through the pine plantations was magical. It was a warm but not hot day; partial cloud cover and low wind made for as perfect a day as you could wish to venture forth. My friend and I tootled along, battling through the soft 4WD tracks and then cruising easily over the harder, barely used tracks in the forestry area. We aimed for the Northernmost point on the island's West side, close to "The Narrows" and "The W's" in Pumicestone Passage, opposite Roy's Road.

We'd chatted with the park Ranger when we dropped into the Poverty Creek camping area, but we hadn't seen a soul since then. We were cycling and chatting when, up ahead, we spotted a pair of medium-sized black feral pigs sniffing around just to the side of the track we were on. As we slowed to keep a safe distance, they saw us and charged off the track. They slipped into the undergrowth quite stealthily and, apart from minor rustling, were never seen again.

We continued for another few kilometres when a smaller black pig dashed over the road from one side to the other. This one was closer but was clearly keen to put distance between us and itself. At no time did we feel threatened, but we were careful and confident about being able to outrun any pigs on the solid tracks we were now riding on.

We got to the Northernmost point of our ride and stopped for a hasty lunch, making sure never to stand still as the many mozzies that quickly gathered were expecting to make lunch out of us. Always keep one hand free for swatting and wiping exposed limbs, neck and face. Once you are moving on the bike, all mozzie problems go

away. Note to self-lather the insect repellent before the next ride.

We completed the loop around the top of the plantation and then cut back over to the track we had cycled up an hour earlier. All was well on the solid terrain as we cruised back. Up ahead in a different area were another two pigs, a large black one and a small pale spotted one. They were snout down and rooting through the grass, oblivious that we were there. I was convinced that they would be onto us any second and we slowed to give them a chance to notice us. Finally, we stopped and watched for a few moments before the larger one looked up and dashed for the trees with the small one close behind.

The rest of the ride home was uneventful, with the soft sand at the end being particularly tough on tired legs. Five feral pigs during three encounters in one day - amazing. Who would have thought that they were so numerous? How many feral pigs must be out there on the island, hundreds? Thousands?

In some ways, it was good to return to the safety of suburbia, tidy parks, mowed reserves, pruned trees, everything nice and neat. But hang on, look at all this evidence of suburban pigs along the side of the road. Their "droppings" were everywhere in the form of glass bottles, aluminum cans, plastic bottles, paper wrappers and cardboard cups. The council supplies bins all over the Island; these are emptied on a regular basis, and yet the suburban pigs aren't sufficiently domesticated to use them.

A council-supplied BBQ and picnic table has a bin five metres away. What, a whole 5 metres? The suburban pigs throw junk on the floor or leave it behind when

sneak back to their sty's. Every homeowner has a council-supplied bin which is emptied every week, yet after feeding in the car, do the suburban pigs take their fast-food wrappings home? No way, the open road is the place to leave their rubbish, throw it out of the window as they drive along. No one will notice; it's OK, someone else will sort it out.

Although we have our own Bribie Island domestic pigs, we also get an influx of mainland domestic pigs every weekend. This is evident by an increased number of "fresh droppings" along Sunderland Drive on Saturday and Sunday. It's depressing to know that the piglets in the back seats of the cars will take this as the norm and, in future years, add to the pile of "droppings" How many suburban pigs are there on the island, hundreds? Thousands?

Come on, pigs, lift your game; you live in a society. The idea is to get along with others and conform to specific rules and standards. We don't want Bribie Island to be the garbage bin of Moreton Bay. If you must throw litter out of your car window, wait until you're in your own driveway.

Regards
Peppa Pig





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5 Home Improvement Projects to Fix up Your Home this Summer.

As the summer season rolls in, it's the perfect time to tackle those home improvement projects you've been putting off. Whether you're looking to enhance the aesthetic appeal, increase energy efficiency, or add value to your home, there are plenty of projects to choose from.

1. Landscaping and Outdoor Living Spaces

The first project on our list involves transforming your outdoor space into a picturesque oasis. Improved landscaping not only boosts exterior appeal but also offers a fantastic retreat in your backyard. Start by pruning overgrown shrubs and trees, adding new mulch to your flower beds, and planting vibrant flowers. Consider building an outdoor living area as well, complete with cozy seats, a barbecue area, and perhaps even a fire pit for cool summer evenings. These upgrades will turn your house into the envy of the neighbourhood and offer a comfortable hideaway for your visitors and family.

2. Energy-Efficient Windows and Insulation

To beat the summer heat while saving on energy costs, upgrading your windows and insulation is a wise investment. Homes with inadequate insulation can allow cold air to escape, making your HVAC system work harder and raising your energy costs. Replace outdated windows with more insulated, heat-transfer-reducing, energy-efficient ones. To fill in any gaps, consider applying caulking and weatherstripping to the area around doors and windows. These improvements will ensure that your home stays at a pleasant temperature all year and keeps cool in the summer.

3. Kitchen Renovation

A kitchen remodel in the summer may give fresh energy to what is generally the home's most important room. To save on power use, consider replacing old equipment with more energy-efficient versions. For a clean and trendy appearance, use contemporary countertops, backsplash, and cabinet hardware. If you have more money to spend, replacing worn-out cabinetry and flooring will totally change the look of the kitchen. This remodelling project will make the centre of your house even more welcoming, whether you're a foodie or you like to spend time there.

4. Bathroom Remodelling:

Renovating your bathroom is a great way to turn your house into a haven. You can give your bathroom a quick, modern and practical makeover by replacing outdated equipment like faucets, showerheads, and lights. If you want to encourage sustainability while boosting the overall visual appeal, consider selecting fixtures with water-saving capabilities. Additionally, adding a new bathtub or shower enclosure or replacing worn-out tiles may drastically change the appearance and feel of your bathroom while adding a touch of luxury.

Integrate built-in cabinets or shelving units to keep your bathroom orderly and increase storage space. This creates a clutter-free place where you can readily access your needs. With these intelligent improvements, your bathroom will transform into a sanctuary where you can rest, renew, and enjoy moments of tranquillity all summer long.

5. Outdoor Lighting and Security

Lastly, improving your outdoor lighting and security is not only practical but also adds a touch of elegance to your home's exterior. Install landscape lighting to highlight essential components like paths, trees, and building

details. In addition to enhancing the aesthetic value of your property, this also makes it safer by drawing attention away from potential trip hazards. To further secure your house from burglars, consider setting up security lighting or an innovative security system. With these changes, you may relax outside throughout the summer while maintaining the security and safety of your house.



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YOUR SPRING SELLING TIPS

How to better prepare your home for sale to maximise your selling price

MAKING THE MOST OF SPRING SELLING



Spring is often affectionately referred to as the "silly season" in the world of real estate. The weather gets warmer, the financial year is winding down, and there's still plenty of time to make solid plans before the busy holiday season arrives. As a result, this time of year sees a lively increase in activity.

With all this excitement, the group of potential buyers grows significantly. Of course, this also brings more competition from other sellers. Without a doubt, Spring offers a great opportunity to sell your property, but making the most of the increased buyer interest while also standing out from the competition requires some attention.

Interestingly, finding this balance might be easier than you think. Did you know that a few well-planned, minor improvements could easily add \$10,000 or even more to the final selling price of your property? That's why spending some time on careful planning before listing your property for sale is a smart move.



Benefits of Roof Painting: WHY YOU SHOULD CONSIDER IT

Roofs are invaluable in protecting our homes and buildings. For this reason, their maintenance and care go beyond their aesthetic appeal. After all, they are the first line of defence against weather, ensuring we are safe inside while preserving the integrity of the whole structure.

When it comes to maintaining a roof, the process involves a combination of proactive measures like clearing debris, stopping mould growth, and preventing potential water damage. Also, performing periodic inspections can be the best way to take care of any signs of damage quickly and cost-effectively, such as cracked or missing shingles.

How you will care for your roof depends on many factors, like weather, season, type of roofing, and what you ultimately intend to achieve. So, let's discuss the benefits of roof painting and why you should consider it as one of the ways to keep your house in good shape.

ROOF MATERIALS AND PAINTING

Painting is one aspect of roof maintenance that often gets overlooked. Over time, exposure to sunlight, heavy winds, freezing temperatures, rain, and other weather conditions can cause the paint on roofs to chip, fade, or peel. Properly painting a roof may be similar to doing it on the walls, with careful surface preparation, cleaning, repairing damages, and applying primers before the paint. However, this may not be a great DIY project since many things can go wrong, and the best way to go is by hiring professionals. Especially since choosing suitable products is of the utmost importance and depends on the material it's made of:

Metal — These roofs are favoured for their longevity and resistance to harsh weather conditions, so they should be painted using specialised roof coatings formulated to adhere to metal surfaces.

Asphalt shingles — This popular roofing material is affordable, offers a wide range of colours and should be painted only with coatings or stains designed for asphalt surfaces.

Concrete tiles — famous for their durability and versatility in terms of design, they should be painted with high-quality roof paints that are compatible with concrete surfaces.

Clay or terracotta tiles — renowned for their aesthetic appeal and longevity, painting these tiles requires specifically designed paints for porous surfaces like clay.

Wood shingles — painting this type of roof will restore its natural beauty. Still, only using paint intended for wood and applying a protective sealant afterwards can help prolong its lifespan.

Benefits of roof painting - Here are some of the most compelling benefits of roof painting that explain why you should consider it in the first place.

Increased aesthetic appeal

An aesthetic appeal may not be the only benefit or seem less important, but its ability to contribute to your property's curb appeal is enormous. After all, the roof plays a significant role in the overall impression of your home, especially if you plan to put it for sale soon or in the future. Exposure to harsh weather elements can cause the roof to lose its attractiveness, giving your home a bland and faded appearance, and roof painting can revitalise its beauty.

Protection against weather elements

Roofs are constantly exposed to various weather conditions, including heavy rain, wind, and snow. Over time, this exposure can cause the roof to deteriorate and lead to serious structural issues, like leaking or even collapsing. Paint provides an additional layer of protection, making the roof stronger against the outside weather and protecting the home's interior.

Prevents roof leaks and damage

Leaks are the most common issue with aging roofs, leading to mould growth, water stains, and weakened walls. Roof painting helps to seal any existing hairline cracks or gaps in the surface, preventing water from penetrating and causing the damages to worsen. In a way, a painting job can be a great way to avoid potentially costly issues and buy enough time to develop a budget for expansive repairs or replacement.

Increased property value

Regardless of whether you plan to sell your home or want to maintain its value, roof paint can significantly enhance your property's worth. Potential buyers are drawn to a property with a high level of care and maintenance, so investing in roof painting can turn into a higher return on investment.

Environmental impact

Roof painting offers eco-friendly benefits as well. For example, by extending the lifespan of your roof through regular maintenance and painting, you reduce the amount of roofing material that ends up in landfills. Additionally, by choosing eco-friendly paints, you can contribute to decreased release of harmful chemicals into the environment. Since painting heightens energy efficiency, you will use the HVAC unit less and downsize your contribution to the greenhouse effect of the planet.

How Often to Repaint Your Roof

The optimal frequency for repainting your roof depends on various factors, including where you live, weather conditions, sun exposure, and the material your roof is made of. Generally, it's recommended to repaint your roof every 5 to 10 years. However, if you live in an area with extreme weather conditions, such as high heat or heavy rainfall, you may need to repaint more frequently. Similarly, roofs with greater sun exposure may require more frequent painting jobs to maintain their protective properties.



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Finding the Right LOCATION for Your Sustainable PROPERTY

The phrase “Location, location, location” has long been a mantra in real estate, emphasising the significance of a property’s location for its value and desirability. However, in today’s world, the choice of location goes beyond just financial considerations. With increasing concerns about environmental sustainability and climate change, selecting a sustainable place to live or build has become a critical factor in shaping the future of our communities and the planet. Here are a few aspects of choosing a sustainable location, encompassing environmental, social, and economic factors. Whether you are an individual looking for a new home or a developer planning a new project, understanding the principles of sustainability in location choice is essential for a responsible and resilient future.

Consider Proximity to Public

Transportation and Infrastructure
One of the fundamental aspects of sustainable location choice is considering the proximity to public transportation and essential infrastructure. A location that encourages walking, cycling, or the use of public transportation reduces dependence on personal vehicles, leading to lower carbon emissions and reduced traffic congestion. Access to well-connected public transit systems can significantly contribute to reducing the ecological footprint of a community, making it an attractive choice for environmentally conscious individuals and families.

Assess Environmental Quality and Natural Resources

Before selecting a location, conduct a comprehensive assessment of the area’s environmental quality and natural resources. Consider factors such as air and water quality, proximity to green spaces and parks, and the presence of biodiversity. Avoiding areas prone to environmental hazards, such as floodplains or areas at risk of wildfires, is essential for ensuring long-term safety and sustainability. Choosing a location that prioritises the preservation of natural resources and ecosystems supports ecological balance and contributes to the overall health and well-being of residents. These things will make your new place more sustainable, and that’s something we all need today. Consider Social and Economic Factors
Sustainability in location choice extends beyond environmental considerations; it also encompasses social and economic aspects. Analyse the availability of job opportunities, income levels, and the overall economic stability of the area. A sustainable location should foster a diverse and inclusive community, supporting social cohesion and equitable

access to opportunities for all residents. Of course, you also need to consider paying for the entire project without spending every dollar you have. This is why talking to a refinance mortgage broker might be the right thing to do, so take this idea into consideration as well. Embrace Smart and Sustainable Urban Planning

Innovative and sustainable urban planning is integral to creating environmentally friendly and resilient communities. Consider locations prioritising mixed-use development, promoting walkability and reducing the need for long commutes. Green building practices, efficient waste management systems, and energy-efficient technologies should also be critical to the location’s urban planning. Sustainable architecture and design not only reduce environmental impact but also contribute to lower energy costs for residents and businesses.

Analyse Access to Basic Services and Amenities

A sustainable location should provide easy access to essential services and amenities such as schools, healthcare facilities, grocery stores, and recreational areas. A well-connected community with nearby amenities reduces the need for extensive travel and supports a higher quality of life. This consideration is significant in reducing the reliance on private vehicles, minimising greenhouse gas emissions, and promoting a strong sense of community.

Plan for Long-Term Viability

When choosing a sustainable location to live or build, always consider long-term viability. Consider how the location’s characteristics, such as infrastructure, environmental quality, and social dynamics, will hold up over time. Investing in a sustainable location ensures that the community can thrive for generations to come, contributing positively to the environment and society.

As we face the challenges of a changing climate and growing population, the importance of sustainable location choice becomes even more evident. By investing in locations that prioritise environmental preservation, social inclusivity, and economic stability, we lay the groundwork for a brighter and more sustainable future for ourselves and generations to come. Choosing wisely now will not only benefit us in the present but also create a legacy of responsible development and mindful living that will endure for years to come. Together, let us pave the way towards sustainable and thriving communities that cherish and protect our planet for the benefit of all.



Hello, I'm Janine. My friends call me Jen, and I'm proud to call Bribie Island my home. For the past 18 months, I've had the privilege of living in this vibrant and beautiful community, and it's been an incredible journey. While I may be relatively new to this island paradise, my roots in the real estate industry run deep, with nearly a decade of experience under my belt.

But let me share what truly fuels my passion in this profession: it's the art of helping people transform their homes into the best possible versions of themselves before they even think about selling. Selling a home is not just about transactions; it's about transformations. It can start six months before that "For Sale" sign hits the front lawn.

My approach isn't about slick sales pitches or high-pressure tactics. Instead, I take a hands-on approach, working closely with my clients to unlock the hidden potential of their homes. It's about more than just selling; it's about creating spaces that tell stories, nurturing memories, and building dreams.

In this editorial piece, I'm thrilled to share my journey, my commitment to this wonderful community, and my approach to real estate. Join me as we explore the process of turning houses into homes ready for new beginnings.

Thank you for inviting me to share my story, and I hope you find this journey as inspiring as I have

In a world of real estate, where transactions often dominate conversations, I stand apart by placing the transformation of homes and the well-being of my

clients at the heart of everything I do.

Experience Meets Passion: With nearly a decade of experience in the real estate industry, I bring a wealth of knowledge and expertise to the table. But it's not just about the years; it's about my relentless passion for helping homeowners make the most of their properties.

The Six-Month Journey: My approach isn't a whirlwind sale; it's a carefully crafted, six-month journey. I work side by side with my clients to ensure their homes are sold and prepared, nurtured, and elevated to their fullest potential. We dig deep, uncover hidden value, and make thoughtful improvements that set the stage for a successful sale.

Personalised Guidance: As a down-to-earth real estate agent, I believe in the power of personalised service. I don't use slick sales pitches or apply pressure. Instead, I hold my clients' hands, offering guidance, support, and expertise every step of the way. It's not just about selling homes but empowering people to make informed decisions.

Community Connection: Bribie Island isn't just a place I work; it's my home, and its community means the world to me. I understand the unique fabric of this island, and I'm deeply committed to giving back. I'm involved in local events, support charities, and work collaboratively with fellow businesses to strengthen our community bonds.

Results You Can Trust: While my approach may be warm and personal, the results are as solid as the foundations of the homes I represent. I've helped numerous clients unlock the true value

of their properties, resulting in successful sales that exceeded their expectations.

Your Journey, My Commitment: Whether you want to sell your home or seek solid advice on your options, let's embark on this journey together. I'm not just your real estate agent but your transformation partner.

Expertise and Services: When it comes to real estate, I bring a level of expertise and a range of services that go beyond the ordinary. With nearly a decade of experience, I've honed my skills and developed a keen understanding of the unique dynamics of the real estate market.

Comprehensive Home Assessments: My process begins with a comprehensive assessment of your home. I have a trained eye for spotting hidden potential and value that others might overlook. I'll walk through your property with you, discussing opportunities for improvement and enhancement.

Uncovering Hidden Value: One of my specialties is finding hidden value within your home. It's amazing how small changes can make a world of difference. Whether it's addressing minor repairs, updating fixtures, or enhancing curb appeal, I work with you to identify the most cost-effective ways to boost your home's appeal and value.

Tailored Repairs and Improvements: I believe in tailored solutions. Not every home needs the same repairs or improvements. I'll work with you to prioritise the changes that will have the most significant impact, ensuring your investment is well-spent and maximises your return.

Six-Month Transformation: My signature approach

involves a six-month journey of transformation. This isn't about rushing to put a "For Sale" sign in your yard; it's about nurturing your home to its fullest potential. We'll take the time to make thoughtful adjustments, whether that involves fresh paint, new carpet, landscaping enhancements, or more.

Guidance Every Step of the Way: Throughout this journey, I'm by your side, offering guidance and support. Real estate decisions can be overwhelming, but I'm here to make the process as smooth as possible. I take pride in providing personalised service, ensuring you're well informed and confident at every stage and that you feel in charge of the process.

Community-Centred Approach: Beyond selling homes, I'm deeply committed to giving back to the community that has embraced me. I actively participate in local events, support charities, and collaborate with fellow businesses to strengthen our island community.

Proven Results: My track record speaks for itself. I've helped numerous clients transform their homes and achieve successful sales that exceeded their expectations. Your satisfaction is not just a goal; it's my commitment.

Get in Touch: Whether you're considering selling your home in the future or want to explore the possibilities, I invite you to reach out. Let's embark on a transformative journey together, and I'll show you firsthand the difference my expertise and personalised service can make.

INTRODUCING THE “PROPERTY TRANSFORMATION” SALES PACKAGE

At Ourplace Realty, we understand that preparing your home for sale is not just a process—it's a transformation. That's why we're thrilled to introduce our exclusive “Property Transformation” Sales Package, designed to help you maximise the value of your property with ease and peace of mind.

Key Features of the “Property Transformation” Package:

No Money Upfront: We believe in putting you and your home's potential first. With our package, you won't need to pay a dime upfront for marketing as you can use the finance options available. If you decide to use the financing option, all marketing expenses will be paid at settlement, ensuring that your investment aligns with your success.

Financial Support: Need repairs or upgrades to enhance your property's appeal? Our package also offers financing options of up to \$30,000. We're here to help you make the necessary improvements to set your home apart and maximise its value.

*No credit checks, only bankruptcy

Personalised Guidance: As your dedicated real estate partner, we'll be by your side throughout the entire journey. From the initial assessment to the final sale, we offer personalised guidance and support, ensuring you're confident every step of the way.

*This service has no cost; you only pay the sales fee when the property is sold and settled.

Strategic Marketing: Our experienced marketing experience helps us craft a customised strategy to showcase your property's unique features. We'll use a mix of digital marketing, social media promotion, and local outreach to reach the right buyers.

Professional Staging: Presentation matters. We provide professional staging services in our marketing package to help transform your home's interior, making it irresistibly appealing to potential buyers.

Local Expertise: With deep roots in the community, we understand the local market dynamics better than anyone. Our insights into what buyers are seeking will give you a distinct advantage.

Transparent Communication: We believe in open, honest communication. We'll keep you informed and involved throughout the process, ensuring your vision for your home's sale is realised.

Unlock the true potential of your property with the “Property Transformation” Sales Package from Ourplace Realty. Whether you plan to sell now or in the future, we're here to help you achieve the best possible outcome.

Let's start the journey together. Contact us today to learn how our package can transform your home and make your selling experience smooth and successful.



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SPRING CLEAN SPRING JOBS

SCHEDULE NOW TIME IS TICKING BY.

Well, the sun is out and its starting to heat up again That means Summer is on its way. Christmas is only 3 months away.

Business is starting to pick up again after the Winter hiatus.

Everyone is focused on the Summer which means cleaning, painting, tidying the garden, preparing for visitors and family time.

We are no different, I have just painted our guest bedroom in preparation for visitors. The deck has been cleaned and painted so it's looking fresh and inviting and we have tidied the gardens and planted our vegetable seedlings. Bring on Summer and the barbeques!



So, we have finished our property and are ready and willing to help you sort out before the Christmas rush.

Give us a call and we can discuss any work you may need done. Remember we are happy to clean ceiling fans, air conditioners and your high dusting ...just give us a call

0423 856 529!

Nga mihi nui

Kerryann & Phil

THE FIXOLOGISTS

Looking forward to assisting you.





VMR

BRIBIE ISLAND

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



A absolutely massive shout out to Dale Mullins as today he received his senior crew epaulettes from Skipper Wayne Sclater and senior crew member Mark Purtell.



Congratulations to Mark Purtell and Stephen Parry on receiving their Certificate 2 Coxswain grade 1 certificates.



Congratulations to Mark Purtell for achieving his 5 year service badge.

WINDY CONDITIONS

This might be a good reminder for everyone to check their anchors with a few days of Windy Weather predicted. A Houseboat dragged anchor and drifted all the way under the Bribie Bridge. We went to investigate.

The owners of the houseboat were made aware and were handling the situation.



VISIT TO FREQUENTIS BRISBANE



They presented Mehmet with a VMR Bribie Polo Shirt.

VMR Bribie's Deputy Radio Officer John O'Hagan and VMR Bribie's Radio Officer Peter McNamara visited the Frequentis Office in Brisbane to catch up with Mehmet Aksu Head of Sales Public Transport & Maritime Australasia who is based in Sydney and was in Brisbane few days visiting the local office ..Peter McNamara VMR Radio Officer it always good to put a face to the voice that you normally talk to over the phone. General discussion was held about VMR's Bribie

Radio System; and Peter and John were given a tour of the Frequentis office.



Above and below: - This week we were lucky enough to have a training exercise with a team from Queensland Rural Fire on Moreton Island.



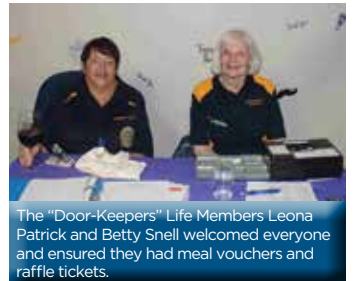
SUNSET DRINKS - Friday 25 August 2023

63 Active members and partners attended the Mexican themed August Sunset Drinks. Kelly Langworthy and her Social Committee Team put on another great evening for Active Members and partners for only \$7. The buffet styled meal included taco shells, tortilla, or corn chips with either sautéed beef or chicken, with shredded lettuce and cheese, diced onion, various salsas, guacamole, sour cream, and sliced mini tomatoes. Ice-cream in waffle cones with a choice of toppings was served for dessert. Karen Llewellyn and Ian Thomas manned the bar for the evening with a bit of help from Peter

McNamara during the busy times. The usual raffles were held with prizes reflecting the coming Father's Day. Vice Commodore Wayne Sclater thanked all involved for preparing a great meal manning the bar and running the raffles.



4 Amigos in the kitchen; Sharyn Giles, Kaye Hammond, Sheryl Traill, and Kelly Langworthy.



The "Door-Keepers" Life Members Leona Patrick and Betty Snell welcomed everyone and ensured they had meal vouchers and raffle tickets.



Garry & Pam Bunker and Ray Fox line up for the buffet.



Tom Buckley, Sue Francis, Glenn Jackson, and Peter Morton.



The "Crew Table" got into the spirit of the evening!



Our Radio Officer, Committee Member, Santa, Barman celebrated a birthday today



Pam Bunker with Kathy Rickard-Simms.



Pam Purtell with Di Williams.



Pauline Amourous, Vanessa Taylor, Jen Herbert



Finn Mullins celebrates the demise of the piñata.



Ingrid Fox enjoying the evening with Betty Snell.



Vitt Cox, Andrew Wilmot, Rossi & Mark Young



Kaye, John & Brenda Hammond

2023 YEAR RADIO ROOM STATISTICS

2023 YTD RADIO ROOM STATISTICS

To Thursday 31st August 2023

10,732 Calls, 3,170 vessels logged on, 161 Vessel Assists, 1,057 Sitreps, 825 Requests, 50 overdue vessels, 15 Vessel Tracking, 1,157 Radio Checks, 5 Weather Broadcasts, 3 Securite Broadcasts, 1 Pan Pan 0 Mayday. VHF 60.7%, 27MHz 5.7%, Phone 15.7%. GWN 1.6%

SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

"PLEASE WEAR YOUR LIFE JACKETS!"

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



AUGUST VESSEL ASSISTS:

WED 16/08 1334PM – 5.8m Centre Console member broken down at Bulwer required a tow to Spinnaker Sound Marina.
 FRI 18/08 1302PM – houseboat non-member adrift South of the Bribie Bridge - investigate and secure.
 SAT 19/08 0922AM – Bribie 1 acting as Safety Vessel for a Canoe Race from Scarborough to Bribie, rescued 6 paddlers from their overturned canoe and towed it to Scarborough.
 SUN 20/08 1556PM – 4.8m Runabout non-member with a flat battery required a tow from Avon Wreck to Bellara Boat Ramp.
 MON 21/08 1015AM – 5.2m Runabout member with gearbox issues, required a tow from first yellow marker to Pacific Harbour canals.
 WED 23/08 0949AM – Requested by Rural Fire to transport Firemen to Moreton Island for investigation.
 WED 23/08 1442PM – 4.5m Polycraft member with motor issues at Kakadu Beach required a tow to Bellara Boat Ramp.
 WED 23/08 1637PM - 5.2m Runabout member broken down near Turners Camp required a tow to Bellara Boat Ramp.
 FRI 25/08 1132AM – 17m Full Cabin non-member (Redcliffe CG member) aground North of Bribie

Gardens required a tow to refloat
 SAT 26/08 1023AM – 6.6m Bayliner tasked by Water Police to locate North of Comboyuro Point and provide assistance until CG Redcliffe arrive to tow back to Scarborough.
 SAT 26/08 1641PM – 6.9m Yacht MOP reported drifting near entrance to Pacific Harbour, retrieve and put on our mooring.
 SAT 26/08 1652PM – 5.5m Centre Console unable to start required a tow from between Elimbah and Bullock Creek to Donnybrook Boat Ramp.
 SUN 27/08 1159AM – Advised by Surf Lifesaving QLD of overturned Jet Ski with 2 persons approx. 5km off Bribie and North of Woorim. Recovered 2 persons and towed Jet Ski to Spinnaker Sound Marina.
 SUN 27/08 1225P – Overturned vessel at Toorbul, investigate, occupants safe, vessel in too shallow water to recover.
 TUE 29/08 1801PM – 8m Cruiser member with motor issues, required a tow from near VMR Base pontoon to Pacific Harbour.

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 sailors. Members of our association enjoy bus excursions, welfare support, mateship and more... so please give us a call we would love to welcome you!

**PLEASE CONTACT
PRESIDENT: DAVID BIRDLING
ON 0476 161 886 OR
VICE PRESIDENT: JOHN FINCH
ON 0403 603 059**

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Applications for the next intake of volunteer
boat crew are now open

Do you

- Like helping other people?
- Love the water & boats? Like to drive ours (eventually)?
- Want to give back to the Bribie Area community?
- Want to learn more maritime skills and local knowledge?
- Want to do all this as part of a dedicated team?

You will need to

- Have time available during each month for rescues or attend training.
- Be able to commit long term to the training, crew days and callouts.
- Be fit, healthy, active and be willing to learn.
- Live within 20 min of our Base at Sylvan Beach.
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It's official!

One lucky angler will walk away with \$1 million in Season 9 of NT's Million Dollar Fish competition.

Fishing in the Northern Territory's pristine waters is about to get more

exciting than ever, with a lucky angler guaranteed to win a whopping one million dollars in the upcoming Season 9 of Million Dollar Fish (MDF).

Over the years, hundreds of tagged barramundis have been released into the Top End's incredible fishing regions. More than \$925,000 has been won to date, but a million-dollar barramundi is yet to be caught.

That's all set to change this season, with several initiatives planned to ensure someone bags a big one. To maintain the integrity of the competition, details will be released as the season progresses, with the first initiative to be revealed in time for the start of Season 9 on 1 October 2023. Anyone keen to try their luck should follow the MDF social channels and register for Season 9 for free.

"Season 8 was officially the biggest in more ways than one. As well as recording the most registrations ever, a total of 47,949, Season 8 also saw the most red-tagged fish caught – 20 – with the largest combined record cash payout and donation

TIDE TIMES

Bribie Island AND Moreton Bay

FRI 8 Sep	0.65m	UN 10 Sep	MON 11 Sep	TUE 12 Sep	WED 13 Sep	THU 14 Sep
3:56 am	5:40 am	1:28 am	2:19 am	3:00 am	3:31 am	3:58 am
1.1m	1.09m	0.56m	0.47m	0.41m	0.37m	0.36m
9:45 am	11:07 am	7:06 am	8:03 am	8:46 am	9:21 am	9:49 am
0.53m	0.56m	1.18m	1.3m	1.4m	1.47m	1.51m
5:05 pm	6:25 pm	12:31 pm	1:40 pm	2:28 pm	3:03 pm	3:32 pm
1.64m	1.67m	0.53m	0.44m	0.36m	0.31m	0.28m
SAT 9 Sep		7:31 pm	8:23 pm	9:03 pm	9:34 pm	10:00 pm
12:14 am		1.73m	1.8m	1.84m	1.85m	1.84m
FRI 15 Sep	SAT 16 Sep	SUN 17 Sep	MON 18 Sep	TUE 19 Sep	WED 20 Sep	THU 21 Sep
4:18 am	4:39 am	5:00 am	5:22 am	5:45 am	12:11 am	12:48 am
0.35m	0.33m	0.31m	0.3m	0.32m	1.51m	1.38m
10:15 am	10:41 am	11:08 am	11:38 am	12:12 pm	6:10 am	6:39 am
1.55m	1.58m	1.61m	1.64m	1.65m	0.35m	0.4m
4:00 pm	4:30 pm	5:01 pm	5:36 pm	6:15 pm	12:49 pm	1:34 pm
0.29m	0.31m	0.35m	0.41m	0.49m	1.65m	1.63m
10:22 pm	10:45 pm	11:10 pm	11:39 pm		7:00 pm	8:00 pm
1.82m	1.78m	1.72m	1.63m		0.57m	0.66m



in the competition's history. Winning anglers took home \$230,000 between them, and \$23,000 was donated to official MDF charities," Mrs Bishop said.

Every time a \$10,000 fish is caught, the angler can donate an extra \$ 1,000 to their MDF charity of choice. The charities are Cancer Council NT, Shoreline and Starlight Children's Foundation Darwin Star Ball. This year, a new charity joins the list - Riding for the Disabled Association Top End.

Independent research showed Season 8 generated a total expenditure stimulus of \$70.8 million in the Territory. Of this, 33.3 per cent, or \$23.6 million, was new

money to the Top End region.

- The research also revealed MDF delivered 153,677 visitor nights across the NT.

- 56.7 per cent of participants purchased fishing equipment.

- 89.3 per cent of participants said they were likely to return next year.

"Nowhere on Earth can you throw in a line and reel in a million bucks. There has never been a better time to fish the Territory. And remember, the more you get out on the water, the greater your chances. There are some great initiatives planned for Season 9, so register in

September and don't miss out," Mr Bors said.

Everyone who registers for MDF is automatically entered into the Lucky Prize Pool, with prizes given out each month, ranging from holidays to fishing gear - so people don't even need to wet a line to be in with the chance of winning something.

The fish are released in Darwin, Katherine, Kakadu, Arnhem Land and Tiwi Islands waters.

To find out more and to register, visit <https://milliondollarfish.com.au/>



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BY: Robyn
Bribie Island Boat Charters

FISHING REPORT

IN MY LAST FISHING REPORT, WE WERE WAITING ON THE EKKA WINDS, AND THEY DID GET HERE - BUT NOT AS BLUSTERY OR AS COLD AS MOST YEARS. THE MORNING WESTERLIES HAVE BEEN COUNTERED, AND CALMED, BY AFTERNOON SE BREEZES. THERE REALLY HAVE BEEN ONLY A COUPLE OF BLUSTERY DAYS, BUT WE MIGHT ALREADY BE MOVING INTO THE SHOULDER-SEASON FOR FISHING. NEITHER WINTER NOR SUMMER, AND QUITE CHANGEABLE FISHING SUCCESS.

Bream have come back on, in all sizes, and are being found everywhere through the Passage. There have been lots brought in measuring 30cm and above. Jason caught a "2 1/2 pounder" - a big, thick bream, up at White Patch, using a bit of garfish. The usual baits of prawns or squid have been working well, and a bit of berley always works a treat for the bream.

There are also lots of winter whiting out there, some quite good sizes among them. Pretty much anywhere in the Passage is showing whiting at the moment. There were whiting in Kieron's esky when he came back in, along with 6 bream, 4 flounder, flathead, and a 50cm venus tuskfish. He also landed a 35cm estuary cod, a couple of shovelnose and four grinders and said he had "a ripper day", drifting from the north end of Whitepatch to the bridge. Kieron said his best fishing was in the middle of the day, on the turn of



Shannon's whiting catch, from Red Beach on a day with westerlies.

tide. He used just about every bait there was and said all of it caught something.

Red Beach proved to be the place for whiting recently, on days when the wind is swinging between SW and NW. Lots of good-sized fish were caught by Shannon, one morning from the beach, with squid strips.

There are plenty of flathead being caught, especially on a falling tide, from the sandbanks around the Ningi Creek yellow marker. Lachlan's 50cm

flathead was caught north of the bridge on the ebbside, using prawns. Dominic and Matt brought in a couple from the Toorbul sandflats on an afternoon falling tide - not huge but still good catches, with pillies for bait. Natasha used mullet strip to hook up her big specimen, also on the north side of the bridge but on the rising tide.



It was Lachlan's birthday fishing trip, so he was pretty proud of his 50cm flathead and 30cm bream!



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Dom and Matt, on the same day, caught these flathead up at Toorbul.

A couple of blokes who hired out one of the Bribie Houseboats said their best flathead spot was “at the corner rocks at Donnybrook”- two big ones and an even bigger one they failed to land. Soft plastics are, as usual, bringing in plenty of good-sized flathead, but there’s a bit of practice and patience needed for that. Pumpkin seed minnow seems to be a popular soft-plastic to go for lately, or maybe try muddy-coloured curl-tail grubs.

Often, when the snapper fishing reopens, there’ll be reports of monster snapper caught around the Ripples, but I haven’t heard any yet. The Ripples is an area sitting just outside Pacific Harbour; it can be easily found on a sounder - look for lots of rubble. Be aware that just north of Pacific Harbour is the zone that protects Kakadu migratory bird-roost and the oyster regeneration project - you can fish in that zone but don’t anchor near the yellow cross that marks the oyster cages or within 100 metres of Kakadu

Beach. If that sounds a bit tricky for you, there have been keepable snapper at Gallagher’s Point, as well as at the bridge. Try fishing the bridge on a day when there’s an early turn of tide - much more pleasant fishing and a greater chance of catching snapper than pylon!

Mick and his mates were much further out, wide of Cape Moreton, when they pulled in 8 snapper (45-80cm), three small pearl perch and a 75cm yellowtail kingfish. A great day’s fishing, with mullet strips, squid and live yakkas.

There’s been a smattering of tailor brought in, but I think the run has eased. Instead of tailor smashing up the place, it’s been tuna. Not big schools, but big fish, that’s for sure. I’ve seen them just north of the bridge, north of Pacific Harbour, near Toorbul and towards Poverty Creek, over several days. A few fishers have been lucky enough to land them, even from Bongaree Jetty. That’d be quite a challenge!

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IMPACT OF BEACH DRIVING ON BRIBIE ISLAND AND BRIBIE ISLANDERS

In November 2021, the School of Earth and Environmental Science at the University of Queensland (UQ) began a series of studies on the impacts of Off-Road Vehicle (ORV) driving on Bribie Island and its beaches. The effects studied have included impacts on First Nations Heritage, the beach environment above and below high tide, the local Bribie economy, and the social impacts on Bribie residents. To date, eight students at both undergraduate and graduate levels have taken part in these studies. Articles relating to these studies have been previously published in *The Bribie Islander* on Jan 14, 2022 (scope of the project), July 29, 2022 (impact on First Nations Heritage and the environment) and April 7, 2023 (economic impact). This article assesses the impact of beach driving on Bribie Islanders, including the impact on their health and their lifestyle.

Around 2006/2007, the State Government developed 64 campsites at the northern end of Bribie Island. In 2008 the State and Federal Governments set aside all the environmental protection provisions for Ocean Beach contained in the International, Federal and State legislation and agreements. They declared it a “highway,” allowing campers to access those campsites via Ocean Beach legally. Since then, the traffic volume has ballooned from just a handful to an estimated 85,000 vehicles in 2022. The Department of Environment reports that around 85% of holders of beach driving permits do not live in the Bribie Island area.

MBRC’s Mayor, Cr Peter Flannery, has often described Bribie Island’s beaches as....

“the jewel of Moreton Bay” But with so much traffic on Ocean Beach, it has become quite unsafe for other users, such as cyclists or walkers. Ocean Beach is now almost exclusively turned over to ORVs driven primarily by non-residents. I had the opportunity to meet Cr Flannery some time ago, and I asked if this was the best use for... “The jewel of Moreton Bay”. He commented that this was a State Government matter and that MBRC could do little. I commented that if the Mayor of MBRC asked for some change, maybe some change would occur. But we quickly moved on to other subjects.

The Shire of Broome has introduced a ban on beach driving during the summer months – partly to protect nesting turtles during the nesting period and partly to make the beach available to other users.

This inability by Bribie Islanders to use Ocean Beach for anything other than ORV driving is not the only amenity impacted by this traffic. The 85,000 vehicles that drove on Ocean Beach in 2022 all accessed and exited that beach via Woorim, First Avenue and North Street. This traffic has made life quite intolerable for many residents on North Street.



Traffic on Cable Beach, Broome. Photo courtesy of ABC

Real Estate agents know not to have an Open House on those access routes on weekends during summer months.



Traffic on Ocean Beach making it unusable for Bribie Islanders who just want to cycle or walk or picnic on the beach. Photo courtesy Ann Bradley

There are no limits on the number of vehicles that can enter the beach areas at any time and no limit on when they can do that. During the summer, lines of cars along North Street (as shown in the attached photo) driving onto and off the beach are typical. The noise from this traffic, combined with the noise from inflating and deflating tyres at all hours of the day and night, makes life impossible for residents.

This “takeover” of beaches by ORVs is not uncommon. Gingin Shire in WA plans to ban beach driving at Lancelin as the beach has become unusable to other users. 1972 Victoria banned all beach driving, and a recent review concluded that that ban should remain in place.



Traffic on Cable Beach, Broome. Photo courtesy of ABC

They commented to researchers that they must close all windows facing North Street Day and night and move to the rear of the house to get some peace. Some commented that they go away at the weekend. Others commented they sold up and moved to somewhere quieter.

on resident's health, and management of traffic and honking are someone else's responsibility.

North Street residents commented that they are most frustrated in trying to get some action on these issues. MBRC says they have no jurisdiction.



their concerns. Some further reading about some of the issues raised in this article can be found at:

- Gingin Shire: Banning of beach driving at Lancelin <https://yhoo.it/3YY3syb>
- Broome: Banning of beach driving on Cable Beach <https://bit.ly/3PhCj6n>
- Victoria Government: Banning of beach driving in Victoria <https://bit.ly/3P9v4x8>
- Qld Dept of Environment: Response to health concerns <https://bit.ly/45QBhU5>

Those wishing to obtain further information on this project can also contact the co-supervisors Professor Paul Dargusch or Adjunct John Oxenford at bribie.beach.driving.study@gmail.com

the intransigence of the Department of Environment and its refusal to do anything to address their concerns.

Some further reading about some of the issues raised in this article can be found at:

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Those wishing to obtain further information on this project can also contact the co-supervisors Professor Paul Dargusch or Adjunct John Oxenford at bribie.beach.driving.study@gmail.com

Typical weekend traffic on North Street in summer months. Photo courtesy of Ann Bradley

In addition to the noise issues, residents along these access routes must contend with all the dust from the sand being tracked onto Woorim streets by the exiting traffic. This is silica dust and, if fine enough, would be a severe health hazard. However, the Department of Environment (DES) dismisses this possibility even though it has never sampled this dust.

Federal authorities say it is a state matter. Police say they have no control over who enters the beach or when they can enter. One senior public servant commented... "You should have thought of that when you bought there." Residents commented that all their representations have resulted in very little change. The UQ study concludes that there is a significant

MBRC street sweeper showing dust created during sand removal that blows into houses along North Street. Photo courtesy of Susan Clark



Although DES issues all permits for beach access, the Department does not appear to accept any responsibility for the consequences. Issues like removal of the sand, control of the resulting dust, potential impact

negative impact on Bribie residents and their lifestyle that results from beach driving. Residents made it clear that they are most frustrated by the intransigence of the Department of Environment and its refusal to do anything to address





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THE RULES EVERY CARAVANNER SHOULD KNOW AND FOLLOW.

Whether on the road or in a caravan park, there are rules all caravanners should follow while on a road trip. If you're new to caravanning or want to brush up on your caravanning manners, this guide with information from Caravan Queensland, RACQ and other experienced caravanners will ensure your next trip runs smoothly.

ROAD ETIQUETTE

- Keep to the left lane unless overtaking.
- Don't unnecessarily hold up faster traffic.
- If there is a build-up of traffic behind, pull over when safe to do so and allow it to pass.
- Allow plenty of space for other traffic to pass. The law requires caravans and other large vehicles travelling outside built-up areas to leave at least 60m between each other. The distance increases to 200m in road train areas.
- Consider fitting a UHF radio to communicate with other road users. This can be helpful when on narrow roads and overtaking. (Use channel 18, which is widely considered the caravan or travellers channel).

- Use indicators and give plenty of warning about your intentions. Truck etiquette
- If a truck is behind you, maintain your speed. They'll know when it's safe to overtake.
- If you see a truck coming on gravel and narrow roads, slow down, pull off the road if safe to do so and allow them to stay on the bitumen.
- Do not park in truck-only rest stops.

CARAVAN PARK ETIQUETTE

- Be friendly to your neighbours. You all share the same site and amenities.
- Don't walk across someone else's site. Try to stick to the walkways where possible.
- If you're at a pet-friendly caravan park, ensure your dog is well-behaved.
- Keep noise and lights to a minimum. There's not much separating you from your neighbour, so be as courteous as possible.
- Don't make a mess and clean up all your rubbish before you leave.
- Follow the park rules that are in place.
- Only dispose of toilet waste in designated dump stations and wash down the dump station after emptying your holding tanks.



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Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

SEP 2023

Many thanks to our guest speaker at the August meeting- Kerri Raedel from "Buddy Bags" a community support group providing bags of items to foster children and children from D.V. homes, with useful things they can call their own, to help them settle in to a new life. We will be hearing more from this group! Acting Senior Sergeant Duncan Price gave us a run down on current police operations on Bribie. A special mention was made on the increase of Domestic Violence incidents-40 over the last month. Next item was stealing petrol; driving away from the service station without paying -its on the increase as well!

NHW week 6 -12 November partnering with Bunnings for special events.

N.H.W. NEWS.
National Secure Your Home Day coming up on 23/24 September. This is in collaboration with the University of Queensland, to improve safety of homes, families and

communities across Australia. Carry out a Home Health Check? To register www.secureyourhomeday.com.au

A matter of interest! A major development is planned for the Elimbah area, which is part of the Six Mile creek area and with the expected residential increase of 60 odd thousand, the run off and rubbish created in the waterways- which in turn run into Pumicestone Passage-which as we know is shallow and does not flush out, will increase pollutants in this waterway. A Public Consultation on a draft plan closes in September, More info- contact --Pumicestone Catchment Action Plan - worth a look !!

The next meeting of Bribie One N,H,W, will be on Tuesday 19th September -9.30am in the RSL Anzac room-this will be our A.G.M. and all positions will be voted on. The guest speaker will be Acting Senior Sergeant Duncan Price from Bribie Police - on NHW and Police cooperation.

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

This newsletter is currently being published in the Bribie Islander and to date we have not had a reply from the Butterfly House on their support for sponsoring part of these costs. A hard copy of the News letter will be available on the Notice Board in the arcade of Bribie Central-Courtesy of Charter Hall .

Next time you are at the Doctor? Ask about a Emergency Medical Information Booklet ! Sits on the fridge door and has all necessary personal Medical information available for the Doctor/Ambulance officer or carer in cases of an emergency.

JUMBLE SALE - Sat 23rd September, 7:30 to noon. St Peter's Anglican Church. COOINDA HALL. 10 Banya St, Bongaree

**NEXT BRIBIE ONE
NHW MEETING
IS ON TUE
19TH SEPT AT
BRIBIE RSL
ANZAC ROOM
9.30 AM.**

All visitors are invited to attend. Next meeting 19th Sep 2023 - ANZAC Room Bribie RSL or Contact Greg Rollason PH: 0431 598 560.

FB Bongaree Neighbourhood Watch E: bongareehw@outlook.com

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

LETS MAKE CRIME PREVENTION A PRIORITY

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



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CRIME REPORT BRIBIE ISLAND WRAP

AUGUST 2023

www.mypolice.qld.gov.au/moreton

SIX MEN CHARGED WITH CHILD EXPLOITATION THIS CHILD PROTECTION WEEK

Specialist child safety detectives from Argos, alongside officers from multiple Child Protection and Investigation Units, have charged six men with more than 100 child sex offences following extensive investigations in the lead-up to Child Protection Week.

In the last week, an extensive series of proactive investigations connected to the work of covert Argos detectives concerning the online possession and distribution of child exploitation material has resulted in the arrest of six men, including:

On August 25, a 44-year-old Beerwah man was taken into custody and charged with 62 child sex offences, including the possession and making of child exploitation material and the use of a carriage service to access and distribute child abuse material on various social media platforms. He is due to appear at Maroochydore Magistrates Court on October 20.

On August 28, police charged a 42-year-old Upper Kedron man with possessing child exploitation material using an online platform

and a carriage service to access child abuse material after executing a search warrant on August 28. He is due to reappear at Brisbane Magistrates Court on September 11.

On August 29, a 39-year-old Cairns man was taken into police custody and charged with three child sex offences after investigations identified the man allegedly used an online platform to possess child exploitation material and using a carriage service to make child abuse material available. He is due to appear at Cairns Magistrates Court on September 18.

On August 30, a 22-year-old Albion man was charged with 14 child sex offences, including the possession and making of child exploitation material, grooming a child under 16 years of age on a social media platform, and exposing them to indecent matter. He appeared at Brisbane Magistrates Court on August 31, remanded in custody. He is due to reappear on October 16.

On August 30, police also charged a 26-year-old Carina man with five child sex offences, including using the internet to procure a child under 16. It will be alleged the man was attempting to meet a 14-year-

old for the purpose of sexual exploitation. He was further charged with the possession and making of child exploitation material. He appeared at Brisbane Magistrates Court on August 31, remanded in custody to reappear on October 16.

On September 1, a sixth man, aged 46 from Fortitude Valley, was arrested and charged with 20 child sex offences, including the possession and making of child exploitation material and the use of a carriage service to access and distribute child abuse material on various social media platforms. It will be alleged the man was involved in the administration of a hidden network on a child exploitation material website and was further charged with grooming offences of a child under the age of 16. Investigators will allege that the man was filming and taking exploitative images of children in public toilets. He appeared at Brisbane Magistrates Court on September 1 and was remanded in custody until September 18.

The arrests coincide with this year's Child Protection Week, which runs September 3 to 9, aiming to engage, educate and empower the community to understand the complexity of

child abuse and neglect and work together to prevent it.

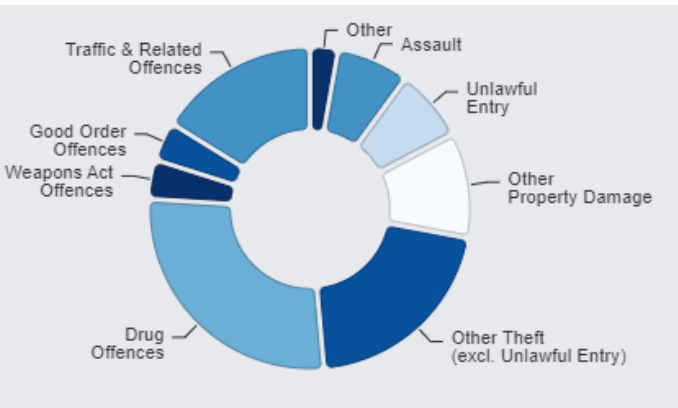
This year's theme is 'Where we start matters', with more than 200 events to be held across Queensland.

Detective Acting Superintendent Glen Donaldson from the Child Abuse and Sexual Crime Group's unit Argos said everyone in the community plays a vital role in caring for children.

"Every day our investigators, including officers dedicated to covert and protracted investigations and victim identification analysts, are working with law enforcement nationally and internationally to prevent, disrupt and investigate child sexual abuse," Detective Acting Superintendent Donaldson said.

"These arrests remind parents and caregivers of the dangers of online predators and how crucial trusted loved ones are in teaching children about privacy, personal safety and that nothing is so awful they can't speak to them about it."

Between 1 July 2022 to 30 June 2023, the Queensland Police Service (QPS) charged 1,587 people with 8,005 child sex offences.



85 Offences
5 AUG 2023 — 4 SEP 2023

Other 2
Assault 6
Unlawful Entry 6
Other Property Damage 9
Other Theft (excl. Unlawful Entry) 18

Drug Offences 24
Weapons Act Offences 3
Good Order Offences 3
Traffic & Related Offences 14

LETTERS TO THE EDITOR



Dear Editor,

When I look at all the devastation of wildlife habitat, the destruction of marine life feeding grounds etc. etc. not just here on Bribie but everywhere, it brings to mind this wonderful quote by Hubert Reeves, the famous Canadian astrophysicist and popularizer of science, who is known for his research on the Big Bang theory as well as his environmental activism and defence of Biodiversity (still with us at 91 years of age):-

"Man is the most insane species. He worships an invisible God and destroys a visible Nature. Unaware that this Nature he's destroying is this God he's worshipping."

Sincerely,

Annette Schnack

Dear Editor,

My friends have told me I should keep writing. Now we have the official advice to help us decide our votes for the referendum, I am shocked to see that it includes the stupidest, most illogical slogan we hear from the NO side.

The logical statement should be, "If you don't know, don't vote". In this country, voting informally is the only way to do that. If you don't know or find out, you don't deserve a vote. If you can't find out in your own bubble, get out and search elsewhere.

H.Beneke

Dear Editor,
I wasn't sure whether to write or not about my story but thought I might as well as I haven't had a response from the hotel and feel as though this may help others.

On May 27th we attended a festival at Sandstone Point Hotel and purchased platinum VIP tickets to the event which cost \$300 pp. When we arrived - there were four people in our group, myself, my husband, my brother and his wife. We were advised we could order 4 drinks pp which was a part of the VIP package we had purchased. As there were 4 of us, we each had gone up several times during the day to order our quota of drinks. By the evening, they had changed the

quota to 1 drink pp, which was fine, we followed the rules. We were also eating throughout the day as snacks were offered as part of the package and a buffet dinner, so this slowed our drinking, and we still had quite a few drinks at our table remaining from each of us. Prior to the main act coming on stage, our group was approached by a bar staff member who advised us it had been one drink pp for quite some time, which we were aware of, and she began pouring our drinks out in front of us - drinks we had paid a package worth \$300 each for.

Of course, her actions upset us, and I had a few words to say to her. I then grabbed a drink from the table to drink it, and she

reached for the drink in my hand and tried to take it from me, which I then told her to get out of my face. Reaching for a drink in my hand, and trying to take it from me, in my opinion, is borderline assault. She then left our table after this and told security that I had threatened to punch her, which was not the case, and I have three witnesses to prove that. We were then told to leave because she told security that I had threatened her.

I have requested the video footage from the hotel, and they have stated that it is not possible and have been advised I will be contacted by management and have not received any response.

You go to a festival to enjoy a great day

out; you purchase VIP tickets to enjoy the benefits that come with the ticket. Our day was not only cut short, and we missed the band we went to see, but we were also treated relatively poorly, lied about and then told to leave for something that was never said, and it was the bartender who was aggressive. Not to mention, the bar staff are the ones who served us the drinks in the first place.

I am unsure if I should be requesting the police to source the video footage or not. I wanted to share my story so others are aware of what can happen and the way paying customers are treated at this establishment.

Thank you,
Kathleen

Dear Editor,
FACTS Instead OF FEAR. Fear can be very powerful, especially when it's used dishonestly. A pamphlet titled '10 Reasons to Say NO at the Referendum' arrived in our mailbox. In addition, some Bribie people have told me their fears if the YES vote succeeds. Much of the fear revolves around money. Aboriginal people would get too much. They already do, according to some people.

Then there is the worry that our PM is being deceitful by not telling us the 'real agenda', a term being used by some Sky News presenters as well as some politicians. I have read the 26 pages that accompany the one signed page that is the catalyst for the Referendum and that our PM talks about. These additional pages give us information about Australia's history. They outline the intended process, as agreed by those who wrote the Uluru Statement from the Heart- First the Voice, followed by Treaty and truth-telling.

There are two considerations for voters. The first is asking us if we agree to our First Nations people being included in our Constitution in order to respect and recognise that they were here first. The second question is whether representatives chosen by Aboriginal communities should have a Voice in parliament - to give politicians information that they can then consider before making decisions that affect Aboriginal Australians. Its role is simply advisory. It would not have the power of veto.

I will vote YES because:

1. Our First Nations should be included in our Constitution - because of our country's history.
2. I agree that politicians need to listen to First Nations representatives before making decisions. The pamphlet in my letterbox is based on fears. I hope Bribie people will do a fact-check on the '10 Reasons' listed before voting.

R. McKenry

Dear Editor,

The first thing we both do when we receive your newsy and excellent magazine is to check out the Letters to the Editor, and the letters in Issue No. 198 certainly didn't disappoint. What an excellent crop they were. We are always most interested in the letters that pertain to our Island, and so we were particularly impressed by the excellent letters of both Elena Telegin and John Oxenford. Elena was commenting on injuries to and death of native animals due to speeding, lack of fencing and the development on First Avenue, which will create even more traffic. John's comments were regarding a new bridge and the raising of finance to build it and the horrifying thought that possibly more development would occur to pay for it.

In fact, both letters have the same theme that there are already too many people and too many vehicles on the Island.

While it is too late to shut the gate on what has happened in the past, there should be NO NEW DEVELOPMENT ON BRIBIE ISLAND, the speed limits should be lowered, and the National Parks fenced. However, having canvassed several of our neighbours and other friends, the general opinion seems to be that lowering speed limits is a waste of time and that speed bumps are the answer.

Sincerely, C.E. & A.F. Schnack.

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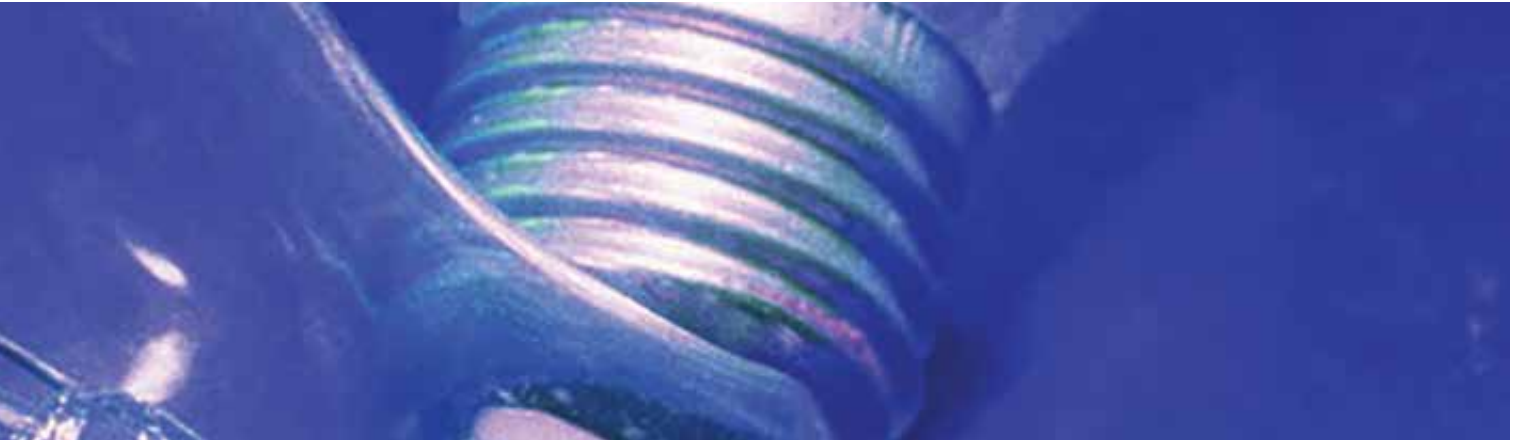
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