

# The Bribie Islander

AND DISTRICTS  
COMMUNITY  
MAGAZINE

ISSUE 201 OCT 6, 2023

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60

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# 201

## 06 Oct, 2023

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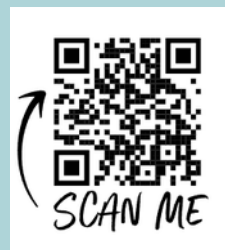


We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging of the lands, winds and waters where we live, learn and work. We pay our respects 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 FIRST NATURE FESTIVAL

18



## BRIBIE BRIDGE CELEBRATES 60 YEARS

30



## BRIBIE & DISTRICT WOODCRAFTERS EXHIBITION

42



**W**e have now passed that incredible milestone of Issue 200, and all that can be said is, "What a ride"!

The magazine started in 2017 as a monthly newspaper, then progressed to a mini gloss magazine and the final development to an 80-page

gloss A4 magazine fortnightly production offering a massive variety of articles both useful and informative, supporting local and community events as well as showcasing so many of our local businesses. I became involved with The Bribie Islander 12 months ago this month when I took on ownership. I have nothing but praise for my staff, who have all invested so much of themselves in the compilation, production, and delivery of our wonderful magazine for everyone to enjoy.

Our staff numbers are small, and it is a massive effort to source articles, design, produce and deliver our magazine, but they do it issue

after issue. We also have a diverse range of writers who continually contribute articles to educate and delight our readers.

I am so proud of their commitment to the Bribie Island community and The Bribie Islander magazine, and I see from so many of the Letters to the Editor that their efforts are also appreciated by the wider community.

Life and times are changing, however, with more and more focus on our environment, and you will have noticed that from Issue 200, we have taken the initiative of moving to Eco Bags for our driveway delivery magazines. There will also, over time, be more of our

distinctive new blue or silver stands placed at venues and businesses around the island and surrounding suburbs, providing additional access to the magazine for locals and visitors alike. Congratulations, Team, on such beautiful and informative magazines, and thank you one and all.

Pauline Wharton  
Owner

### CONTENTS

Crime Report .....	69
Crosswords .....	34
Fishing Report .....	60
History .....	30-33
Island Gardens .....	40
Kids Page .....	35
Letters to the Editor .....	66
Market Times .....	23
Meet Your Local Tradie .....	70
Neighborhood Watch .....	68
Pet Pages .....	38-39
Recipe .....	23
Skies Above Bribie .....	29
Sports Pages .....	36-37
Tide Times .....	61
Trades And Services .....	71-79
VMR .....	58-59

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# Preparing For Your HAIR STYLIST Appointment



To make the most of your hair stylist appointment, it's crucial to prepare beforehand. Scheduling a consultation, bringing inspirational photos for both hair and makeup and understanding aftercare and maintenance are all essential steps in this process.

#### CONSULTATION

A consultation with your hairstylist is crucial in achieving your desired look. Discuss your hair goals and concerns during the consultation and be honest and clear about what you want. Arrive on time and come up with a rough idea of what you'd like, including any inspirational photos. Don't hesitate to ask questions and make suggestions; this will help your stylist better understand your preferences.

To make the most of your consultation, do

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your homework and research the style, colour, and texture you aim for. Be open to your hairstylist's expert advice and recommendations, and ensure you clearly understand the process and aftercare required for your chosen hairstyle.

**BRING INSPIRATION**

Bringing inspiration to your hair stylist appointment ensures your stylist understands your desired look. Photos of your desired hairstyle can help your stylist visualise your expectations and provide them with a clear reference point. To find inspiration, browse through hairstyle inspiration photos online or in magazines. Save or print a collection of images that best represent the style, colour, and texture you want to achieve. This will help your stylist create a personalised plan to bring your dream hairstyle to life.

**ESSENTIAL HAIR PRODUCTS FOR EVERY HAIRSTYLE**

Understanding the essential hair products to maintain and style your hair is crucial. Shampoo, conditioner, styling

products, and hair tools are all vital components of your hair care routine.

In the following sections, we'll explore these products in more detail and how they can help you achieve your desired hairstyle.

**SHAMPOO AND CONDITIONER**

Shampoo and conditioner are the foundation of a healthy hair care routine. These products help keep your hair clean and hydrated, making them essential to any hair care regimen. Shampoos and conditioners, including sulphate-free, volumising, and colour-safe options, are available. When selecting a shampoo and conditioner, consider your hair type, texture, and special needs. For example, look for a moisturising product if your hair is dry. Always follow the instructions on the product label for the best results. Typically, you would apply the shampoo to wet hair, massage it into a lather, and rinse it out, then use the conditioner, leave it on for a few minutes, and rinse it out.

**STYLING PRODUCTS**

Styling products are essential for achieving and maintaining your desired hairstyle. A wide variety of styling products are available, such as serums, glosses, and waxes, which can add hold, texture, volume, and shine to your hair. The type of styling product that works best for you depends on your hair's length and texture. For example, if you have fine, short hair, gels or waxes may be a great choice. If you have longer hair, you have more options to explore. However, if you have thinning hair, avoiding heavier products like oil-based pomades or creams is best.

**HAIR TOOLS**

Hair tools like hair dryers, curling irons, and straighteners can help you create various styles and achieve your desired look. For those just starting, a blow dryer is an excellent tool. When selecting hair tools, consider the shape, plate width, temperature, and balance between price and value. Proper use of hair

tools will ensure that your hair remains healthy while achieving your desired style. Always follow the instructions provided by the manufacturer and be cautious not to use hot tools at too high a temperature.

Aftercare and Maintenance Proper aftercare and maintenance are crucial for keeping your hair looking its best after your stylist appointment. Your hair stylist will provide you with specific aftercare instructions tailored to your hair type and the services you receive. Some general tips for maintaining your hairstyle include waiting at least 72 hours before washing your hair, using shampoo and conditioner designed for coloured hair, being cautious with hot tools, and combing your hair twice daily. Additionally, consider using hair oil or serum to moisturise your hair and a hair mask for extra nourishment.

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# PIÑA COLADA

## PINA COLADA'S SUMMER LAUNCH WAS A GREAT SUCCESS!!

On Wednesday the 27th, Pina Colada hosted a beautiful morning tea at their Benabrow Ave store. It was attended by many ladies who wanted to check out the new season's stock. Pina Colada was launching their summer ranges, leather handbags and beautiful sandals. There were also lucky door prizes. And to make the morning even more delightful, there was a delicious array of sandwiches, cakes and other goodies on offer, which made for a beautiful morning. The staff were warm, welcoming and there to answer any questions and advise anyone who needed it.

Pina Colada offers an exciting range of women's clothing and shoes for everyday wear. Sizes XS to XXXL are in store now, so pop in, say hi, check out the beautiful new summer range and treat yourself today!



*You're Invited*  
To celebrate our 1st Year Birthday

# 1<sup>st</sup> Birthday

# mojito

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# FOREVER VEE

**SUMMER IS ALMOST HERE ON BRIBIE, AND WE'RE LOOKING FORWARD TO LOTS OF TIME WITH FAMILY AND FRIENDS OUTSIDE, IN OUR AMAZING WEATHER**

The Only problem with our Great Weather, is that often we can get hot, and our eyes may not look their best!

**Solution: Get a YUMI™ Keratin Lash Lift and say goodbye to Mascara, Panda Eyes, Lash Curlers or Lash Extensions!**

A **YUMI™ KERATIN LASH LIFT** enhances the natural beauty of eyelashes in a painless, safe, and non-invasive way. It works by boosting and lifting each individual lash to its full natural potential, combined with tinting the lash to give the illusion of thickness; it gives your eyelashes the perfect curl and lift, and an "open eye" look.

**NOT ALL LASH LIFTS ARE EQUAL!**

One of the many ways we differ

from other Lash Lift systems - Our hero ingredient - Keratin - Inside YUMI™ products is where science meets beauty. Keratin is a naturally occurring protein present in our hair, nails, and eyelashes. However, our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age. Your eyes will look brighter, youthful, and glamorous with this lash lift treatment



• It is recommended to use a Lash Serum on your eyelashes (whether you have a YUMI™

YUMI AUTHENTIC BEAUTY LASHES

**KERATIN LASH LIFT** (or not). This will help keep your eyelashes strong, soft, and healthy. The Yumi™ Keratin Nourishing Serum or Yumi™ Biotin Serum is recommended, and is available to purchase at appointment.

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

• Regular Clients benefit, and like their lashes more, the more they have the YUMI™ KERATIN LASH LIFT treatment done.

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

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

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



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

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

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

• Support Local especially Small Businesses!

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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

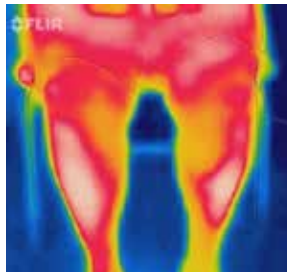


Photo 1: Prior to commencing acupuncture



Photo 2: After one month of 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

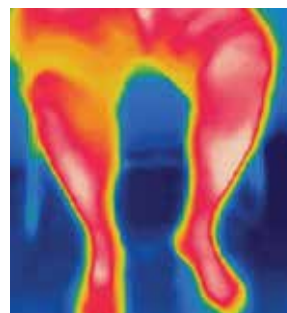


Photo 2: After one month of acupuncture

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 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](http://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).**

## Raquel Nrglife Products Paves The Way

Nrglife Products is aptly named after 'natural life energy' an Australian-owned family business based here on Bribie Island, created through a passion for beautiful, natural soy candles that can hold a good flame and melt right through to the edge.

Raquel made many dreams a reality and was a very busy and successful wedding decorator and gift specialist in the Hunter Valley, NSW for many years before she travelled extensively, fell in love with Queensland, and moved to Bribie Island.

Her attention to detail saw her taking out many acclaimed Awards within the Wedding Industry.

Raquel decided to start a home-based candle, crystal and associated products business just before Covid, and it was perfect timing. Raquel was recently asked what makes you stand out from the rest?

She replied, "That's easy, I make my candles with clear feminine,

loving energy, and that shines through in my product. My one-of-a-kind candles have been made with clear intention and you only have to see my product to believe everything I have just said".

Most people want one of three things out of a class.

- Enjoy a fun day out.
- Learn to make Candles at home.
- Learn to make candles for profit.

Raquel has you covered.

Do you want to make candles for family and friends as gifts this Christmas? Well, now is the time to book into a Candle Making Class so you know how. Limited Classes now until November!



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## MY Relationship ended. WHAT NOW?

Do not stay alone once the grieving period is over and you have cried your heart out. Loneliness is the stepping stone to depression after a breakup. Force yourself out of bed, make plans with friends, and take up an extra assignment that you would enjoy doing. Do not come back to an empty house early. Catch up with all the friends you ignored during the relationship... Make amends.

### GET THAT SEXY MAKEOVER

Get yourself an appointment at a beauty salon. Spend a day getting a pedicure, manicure, a body massage, and a hair wash. You need this TLC, and what better than a salon for some pampering? These are the blissful things to do when you break up with your ex.

### COOKING

Cooking or baking can be a huge stress buster, provided you like to do it. Bake yourself a chocolate cake or cook a hearty meal. Take these goodies to work and be loved for bringing them. Or eat them by yourself. Give that weighing scale a break. Experiencing a loss of appetite after a breakup is common. Let's fix it with this yummy hack, right?

### LET IT OUT WITH KARAOKE

Scream your lungs out to that empowering Adele song at the karaoke, "Send my love to your new lover, treat her better." These things to do after a breakup will give you the emotional release you need. That anger and frustration you've been feeling? Yeah, let it out. Stamp your feet, put your hands in the air, and let loose.

Rearrange your home

Get rid of anything that reminds you of your ex—erasing memories after a breakup is not that difficult. Move the lamp, rearrange the sofa, change the curtains, and give those cushion covers a well-deserved break. See? It looks so much better. These little things can be refreshing.

### STAY IN

While it'd be great to hit parties and clubs and flirt around, too much of it may take a toll on you. Once in a while, grab some takeaway, buy your favourite chocolates and ice cream, and binge-eat while watching an entire season of a web series. No matter what everyone says, nothing is as good as your blanket. What can be better than watching a movie or a series on Netflix with a bowl of popcorn? And the fact that you are dressed in your comfy pyjamas makes the whole thing so cozy!

### COMPLETE THAT HOME PROJECT

Whether it is the lawn that has been screaming for your attention or the walls that were to be painted three months ago, check them off your to-do list. Fix stuff that has been hanging loose, and you will feel accomplished. Healing begins by getting your life together step by step. A breakup is not easy to handle, but only you can help yourself. Forgive yourself if you do something silly because there is no point in being too harsh on yourself when you are going through something so painful. Laugh at your 'past' mistake. Take it one day at a time!



## TRUSTING THAT EVERYTHING ALWAYS WORKS OUT EVEN WHEN YOU THINK IT IS DOING ANYTHING BUT THAT.

Recently, I was given a beautiful gift: a reminder that life takes care of itself, a reminder to trust that everything works out and to let go. To know that a force greater than us is really taking care of things for us, and all we really must do is surrender...

Surrendering is not about giving up. It means to stop resisting how things are to accept what is, and to let go. When we do this, it can create a lightness within us and we can see things from a different perspective and when we can do this, often we can see the positive benefits of having the experience.

For those of you who are parents, you know the feeling

of wanting to give your child a good education and one that suits their needs.

You see, my daughter is in year 10, and we have been going through the process of finding a new school, as her education ends where she is... now, you may think that is no big deal, though my daughter has been 'Steiner' educated so she has never sat an exam, but has a strong love of art and music and a love of learning, so after visiting many schools in the area, I knew that she would find all the structure and the exams challenging, as well as not providing her the opportunity to pursue her love of the arts, as she has done. I even looked at sending her to the next Steiner school, which is an 80-minute drive away.

Long story short, after many phone calls and school visits, one day, I really surrendered, knowing we would find the perfect school, that would support her, with the

transitions, and provide her with a love of learning and a passion for the arts. Within a day, I found the school. As soon as I saw it, I knew I felt it in all my bones; everything just felt in flow. When we communicated with the school, it reaffirmed that, and my daughter was offered a place, where there were limited spots.

All the closed doors were really a way of allowing what was meant to be. It was stressful at times, though I had faith that it would all work out. When I reflected, it reminded me how there is never any need to worry or to doubt that things will work out; all you must do is trust.

Need help in trusting the process of life's journey, or perhaps find more inner peace and happiness? Call me on 0405 361 882 or reach out on Facebook messenger: MariaChristina.Love

Always with love,  
Maria Christina x

## 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/](https://suncare.org.au/community-connections/)  
or contact Suncare at 1800 786 227



1800 786 227 | [suncare.org.au](https://suncare.org.au)

*Making people's lives better*

# Dear Pumicestone

## HAVE YOUR SAY NOW ON THE DRAFT WOMEN AND GIRLS' HEALTH STRATEGY!

You can take part here:  
[www.health.qld.gov.au/womens-health-strategy](http://www.health.qld.gov.au/womens-health-strategy)

Our Palaszczuk government wants to improve the care women and girls are getting in our health system.

Women and girls face slower diagnosis and treatment of their health conditions, and poor pain management.

Research shows 1 in 3 Australian women feel dismissed by healthcare professionals - for example when they seek help for a serious condition but are simply told to lose weight, or that pain is "just normal" for women.

When the health system doesn't listen to women and girls, it can have a negative impact on their education, their work and their quality of life.

That's why our Palaszczuk government is introducing the Women and Girl's Health Strategy to help achieve gender equality across Queensland.

It will cover important areas including maternal health, mental health, chronic conditions, cancer, and sexual and reproductive health.

But for the Strategy to work, we need to hear women's priorities and experiences in the health system.

### How can you have your say?

I would love for every woman and girl in our community to tell her story or give her ideas about how our government can improve women's healthcare.

Share your experiences and view now online here. [www.health.qld.gov.au/womens-health-strategy](http://www.health.qld.gov.au/womens-health-strategy)

Or you can send an email to [womenshealthstrategy@health.qld.gov.au](mailto:womenshealthstrategy@health.qld.gov.au) sharing your thoughts.

Hearing from women and girls about your health experiences will make a real difference.

It helps us understand the issues so we can look at how to make health services and outcomes better.

Over 2,000 people have already taken part - it only takes a few minutes.

Please join them in shaping the future of women and girls' health.

**If you have any questions, please contact my office by emailing [pumicestone@parliament.qld.gov.au](mailto:pumicestone@parliament.qld.gov.au) or calling 07 3474 2100.**

Warmly



Ali King  
State member for Pumicestone



## A BRAVE LIFE IS A GRASSROOTS CHARITY WITH A BIG VISION.

Being a new Mum is even harder when you're doing it tough. That's why Ali King is partnering with A Brave Life to deliver Baby Bundles to struggling new Mums. A Brave Life equips and empowers vulnerable mothers facing a broad range of challenges such as domestic violence, poverty, trauma, relationship or family breakdown, unplanned pregnancy and homelessness. Through their Baby Bundle program, they partner directly with social workers, midwives and community organisations to see that Baby Bundles go directly to vulnerable mothers in need, who are facing a broad range of challenges. At A Brave Life, they believe in gifting brand new, good quality & safe baby products to vulnerable mothers, who are having their first baby.

The Baby Bundles are designed for a vulnerable mother to arrive at the hospital with all the immediate essentials needed for her newborn baby, such as nappies, wipes, baby wash and newborn clothing. "Bundles include essentials like nappies, baby clothing and a baby bag, plus important info to give baby the best start. This vital support service will help Mums who need it most - including those at risk

of homelessness, housing stress, domestic and family violence, family breakdown and unplanned pregnancy' said Ali. Many vulnerable mums have had a rough journey. They may have had a difficult childhood or have had a distressing relationship with the baby's father. They may have survived domestic violence, mental health challenges, or insecure housing. Whatever's happened in their life up to this point, A Brave Life is here to help them get back on their feet, develop life and parenting skills, complete their education and find employment to support their independence.

### Join A Brave Life as a volunteer!

Looking for a way to make a difference? A Brave Life is looking for volunteers to partner with them in creating a positive impact in the community. If you're interested, they'd love to hear from you!

**Bundle Packing:** Become a vital part of our production line at ABL. Help pack baby bundles in their facility, preparing them for dispatch to those in need.

**Baby Bundle Delivery Driver:** Hit the road with them! Join the team of delivery drivers and bring smiles to hospitals and community groups across the Sunshine Coast down to Logan, ensuring bundles reach their destinations.



Community Events/  
Fundraising Volunteer: Get involved in local stands and community events, supporting A Brave Life by selling merchandise and raising awareness about the charity.

**Interested? Head to the website for more info [abravelife.com.au/get-involved/volunteer/](http://abravelife.com.au/get-involved/volunteer/)**



## "Making a Difference"

Our current Secretary, Jennifer, recently received the "Making a Difference" Award for April- July 2023 from the National View committee for her outstanding contribution to the Bribie Island Club, **VIEW**, The Smith Family and the community. The award was presented to Jennifer at the September meeting by President Kay. Jennifer has served in several positions on the Committee of the Bribie Island **VIEW** Club, being the President, Secretary and Treasurer. Her achievement will be acknowledged on the VIEW website, and her name will be added to the Honour Roll at the National Convention, 2023 which will be held in Hobart in September 2023.

**VIEW** (Voice, Interests and Education of Women) is a national women's organisation and support network, bringing together women to enjoy social activities, develop skills, and make connections - all while supporting Australian children experiencing disadvantage. VIEW is also the largest community sponsor of students in The Smith Family's Learning for Life program, with the Bribie Island club supporting six students through its fundraising activities.

The Guiding Principles of **VIEW** are to be inclusive and welcoming, supportive and caring, respectful and collaborative, which supports the fun and friendship purpose of VIEW whilst supporting The Smith Family through club fundraising ventures. For those who are interested in finding out more about **VIEW** or who would like to join, visit [view.org.au](http://view.org.au) or call **Kay 0410 653 628**. We are always keen to welcome new members.

# 5 Major Health Effects of Alcohol Addiction



**A**lcohol addiction is a severe and widespread problem affecting millions of people worldwide. It is a chronic disease characterised by a compulsive need to consume alcohol, despite its negative consequences on an individual's health and well-being. The impact of alcohol addiction is far-reaching and can affect every aspect of a person's life, including physical health, mental health, and relationships.

## PHYSICAL HEALTH EFFECTS OF ALCOHOL ADDICTION

Alcohol addiction takes a toll on the physical health of individuals in various ways. One of the most immediate and noticeable effects of excessive alcohol consumption is liver damage. Prolonged alcohol abuse can lead to alcoholic hepatitis, cirrhosis, and even liver failure. Additionally, alcohol can weaken the immune system, making individuals more susceptible to infections and diseases. Apart from liver damage, alcohol addiction can also have detrimental effects on the cardiovascular system. Heavy drinking increases the risk of high blood pressure, heart disease, and stroke. It can also lead to pancreatitis, a painful inflammation of the pancreas, and damage to the digestive system, resulting in issues like gastritis and ulcers.

## MENTAL HEALTH EFFECTS OF ALCOHOL ADDICTION

Alcohol addiction not only affects physical health but also significantly impacts mental health. Alcohol is a depressant, which can exacerbate sadness, anxiety, and depression. Many individuals use alcohol to cope with stress or emotional pain, but it only worsens these conditions. Moreover, long-term alcohol abuse can lead to severe mental health disorders such as alcohol-induced psychosis and alcohol-related dementia. These conditions can cause memory loss, confusion, and difficulty with cognitive functions. Alcohol addiction can also contribute to developing co-occurring mental health disorders, such as bipolar disorder or anxiety disorder, making the situation even more complex. Social and relationship consequences of alcohol addiction

## ALCOHOL ADDICTION CAN DEVASTATE AN INDIVIDUAL'S SOCIAL LIFE AND RELATIONSHIPS.

It often leads to strained relationships with family members, friends, and loved ones. The erratic behaviour and impaired judgment associated with alcohol abuse can result in arguments,

conflicts, and even violence. Many individuals struggling with alcohol addiction experience declining work or school performance, leading to financial difficulties and isolation.

**Furthermore**, alcohol addiction can also increase the risk of legal problems such as driving under the influence (DUI) or public intoxication. These legal issues can have long-lasting consequences and strain relationships and social interactions. Long-term health risks associated with alcohol addiction

**The long-term health risks** associated with alcohol addiction are numerous and potentially life-threatening. Chronic alcohol abuse can damage vital organs such as the liver, brain, and heart. It increases the risk of developing various types of cancer, including liver, breast, and oesophageal cancer.

**Additionally**, alcohol addiction can lead to nutritional deficiencies, as heavy drinking often replaces nutrient-rich foods. This can result in malnutrition and a weakened immune system. Over time, individuals struggling with alcohol addiction may also experience hormonal imbalances, sexual dysfunction, and fertility issues. Signs and symptoms of alcohol addiction  
Recognising the signs and symptoms



of alcohol addiction is crucial to seek help and support. Some common signs of alcohol addiction include an inability to control or limit alcohol consumption, withdrawal symptoms when attempting to stop drinking, neglecting responsibilities and obligations, and continuing to drink despite negative consequences. Physical signs may include tremors, slurred speech, and changes in appearance.

It is important to note that alcohol addiction can manifest differently in everyone, and not all symptoms may be present. However, if you or someone you know is experiencing any of these signs, it is vital to seek professional help.

### UNDERSTANDING THE CYCLE OF ADDICTION AND HOW IT AFFECTS HEALTH

Alcohol addiction is a complex cycle perpetuating through physical and psychological dependence. The process typically begins with the initial positive effects of alcohol, such as relaxation or stress relief. Over time, individuals develop a tolerance, requiring more significant amounts of alcohol to achieve the desired effects. This leads to increased consumption, which further reinforces the addiction.

The cycle of addiction can have severe consequences for an individual's health. As the addiction progresses, individuals may neglect their physical and mental

well-being, prioritising alcohol over proper nutrition, exercise, and self-care. This can exacerbate the physical and mental health effects of alcohol addiction, further compromising overall well-being.

**Treatment options** for alcohol addiction Fortunately, numerous treatment options are available for individuals struggling with alcohol addiction. The first step toward recovery is often detoxification, which involves safely removing alcohol from the body under medical supervision. This is followed by a comprehensive treatment plan that may include therapy, counselling, reaching out to alcohol addiction helplines, support groups, and medication when necessary.

**Inpatient rehabilitation** programs provide individuals with a structured environment, intensive therapy, and round-the-clock support. Outpatient programs offer flexibility, allowing individuals to receive treatment while maintaining their daily routines. Both options can be effective, depending on the individual's needs and circumstances.

### SUPPORT RESOURCES FOR INDIVIDUALS STRUGGLING WITH ALCOHOL ADDICTION

Support is crucial for individuals struggling with alcohol addiction. Numerous resources are available, including support groups such as Alcoholics Anonymous (AA), where individuals can connect with

others who have gone through similar experiences. Therapy and counselling can provide a safe space to explore the underlying causes of addiction and develop coping strategies.

**Family and friends** also play a vital role in supporting individuals on their recovery journey. Educating oneself about alcohol addiction, attending family therapy sessions, and providing emotional support can make a significant difference in recovery.

### CONCLUSION AND THE IMPORTANCE OF SEEKING HELP

Alcohol addiction is a serious and devastating condition that affects not only the individual struggling with addiction but also their loved ones. Understanding the physical, mental, and social consequences of alcohol addiction is crucial to seek help and support. By recognising the signs and symptoms, understanding the cycle of addiction, and exploring available treatment options, individuals can take the first steps toward recovery and a healthier, happier life.

If you or someone you know is struggling with alcohol addiction, it is essential to reach out for help. Professional treatment and support resources can provide the tools and guidance to overcome addiction and regain control. Recovery is possible, and seeking help is the first step toward a brighter future.



## SPIKE IN ALCOHOL-INDUCED DEATHS SOUNDS ALARM

New data from the Australian Bureau of Statistics (ABS) reveals a 9.1 per cent increase in the alcohol-induced death rate in 2022 – the highest rate recorded in over a decade.

### The ABS Causes of Death, Australia report shows:

There were 1,742 alcohol-induced deaths

(1,245 males and 497 females) in Australia in 2022 from causes such as liver cirrhosis and alcohol poisoning.

The age-standardised rate for alcohol-induced deaths was 8.7 for males and 3.4 for females, representing the highest rates in the past decade.

The most significant numerical increase in alcohol-induced deaths from 2021 was in females aged 45-64 (55 more deaths) and males aged 65-84 (47 more deaths).

The Alcohol and Drug Foundation's CEO, Dr. Erin Lalor, said the increase in the death rate from 2021, driven by complications associated with chronic alcohol use, reiterated the need for greater action to stop the numbers rising.

"These heartbreaking deaths, which are mostly preventable, have a ripple effect on the community, with friends and families suffering. Our thoughts are with those impacted," Dr Lalor said.

"We can't afford to delay action further to reduce these unacceptable numbers, increasing since 2018. More significant investment in evidence-based prevention, harm reduction, and treatment services is urgently needed. "We also need stronger regulations around the availability and promotion of alcohol linked to higher-risk drinking.

"We know that men experience a significant proportion of alcohol harm,

and this data shows the importance of targeted interventions with vulnerable populations, including people with long-term alcohol use problems.

"By supporting people to seek help and directing them to the best services and programs for their circumstances, we can shift attitudes and behaviours towards alcohol and encourage early behaviour change."

For support or advice, visit [adf.org.au](http://adf.org.au) or call the National Alcohol and Other Drug Hotline on 1800 250 015.

If you are worried about your or a loved one's alcohol or other drug use, people can also visit Path2Help. This tool will connect you with local services in your area to help you have that initial conversation.

About the Alcohol and Drug Foundation: Celebrating over 60 years of service to the community, the Alcohol and Drug Foundation is one of Australia's leading organisations committed to preventing and minimising alcohol and other drug harms in communities nationwide. The Foundation reaches millions of Australians through sporting clubs, community organisations, health care settings and schools, providing educational information, drug and alcohol prevention programs and advocating for lives unlimited by alcohol and drug harm.

# Don't Miss Bribie's

**B**ribie Island Nature Festival is happening on 20 - 22 October, and events and activities are selling out! The festival is an opportunity to discover new corners of our favourite island home and see familiar attractions in a new light. Invite your family and friends for the weekend and learn a new skill or gain some new insights into the world around us.

There are more than 30 events and activities happening around the island for the Bribie Island Nature Festival - here's a description of a few to whet your appetite!

## **THE BEE BABETTE AT BRIBIE ISLAND BUTTERFLY HOUSE**

Everyone knows that visiting Bribie Island Butterfly House is a delightful experience and that the volunteers do remarkable work in protecting our precious and beautiful pollinators. On the weekend of the festival, wild bee scientist Dr Kit Prendergast (aka The Bee Babette) is coming to Bribie Island Butterfly House to present two workshops. Exploring our Pollinators is a workshop for children on the importance of butterflies and bees in the environment. Children can make a puppet, learning about pollinators in this morning activity. And of course, the morning includes some free time in Bribie Island Butterfly House, waiting for that perfect moment when a butterfly lands - have your camera ready!

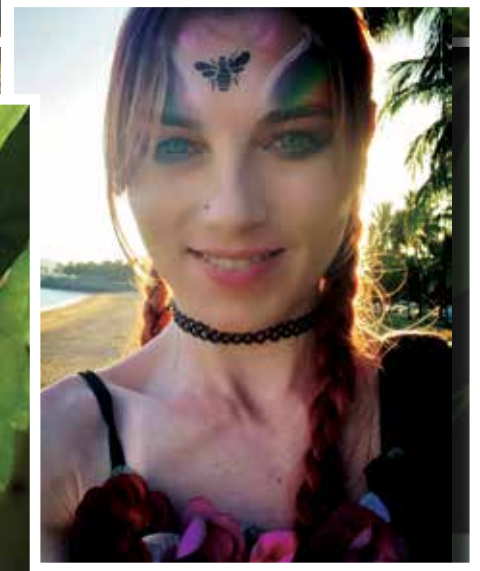
The Birds and the Bees of our Pollinators is an adults-only workshop exploring the inner world of plant sex (pollination) and also explores the role of pollinators in human love lives. Dr Kit Prendergast is a highly regarded bee ecologist and science communicator appearing on Gardening Australia, and in 2019, was a finalist in Young Scientist of the Year. Her workshops are guaranteed to be informative and entertaining.

Also happening on the festival weekend is the Bribie Island Orchid Society Spring Orchid Show and entry to both workshops includes entry to the stunning array of orchids on display.

## **The Pumicestone Piano**

Here's your chance to perform at the Bribie Island Nature Festival!

A piano, gifted to Bribie Island from the Brisbane Synagogue, is making its way to



# First Nature Festival!

Bribie Island and community performers are invited to book a time for a micro-recital!

Local artist Carmen Tapper is working with the children of Bribie Island Community Kindergarten and will paint the piano in a design highlighting Bribie Island's amazing visitors - the migratory birds that visit on an annual basis. Many of the migratory shorebirds that visit Bribie Island fly more than 12,000 km from the Arctic to spend the summer here, and this project celebrates this remarkable journey. The migratory birds will also be the feature of a talk at the Bribie RSL on Sunday 22 October, led by Joshua Wilson and Lena van Swinderen at the Fuller Institute of the University of Queensland. T

The Pumicestone Piano will be housed at the Bribie Island Community Arts Centre during the festival, and anyone interested in booking a performance, can contact [venuemanager@bribieartscentre.com.au](mailto:venuemanager@bribieartscentre.com.au)  
For more information, see: [www.bribieislandnaturefestival.com.au](http://www.bribieislandnaturefestival.com.au)

#### Bird Observation Basics

Ready to take that next step in a casual interest in birds? Migratory Shorebird Program Officer of Birdlife Australia, Lena van Swinderen, and University of Queensland conservationist Joshua Wilson lead three short walks at Buckley's Hole Conservation Park on Sunday, 22 October. Participants to this free event will learn bird observation tips and techniques how to manage your own bird lists - a great starting point for beginners and for more experienced bird enthusiasts to deepen their knowledge.

Free event and bookings are required: [www.bribieislandnaturefestival.com.au](http://www.bribieislandnaturefestival.com.au)

**For bookings or info: [www.bribieislandnaturefestival.com.au](http://www.bribieislandnaturefestival.com.au)**  
**Enquiries: [info@bribieislandnaturefestival.com.au](mailto:info@bribieislandnaturefestival.com.au)**



## BRIBIE ISLAND NATURE FESTIVAL

A community festival celebrating art and nature

OCTOBER  
20 | 21 | 22

[www.bribieislandnaturefestival.com.au](http://www.bribieislandnaturefestival.com.au)

# VERNAZZA

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**\$15**  
main meals\*

wide selection of meals available  
available from 5.00pm

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

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**THURSDAY NIGHTS**



**Steak and Prawns**

250g Rump Steak, garlic prawns, chips and salad

**\$23**

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AVAILABLE MONDAY TO FRIDAY  
11.30AM TO 2.00PM

- NORTHERN RIVERS ROAST PORK
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STILL ONLY **\$12** EACH

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**\$17** includes a pot of beer, glass of wine, pot of soft drink or coffee

menu changes weekly

Lunch 7 Days From 11.30am And Dinner Wed To Fri From 5.30pm  
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Let's go Travel mainly for people Male or Female, who are looking for a Travel Buddy to do a Trip/ Cruise with, rather than looking at travelling Solo.

We to discuss previous trips we have done (International- the favourite or Domestic) and then maybe trips we would Like to do and would like someone to travel with rather than paying the single supplement, which can sometimes be additional thousands.

Some People may like a Travel Buddy and still go on an escorted Group Tour, but it means you have someone with you and you're not alone at night, or eating alone etc. There are many well-travelled people, some who even travel solo and are happy to do so and others who can advise if you want to do it alone, plenty on Bribie, and they have some

wonderful insightful tales to tell.

We also discuss e-sims for different countries, travel insurance, tips and tricks of travelling/cruising etc. and generally a meet-up to see if someone might be travelling somewhere you would like to go also.

Between the attendees, we can often produce an answer to many questions

And it's good to meet new people!

**LET'S GO TRAVEL  
MEET UPS @ BRIBIE  
RSL, NEXT MEETING  
15TH OCTOBER 2023 @ 3PM**

**red rooster**

**\$5 QUARTER CHICKEN & CHIPS**  
UNTIL 4PM

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<b>BURPENGARY</b> 163a Station Rd	<b>DECEPTION BAY</b> 444 Deception Bay Rd	<b>REDCLIFFE</b> 82-98 Anzac Ave	<b>BRIBIE ISLAND</b> 75 Cotterill Ave, Bongaree

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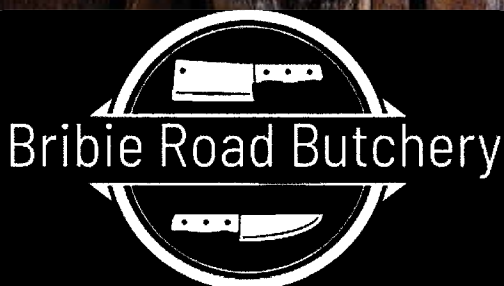
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# MASTER SAVOURY BEEF MINCE RECIPE

SERVES 4 - PREP TIME 10 mins COOKING TIME 30mins

## INGREDIENTS

- 500g lean beef mince
- 1 tbsp olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 1 large carrot, finely chopped
- 2 celery stalks, finely chopped
- 2 tbsp tomato paste
- 400g can crushed tomatoes with herbs
- 2 tbsp thyme leaves
- 2 tbsp Worcestershire sauce
- 1 cup (250ml) beef stock
- 400g pasta of choice
- Shaved parmesan, small basil leaves, mixed salad leaves, to serve

## METHOD

1. Heat oil in a large non-stick frying pan over medium-high heat. Add onion and cook for 5 minutes until softened. Add garlic, carrot and celery and cook for 2 to 3 minutes. Add mince and cook for 5 minutes or until browned. Add tomato paste, tomatoes, thyme, Worcestershire and stock and bring to the boil. Reduce heat and simmer for 10 to 15 minutes or until sauce has thickened.

2. Prepare pasta in a large saucepan of salted boiling water according to packet instructions. Drain.

3. Divide pasta between bowls and top with mince mixture. Sprinkle with parmesan and basil and serve with mixed salad.

**TIPS** - The mince base can also be used for tacos, quesadillas, or nachos, to name a few.

Add some chilli flakes or fresh chilli for a spicy mince. The mince base also freezes well - make a double batch and pop half in the freezer.



When life becomes overwhelming, as it often does, it becomes easy

to forget how to celebrate life every day and maintain a positive mindset. So, let's look at how to celebrate life every day by adopting habits that will support your efforts to celebrate life and be happier! There are many simple ways to celebrate even small things!

Wake up and live each day as if it is your first and last. Open your eyes and be thankful for ALL that lies ahead each day. Face each task enthusiastically since you never know if you'll have another today. There are so many things to celebrate in life! Plus, it could be your last day on Earth, and you want to make it great!

# AWESOME Ways to Celebrate Life Every Day

Focus on all that is good in your life. Write in your

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### BRIBIE ISLAND LUNCH CRUISE 2023

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

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**Price Includes BBQ lunch and cruise**

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

**2023 DATES: Tue 14 Nov**

**2024 DATES: Fri 12 Jan, Wed 28 Feb, Fri 15 Mar, Wed 10 Apr, Fri 24 May, Thu 27 June**

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

**T: 07 3630 2666**

**E: [info@brisbanecruises.com.au](mailto:info@brisbanecruises.com.au) W: [www.brisbanecruises.com.au](http://www.brisbanecruises.com.au)**





journal about your favourite people, places, and things. Someday, you'll enjoy looking back on your memories from this moment. Over time, your responses will change, and it will make good reading to compare your favourites. Meanwhile, it will help you develop an attitude of gratitude that will serve you well today.

**S**pend time relaxing in an area of your home where you feel safe, comfortable, and cozy. Be sure to maintain an area just for you where you can quietly reflect on your day. Even if it's just ten minutes, feel everything good about your day.

**H**ave a conversation with yourself about life. Take a few minutes each day to have a conversation with yourself about something you need to reflect on or something you feel the need to analyse. Or talk about the pros and cons related to a decision you need to make. Keep it light. Don't let anxiety take over because anxiety never helps solve anything. Just have a simple conversation with you and your inner self!

**L**et go of the past and appreciate the now. Holding on to the past only takes away from your JOY today. Let go of anger and fear. Let go of regrets and sorrows. Those feelings are unproductive today but have served you well in getting to this point in life. Appreciate all the feelings... all the emotions... and then let them go. Grow in grace. Celebrating life will bring

you peace, comfort, and happiness each day. As these feelings grow, you will also grow in grace. You will learn to be more present, more mindful, and more appreciative. It will help you mature and gain more knowledge about living life well and self-love. You will learn to see the many little blessings right before you that give you a reason to celebrate life.

**L**et the child in you come out and play! Walk in a puddle... sing in the sunshine... talk to the birds... play with the pets... chase a squirrel... ride a carousel... go to the park. You get the idea! Let your inner child come out. Laugh. Smile. Have a ball! Celebrate every day!

**B**e courageous and explore things outside of your box. Sometimes it's challenging to step outside of your box, but it can be so empowering! Travel farther than you usually travel alone. Eat alone at a busy restaurant. Buy a new (different) outfit and surprise everyone at work. You will be surprised how empowering it can be to think outside your box and see things from a different perspective! Show up with a SMILE. Always. Whether you feel like it or not. It makes everything better. And it makes every day feel like a celebration. Act like every day is a special day!

**S**pend time looking through the news for feel-good stories that highlight the beautiful acts of kindness people do in the

world. Share those stories with people you meet during the day. SMILE about these stories that celebrate life and appreciate the goodness in our world.

**H**ang with your friends more often and do what makes you all happy. Social health is as important as physical, mental, and spiritual health. Don't let anyone take this away from you. In our fast-paced lives, we can easily let our friendships go by the wayside. Instead, make it a point of enjoying time with your friends. Find an occasion to celebrate with your friends!

**E**xercise. It doesn't have to be a militant exercise. Just move. Stretch. Dance. Swim. Walk. Do what you can do. But get something each day because it's good for your mind, body, and soul. You can't celebrate life every day if you aren't at your best, right? Make this your time to celebrate yourself! Plus, you can encourage friends and family to join you!

**G**et outside. Nature is a great gift that everyone should celebrate. There are endless opportunities for mindless exploration and relaxation in the beauty of nature. The mysteries alone have no bounds. There are so many little things to see and celebrate. Nature soothes the soul and heals the body. Celebrate life every day with the joy of getting outside in nature. Doing it with friends and family is even more fun!

# Mid-week Special

## FISH CHIPS & SALAD or COLESLAW

\$9.50



**Savige's**  
SEAFOOD

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

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

Visit us on  **facebook**





PHONE YOUR  
ORDER  
THROUGH  
THEN COME  
PICK UP!!!

# The Joys and Benefits of Music



By: Nicki Herriot

Throughout humanity's history, music has played a vital role in the development of civilisations. Music is a core human experience; a great social activity facilitating bonding between people, while decreasing feelings of loneliness and isolation.

Learning to play a new instrument builds on these bonds, brings a great sense of achievement and satisfaction, and becomes a whole-body workout for the brain. It enhances brain function in children and limits cognitive decline in older adults (the relationship between motor and auditory parts of the brain is strengthened when physically playing music).

## MUSIC CAN BENEFIT YOUR CHILD IN MANY AREAS

**Brain growth, language and maths skills.** Studies in neuroscience show that music can enhance brain function in children. Playing an instrument, singing and listening to music stimulates the brain, leading to the formation of new neural connections. Studies also show that young children who participate in music classes have improved speech development and learn to read more easily.

**Memory, attention, concentration and coordination.** People who are musically trained tend to have better working memory skills, helping them to remember things even while their minds are busy with other matters. Just like playing sport – music helps children develop their motor skills, helping the body and mind work together.

**Achievement and resilience.** Learning an instrument teaches children to work towards agreed goals and practice self-discipline. Setting aside regular time for practice develops commitment and patience. Mastering a new piece of music leads to a sense of pride

and achievement, and helps children to learn the value of self-discipline.

The joy of music. Whether a child or an adult of any age, music gives us a way to express ourselves, to unleash our creativity, to be inspired and uplifted, to relax, and to relieve stress and tension. The joy that comes from being able to not just listen but play a beautiful piece of music or a favourite pop song can make your heart sing! Play piano today.

## NICKI HERRIOT BIO

Nicki has been helping students learn, have fun and reach their potential on piano, keyboard or theory of music for over 25 years.

You are in good hands as Nicki is a well qualified and experienced piano teacher, who studied through the Royal Schools of Music and Trinity College of London in piano, voice and theory.

Nicki taught on Brisbane's southside for a number years at Dittmann's Music School in Logan City, running pre-school music classes and private piano, keyboard, and theory of music lessons. She also operated a popular private teaching studio attracting students from beginners to advanced levels.

Nicki also spent time teaching for the Forte School of Music. Since returning from living in the Northern Territory, Nicki opened a new studio at Godwin Beach in 2021.

In addition to music teaching, Nicki has experience as a choir leader, in musical theatre and as an accompanist for musical groups, choirs and calisthenics groups. She currently provides accompanist services for students sitting instrumental exams. Nicki believes that creativity is essential in bringing learning to life.



## Learn Piano and Keyboard



Call Nicki Herriot

**0407 327 384**



nickiherriotmusic@gmail.com • www.nickiherriotmusic.org  
30 Rose St, Godwin Beach Queensland

# ART TARTS

**14 November to 3 December 2023**

Opening Night Tuesday 14 November at 6 pm  
(no booking required)

Bribie Island Community Arts Centre



Photos show Helen's Pelicans, Bev's pottery fish, Diane's artwork, Prim's glass art and Wendy's washable paper products.

**The ART TARTS** are an exciting and diverse group of artists that produce wonderful, vibrant, unusual and quality Art. Their much-anticipated exhibition has been extended by a week this year, giving you all an extra week to appreciate the talent they offer and fill up those Christmas stockings.

The Art Tarts Exhibition is a favourite on the Bribie Island Community Arts Centre calendar, and the thirteen incredible artists exhibiting this year will not disappoint. An eclectic and vibrant mix of returning Tarts - Bev (potter), Helen (silver and enamel jewellery, mixed media), Sheryl (pen & pencil work, acrylics and pastels), Lyn (fused and slumped glass), Prim (fused glass art), Diane (acrylic and mixed media abstracts), Molly (quirky art using recycled materials), Susan (watercolours and gold jewellery), Noeline (textile art), Beth (mosaics and macrame), and new Tarts - Wendy (washable paper), Jenny (fabric artist) and Leeanne (potter). All items are for sale.

The Art Tarts will again donate items for their raffle supporting Bribie Pink Dragons.

Come and enjoy this fantastic exhibition, have coffee and cake at Cafe 191, browse through the Arts Centre and appreciate what the local community has to offer.

# 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

## 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."

## Antique - Vintage

### ITEMS WANTED

After All Kinds Of Vintage And Antique  
Furniture, Bric - A - Brac, Collectables,  
Curios And Old Shed Items

**CASH PAID - 0400 749 454**



*Terry Wilkinson*



## BICAS BEGINNERS BITES

### COURSE INFORMATION - ROUND 4 October 10 to November 10

**Round 4 of Beginners Bites gets underway in October.**

Be quick to book your place in one of these bite-size courses for BICAS members who are keen to 'try something new'.

The 2-hour classes will be held one day a week. The cost is \$40.00 plus any materials the student will need to provide. Some equipment will be supplied by the Arts Centre for students to use while they are attending the course.

**Participants must be a member of BICAS and not currently in any Working Together Group there.**

**Registration and full payment essential to reserve your spot and this can be done at the front desk. Places limited.**

**Tuesday Bribie Potters Intro to Pottery: Starts Tuesday October 10, 12.30 – 2.30: Studio 1.**

From a handful of wet clay to a beautiful bowl, the tutor will teach you the magical world of making hand-built pots. These hands-on lessons will take you through each part of the pottery



*Helen McDonald*

making process. You'll learn pinch pots, coil building, slab forms and all the decorative techniques that make your work unique to you.

**Wednesday Intro to Watercolours: From October 11, 1pm – 3 Studio 1**

Terry Wilkinson has a love of expressing her ideas and subject matter with many mediums but watercolour allows her the freedom to work freely and quickly.

She delights in sharing the basic techniques and materials with newcomers and will provide a fun environment for folk to learn.

**Thursday Intro to drawing: From Thursday October 12, 1pm - 3 Studio 1**

Terry's mediums are graphite, watercolour, pastel, oil and acrylic. With no formal training, Terry paints portraits, landscapes and "anything she sees". She is also a potter. She is great believer in everyone having an art ability. She says: "If you say I can't do that!" you're telling the Inner You that it is not possible. Believe me, you can do anything you set your mind to."

**Friday Intro to Pastels: From Friday October 13, 10am – noon Boardroom.**

Using soft pastels, Helen Macdonald will teach the basic techniques of pastel painting to create a lovely final piece which will be framed for hanging. She will guide students through the art principles of light, dark and colour choice to ensure a wonderful outcome.

**All inquiries to Sue Davy [sue.davy@gmail.com](mailto:sue.davy@gmail.com)**



# SKIES ABOVE BRIBIE

By Kat Miller



October is a great month to enjoy the wonders of the night sky. It is a little warmer; there are still plenty of hours in the night to take advantage of. There will be a few meteor showers this month and a solar and penumbral lunar eclipse.

On 2 October, there will be a conjunction of the Moon and Jupiter. The Moon will rise in the east-northeast at around 8:00 PM, followed by Jupiter. The pair will appear to be separated by approximately 6 degrees.

The Autumn Arietid meteor shower peaks on 8 October. Peak rates expected are about 5 meteors per hour. The radiant of this meteor shower is within the Cetus constellation. It rises above the eastern horizon at around 7:00 PM. This meteor shower forms part of a group of active meteor showers whose radiant lie within the Aries, Pisces, Taurus and Cetus regions of the night sky. The other meteor showers (Southern and Northern Taurids and Andromedids) peak in November.

On the morning of the 10th, the Moon will rise in the east-northeast at roughly the same time as Venus at about 3:00 AM. The pair will appear to be separated by about 11 degrees. On the 11th, Venus will rise at around 3:00 AM, followed 30 minutes later by the Moon. The pair are closer than the previous morning, at about 5 to 6 degrees apart.

On 14-15 October, there will be an Annular Solar Eclipse. Unfortunately, this eclipse will not be visible to us here in

Australia. However, it can be watched via live stream from New Mexico by the team at [timenaddate.com](http://timenaddate.com). For those living in the Brisbane region, the eclipse will start on 15 October at 1:03:50 AM (or 14 October at 15:03:50 UTC). This solar eclipse will produce a 'Ring of Fire' as the Moon's disk appears to cover the surface of the Sun.

The Orionids meteor shower will peak on 21 October at 10:05 AM. The radiant is in the Orion constellation and rises at 11:00 PM. The best time for observing this shower is from 1:00 AM to 5:00 AM on the morning of the 21st and a couple of days on either side. Observers can expect maximum rates to be around 25 meteors per hour. A bonus - the moon will not impact observations.

On 25 October, the Moon will be close to Saturn. The pair will appear to be separated by 2 degrees. Look directly overhead after sunset, which occurs at around 6:30 PM.

There will be a partial lunar eclipse on 29 October. The eclipse will be visible to most of Europe, Asia, Africa, and parts of Australia and North and South America. For Brisbane, a penumbral eclipse will begin at 4:01 AM and reach maximum at 4:53 AM. A penumbral eclipse is difficult to observe.

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

# FASCINATING HISTORY OF BRIBIE BRIDGE.

*60 years since opening 19 October 1963.*

On October 19th the Bribie Bridge celebrates 60 years since the official opening in 1963. For this special anniversary I have written this feature article about the almost 90-year saga of years with no steamships, limited car ferry access, bridge building and the expensive toll crossing cost.

Before 1900 just a few people came here for grazing cattle, cutting timber, harvesting Oysters, catching and canning fish, but nobody came to the island for pleasure. The Brisbane Tug & Steamship Company made a bold decision to develop Bribie Island as the first Island tourist resort by leasing land, running Steamships and developing basic infrastructure. The first visitor excursion came in 1912 from Brisbane via Redcliffe on a big new Steamship Koopa to a new Jetty built at Bongaree. Over the next 10 years two Steamships regularly brought up to 2600 passengers on each trip, equivalent to 44 fully loaded coaches arriving at the jetty. By the 1930's Bribie was a hugely popular destination.



## TRAVEL CHANGES

1933 saw the first petition to Government for a Bridge to be built to Bribie, but the Great Depression limited those ideas, and when World War 2 was declared in 1939 all thoughts of a Bridge were shelved, and both Steamships were called into naval service.

During the War years visits to Bribie were limited due to Military occupation, and after the war only the Koopa briefly resumed Bribie excursions. After the War Motor vehicles started to become available and popular and an old military Barge began a vehicle ferry service in 1947 from Toorbul/Sandstone Point, carrying a few vehicles at a time over to Bribie after they had driven the long bumpy dirt road from Caboolture. The limited car ferry barges ran for 16 years from 1947 until the Bribie Bridge opened in 1963.

## SHIPS STOP

By 1952 with the increased popularity of motor cars travel by ship from Brisbane declined dramatically and the Brisbane Tug & Steamship Co. decided to sell off its Bribie assets. The Moreton Bay Development Co. was then formed by local people to try and keep the Steamship running, but within months it proved uneconomic and steamship travel ended.



## BRIDGE IDEAS

In 1957 the Queensland Government considered the construction of a Commercial Shipping Pilot station on Bribie with a causeway across the passage and that sale of land on Bribie could possibly pay for a Bridge. Contractors had expressed interest in building a bridge to Bribie since 1937 when the builder of the new Hornibrook Highway formed the Bribie Bridge Company and sought Government approval to build a Toll Bridge to Bribie.

In 1958 Alfred Grant Pty Ltd proposed building a bridge at no cost or toll, in return for a 40-year lease on 20,000 acres of land on the shores of Bribie Island. He proposed an investment of 16 million pounds to develop 8000 blocks of land for sale, but the idea was rejected by residents and ratepayers who fought any plan to "Trade Bribie for a Bridge."

The State Government opposition leader Frank Nicklin promised that if he won the next election, he would build a bridge to Bribie. He was elected Premier in 1958 and eventually called tenders for the construction of a Bridge to Bribie and in March 1960 and a contract was awarded to K.D. Morris & Son to build a bridge for 358,156 Pounds. (\$716,000)

## BRIDGE BUILDING

In 1960 the resident population of Bribie was less than 300 people, and car registration was not required for the small number of Cars that were only driven on the Island.

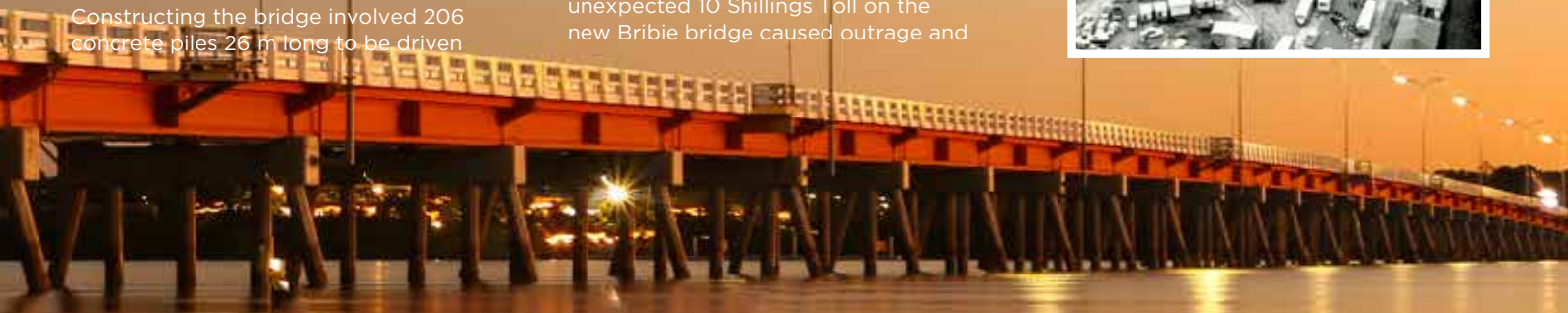
In 1960 Joe and Doreen RICKMAN moved from Victoria to live at Woorim and bought an oceanfront property for 11,000 Pounds with an annual land lease of 200 Pounds. When the bridge opened three years later in 1963 the land lease increased by 1000% to 2100 Pounds. In May 1963 the Deputy Leader of Federal Opposition Gough Whitlam visited Bribie and spoke in the Church of England Hall about the coming Federal election. A vote of thanks was given by local identity Joe Rickman who became a Councilor in 1964 until his death in 1968, and Rickman Parade was named in his honour in 1970.

Constructing the bridge involved 206 concrete piles 26 m long to be driven

to a depth of 10m into the seabed with a 10-tonne hammer, and 114 concrete beams of 22m long placed on top before pouring the road slab. Bribie bridge is 831 m long with 4.8m clearance to the water at high tide, with a water depth of 7.5m. It took just over two years to build and was completed on budget with no loss of life for the 50 workers involved. Some critical design work had to be done on site and a new Queensland University Computer was used for the first time to check Engineers calculations.

## BRIDGE OPENS

When it opened on 19 October 1963 it was the longest precast prestressed concrete bridge in Australia and had an unexpected Toll of 10 shillings (\$1) for a return car crossing. The late announcement of the expensive Toll almost resulted in cancellation of the long-planned opening celebrations. The car ferry to the island had been 10 shillings for many years, while the Hornibrook Highway Bridge Toll at Redcliffe was only 10 pence. The announcement of an expensive and unexpected 10 Shillings Toll on the new Bribie bridge caused outrage and



became \$1 when decimal currency was introduced in 1966. If you are old enough to remember pounds shillings and pence, you may even recall the "Jingle" we sang when decimal currency was introduced on 14 February 1966. Sing it now. Bribie residents called it the "Ned Kelly Bridge" as it was considered Highway Robbery because the very expensive Toll was equivalent to \$17 in today's money. How would we feel about that today.

Again there were suggestions to offer land to developers to offset the Toll, and offer concessions for Bribie residents, emergency services, tradesmen, businesses, and Council Vehicles. Some changes to the Toll charges were later introduced offering pre-paid books of tickets with some concessions. The car ferry service stopped soon after the bridge opened.



## A BUSY BRIDGE

The general public Bridge toll of \$1 for a return trip remained in place for 12 years until 1975 when the Government announced that the bridge had been paid for and the toll was removed.

The very first Toll paid on 19 October 1963 was paid by Premier Frank Nicklin, and the last toll in 1975 was paid by Stan Balmer. In the first two years an average of 400 cars crossed the bridge each day. Today more than 35,000 cars cross the bridge each day.

When the Bribie bridge opened in 1963 the resident population of Bribie was 700 people, and 12 years later in 1975 when the Toll ended it was about 2000 people. Not quite the growth that had been expected.



Twenty-five years later in 1988 the population reached 14,500 and by 2011 it was 17,000. Today the resident population of Bribie is over 22,000. Brisbane's Storey Bridge opened in 1940 and had a 5 cents toll which lasted for 7 years and the Hornibrook Highway had a 10-cent toll when it opened in 1936 which remained in place for 40 years. When the Bribie bridge opened in 1963 with the huge \$1 Toll you could buy 5 Kg. of Beef for \$1 and the Toll was equivalent to \$17 in today's money.

## BRIDGE ANNIVERSARIES

Over the last 60 years there have been many wonderful anniversary festivals and celebrations for the significant years. It was one of the very first things I did when I came to Bribie in 2003, long before I became interested in Bribie history, I organized a charity walk for Rotary to commemorate the 40-year Bridge anniversary on 19 October 2003.

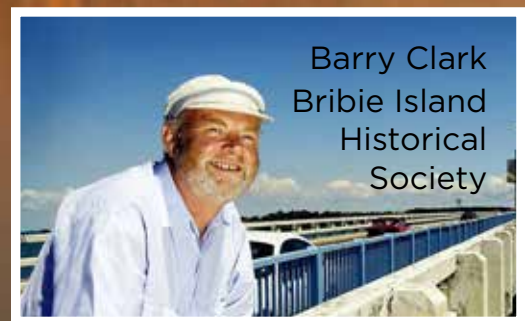




In 2013 the Bribie Island Historical Society arranged several 50-year commemorative events. A Souvenir book was compiled and published by the late Warwick Outram, and bronze plaques were unveiled on a boulder at the end of the Bridge, and on the old Anchor Block used to secure the pile driver during construction, that had been unearthed when the pedestrian underpass was constructed.

## NEW BRIDGE

In 2014 The Dept of Transport acquired land and carried out an Engineering study for a possible new Bridge to be built 15m north of the existing bridge. Peak traffic capacity is estimated to be reached by 2031, and the 75-year design life will be reached in 2038. A new Bribie Bridge will be built sometime somewhere - but will have a Toll ?



Barry Clark  
Bribie Island  
Historical  
Society

Another unexpected event in recent years provided a unique opportunity for me to take a photo that may go down in History. In May 2020 we were all in shock and lock down as the COVID Virus swept through Australia and changed behavior dramatically.

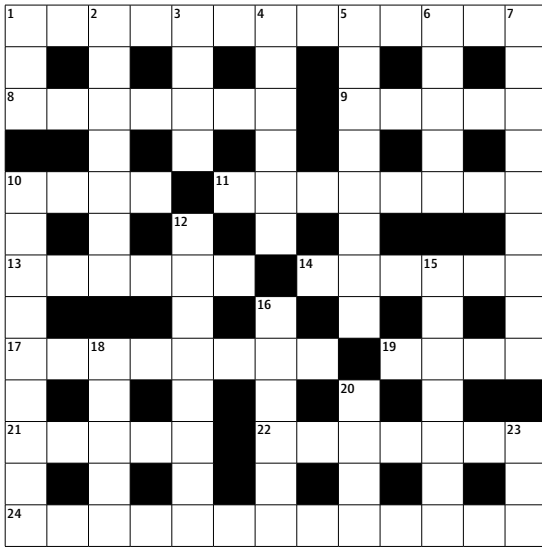
It was very quiet and eerie as most people remained in isolation. I walked with my dog over the Bribie Island Bridge in May 2020 and there was a long period of time without any traffic at all crossing the Bridge. I took this very memorable photo.

For the 60-year anniversary on 19th October I am planning to take a few very special long term Bribie resident, with long connections with the bridge, on an anniversary ride over the bridge in a convoy of Vintage and Classic cars to mark the day. Look out for them and wave.

## More Bribie History

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

# Crosswords - QUICK & CRYPTIC



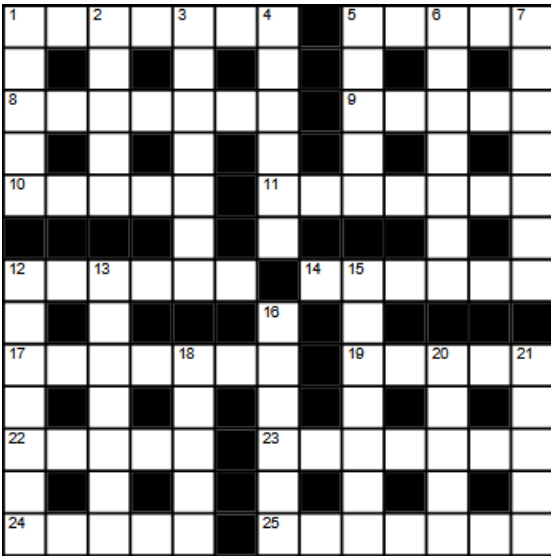
**Across**

- 1 2012 musical film set in France, starring Hugh Jackman, Russell Crowe, Anne Hathaway and Helena Bonham Carter (3,10)
- 8 Vehicle for hire (7)
- 9 Mixer for gin (5)
- 10 Old-fashioned exclamation of exultation or surprise (4)
- 11 Words which look similar but sound different (3,5)
- 13 Casting a ballot (6)
- 14 Kind of acid — coming from ants (6)
- 17 Goal for AA members? (8)
- 19 Attract (4)
- 21 Beatle on drums (5)
- 22 Attribute (7)
- 24 Victorian bicycle (5-8)

**Down**

- 1 Fate (3)
- 2 Navigator's implement (7)
- 3 Former Machu Picchu inhabitant (4)
- 4 Fertilised human egg (6)
- 5 Prior (8)
- 6 Tall and thin (5)
- 7 Person or thing immune to criticism (6,3)
- 10 Listen in without the speaker knowing (9)
- 12 A blood protein produced by one's immune system to neutralise harmful foreign substances (8)
- 15 James Bond's drink of choice (7)
- 16 Layers (6)
- 18 Source of old West African metal plaques and statues, many still held in the British Museum (5)
- 20 Kind of jazz singing (4)
- 23 It's very embarrassing to have this on one's face (3)

## CRYPTIC



**Across**

- 1 Not looking well, the assistance is touching (7)
- 5 We hear there could be some colour in that mediocre finish (5)
- 8 Injured mother, not in her prime (7)
- 9 Flyer was a barker before losing its' head (5)
- 10 Surplus to requirements on set (5)
- 11 Resent a situation that's closest to home (7)
- 12 Point to clues in the family tree ..(6)
- 14 Said to be a condition diagnosed finally (6)
- 17 Take issue with this method of transport.. (7)
- 19 Hard and fast - outfit has spirit (5)
- 22 Torment for Reg if complicated (5)
- 23mObviously, convenience stores are not the place for comfort (7)
- 24 Head teacher inquires about duties (5)
- 25 My account, with a change of heart, could turn out to be a bit of a puzzle. (7)

**Down**

- 1 A parrot losing the personal involvement (5)
- 2 Concede notice with the German union (5)
- 3 Largely a drag on holiday.. (7)
- 4 Die with a gin cocktail as a finale? (6)
- 5 Sung in surgery given time (5)
- 6 On drugs, set off at the top level (7)
- 7 Picked one of the chosen, the journalist added (7)
- 12 At university, correct finding integrity (7)
- 13 After a performance they hand in their notice (7)
- 15 These vegetables? - Cooks spurn it (7)
- 16 This method is messy - At last, a solution can be found (6)
- 18 Floats fast with leading engineer (5)
- 20 Heidelberg - not Delhi gives remains the bird (5)
- 21 Springfield, slim by name but not necessarily unkempt (5)

## SOLUTIONS

CRYPTIC SOLUTION 201



QUICK SOLUTION 201



# Kids Page

## FAMOUS BANDS

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

McFly  
Psy  
Elbow  
Westlife  
Pink

Take That  
Coldplay  
Fleetwood  
Mac  
Little Mix

Wanted  
The Killers  
Green Day  
The Who  
Union J

Blur  
Busted  
Muse  
Queen

**Knock knock. Who's there? Figs. Figs who? Figs the doorbell. I've been knocking forever!**

**Knock knock. Who's there? Spell. Spell who? W.H.O.**

**Knock knock. Who's there? Cow says. Cow says who? No, a cow says moo.**

**Knock knock. Who's there? Etch. Etch who? Bless you!**

**Knock knock. Who's there? Tank. Tank Who? You're welcome!**

**Knock knock. Who's there? Boo. Boo who? Don't cry, I'm only joking!**

**Knock knock. Who's there? Norma Lee. Norma Lee who? Normally I ring the doorbell.**

**Knock knock. Who's there? Annie. Annie who? Is Annie body home?**

**Knock knock. Who's there? Lettuce. Lettuce who? Lettuce in.**

**Knock, knock. Who's there? Leon. Leon who? Leon me when you're not strong!**

**Knock knock. Who's there? Adore. Adore who? Adore is between us, so please open up!**

**Knock knock. Who's there? A little old lady. A little old lady who? Wow, I didn't know you could yodel!**

**Knock, knock. Who's there? Lena. Lena who? Lena a little closer, and I'll tell you another joke!**

**Knock knock. Who's there? Candice.**

**Candice who? Candice joke get any worse**

**Knock, knock. Who's there? Goliath.**

**Goliath who? Goliath down, you look-eth tired!**

**Knock, knock. Who's there? Broccoli? Broccoli who? Broccoli doesn't have a last name, silly.**

**Knock, knock. Who's there? Wooden shoe. Wooden shoe who?**

**Wooden shoe like to hear another joke?**



## spot the difference

By Joe Bee



## MELSA PARK STEAM TRAIN RIDES

TRAINS RUN on 3RD SUNDAY of MONTH

15th Oct, 19th Nov, 17th Dec, 21st Jan 2024

Call Ian for party enquiry 0409 100 656

**\$250**  
a train ride

EVERYONE MUST HAVE CLOSED IN SHOES



10AM - 2PM

## BOWLS RESULTS

## BRIBIE BOWLS CLUB

## Self Select fours Fri 8 Sept

Highest winning margin:

B Snare, B Svensson, G Hartley, B Hosie

Runners up: P Adams, C Wilkie, S Adams, W Simmons

Lucky draw: W Hoelscher, T Turnbull, J Howarth, Z Elmore

## Random Select Fours Results

## Saturday 9 September 2023

Highest margin: R Glasser,

L Hackwood, F Ferguson

Lowest margin: T Hudson,

W Langford, T Bishop,

M McCarthy/R Gilmore

Out of hat winner:

R McDermott, R Hunter, I Smith,

R Follett

Out of hat winner: P Andrews,

J Cullen, M Cullinan

## Self Select Fours Tue 12 Sept

Winners: M Andrews,

G Jackson, T Erfurth

Runners up: R Eaton, BJ Adams,

F Crockett, L Hackwood

Lucky draw: G Mulpeter,

T Bishop, A Sturm, J Lonsdale

Lucky draw: G Olsen, A Mann,

M Cullinan, S Telfer

## Scroungers Results Wednesday

## 13 September 2023

1st: L Stanford

2nd: G Mulpeter

3rd: C Stroud

## Self Select Fours Wed 13 Sept

Winners: L Gilmour, M Gittins,

L Godfrey, J Noonan

Runners up: T Phillips,

P Patrikeos, S Cooke, R Glasser

Lucky draw: S Mitchell,

A Legosz, K Ford, R Elmore

Lucky draw: W Kelly, C Thornton,

K Thornton, B Ferguson

## Random Select triples Thu 14 Sept

Highest score: C Christiansen,

G Twigg, J Downey

Runners up: R Steven, R Leith,

G Hutchison

Lucky draw: J Rowle, M Young,

B Watkins

Lucky draw: P Boyland, J Raskin,

D Cherry

## Self Select Fours Fri 15 Sept

Winners: K Soens, B Hoffman,

M Lowe

Runners up: G Hartley,

B Svensson, M Lowry, B Hosie

Lucky draw: K Laverty,

D Ackroyd, P Gray, W McDougall

## Random select fours Sat 16 Sept

Highest margin: BJ Adams,

A Mann, A Sharp, J Herbert

Lowest margin: C Stroud,

D Hudson, G McEniery,

L Gilmour

Out of hat winner: M Gittens,

W Langford, K Muller, D Groves

## Self Select Fours Tue 19 Sept

Highest score: J Olsen, G Olsen,

I Gillard, M Cullinan

Runners up: G Dieben,

G Jackson, B Doe, R Ryan

Lucky draw: K Piva, S Lobo,

A Sturm, A Cornett

## Scroungers Wed 20 Sept

1st: L Savige

2nd: W Ryan

3rd: M Ball

4th: K Mulpeter

## Self Select Fours Wed 20 Sept

Highest winning score: T Dean,

A Legosz, K Ford, R Elmore

Runners up: M Andrews,

V Lindsay, D Lindsay, M Prewett

Lucky draw: R Fergus, T Erfurth,

B Snare, J Ferguson

Lucky draw: R Riesham, S Root,

L Twiddle, M Lowe

## Random Select triples Thu 21 Sept

Lowest winning score: R Glasser,

J Hannan, C Turner

Lowest winning score: C Stroud,

S Brown, R Bickerton

Lucky draw: J Murray, B Wood,

J Downey

Lucky draw: M Gittens,

W Hoelscher, T Paskin

SOLANDER LAKE  
BOWLS CLUB  
RESULTSWEEKLY SOCIAL BOWLS  
RESULTS - W/E 30/09/2023

Tuesday: Winners: Sheila Jeffrey, Brad Storey &amp; Ted Parker.

R/U: Ted Fairman, Merv Boike &amp; Robert James.

Wednesday: Winners:

Stan Hillen &amp; Mike Power.

R/U: Peter Neilson &amp; Glenn McCarthy

3rd: Steve Todd and John Gemmell.

Jackpot (\$82) - No winner

Thursday: Winners: Daryll Heilig &amp; Brian Cayley.

R/U: Ted Fairman, Ross

Luscombe &amp; Tony Ollier.

3rd: Darryl Wilkins, Andrew

Wilkie &amp; John Gemmell.

Jackpot (\$120) - Robert James,

Vicki Mitchell &amp; Wayne Mitchell.

Friday: Winners: Krys Henshaw &amp; Rob Henshaw.

R/U: Terry Nash &amp; Steve Ross

1st Rnd: Nerelle Andersen &amp;

Ross Weir

2nd Rnd: Terri Curtis &amp; Barry

Curtis

## Saturday: NO COMPETITION

## PLAYED

## BRIDGE

MORETON BRIBIE  
BRIDGE CLUB:

Sat 16 Sep. 1 P Edis &amp;

N Everson 2 H Tyler &amp;

J Medhurst 3 L Carr &amp;

J Wright

Wed 25 Sep N/S 1 J Hays &amp;

K Cohen 2 G &amp; D Gibbards 3

D Quinan &amp; F Barkwith E/W 1

R King &amp; M O'Reilly 2 L Groves &amp;

A Fielding 3 B Fuller &amp;

D Brady

WEEKLY SOCIAL BOWLS  
RESULTS - W/E 23/09/2023

Tuesday: Winners: Denis John, Brad Storey &amp; Andrew Wilkie.

R/U: Ted Fairman, Wayne

Stuart &amp; Carol Langley.

Wednesday: Winners: Ian Carr &amp; Garry Fowler

R/U: Terri Curtis &amp; Barry Curtis.

3rd: Steve Todd and J Gemmell.

Jackpot (\$452) - Terri Curtis &amp;

Barry Curtis

Thursday: Winners: Judy

Pursehouse, Ralph Chaplin &amp;

Bruce Pursehouse

R/U: Kev Zipf, Jeff Farmer &amp;

Peter Hodgson

3rd: Mike Whiteside, Val Paul &amp;

Merv Adams.

Jackpot (\$600) - Judy

Pursehouse, Ralph Chaplin &amp;

Bruce Pursehouse.

Friday: Winners: Krys Henshaw

&amp; Rob Henshaw.

R/U: Chris Treacy &amp; Bruce Hill.

1st Rnd: Barrie Kinear &amp; Ken

Laverty.

2nd Rnd: Peter Hodgson &amp; Ian

James.

Saturday: Winners: Mitch

Magnussan, Cary Winton &amp;

Brian Craitem

R/U: Gil Wilson, Ted Parker &amp;

Doug Hogan

Sat 23 Sep N/S 1 L Carr &amp;

J Wright 2 S Watson &amp;

Y Nakamura 3 L Groves &amp;

A Fielding E/W 1 S Burton &amp;

D Brady 2 M Hardy &amp;

\P Tipping 3 R Webb &amp;

L McLaren

Wed 27 Sep N/S 1 L Carr &amp;

J Wright 2 J Hays &amp; K Cohen 3

S Burton &amp; J Kennedy E/W 1A

&amp; P Hooper 2 R Webb &amp;

L McLaren 3 C McAlister &amp;

M Peart

BICBC: Mon 18 Sep N/S 1

M Arthur &amp; J Easey 2 M Peart &amp;

D Quinan 3 M Peterson &amp;

D Quinan E/W 1 U Maffey &amp;

D Dowling 2 L Hutton &amp;

L Chapman 3 L Groves &amp;

R Deacon

Mon 25 Sep N/S 1 P Edis &amp;

C McAlister 2 M Arthur &amp;

R King 3 U Maffey &amp;

D Dowling E/W 1 L Wilson &amp;

M Hardy 2 S Smith &amp;

M O'Reilly 3 L Chapman &amp;

L Hutton

## BONGAREE LADIES RESULTS

Friday 15th September Winners: John Bell, Lynn Bell

Tuesday 19th September Winners: Neil Smith, Richie Ferguson

R/U: Dave Hutchinson, John Park

Bonus Draw: Alistair Wright, Ally Spittal

Friday 22nd September Winners: Jim Warwick, Pat Warwick

R/U: Meredith Coleman, Ally Spittal

Tuesday 26th September Winners: Judy Irvine, Ellen Corrick

R/U: Lyn Bell, John Bell

Bonus draw: Ali Wright, Meredith Coleman

Photo of the 2023 winner of the Ladies Consistency

Competition - Imelda Valentine



## BRIBIE ISLAND WOMEN'S GOLF

14 September 2023 to 26 September 2023

14/9/23 – Single Stableford  
A Grade Winner: Carole Watson  
38, 2nd Jo Malone 36 cb, 3rd Lyn  
Ball 36

B Grade Winner: Jenny Williams  
40, 2nd Charmaine Price 37 cb,  
3rd Ailsa Lauchlan 37

C Grade Winner: Jan Jennings  
41, 2nd Stina Barnulf 33 cb, 3rd  
Jennifer Stafford 33

NTP's: Hole 4 Jenny Williams,  
Hole 7 Lyn Ball, Hole 14 Stina  
Barnulf, Hole 16 (2nd shot)  
Carole Watson, Hole 4 (Div 3 2nd  
shot) Jennifer Mckay

17/9/23 – Women's Classic 4BBB  
Stableford

Overall Winners: Carole Watson  
& Vicki Jones 48, 2nd Shirley  
Dean & Yuko Nakamura 47, 3rd  
Sylvia Kuhbauch & Mary Barbeler  
44 cb

NTP's: Hole 4 Pauline Growth,  
Hole 7 Ruth Elder, Hole 14 Meryl  
McKenzie

18/9/23 Women's Classic – Day 1

Div 1 – Gross Winner: Natasha  
Baker 84, Nett Winner: Annabel  
Harris 74

NTP: Hole 16 Leeanne Cowley,  
Long Drive: Di Benghamy

Div 2 – Gross Winner: Jan Sugg  
93, Nett Winner: Catherine  
Roberts 76

NTP: Hole 14 Sandra Croft, Long  
Drive: Janice Waddy

Div 3 – Gross Winner: Janet  
Morgan, Nett Winner: Kath  
Devereux

NTP: Hole 4 Charmaine Price,  
Long Drive: Maureen Bailey  
ProPin – Hole 7 Denise Coulter  
(Hole in One)

19/9/23 – Women's Classic – Day 2

Div 1 – Gross Winner: Jo Malone  
77, Nett Winner: Vicki Jones 73

NTP: Hole 16 Josie Ryan, Long  
Drive: Jo Malone

Div 2 – Gross Winner: Amanda  
Murray 95, Nett Winner: Sandra  
Croft 72

NTP: Hole 14 Sandra Croft, Long

Drive: Georgina Buckingham

Div 3 – Gross Winner: Muky-  
ing Chan, Nett Winner: Mary  
Barbeler

NTP: Hole 4 Mary Barbeler, Long

Drive: Jenny Morgan

ProPin: Hole 7 Virginia Oxenford

**2023 Women's Classic Overall  
Results**

Div 1 – Gross Winner: Di Beng-  
hamy 169, Best Nett: Jo McCow-  
an 150

Div 2 – Gross Winner: Ping Liu  
190, Best Nett: Sandrina Grant  
151

Div 3 – Gross Winner: Di Fitzpat-  
rick 203, Best Nett: Charmaine  
Price 151

Champion – Jess Jenkins (Oxley)  
165, r/up: Mary Ting (Oxley) 166



**Bribie Island Classic 2023  
Champion – Jess Jenkins**

21/9/23 – Single Stableford  
A Grade Winner: Gwen Clutter-  
buck 38 cb, 2nd Anna de Bondt  
38, 3rd Kate Wilson 37

B Grade Winner: Lenore Wilson  
34, 2nd Anne Carmody 33 cb, 3rd  
Jude Dorhauer 33

NTP's: Hole 4 Yuko Nakamura,  
Hole 7 Di Fitzpatrick, Hole 14  
Linda Urquhart, Hole 16 (2nd  
shot) Dianne Hayward, Hole 4  
(2nd shot Div 3) Stina Barnulf

**26/9/23 – 4BBB Stableford Multi  
Tee**

Overall Winners: Val Smith &  
Barbara Newcomb 47, 2nd Myra  
Dickson & Charmaine Price 46,  
3rd Toni Grossmann & Stina  
Barnulf 45 cb, 4th Ailsa Lauchlan  
& Mary Barbeler 45

NTP's: Hole 4 Maureen Bailey,  
Hole 7 Marjorie Sills, Hole 14  
Mary Barbeler, Hole 16 Judy  
Umlauf, Hole 4 (2nd shot Div 3)  
Anne Carmody



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Asha



Maggie



Cocoa



Freya



Peddy



Xantha



Maggie



Peddy?



Humphrey



Jabba



Bonnie



Splash



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## TO PUNISH OR NOT TO PUNISH - Stress & Anxiety Part Three

If your stressful dog needs to meet new people, dogs or go to new places, have a plan beforehand, work out how will this look like, think of different scenarios and what technique will you use.

It is best to handle this slowly and from a distance and over time approach people/dogs. It is important at this stage not to rush it as you will worsen the situation. If it's too much, remove your dog, go home. Try back another day.

Whilst trying to help your stressful dog it is important for the owner to remain calm and not get stressed. It is very easy to be overwhelmed and stressed but this will only worsen the situation and make your dog more anxious.

- Stay calm and just breathe.

By being calm can have a positive effect on the dog.

- Be proactive and prepared.
- Learn techniques (see part two) on how to manage your dog.
- Learn stress management for you such as learning relaxation techniques, yoga, listening to music are all helpful.
- Remember to reward good behaviour in your dog and don't focus on his stressful behaviour or what he is doing wrong as this is not helpful for either of you.

It has been found it can take a dog up to eight hours to recover from one stressful situation. So try not to overload him.

Happy Training  
 Yvonne

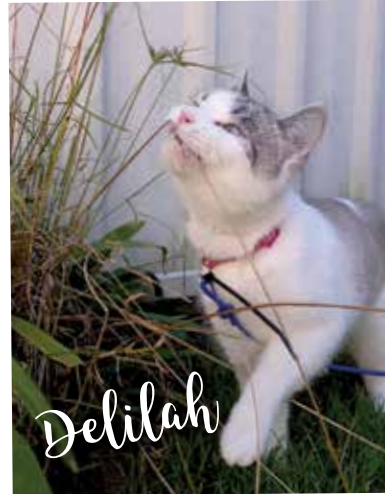
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# Forest Kingfisher —

## Odiramphus Maclaeyii

By Marj Webber



A dart of blue in the forest or trees near water could possibly be a forest kingfisher here on bribie island. They are fairly common and breed here in termite nests, tree hollows and sometimes in creek banks.

**F**orest Kingfishers are medium-sized Kingfishers 17-23 cm in length and weighing 32-44g. Blue is the prominent colour on their backs, wings, rumps and heads, with underparts and collars white, a white spot in front of the eye and white patches on the upper wings, noticeable when in flight. Males have full white collars, whereas females' collars are incomplete. They are usually seen singularly or in pairs. They prefer tropical or subtropical habitats along the coasts of Eastern Australia in open forests and preferably near water. Some fly to PNG and Indonesia during the winter months. In Australia, we have ten species of Kingfishers, with only two, the Azure and Little Kingfishers, being true fish eaters. These are called "River Kingfishers". The other eight species, including Forest

Kingfishers, eat mainly invertebrates, lizards, frogs, small snakes and larvae, and contrary to their name, eat fish only infrequently. These are the "Tree Kingfishers". Food is obtained by the "perch and pounce" method. They perch on an open, low branch, and when the prey appears, they pounce. The food is then taken back to the perch, where it is beaten against something hard, killed, and then swallowed whole. Breeding takes place by the mainly monogamous pairs, usually between August and February. If you see a hole in a termite's nest, it is most likely the nest of a Kingfisher or Kookaburra. They will also build in earthen banks and tree hollows. Both birds help with the nest building. Nest entries are rather small but widen out as the tunnel deepens into a compartment about 23 cm in diameter, where 4-6 white eggs are

laid. In construction, both birds fly hard into edges, chipping away the dirt or soft wood with their strong, hard bills. The force is sometimes so strong that some birds are injured. Incubation lasts (18-19 days). Feeding is performed by both parents for at least a month, and sometimes with the help of the previous brood. Young birds fledge after about 23-25 days. Eggs and young are strongly defended by both parents, with the males spending much of their time perched nearby, ready to tackle any would-be predators. Sometimes, two broods in a season are produced. Some populations have been affected by tree clearing. The overall population is decreasing but is still classed as "least concern" by the IUCN (International Union for Conservation of Nature).





## Join the Great Aussie Bird Count in Bribie Island to help our Feathered Friends

Spring is in the air, and it's time to celebrate the beauty and diversity of nature and our native bird life. This year marks the 10th annual Aussie Bird Count, one of Australia's greatest citizen science initiatives encouraging people of all ages to step outside to their favourite spot and spend just 20 minutes observing and counting the birds.

"The Aussie Bird Count brings people together and promotes our connection with the land around us," explains BirdLife Australia Public Affairs Manager Sean Dooley. "It's an ideal opportunity to spend time in one of our country's many beautiful parks and gardens while also contributing to Australia's conservation efforts."

Playing a vital role in collecting essential data on species diversity and populations, the count aims to monitor distribution trends and assess which bird species

are thriving and which need conservation attention.

### Why Participate in the Aussie Bird Count?

**Conservation Impact:** By participating in the Aussie Bird Count, you become an invaluable citizen scientist, contributing crucial data to help identify trends and assess the health of our local bird populations. Your observations can shape conservation strategies and help protect our endangered bird species.

**Community Engagement:** The Aussie Bird Count provides a wonderful opportunity for our community to come together and connect with nature. Everyone is welcome to participate and make a difference whether you're a seasoned birdwatcher or a curious beginner.

**Family Fun:** The Aussie Bird Count is a simple, fun activity for the whole family. It's a chance to bond with loved ones while exploring the wonders of our local environment.

### Discover Local Wildlife:

Through birdwatching, you'll gain a new appreciation for the incredible diversity of birdlife surrounding us in Bribie Island.

### Let's Put Bribie Island on the Birdwatching Map!

To achieve this, we need your help! Here's how you can participate in the Aussie Bird Count:

**Choose Your Spot:** Pick your favourite outdoor space on Bribie Island. It could be a park or even your own backyard.

**Count the Birds:** Spend just 20 minutes quietly observing the birds around you. Take note of their species and the numbers you spot.

**Share Your Data:** Record your findings using the Aussie Bird Count app or the web form. You can participate as many times as you like during the count period, but sure each count is 20 minutes.

**Join the Aussie Bird Count!** Celebrate our feathered neighbours and contribute to bird conservation in Bribie

Island. The Aussie Bird Count runs from October 16 to 22, so enjoy some time outdoors and make your birdwatching count! "We aim to spark passion for birdwatching and encourage active participation in the event," said Sean Dooley. "The Aussie Bird Count is a fantastic opportunity for all Australians to contribute to bird conservation in our beautiful country. By spending just 20 minutes observing and counting birds, participants can play a crucial role in protecting our unique avian biodiversity." If you're unsure about bird identification, a built-in "bird finder" tool is available to help you out.

Join BirdLife Australia and Bribie Island in celebrating our native bird and the invaluable work of citizen scientists during this year's Aussie Bird Count. For more information on how to participate, visit [www.aussiebirdcount.org.au](http://www.aussiebirdcount.org.au).

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# What does calligraphy mean?

## ~ THE ART OF BEAUTIFUL WRITING ~

Calligraphy is the art of beautiful writing, derived from the Greek words “kallos” and “graphia,” meaning “beauty” and “writing,” respectively. It is a visual art form that uses lettering to convey a message or express emotions. Calligraphy has been practised for thousands of years, and its origins can be traced back to ancient civilisations such as Egypt, China, and Greece.

In the past, calligraphy was primarily used for religious texts, official documents, and manuscripts. However, over time, calligraphy evolved into a form of personal expression and creative art. Today, calligraphy can be seen in various mediums, from wedding invitations and greeting cards to logos and advertisements.

Calligraphy is more than just beautiful writing; it is a way of thinking and seeing the world. It requires patience, discipline, and attention to detail, and it is a form of meditation that can help calm the mind and reduce stress. Whether you are a beginner or an experienced calligrapher, there is always something new to learn and explore in the world of calligraphy.

**Different Styles of Calligraphy**  
Calligraphy is a versatile art form that has developed differently in various regions of the world. The two primary styles of calligraphy are Western and Eastern calligraphy.

**Western Calligraphy**  
Western calligraphy originated in Europe and is characterised by using the

Latin alphabet. It is known for its elegant and ornate Gothic, Italic, and Copperplate scripts. Western calligraphy is often used for formal documents, invitations, and certificates. Eastern Calligraphy

On the other hand, Eastern calligraphy originated in Asia and is known for using Chinese, Japanese, and Korean characters. It is a more minimalistic and simplistic style of calligraphy, with a focus on the beauty of the individual strokes rather than the overall composition. Eastern calligraphy is often used for artistic expression, poetry, and meditation.

Western and Eastern calligraphy requires different tools and techniques, and each has unique characteristics that make it special. Whether you prefer the ornate beauty of Western calligraphy or the simplistic elegance of Eastern calligraphy, there is something for everyone in the world of calligraphy.

**The Importance of Calligraphy**  
Calligraphy holds significant cultural and personal significance. It has been integral to many cultures throughout history and is still highly valued today. Here are some reasons why calligraphy is important:

**Cultural Significance**  
Calligraphy has played a crucial role in preserving cultural heritage and identity. It has been used to record important historical events, religious texts, and literary works. Many countries have their own unique styles of calligraphy, and it is often seen as a symbol of national pride and identity.

Furthermore, calligraphy has been used as decorative art in many cultures. It can be seen in architecture, textiles, pottery, and other art forms. Calligraphy has been used to decorate mosques, temples, and other religious buildings, adding to their spiritual significance.

### Personal Expression

Calligraphy is not just a form of writing but a form of personal expression. It allows individuals to express themselves uniquely and creatively. Calligraphy can convey emotions, tell a story, or add beauty to a piece of writing. Many calligraphers find the practice therapeutic, providing a sense of calm and relaxation.

Additionally, calligraphy is a skill that can be learned and developed over time. It can be a lifelong hobby, providing a sense of accomplishment and personal growth. Calligraphy can also be used as a form of self-care, allowing individuals to take a break from the stresses of daily life and focus on something that brings them joy.

### Calligraphy Tools

Calligraphy requires specific tools to achieve the desired effect. Here are some of the essential tools every calligrapher needs:

### Pens and Brushes

Calligraphy pens and brushes come in various shapes and sizes, each suited for different calligraphy styles. Dip pens are the most common calligraphy pens and come in various nib sizes and shapes. Brush pens are also popular and can create a range of strokes, from thick to thin.

### Ink

Ink is an essential component of calligraphy. It comes in various colours and types, including water-based, oil-based, and metallic inks. Choosing the correct ink can make all the difference in the final result of your calligraphy piece.

### Paper

The right paper is crucial to achieving the desired effect in calligraphy. Calligraphy paper is usually thicker and has a smoother surface than regular paper. This helps prevent ink bleeding and allows for smoother strokes. Different types of paper can also affect the final look of the calligraphy piece, so it's essential to choose the right paper for each project.

Investing in the right calligraphy tools can make a significant difference in the quality of your work. Experimenting with different pens, inks, and papers can help you discover new techniques and styles, making your calligraphy pieces unique and beautiful.

Overall, calligraphy is an important art form that holds cultural and personal significance. Whether

interested in preserving cultural heritage or expressing yourself creatively, calligraphy offers a unique and rewarding experience





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# RESIST DYEING TECHNIQUES:

## *A Timeless Art Form with Vibrant Results*

DYEING FABRICS AND TEXTILES HAVE BEEN A REVERED ART FORM FOR CENTURIES, CREATING BEAUTIFUL, VIBRANT, AND INTRICATE PATTERNS THAT HAVE CAPTURED THE IMAGINATION OF CULTURES WORLDWIDE. ONE PARTICULAR METHOD THAT HAS STOOD THE TEST OF TIME IS RESIST DYEING. UTILISED IN VARIOUS FORMS ACROSS DIFFERENT REGIONS, RESIST DYEING TECHNIQUES CONTINUE TO ENTHRAL ARTISANS AND ENTHUSIASTS ALIKE.



**T**he Origins of Resist Dyeing is an ancient textile art from prehistoric times. Archaeological evidence suggests that early civilizations in Egypt, Japan, India, and other parts of Asia were already employing this technique as early as 2500 BCE. The craft spread across continents through trade and cultural exchange, adapting and evolving to incorporate the unique aesthetics of different regions.

**The Essence of Resist Dyeing** - At its core, resist dyeing is a process that prevents the dye from fully penetrating certain areas of the fabric, creating patterns and designs by deliberately leaving some areas undyed. This is achieved through various methods, such as tying, stitching, folding, clamping, or applying substances that block the dye's penetration. The resulting patterns exhibit captivating contrasts and striking imagery that sets resist-dyed fabrics apart from traditionally dyed materials.

Popular Resist Dyeing Techniques:

### **Tie-Dye**

Tie-dye is one of the most well-known resist dyeing techniques. Originating in ancient Asia, tie dye involves tying sections of the fabric with strings, rubber bands, or other materials tightly before

immersing it in dye. The tied portions resist the dye, resulting in distinctive, eye-catching patterns often characterised by swirling, spiralling, and concentric circles.

### **Shibori**

Shibori is a Japanese resist dyeing technique encompassing various methods of shaping and securing the fabric before dyeing. Artisans use folding, pleating, stitching, or binding fabric to create unique designs. Each shibori style yields different patterns, such as Kumo (spider web), Arashi (storm), and Nui (stitched). The delicate, mesmerising patterns achieved through shibori have captivated enthusiasts worldwide.

### **Batik**

Originating in Indonesia, batik involves applying hot wax to the fabric to resist the dye. Artisans use a tool called a tjanting or draw with melted wax using brushes to create intricate designs. The wax is then removed, and the fabric is dyed, revealing the exquisite patterns. Batik is known for its fine details and is widely appreciated for its cultural significance in Indonesia. Resist Dyeing in Modern Times Despite its ancient origins, resist dyeing remains highly relevant in the

contemporary world of textile design. The versatility of the technique allows artists and designers to combine traditional methods with modern aesthetics. It has also found its way into fashion, interior decor, and art installations, breathing new life into this timeless craft.

**Embracing the Art of Resist Dyeing** Resist dyeing is a captivating art form that encourages creativity and experimentation. Whether you're a seasoned textile artist or a curious beginner, exploring resist dyeing techniques can lead to an enriching and rewarding experience. So, grab some fabric, select your preferred resist method, and embark on a colourful journey of artistic expression.

Resist dyeing techniques have been an integral part of human civilisation for millennia. From ancient civilizations to modern artisans, this art form has continued to evolve, reflecting the unique cultural expressions of different societies. Its enduring appeal lies in the mesmerising beauty and vibrant patterns it imparts to fabrics. If you're eager to immerse yourself in resist dyeing, do some online research for more in-depth insights and practical guidance on this remarkable craft.



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# Heat Is A Health Risk

## Beat The Heat

**H**eatwaves or extreme heat events can have severe impacts on people's health. Heatwaves or extreme heat events are times of abnormally hot weather lasting several days. It is based on the three-day forecast minimum and maximum temperatures for a particular location, compared to historical temperatures over the last 30 days. Climate projections show extreme heat events are occurring more often and more intensely. It is essential to prepare well ahead of a heatwave. This is especially important if you are more at risk or sensitive to the effects of heat or caring for someone more at risk.

### HAVE A HEATWAVE PREPARATION CHECKLIST

A heatwave preparation checklist helps prepare yourself and your home. Talk to your relatives, neighbours and friends about keeping in contact during a heatwave in case you or they need help.

When creating a heatwave plan, consider:

- who to call if you need help

- your GP's advice if you have any medical conditions

- seeking medical advice from your GP or nearest hospital if you feel unwell

- where to find your emergency kit in case of a power failure

- keeping an eye on the weather forecast

Your health can be affected during a heatwave, especially if you have a medical condition or are more at risk of the effects of heat. Before a heatwave, you should get advice from your GP about whether your medical condition will be affected by extreme heat.

### TO PREPARE YOUR HOME FOR A HEATWAVE:

- check fridges, freezers, fans, and air-conditioners work properly

- set air conditioning to cool

- stock up on food for your household and pets and medicines to last up to a week so you don't have to go out in a heatwave

- ensure you have enough drinking water

- keep cool packs in the fridge or freezer

to help you cool down

- fill spray bottles with cool water to spray on your face and body

- put together a small emergency kit in case of a power failure - this could include a torch, batteries, candles, matches, a battery-operated radio and a first aid kit

- check your home can be ventilated with cross breezes without compromising security

- install, update or adapt curtains or blinds

- choose curtains with pale linings in rooms that get a lot of sun to help reflect the heat

- avoid dark reflective curtain linings and metal Venetian blinds as they absorb heat and may make rooms hotter

- shade your windows in the heat of the day, especially windows that face west

- consider external awnings or blinds, shutters, shade cloth or other material to prevent the sun shining on the window

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## Adventures in the bush!

by Lesley Crossingham

Gondwana Survey field botanist Ben Timmings shares his passion for Bribie Island's unique flora and fauna via his field workshops and bush walks!

We often hear about the unique and unspoiled beauty of K'Gari (Fraser Island), the world's biggest Sand Island, yet there is so much unspoiled and unique beauty

here on the world's fourth largest sand Island - Bribie Island. While locals all agree that Bribie is a gem for many reasons, no one could be more enthusiastic about the unique flora than Field Botanist Ben Timmings. Ben takes people on very personal and unique bush walks to explore, celebrate and luxuriate in the breathtaking beauty of our island, but most importantly, these educational walks offer a whole new perspective on the wildlife of Bribie Island. Many of us look out across the bush and see scrubby little trees and dry little bushes sitting in dry and dusty sand, yet in the heart of our Island and sustaining the adjoining ecosystem is wallum country. This "scrub" is actually a vitally important and unique Australian ecosystem of coastal south-east Queensland, which extends into north-eastern New South Wales. It is characterised by flora-rich shrub and heathland which manages to live in nutrient-poor, acidic, sandy soils yet can handle regular wildfire alternating with floods. In addition, seasonal changes in the water table mean that temporary swamps form, yet wallum can handle it all with a show of glorious flowers! The name wallum is derived from the Kabi word for the wallum banksia. While the untrained eye may just see scrubby trees, wallum is known for its many beautiful and often delicate flowers, which in turn feed pollinators, local wildlife, and provide

habitat for nesting birds and possums. In short, it is a wonderland of riches that sustains Bribie Island and thus becomes the beating heart of this island.

Ben is clearly passionate about the natural beauty of our island home. While we might rightly worry about plastics on the beach and the loss of habitat, he believes that only when we collectively learn to celebrate what we already have right now will more people take an interest in protecting the Fourth-Largest Sand Island in the world and fight to keep it as nature created it. Each walk is an adventure because of the ever-changing landscape of wallum, but most importantly, after the adventure you will never look at the "scrubby" bush with the same eyes. There is magic on Bribie, and once you uncover it and embrace its magnitude, you find a new appreciation for the island of a thousand gems. The walks vary in length and are available for all levels of fitness.

If you would like to learn more about our island's flora, you can contact Ben via his Facebook page or contact BIEPA via their website: <https://www.biepa.online>. There are dozens of posts and photographs that will help you to identify various trees and flowers, thereby opening your eyes to see beyond the "scrubby bush" to the gifts beyond.

<https://www.facebook.com/profile.php?id=100083536952072>  
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# A BEGINNER'S GUIDE TO GARDENING

Peter Schinkel



(A special thank you to Marie from Accessible Gardens for providing this article for us this month).

**G**ardening is a great way to get outside, get some exercise and enjoy the fruits (or vegetables) of your labour. If you're new to gardening, it can be a bit overwhelming to know where to start. This guide will give you some tips on how to get your garden started in south-east Queensland. The first step is to choose the right location. Consider factors like sunlight, drainage and soil type. Once you've found the perfect spot, it's time to start preparing the soil. This may involve adding compost or other additives to improve soil quality. Next, select your plants. If you're not sure what will do well in the Bribie region, talk to our local nursery and market people. There are literally thousands of choices, covering every size, style, colour and shape you're looking for.

## IT'S PLANTING TIME!

Be sure to follow the instructions on the seed packets or plant tags. This will help ensure your plants get what they need to thrive. Place taller plants at the back, perhaps to hide a fence, and smaller plants near the front. Mix and match foliage-type and colours, so the plants stand out against each other. With a little planning and care, you will have a beautiful garden that you can enjoy for years to come.

## THE JOYS OF EDIBLES.

Vegetables require a good spot: at least six hours of direct sunlight per day. It is critical to select a planting window with a high tolerance to temperature and humidity so that each vegetable can thrive.

For good yields, continually improving the soil will help. Build the soil with consistent application of compost or other organic mulch.



The best thing of all is that because we have a moderate climate, we can grow almost anything we want to (with a little luck). Here's just a few edibles that do well in our region - artichokes, beetroots, carrots, celery, chard, garlic, most herbs, kale, leeks, lettuces, onions, parsley, peas, peanuts, potatoes, radishes, shallots, spinach, strawberries, tomatoes and turnips. And when harvest time comes, there's a whole new joy - **COOKING!**

With such a wide range of recipes available in books and online, the possibilities really are endless. Enjoy!

Thank you everyone for reading. If you have something to say about gardening that you'd like to share with our community, please email around 450 to 500 words to [islandgardens2009@gmail.com](mailto:islandgardens2009@gmail.com)

*I'll see you again in Issue 203 on 3rd November. Until then, happy gardening :-)*

# SPRING sale

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\*for any comparable product

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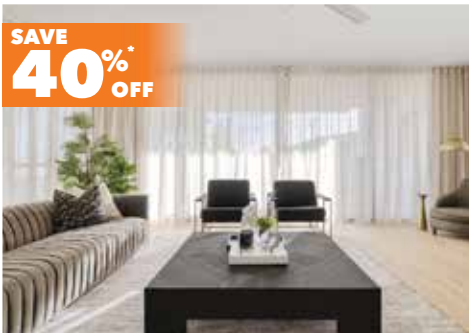
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\*Conditions apply, selected materials and fabrics. Offer ends 31/10/2023 or while stocks last. Electrician and Installation not included.

# THE BRIBIE & DISTRICT WOODCRAFTERS EXHIBITION IS ON AGAIN!

Smell the timber, see the shavings streaming off the lathe, hear the sounds of tools banging and machinery whirring, and witness the final beauty of art in timber.

The Bribie & District Woodcrafters Association is holding its annual exhibition in the Matthew Flinders Gallery at the Bribie Island Community Arts Centre, Sunderland Drive, Banksia Beach, from the 21st to 29th October. If you have never visited this exhibition before, it is not one to miss. Visitors say it is one of the best in Queensland. The exhibition attracts over 1,000 visitors who leave in awe at the talent of member's work.

The club has over 200 members who are actively involved in all aspects of woodworking from sourcing unwanted local logs, slabbing and preparing the timber for use by members, through to turning, carving, pyrography, scrollsaw, marquetry, box and furniture making. The club workshops are located behind the Arts Centre and will be open during the exhibition to visit and chat with working members.

Christmas is almost here, and many items will be sold at the exhibition. Don't miss out.



Bribie & District  
Woodcrafters



Matthew Flinders Gallery,  
Bribie Island Community Arts Centre  
Sunderland Drive, Banksia Beach

21st - 28th October

9am - 4pm

29th October 9am - 12noon



There will be daily demonstrations in the Woodies sheds at the back of the Arts Centre. Quality handcrafted items will be available for sale throughout the exhibition.

Great Christmas presents!

## Bribie & District Woodcrafters Exhibition 2023

# Natural Progression

Discover how unwanted timber can be transformed into something beautiful



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Belle Property is excited to announce the opening of its new Bribie Island office led by Principal Shontelle Cross.

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Whether you're looking to buy, sell, or invest locally - contact Shontelle Cross today to experience the Belle property difference for yourself.

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Similarly, our partnership with lifestyle brand Sitchu is a unique offering which sees all our listings feature on its website at no extra cost— showcasing your property to a large female audience of affluent lifestyle enthusiasts.

**Shontelle Cross** | 0405 492 371

**Belle Property Bribie Island** | 07 3543 0023

[bribieisland@belleproperty.com](mailto:bribieisland@belleproperty.com)

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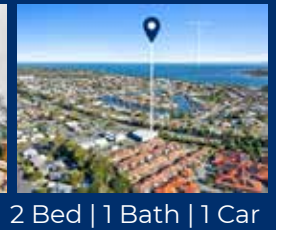
57 Lachlan Crescent  
SANDSTONE POINT  
\$720,000



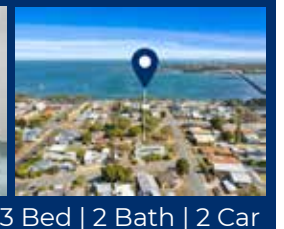
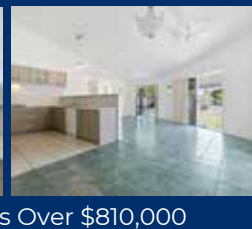
10 Bondi Court  
SANDSTONE POINT  
\$880,000



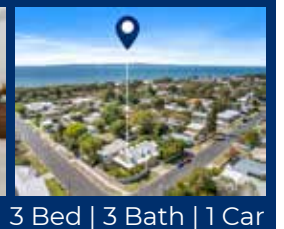
For Sale



Villa 6, 7 Coolgarra Ave, Bongaree Offers Over \$470,000 2 Bed | 1 Bath | 1 Car



1/29 Fearn Ave, Bongaree Offers Over \$810,000 3 Bed | 2 Bath | 2 Car



1/19-21 Winnett St, Woorim Offers Over \$790,000 3 Bed | 3 Bath | 1 Car



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# Eco-Friendly Materials for Your Home Decor

In the midst of our evolving environmental awareness, the demand for eco-friendly home decor materials has gained tremendous traction. Our choices when decorating our homes are no longer limited to aesthetics alone; they now carry profound implications for the planet. From sourcing raw materials to their production processes and eventual disposal, every decision can contribute to or mitigate environmental impact. Consequently, many sustainable and eco-conscious options have emerged within the realm of interior design, so here are a few ideas you might consider as well.



## RECLAIMED WOOD:

**A Timeless Treasure**

Reclaimed wood, with its rich history and character, has secured a special place in the hearts of eco-conscious homeowners and interior designers alike. This remarkable material breathes new life into discarded timber by salvaging it from old structures such as barns, factories, and ships. In doing so, it accomplishes two important feats: firstly, it reduces the demand for fresh logging, thereby preserving our precious forests; and secondly, it bestows a unique rustic charm to any space it graces. From crafting reclaimed wood furniture with distinctive character to creating stunning accent walls and flooring, this material proves that sustainability and style coexist seamlessly.



## SUSTAINABLE FABRICS:

**Upholstering with Purpose**

The textiles we select for upholstery, curtains, and soft furnishings play a pivotal role in the overall eco-friendliness of our home decor choices. Sustainable fabrics like organic cotton, hemp, and Tencel have risen to prominence for their conscientious production methods. These materials not only prioritise the well-being of the environment but also champion responsible agriculture. Organic cotton, for instance, eschews pesticides and synthetic fertilisers, promoting healthier soil and water systems. Hemp, a remarkably resilient plant, requires minimal water and pesticides while producing strong, durable fibres. Tencel, derived from sustainably sourced wood pulp, uses a closed-loop production process to conserve resources and reduce environmental impact.



## BAMBOO:

**Nature's Fast-Growing Wonder**

Bamboo, often celebrated as one of the most sustainable materials available, possesses remarkable qualities that make it a top choice for eco-conscious decor. This fast-growing plant can be harvested in just a few years, unlike traditional hardwoods that require decades to mature. What makes bamboo even more exceptional is its ability to regrow without the need for replanting, making it a perpetual resource. Beyond its sustainability, bamboo is astonishingly versatile and can be moulded into various forms, including bamboo flooring, wall coverings, and furniture. Its durability and biodegradability further emphasise its status as an eco-friendly choice for the environmentally aware homeowner.



## CORK:

**Natural Wonder**

Cork, harvested from cork oak trees, emerges as a natural wonder in eco-friendly home decor materials. What makes cork exceptional is its harvesting process, which involves peeling bark without causing harm to the tree. This method enables the sustainable production of cork, as the trees continue to thrive and contribute to a healthier ecosystem. Cork's usage at your home spans a broad spectrum of decor applications, from soft underfoot flooring to wall coverings that impart warmth and texture and even furniture that marries aesthetics with practicality.



## NATURAL STONE:

**Timeless Elegance, Responsible Sourcing**  
While natural stone may initially seem less eco-friendly due to its extraction process, responsible sourcing can significantly alter this perception. Homeowners can ensure that their natural stone choices align with sustainability principles by selecting stone quarries and suppliers that adhere to ethical and environmentally conscious extraction methods. Natural stone, with its innate beauty and timeless elegance, can add a touch of luxury to any home decor project. Whether it's countertops made from durable and visually appealing marble or other aspects of your decor, the responsible selection of natural stone enables you to elevate your living space while minimising its environmental footprint.



## RECYCLED GLASS:

**Shimmering Sustainability**

Recycled glass stands as a shimmering testament to the possibilities of sustainability in home decor. This material takes discarded glass and transforms it into dazzling, eco-conscious creations. From glass tiles that elevate backsplashes to exquisite glassware that adorns your dining table, opting for recycled glass curtains the strain on finite natural resources and reduces the accumulation of waste in landfills. What further sets this material apart is its full recyclability; when you're ready for a change in decor, you can rest assured that your choice remains environmentally responsible, maintaining its sustainable legacy.

In an era where sustainability and environmental consciousness have claimed the spotlight, opting for eco-friendly home decor materials represents a conscientious and stylish choice. These materials cater to a diverse range of aesthetic preferences. By making deliberate and thoughtful choices in home decor, we create visually appealing living environments and contribute to a more sustainable and eco-friendly future for our planet. Each decision to embrace eco-friendly materials signifies a step toward responsible and sustainable living, ensuring that our homes remain beautiful and environmentally conscious sanctuaries for generations to come.



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TERMS AND CONDITIONS  
ALL ENTRIES MUST BE RECEIVED BY 10:00PM ON 31/10/23. ONE (1) WINNER IN AUSTRALIA WILL BE SELECTED AT RANDOM BY  
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ALTERNATIVE IS AVAILABLE. COMPETITION ENTRIES MAY BE POSTED ON THE SOCIAL MEDIA PROFILES OF RE/MAX ADVANCED



# Things You Must Do When MOVING to a New STATE

Relocating to a different state is a momentous milestone combining anticipation and hurdles. Whether motivated by a job prospect, a desire for a fresh beginning, or the need for a change of environment, moving to a new state demands meticulous foresight and groundwork. This article will delve into five crucial tasks imperative for a seamless transition when embarking on this journey.

## Research and Planning

When preparing to move to a new state, one of the first tasks is conducting thorough research and creating a comprehensive plan. For a start, familiarize yourself with the laws and regulations specific to your new state. It is also crucial to be aware of the locations of local notaries in your new state, as there may be instances where you require document notarisation in the future. Conducting a simple internet search using the phrase “Notary near me” can assist you in finding nearby notaries.

Also, make sure to pay attention to completing the registration process for your vehicle. Next, develop a personalised checklist for your move, including setting a budget, exploring moving companies or rental options, and scheduling the move to align with your timeline. To minimize potential challenges during the transition, informing relevant parties, such as your landlord and utility companies, about your impending move is crucial.

## Establishing Residency

Establishing residency in your new state holds significant importance for various administrative purposes. To initiate this process, you should begin by informing the relevant institutions about your updated official address. Setting up mail forwarding through the Postal Service is advisable to guarantee receipt of any crucial mail during the transition phase. Moreover, you should tell your credit card company, bank owners, and other financial institutions about your new address. Ensuring the uninterrupted receipt of benefits necessitates updating your address with the Social Security Administration. Don't overlook the crucial step of registering to vote in your new state. Take the time to acquaint yourself with the voter registration requirements and deadlines and ascertain whether you can register at the Department of Motor Vehicles (DMV) or through an online platform.

## Health and Insurance

It is vital to prioritize your health and insurance requirements when relocating to a different state. To ensure seamless continuity of care, make arrangements to transfer your medical records from your current healthcare providers to the new ones. Contact your doctors and request copies of your medical records to facilitate this process. Additionally, take the time to explore healthcare



options available in your new state and identify new doctors who can cater to your specific needs. In parallel with healthcare considerations, updating your insurance policies is paramount. Initiate a conversation with your existing auto insurance and homeowner's/renter's insurance providers to discuss your move and determine the most suitable actions to take. To guarantee adequate coverage, research insurance options in your new state and obtain quotes from different providers.

## Settling In and Connecting

Upon reaching your new state, it's crucial to establish yourself and forge connections within the local community. Begin by efficiently unpacking and organising your belongings, prioritising essential items to create a comfortable living space right from the start. Develop a systematic plan for unpacking to minimise stress throughout the process. At the same time, take advantage of the opportunity to familiarise yourself with your new community and neighbours. Participate in activities that match your interests, participate in local events, or join community groups. Take the initiative to introduce yourself to neighbours and cultivate relationships that will contribute to a sense of belonging in your new environment.

## Organising Your Finances

When you decide to relocate to a different state, managing your finances to facilitate a seamless transition is essential. Begin by evaluating your current financial status and devising a comprehensive budget tailored explicitly for the move. Consider various expenses such as transportation costs, fees associated with moving services, and any upfront expenditures related to renting or buying a new home. By dedicating time to organising your finances, you will confidently approach the moving process and establish a solid financial foundation in your new state.

Relocating to a different state is an exciting journey that demands meticulous planning and meticulousness. By adhering to the five crucial steps mentioned earlier, you can confidently navigate the process and guarantee a smooth transition. Conduct thorough research and craft a strategic plan for your move, establish your residency in the new state, handle health and insurance matters, and make time to settle in and forge connections within your new community. Always remember that moving to a new state presents opportunities for personal growth and novel experiences, so approach it with enthusiasm and readiness.



# VMR

## BRIBIE ISLAND

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

### MARINE RESCUE QUEENSLAND

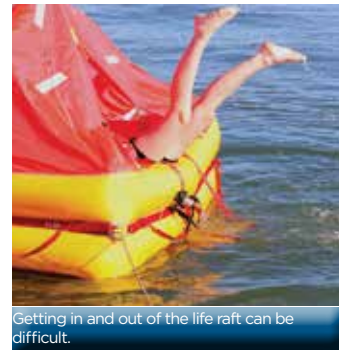
VMR Bribe has been chosen as one of 4 squadrons to engage with the government's Marine Rescue Implementation Program (MRIP) to develop service delivery and transition solutions during a desktop pilot process. These series of meetings are designed to help guide what the new Marine Rescue Queensland (MRQ) might look like after the new entity is operational; and what units (like us) would have to do prior to this change due to happen 1ST July 2024.



VMR Bribe Commodore Ces Luscombe and Vice Commodore Wayne Sclater showing the MRIP Team Paige, Rowan Jade, and Marc over Bribe One..



Abandon Ship -- then a swim to the life raft.



Getting in and out of the life raft can be difficult.

with ice-cream dessert. Once again Kelly Langworthy and her Social Committee Team (Sheryl & John Traill Leona Patrick, Kaye Hammond, Colleen Beros, Betty Snell, Robyn Young) our BBQ Boys (Graham Patrick, Dave Smith, Wayne Hook, and Ron Burrett) provided a great value meal for \$7, the usual raffles were held, and members enjoyed our great bar prices thanks to Stewart Bell and Ian Thomas on bar duty. Life Member, Radio Officer, and Committee Member Peter McNamara was the MC and photographer for the night.



Front row: -- The team from MRIP, Paige, Marc, Rowan, and Jade with VMR Sec Gary Voss attending by zoom call on the laptop on the desk with VMR Cap hanging off it. Back Row Coxswain Allan Tranter, Deputy Radio Officer John O'Hagan, Vice Commodore Wayne Sclater, and Commodore Ces Luscombe.

Pictures by VMR Radio Officer Peter McNamara.

### EMERGENCY SERVICES CADETS

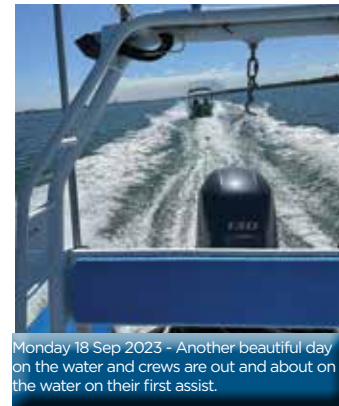
Sunday 19th September 2023, we had the Emergency Cadets at the VMR Base for the start of the Emergency Cadets Weeks. There are no names for the cadets as was their preference, so general captions only are used.



VMR Bribe's Emergency Liaison Officer Graham Gibb joins the Emergency Service Cadets with their all for one Emergency Services Cadets Call.



The Cadets also had a turn at using marine flares.



Monday 18 Sep 2023 - Another beautiful day on the water and crews are out and about on the water on their first assist.



Tracey Hadley, Steve Williams, Rossi Young, and Mark Purtell enjoy predinner drinks!



And the other side of the table: - Pam Purtell, Mark Young, Di Williams, and Chris Hadley

### SUNSET DRINKS Friday 22 Sept 2023

56 Active members and partners attended the September Sunset Drinks "Build your own Burger" meal with your choice of beef burger (limited chicken), fried onions, bacon, egg, tomato, lettuce, cheese, pineapple, beetroot,



Lineup for building their burgers: - Wayne Hook (at the bar) Kerry Beeton Pam and Ian Grimes Kathy and Poppy Rickard-Simms, and Wayne Beeton (fresh from afternoon Radio Shift).



Cecilia Wilson & Geoff Boucaut show off their raffle prizes.



Mike Lucas, Aly Costa, and Diego Lucas



BBO Chef Dave Smith with a "batch" of eggs!

## RED SATURDAY CREW TRAINING

Saturday 23rd September 2023 the training exercise for the crew was a simulation of a rescue of a couple where the husband had a medical episode and was unconscious- (being Mike Looney). The crew had to find the boat with the "frantic wife" calling in (Kathy Rickard-Simms), with

no boat knowledge, being adrift, not knowing where she was or how to drive the boat, or put an anchor down, and she was frantic because her "husband" was unconscious. This was a great rescue scenario for all the crew updating and learning new skills. Skipper Ian Grimes organised the scenario for the crew.



The "patient" is transferred from the boat (which in this scenario was Jonkers Bribie 3) to Bribie 2, and finally to the base pontoon.



The "unconscious patient" finally at the pontoon, to await transfer to the ambulance.

## 2023 YEAR RADIO ROOM STATISTICS

To Thursday 28th Sept  
 11,879 Calls, 3,508 vessels logged on,  
 177 Vessel Assists, 1,172 Sitreps, 929 Requests, 53 overdue vessels, 15 Vessel Tracking, 1,528 Radio Checks, 5 Weather Broadcasts, 3 Securite Broadcasts, 1 Pan Pan 0 Mayday.  
**VHF 60.3%, 27MHz 5.1%, Phone 16.5%. GWN 1.7% VHF 60.5%, 27MHz 5.4%, Phone 16.0%. GWN 1.7%**

## SEPT VESSEL ASSISTS:

- SAT 16/09 0949AM – Tasked** by QAS to take 2 Ambos to Tangalooma and transport patient back to Bribie.
- SAT 16/09 1450PM – 5.5m Half Cabin** has gearbox issues required a tow from Shipping Channel to Spinnaker Sound Marina.
- SUN 17/09 1250PM – 8m** Houseboat non-member stuck on sand bar near IGA Bongaree, required a tow off sand bar.
- SUN 17/09 15501PM – 8.5m** Cruiser member with motor issues required a tow from South of the Bridge to Spinnaker Sound Marina.
- MON 18/09 1142AM – 4.2m Tinny** non-member cannot start and required a tow from off Donnybrook to Bellara Boat Ramp.
- MON 18/09 1457PM – 4.5m Tinny**

- non—member with battery issues, required a tow from 300m off Red Beach to Bongaree Boat Ramp.
- TUE 19/09 1545PM – 2 x 3m Jet** Skis broken down between Moreton Island and Bribie required a tow to Donnybrook.
- WED 20/09 1424PM – 4035m** Tinny non-member with motor issues, required a tow from Turners Camp to Bongaree Boat Ramp.
- MON 25/09 1501PM – Houseboat** non-member drifting off IGA Bongaree, reported by MOP. Investigated and advised Water Police
- TUE 26/09 1026AM – 6m Centre** Console member with engine overheating near Tangalooma Wrecks, managed to restart OK assist cancelled.

## SAFETY DAVE THE FRENCHIE'S MESSAGE:



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

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

Many boaters have their jackets still in their original packaging – this leads to lack of effective inspection and the deterioration of the straps. This in turn also makes it difficult to fit in an emergency.

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

### "PLEASE WEAR YOUR LIFE JACKETS!"

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

# FISHING REPORT

There's generally good fishing all round lately, at Bribie, which has been great for the school holidays! Lots of kids have been getting out there and tossing a line, and even a tiddler is exciting for them but there have been some respectable catches, too.

Jan and Alan took Liam up to the mouth of Ningi Creek on a falling tide and came home with five bream between 27-31cm. They used mullet, prawns, chicken - and it all worked.

Rick, his family and a couple of young kids (from Warwick, I think) stayed out overnight, north of Gallagher's and got 13 keeper bream. Rick's wife Di says their trip put paid to any nonsense about bananas being bad luck, because they had 13 bananas on board and caught the same number of bream! They also scored 10 mudcrabs. Along with two sand flathead, one 50cm and one 58cm, there was plenty for everyone to enjoy. The only bait used was mullet.

This is the breeding season for flatties and they should be lingering around the sandbanks near the creek mouths, some big females among them. Joshua used mullet to land his 70cm flathead, up at the mouth of Ningi Creek. Amanda was in the same spot a day later using an outgoing tide, with pillies for bait when she and Dave caught a 54cm flathead, 7 bream and



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**AUSTRALIAN OWNED**

one lonely whiting. Daniel used a piece of pilchard and caught a 52cm flathead from the Sylvan beach sandbank. So, the flathead are still hanging out in the usual places, although with some windy weather, it's been a popular option to head up into Ningi Creek, looking for a bit of shelter and the odd flathead near the mangroves. Doug's crew drifted into Ningi Creek, as the tide lifted - and did pretty well, with 5 bream (using prawns) and a couple of flathead (bonito flesh).

Richard has really been getting into the whiting lately - he says it was a great start to the sand whiting season, about a month ago. "One week we were getting about one whiting to four of us on the beach, then the next week we were bagging out!" One of the specimens measured 45cm.

A lot of Richard's fishing has been at Red Beach, where he says a consistently successful bait has been live wrigglers - apparently the best ones have been dug up at Redcliffe. Another spot Richard has been fishing for whiting is Skirmish Point. One day he went over from Red Beach, because it was chock-a-block full of people and weed and he said that it was a good move. "A bit before full-tide and a bit after" is the time to be there.

# TIDE TIMES

## Bribie Island AND Moreton Bay

<b>FRI 6 Oct</b> 2:28 am 1.12m 8:09 am 0.53m 3:15 pm 1.67m 10:23 pm 0.62m	<b>SAT 7 Oct</b> 3:53 am 1.08m 9:22 am 0.61m 4:31 pm 1.61m 11:45 pm 0.59m	<b>SUN 8 Oct</b> 5:35 am 1.12m 10:48 am 0.64m 5:52 pm 1.61m	<b>MON 9 Oct</b> 12:53 am 0.53m 6:49 am 1.24m 12:12 pm 0.6m 6:58 pm 1.64m	<b>TUE 10 Oct</b> 1:44 am 0.46m 7:41 am 1.36m 1:16 pm 0.52m 7:47 pm 1.69m	<b>WED 11 Oct</b> 2:21 am 0.4m 8:20 am 1.46m 2:02 pm 0.45m 8:24 pm 1.72m	<b>THU 12 Oct</b> 2:49 am 0.36m 8:53 am 1.54m 2:37 pm 0.4m 8:53 pm 1.73m
<b>FRI 13 Oct</b> 3:12 am 0.32m 9:21 am 1.62m 3:07 pm 0.37m 9:18 pm 1.73m	<b>SAT 14 Oct</b> 3:31 am 0.29m 9:47 am 1.68m 3:38 pm 0.36m 9:43 pm 1.7m	<b>SUN 15 Oct</b> 3:53 am 0.26m 10:15 am 1.74m 4:11 pm 0.37m 10:10 pm 1.66m	<b>MON 16 Oct</b> 4:15 am 0.25m 10:44 am 1.79m 4:47 pm 0.4m 10:40 pm 1.58m	<b>TUE 17 Oct</b> 4:40 am 0.26m 11:15 am 1.81m 5:27 pm 0.45m 11:13 pm 1.48m	<b>WED 18 Oct</b> 5:04 am 0.3m 11:50 am 1.81m 6:11 pm 0.51m 11:50 pm 1.37m	<b>THU 19 Oct</b> 5:32 am 0.35m 12:30 pm 1.79m 7:00 pm 0.56m

Bore Point has been the best of all for Richard - he caught 14 nice-sized whiting in a couple of hours - well worth the walk out. I'd never heard of Bore Point but, apparently, it's that bulge that sits between Buckley's Hole and Red Beach.

There have been other places through the Passage to get onto winter or sand whiting - Elimbah and Ningi Creeks have had plenty! Worms and mussels have been the most successful baits but good quality mussels are sometimes a little hard to get.

We've had plenty of complaints

of weed in the Passage, especially up in Ningi and Elimbah Creeks. If it is hard to get your cast through or is messing up your gear, try moving out to a bit more current. There are also large numbers of blue-blubber jelly fish - great for the turtles in the Passage. Large blooms typically appear from summer through to autumn, so it's early to be seeing them. Funnily enough, blue blubbers are also a favourite of tuna, and there are plenty of tuna school sightings and tuna catches lately, too.



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# TIPS & TRICKS FOR FISHING

## Part 2

### BE CAREFUL WITH JETTY PYLONS

Bridge and jetty pylons hold fantastic fish. The problem is these pylons are encrusted with oysters and barnacles that laugh at your expensive abrasion-resistant leader. Even experienced anglers come unstuck as their hook-up darts for cover, severing the leader in milliseconds. Of course, our drag is wound up to the maximum to pull the fish away from nature's line cutters as quickly as possible. But often, this is what does the damage. Our line is tight and under so much pressure the second it hits a barnacle, it's cut. It happens in a split second. Try letting off the drag a little. Yes, there are risks, and your leader may well come back with plenty of abrasions, but it's more likely to have a fish connected to it.

### FISH WHERE THERE IS COVER

You are motoring along a fairly barren stretch of river. There's not much structure to poke your lure at. Do you see that lonely tree branch just above the water? It doesn't look like it would hold a tadpole. Fish it. If only a couple of casts. You'll find that fish will stop by anything that might act remotely as cover. It would be best if you stopped by it, too. It can deliver surprising results. Cast a Lure with Weedless Hooks  
Often, the banks are lined with a matted mess of foliage, twigs, branches, and big Lilly Pads. Cast a lure with weedless hooks directly onto the structure. Then, drag it carefully into the water. This option is excellent for lures with frog, bug, or lizard profiles. Fish are waiting by this structure for their prey to enter the water this way. You might lose a few lures as you hone your casting skills, but this method will produce fantastic fish.



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## GET A KAYAK

Buy a kayak. OK, kayaks can be expensive – save up, it's worth it. A kayak allows you to approach structures you can't get to in a boat, even small ships. The kayak allows you to navigate shallow waters and enter tributaries loaded with fish-holding structures. These places are also loaded with outstanding fish. The kayak also allows for a stealthy approach necessary for these tight, often tranquil places. Fish become cautious when they hear unfamiliar noises. A less careful fish will attack with ferocity.

## LEARN FROM THE BEST BOOKS

The internet holds plenty of information about fish species. However, there's nothing like a good book or three for learning the habits of different fish species and finding new fishing tips. All fish have behaviours unique to their species. Learn it inside out. It's a sure path to catching more.

Geography and habitat will impact fish behaviours. The books you read will provide an excellent overview of fish behaviours. However, there's nothing better than observation and critical thinking. Watch like a hawk. Talk to the locals. Learn the fish tips peculiar to your local fishing haunts.

## UNDERSTAND THE ANATOMY OF FISH

Have a basic understanding of the anatomy of the fish species you hunt. The spines, fins, teeth, and gill rakers of fish can inflict severe wounds when handling your catch. Know how to avoid them. Understanding their anatomy ensures you do the most minor damage possible to the fish you intend to release. Poor fish handling techniques can seriously compromise the chances of the fish you have caught living to breed and fight another day. Fishing Tips for Tides, Times, and Weather

## DUSK AND DAWN ARE THE BEST

If you intend to cast surface lures at the top water, particularly in the rivers and estuaries, dawn and dusk are the best times. If

it's raining or overcast, topwater chances improve significantly if you're stuck fishing through midday.

## CHECK FOR DROPPING PRESSURE

Keep an eye on the barometer. Listen to the weather forecast for dropping pressure. Invariably, fish will go on the chew when the pressure is dropping. The bite may not last very long, but it will be a thrill while it lasts.

## LOCAL TIDE KNOWLEDGE IS KEY

You need to talk to locals and get out and experience the local area yourself. Obviously, there are practical concerns. Is the tide too low to navigate a boat safely, or is there insufficient water for the location to hold fish? Those logistical concerns aside, tidal influence on your fishing can be very local and species-specific. Where tides are concerned, there is no substitute for local knowledge.

## GET SOME QUALITY WEATHER GEAR

The fish don't care if it's raining; they're already wet. Get some wet weather gear and fish on rainy days. Fishing success is all about time on the water, and work tends to encroach badly on fishing time. Don't let the rain ruin the one day per week you fish. Rainy days often create ideal conditions that will keep fish on the chew for extended periods.



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## ON THE ROAD

As the allure of van life continues to captivate adventurers and nomads worldwide, more people are embracing the freedom and flexibility of travelling in their own cozy, mobile homes. Whether you're a seasoned van dweller or just embarking on your first journey, numerous van accessories can enhance your overall experience on the road.

### ACCESSORY #1: SOLAR PANELS

If you plan to spend a significant amount of time off-grid, investing in solar panels is a game-changer. They provide a sustainable source of energy and allow you to power your electronics, appliances, and even your van's lighting system. With solar panels installed on your van's roof, you can harness the sun's power to keep your



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adventures going, even in the most remote locations. Plus, you'll reduce your carbon footprint and embrace an eco-friendlier lifestyle.

**ACCESSORY #2: SIDE STEPS**

Stepping in and out of your van can sometimes be a hassle, especially if you have a higher vehicle. Side steps are a great addition that can make entering and exiting your van more accessible and convenient. These sturdy and stylish steps provide a stable platform, reducing the strain on your knees and making navigating in and out of your van safer.

**ACCESSORY #3: PORTABLE SHOWER**

Maintaining personal hygiene is essential during your van life adventures. While you may not always have access to showers, a portable shower can be a lifesaver. These compact devices use a water pump system to create a refreshing shower experience wherever you are. With a portable shower, you can stay clean and fresh, even after a long day of hiking or exploring. It's a small investment that goes a long way in enhancing your overall comfort on the road.

**ACCESSORY #4: ROOF RACK**

One common challenge for van dwellers is limited storage space. A roof rack is an excellent solution to maximise your van's storage capacity. You can transport more oversized items such as kayaks, surfboards, bikes, or extra luggage by installing a roof rack without sacrificing valuable interior space. It provides a convenient and secure way to carry bulky gear, allowing you to enjoy your outdoor pursuits fully. Choose a roof rack compatible with your van model and ensure it is correctly installed for safety.

**ACCESSORY #5: WINDOW SCREENS**

Ventilation is crucial for a comfortable van life experience, but it often comes with unwelcome guests like mosquitoes and

insects. Window screens are a simple yet effective accessory that keeps bugs out while allowing fresh air to circulate. These screens are easy to install and can be custom-fitted for your van's windows. Enjoy the breeze without worrying about pesky intruders disrupting your peaceful sleep or leisurely evenings inside your van.

**ACCESSORY #6: PORTABLE INDUCTION COOKTOP**

Cooking delicious meals on the road can be challenging, especially if your van's kitchen setup is limited. A portable induction cooktop offers a versatile cooking solution that is energy-efficient and easy to use. With its compact size and portability, you can prepare a wide range of meals wherever you park your van. Induction cooktops heat up quickly and provide precise temperature control, making them ideal for van-life cooking adventures.

**ACCESSORY #7: PRIVACY CURTAINS**

Maintaining privacy is essential when you're living in a van. Installing privacy curtains ensures you can have intimate moments, get changed, or have some alone time without prying eyes. These curtains are usually made of durable and blackout materials, providing privacy and insulation. They are easy to install and allow you to create separate areas within your van, transforming it into a cozy and private sanctuary.

Embracing the van life lifestyle opens up a world of freedom and exploration. Equipping your van with the right accessories can enhance your comfort, convenience, and overall enjoyment on the road. From solar panels and side steps to portable showers and privacy curtains, these seven accessories offer practical solutions and little luxuries that make van life even more fulfilling. So, gear up your van with these must-have accessories and prepare for unforgettable adventures as you navigate the open road.

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# LETTERS TO THE EDITOR



Dear Editor,

In Ms. Rushby's letter in The Islander Issue 200, she asks the question, "An advisory body is a risk, is it?"

No, it is clearly not a risk. There are many Aboriginal & Torres Strait Island groups currently advising/lobbying governments. These groups (rightly) have the same rights as ALL Australians to lobby Local, State and Federal Governments for all manner of things. These "Groups" are financed to the tune of over \$30 BILLION dollars of taxpayer money every year, with no requirement to account for this huge amount of money. It is obviously not being spent well, given the parlous state of many communities.

There are currently 11 members in the Federal Parliament and many more on local councils who claim Aboriginal Heritage. Do you think they don't have voices? Do they not represent all their constituents? Does ANYONE have any idea what this proposed

"VOICE" will achieve that cannot already be achieved if those existing groups were forced to account for the huge sums of money being provided? The YES campaign has not, thus far, supplied any detail about the structure of the VOICE, which is disturbing, as we are being asked to vote on just a vague idea. That is a dangerous risk to place in the Australian Constitution in my opinion!

As to adding a specific reference to any race in the Constitution. That would unambiguously be racist. Any existing reference to race must be removed. We are one! Apartheid was an abomination in South Africa and the USA. Let's not have it here! This whole "Voice" business has divided Australia like never before. It is appalling!  
J Attrick  
Bribie Island

Dear Editor,

As the crucial vote approaches, let us not forget the peoples who were indiscriminately torn from their traditional lands, denied their culture, stolen from their families, displaced, dispossessed and deceived over eight decades by a government that substantially did not represent them, who have never received reparations nor remorse, let alone a Voice in the perpetrating parliament.

To these First Australians and their subsequent generations: some of us still remember and tell the truth of the real history, not as "Colonisation" but of the cruelty inflicted on the 162,000 victims of Transportation - from the First Fleet in 1788 to the Hougoumont in 1868.

Colin

Dear Editor,  
"I am an Australian, and I am homeless if this is not my home. Why am I being welcomed to my own country by people who have been here for 40 years less than I have? State and federal governments keep giving away parts of Australia to just 3% of the population, who then deny access to the other 97% of people who consider themselves Australian, and generally to the detriment of that 97%. They were given Ayers Rock/ Uluru and closed it down - destroying a large part of the local tourism industry, jobs, financial independence and, for many people, their self-worth. The same goes for Mount Warning, parts of the Grampians, and parts of Stradbroke Island, which the

Aboriginals have proclaimed for Aboriginals only. Imagine the outcry at the reverse? Most recently, parts of Fraser Island have been handed over, and the list continues. In our corner of the world, the Aboriginals are claiming over 3,500 sites from a local council and the residents - who will now be left with a massive legal bill for fighting these claims off. More costs. Fraser Island is worth an extra note, when the huge bushfires were ripping through the island, the Qld Fire Service requested permission from the aboriginals of Fraser Island to take water from the lake. The permission was refused because the lake water was sacred - last month it was raining! This prolonged the damage and increased the cost of putting out the fire.

If the yes vote gets up, how much more will they want; currently \$39 billion is spent every year on Aboriginal organisations. That's more than the government spends on Medicare. And clearly, whatever the Aboriginals are given, it is never enough. This country, our country, Australia, will be divided officially by race. Before he was assassinated, Martin Luther King had a dream that his children would "not be judged by the colour of their skin but by the content of their character". Do not let his death be wasted. Vote against this divisive referendum and work towards helping all those who need help regardless of their colour.

Charles at Banksi

Dear Editor

As I was driving along First Avenue this morning, I was confronted by the sight of a dead kangaroo on the side of the road and was filled with sadness to see yet another example of roadkill on that busy road.

We know that a site at 99 First Avenue adjoins a National Park rich in native flora and fauna has been purchased, and approval has been given to build a church

plus ancillary buildings, including a facility for the disabled, a daycare centre, bookshop and carparks. I know the site will be felled to permit a large building to hold more than 300 hundred people. How sad to imagine the disappearance of the last piece of bush between Bongaree and Woorim. Who knows if further developments will be enabled? Aside from the obvious issues of removing so many

trees in such a beautiful rural setting, my friends and I are concerned about the welfare of the already threatened wildlife. This site is home to the wildlife and their habitat. The activities planned for the site will mean increased traffic on an already busy road. The current speed limit in a large section of the road is 80km. Wildlife carers are already dealing with dead and injured animals regularly. Meanwhile, the Council has

spent ratepayers' money on overhead bridges and fences to protect wildlife in this corridor as they cross the road, yet the carnage continues. It beggars' belief that the Council would permit such a reckless project. This is a highly inappropriate and irresponsible development. We need to stop the carnage of our precious wildlife.

I Sourgnés  
Woorim

To the editor,

I have a beach house near the CSIRO research centre in North St., where I like to go swimming and walking. I went to the BIEPA meeting (local environment group) to listen to the presentation about the spill of small plastic objects known as bio media, (about a 5x5mm tube) which have been washed up on the beach. We were told the cause was a broken pipe in the centre which allowed the escape of the biomedium into the ocean discharge well, where they were pumped out to sea undetected.

Local residents alerted the CSIRO and the authorities, and cleanup was initiated. We weren't told what the actual cultures were growing in the biomedium although we were reassured it was harmless.

It's obvious there was a catastrophic failure in procedures (missing, not followed, bungled) that allowed this spill to occur. To me, a broken pipe is an excuse, not the reason, as this failure should have been detected by appropriate monitoring before the discharge tank was emptied directly into the ocean. There should have been continuous monitoring of the pH and turbidity as well as regular sampling of the outgoing water for solid material, bacteria and viruses in the holding tank BEFORE it is pumped out to sea.

I wonder how many other oops have gone undetected.  
Mal Smith.

## KAY BENSON - The world needs more people like you!

Something special comes from each of us, but Kay Benson's dedication sets the bar for everyone else! Thank you for your hard work, dedication, and loyalty.

At a recent Professional Development Day for the members of the Queensland/ Northern Territory branch of the Australian Community Workers Association (ACWA), Kay Benson was recognised with a Certificate of Appreciation in recognition of membership and involvement in the Association over the past 30 years and outstanding service to Australia's community services sector.

The Australian Community Worker's Association is the national body for over 500,000 community work practitioners. ACWA's role is to support community workers in every sphere of their work. Also, to advance the community work profession and set, strengthen and promote the educational, professional and ethical standards essential for exemplary community work practice. The ACWA board governs ethically with the highest level of integrity, transparency and independence, recognising its stewardship role in promoting and protecting the community work profession.

The board, working within a Policy-Governance model, has set policies to ensure that members benefit from belonging to a widely recognised and valued profession in the community. Currently, Kay is involved in several community groups on Bribie Island, a few of them being the Bribie Island View Club, where she was elected as president in 2021, Focus on Fellowship – Local Bribie Island Women's Group, Well-being officer at The Sub Branch of Bribie Island RSL, churchwarden at St Peter's Anglican Church and the list goes on.

**Congratulations Kay, for your outstanding work and the tireless effort you put into our community!**



# Neighbourhood Watch

## BRIBIE ONE NHW - NEWSLETTER

# OCT 2023

Our September meeting saw a significant change occur. At the AGM, our long-term Co-ordinator, Greg Rollason, stood down for a well-earned rest. Greg has been the driving force behind the Bongaree NHW for many years. He was awarded the gold medal of NHW Australasia in 2019 in recognition of the many years of service he has delivered to Neighbourhood Watch. He has also made a significant contribution to other organisations on the island – we will miss him, and his organisational skills. Well done, Greg. On behalf of all the residents on the island, a very big thank you for all your efforts.

Also standing down are Noel and Ruth Ockenfels, who have been very long-term members, supporters and committee members of our local NHW.

Our new co-ordinator is Peter Barrett, and the Assistant co-ordinator is Sally Birch. Kay Taaffe continues as Treasurer, and Don Fairweather and Gerald

Clark also continue their good work on the committee.

Now we are the only NHW group serving the whole of Bribie, plus Sandstone Point and Ningi, we will be looking to see how we can best serve the whole community. The objective of NHW is to diminish crime in the area, and one way we can do this is just by being neighbourly. So many people go through life being almost anonymous – few may even know their name. Knowing the names of our neighbours is important, saying “Hi”, or better still, saying “Hi” plus their name, can mean so much to some people. Knowing your neighbour’s kids by name is an extra bonus! By this simple step, just speaking to people, we can make so much difference to a neighbourhood.

If you wish to know what crimes are being committed on Bribie, just go to the Queensland Police website. If you want a weekly report sent to your email address, go to the NHW

Queensland website and add your name and email – you will get a report every Sunday morning, showing what activity there has been in the Moreton Police District.

We are currently seeking one of our local supporters to help with our publication costs by advertising at the foot of this newsletter. A hard copy of the News letter will be available on the Notice Board in the arcade of Bribie Central-Courtesy of Charter Hall .

More information – ring Peter on 0408 841 306. Next meeting – at the RSL on Tuesday, 17th October at 9.30. Please come along and support your local NHW.I

**NEXT BRIBIE ONE  
NHW MEETING  
IS ON TUE  
17TH OCT 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 Peter PH: 0408 841 306.**

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

## LETS MAKE CRIME PREVENTION A PRIORITY

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



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**SES 132 500**

**CENTRE AGAINST DOMESTIC ABUSE**

**5498 9533**

**B.I.D.N.C.**

**3408 8440**

# CRIME REPORT BRIBIE ISLAND WRAP

## SEPTEMBER 2023

Marcg



[www.mypolice.qld.gov.au/moreton](http://www.mypolice.qld.gov.au/moreton)

\$13 million of drugs seized in Queensland during Operation Vitreus Week of Action. Approximately \$13 million of drugs have been seized, and 442 people have been charged on 981 offences across Queensland during Operation Vitreus’s week of action on drugs. Operation Vitreus is a national multi-jurisdiction co-ordinated operation under the Serious Organised Crime Consultative Committee, focused on disrupting and dismantling dangerous drug activity. The Week of Action, running from September 11 to 15, aimed to disrupt organised crime groups and those engaged in the production, supply, and trafficking of illicit drugs in coordinated, proactive enforcement. Queensland Police Service executed 94 search warrants across the state, resulting in the seizure of:

- 1.2 kilograms of Methylamphetamine
- 2320 cannabis plants
- 11.5 kilograms of cannabis
- 700 grams of MDMA
- 6 grams of heroin
- 77 grams of cocaine
- \$134,380 cash

On September 12, Drug and Serious Crime Group detectives executed a search warrant at a rural property at Gunalda, north of Gympie. Officers located six greenhouses, each 80 metres long and 10 metres wide, containing 2284 cannabis plants and more than 6.9kg of dried cannabis.

Further sophisticated hydroponic equipment and drug utensils were also located. The total value of the drugs and items seized is estimated to total \$11.5 million. No persons were on the property at the time of the search warrant, and investigations remain ongoing.

Meanwhile, Operation Detect located various drugs allegedly attempted to have been delivered via the postal system. Police have released images of some of the 27 packages seized from postal facilities in Cairns and Townsville, containing a variety of dangerous drugs, including methamphetamine, MDMA, GHB, cannabis, cocaine, prescription drugs and steroids. Investigations into the origin of these packages remain ongoing.

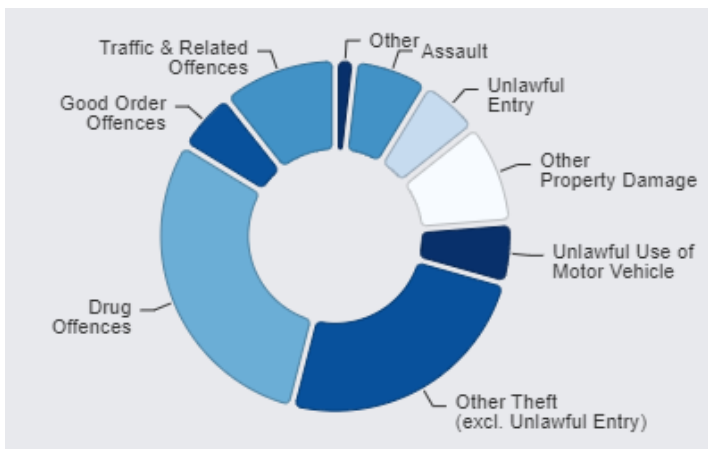
State Drug Squad Detective Inspector Brad-

ley Phelps said this is a significant quantity of dangerous drugs now off the streets of Queensland. “These criminal syndicates producing drugs make money off the vulnerable to benefit themselves and fund serious and violent crimes that risk the safety of innocent members of the public,” Detective Inspector Phelps said.

“Organised crime is insidious and knows no borders. While this action has cost alleged offenders \$13 million, police will not stop there. “Members of the public are our eyes and ears, and we appeal to anyone who has any information which could assist investigations, no matter how small, to come forward.”

If you have information for police, contact Policelink by providing information using the online suspicious activity form 24 hours per day at [www.police.qld.gov.au/](http://www.police.qld.gov.au/) reporting or call 131 444.

Report crime information anonymously via Crime Stoppers. Call 1800 333 000 or report online at [www.crimestoppersqld.com.au](http://www.crimestoppersqld.com.au).



**75 Offences**  
3 SEP 2023 — 2 OCT 2023

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