

THE BRIBIE ISLANDER

AND DISTRICTS COMMUNITY MAGAZINE



DELIVERED FREE
FORTNIGHTLY

209

FEBRUARY 23 2024



SUMMER SALE FINAL DAYS

10% OFF STOREWIDE*

*excludes sale items

AQUA DC FAN 52 INCH \$429

World's first IP66
weather proof fan



Available in 3 colour options



VECTOR II 48 INCH AC \$189



Available in 48 & 52 inch. Light option available

THE KIRRA 100 INCH \$1424



70+
FANS ON DISPLAY
IN STORE

THE TIMBR 72 INCH \$720



Available in Walnut & Oak

PRESTON 3 BLADE DC 48 INCH \$265

Light option available.
White or Black



TROPICANA FAN 54 INCH \$399



Bronze or White



**CRAZY
HEAT
CRAZY
PRICES!**

**UP TO
50% OFF*
CEILING FANS**

**DC FANS
FROM \$99***

AIR ELITE II DC FAN 52 INCH \$99



Available in Black & White - no light



AIR EFFICIENT DC FAN 56 INCH \$99



Available in Silver



AIR APACHE DC FAN 52 INCH \$99



Available in Silver



AIR CONDITIONING THE COOLEST PRICES IN TOWN

LG Smart Series Reverse Cycle Split System

- Control your Air Conditioner remotely with Built in Wi-Fi
- 5 Star Heating Energy Star Rating
- 10 year Compressor Parts Warranty

WS09TWS 2.6W
\$769

WS12TWS 3.4W
\$865

WS18TWS 4.8W
\$1199

WS24TWS 6.3W
\$1450



FREE LIGHTING DESIGN ADVICE WITH OUR INSTORE CONSULTANT. CALL IN AND SEE US TODAY



Wide World of Lights Superstore
W: discountlightingandfans.com.au

1A 379 MORAYFIELD RD,
MORAYFIELD

(WIDE WORLD OF LIGHTS)

T: 07 5498 7277

224 NICKLIN WAY,
WARANA

(NEAR GOOD GUYS)

T: 07 5337 6330



DISCOUNT
LIGHTING
& FANS

afterpay

T/as Wide World of Lights

Conditions apply. Second table lamp, desk lamp shades all need to be equal value or less & in store product only. Offer ends 07/03/2024 or while stocks last. Electrician and installation not included



50% OFF SHUTTERS

— & GET A —
FREE motor
— WITH ANY —
ZIPSCREEN

& MORE SAVINGS ON OUR ENTIRE RANGE



Transform your indoor & outdoor spaces today!



Why Factory Direct? Professional service and advice at the best price! And as you see, we have a truly extensive range of shutters, awnings, blinds and curtains. Call and talk to one of our local, friendly team members today.

*Offer valid until February 29th 2024. Excludes interest free finance.



FACTORYDIRECT

shutters, blinds, awnings,
curtains & security

1300 077 125 | factorydirect.com.au

209

FEB 23, 2024

CHERRIE WILSON

EDITOR | GENERAL MANAGER

on 0448 694 507

editor.thebribieislander@gmail.com

ADVERTISING

on 0448 448 457 or 0493 838 687

sales.thebribieislander@gmail.com

DEBBIE HUNTER

GRAPHIC DESIGN

design.thebribieislander@gmail.com

JENDA JACOBS

ACCOUNTS

0400 932 604

invoicing.thebribieislander@gmail.com



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.

Cignall
SPECIALIST TOBACCONIST

**OPEN 7 DAYS
A WEEK**

SHOP 3/31 Benabrow Ave, Bellara

INTERLOCK
SCREEN & DOOR SERVICES

- Security Screen Doors & Windows Sales and Installations
- Glass Door Services
- Screen Door Locks and Handles
- Pet Doors
- Roller Replacements
- Fly / Pet / Midge Screening



IN-HOME CONSULTATIONS, WE COME TO YOU.
Call now for a free quote!

Phone: **0455 395 621**

www.interlocksds.com.au

ANY 2 | \$11.95
FOR ONLY

(normally valued up to \$16.80).

Any 2 Award Winning Beefy's lunch size pies.
Any flavour including Gluten Free.



Hand in coupon in-store to redeem offer. Not valid with any other offer.
HURRY... this offer is valid to Thursday, 22nd February 2024.



BEEFY'S
FAMOUS AUSSIE PIES

754 Bestmann Road, Ningi
(next to 7 Eleven Service Station)





CLEAN OUT YOUR MAKE UP

11



PRINCIPALS OF ETIQUETTE

15



TURTLES HATCHING

41

Welcome



Dear Readers,
Welcome to edition 209. It is two months into the new year already! Time seems to fly by. I made a promise not to let Janet Guthrie be forgotten a year ago when her life was tragically taken by domestic violence on February 15th, 2023.

Domestic violence can affect anyone in the community. This is regardless of their level of income, status, sex, gender, age, race, or culture and can include many different forms of abuse. These include physical violence, emotional abuse, sexual abuse and financial abuse.

The abuse may involve:

- A partner or ex-partner.
- A carer or guardian.
- A family member.
- Anyone who is in close contact with another person.

If you have a friend or relative who's in an abusive relationship, get some advice if you need to on what to do. Talk to the person gently and let them know that you are worried. Don't push the person into talking if they are uncomfortable but let them know you're available if they need help.

Janet, as I promised a year ago, you will not be forgotten; we will fight to make changes and make a difference to ensure no one must tolerate domestic and family violence under any circumstances. It is up to our community to learn about the signs and effects of domestic violence and abusive relationships.

If you or someone you know is experiencing domestic violence, please seek help now!



In loving memory of Janet Guthrie.

Take Care..stay safe

Cherrie

CONTENTS

AI Finegan.....	42-43
Crime Report.....	67
Crosswords.....	36
Fishing Report.....	62-63
Horoscope.....	34
Letters.....	70
Local Dining Guide.....	30-31
Market Times.....	35
Meet Your Local Tradie.....	68-69
Nature Page.....	40-41
Pet Pages.....	38-39
Recipe.....	33
Sports Page.....	44-45
Tide Times.....	621
Trades & Services.....	71-79
VMR.....	58-59

CONTRIBUTORS

Anne Matthews	Katherine Miller
AI Finegan	Kathy Vincent
Barry Clark	Maria Christina
Bribie Bait & Tackle	Marj Webber
Colin Walker	Peter Schinkel
David Horrocks	Peter Dallimore
Elaine Lutton ❤️	Philip Arlidge
Joie Scheinpflug	Robyn- B.I.
John Trail	Boat Charters
Karyn Chalk	Sue Wighton





When your hair changes, it's probably because something

is different about your environment. Did you move somewhere with hard water? Start or stop working out? Is it winter, when indoor air is heated and dry, or summer when you're all sweaty? All these things will change your hair, and then yeah. You need to change shampoo, but not because your hair is "immune" to your old shampoo.

But if you seem to have clumpy dandruff that you can scratch off your scalp, that could be buildup. Styling products, dry shampoo and even your trusty old shampoo and conditioner, can build up on your scalp and hair if they're not thoroughly rinsed out.

If that's the case, there are a few easy fixes:

- Use a clarifying shampoo once or twice a month.
- If you have braids, a weave or locs, dilute the clarifying shampoo for easier rinsing.
- Do a DIY apple cider

vinegar rinse once every other month: 1 part vinegar to 4 parts water.

- Avoid parabens, sulphates and silicones in your hair products since they cause the most buildup.

- If hard water is the issue, find a chelating shampoo to remove the mineral buildup from your hair.

If you're using a shampoo and conditioner that works for your hair, whether oily, dry, curly, or flat, they should work for a long time. With all this buildup from products, you may be tempted to ditch the whole thing and join the "no-poo" movement. No shampoo, no conditioner, no styling gunk. Just the occasional cider vinegar rinse. Many people report loving their hair after ditching the products, but if you're not ready to go pro-no-poo, try washing less often, maybe once or twice a week, with your regular shampoo and conditioner. This may make enough of a difference, especially for dyed, dry or super curly hair, without skipping shampoo entirely.

BOOK NOW



OSTEOPATHY
at Back In Motion



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

To Shampoo or Not to Shampoo?

Even among medical professionals who specialise in the skin, hair and scalp -- dermatologists and trichologists -- there's disagreement about the usefulness of shampooing and how frequently one should use shampoo, if at all. Some advise against frequent shampooing, pointing out it leads to overproduction of sebum to compensate for its constant removal. Others say shampooing is necessary to prevent sebum from collecting in the pores and hair follicles, leading to skin problems like acne.

You've had your sebaceous glands for some time now -- for your entire life, actually. They begin to appear beneath your skin during your fourth month in the womb and are found in their highest concentration along your scalp and face, although they are found everywhere on your body except for the palms of your hands and the soles of your feet.

These glands are usually connected to an individual hair follicle (except on hairless

places like your eyelids and lips, where they work alone). Now that you know what they are and how they formed, you might want to know what they do. Sebaceous glands are responsible for secreting sebum, the natural oils that moisturise and waterproof your skin and hair. Deep in the skin's dermal layer, specialised secretory cells that absorb fats from the body enter the sebaceous gland and disintegrate. At this point, these cells become sebum. The sebum is expressed into the lumen (shaft) of the hair follicle, where it's excreted up to the skin's outer layer, the stratum corneum. In other words, your body burps excreted fats and cellular debris onto your skin and hair.

As gross as it sounds, it provides a necessary function. As we've seen, sebum waterproofs and moisturises your skin and hair. Without this stuff, the skin can dry and shed prematurely, exposing thriving cells to the elements. But isn't allowing sebum to accumulate on our hair and skin the same as being unwashed and oily? In modern Western culture, it certainly is.

The concept of daily home shampooing is a relatively new one. Back in the 1950s, it was common for women to have their hair washed and styled at the hairdresser. Around the turn of the 20th century, women tended to go for about a month between salon visits.

An uncontrolled and impromptu study of the effects of going without shampoo was inadvertently launched in 2007 when a guest on an Australian radio show mentioned he hadn't washed his hair in a decade. After calls to the show came in, a six-week challenge was issued, and 500 listeners participated. After six weeks of going without shampoo, 86 per cent of the respondents reported their hair was no worse or better than when they used it regularly.

Others use different means to keep their hair clean. Dry powder products that absorb some natural oils are available on the market. The remnants are removed by blotting with cheesecloth and combed out. Baking soda also serves a similar purpose. Coupled with

a raw egg and a final rinse with lemon juice, it provides an all-natural hair-cleaning regimen. Our bathing and hair washing routines are based on a strange system of depleting the skin and hair of their natural oils by lathering up with soap and shampoo and then replenishing them with moisturisers and conditioners. We carry out this (usually) daily ritual for a couple of reasons: By Western standards, the appearance of oily, unwashed hair is generally unacceptable -- and it just feels gross to go without a bath or shower for more than a couple of days. Secondly, these natural oils can lead to skin conditions like acne vulgaris, where sebum becomes backed up in the hair follicles, creating an array of bacteria that break the fats into fatty acids. These create an allergic reaction that presents itself as acne.

But if there are benefits and drawbacks to both washing and not washing your hair, it seems like there's a balance to be struck. How often should you wash your hair? It turns out the answer to that question is based on personal preference.



10 FREE IS BACK
WITH STYLE AND COLOUR PACKAGES

Book with Stylist
Tamara and Emma for 10% off
any colour Services for February
T&C Apply



TRADING HOURS:
Mon CLOSED Tue, Wed, Fri, 9- 5 Thu 9 - 6
Sat 9 - 1 Sunday: CLOSED
1/17 First Avenue, Bongaree Bribie Island

PHONE 3408 3269

ecovillage HAIR

afterpay



NINGI PHARMACY

\$8⁹⁵

SAVE \$2

WAS \$10⁹⁵
WE WILL DELIVER TO YOU
ON BRIBIE AND NINGI

OPEN 7 DAYS
MON - FRI 7.30AM - 7PM, SAT - SUN 8.00AM - 1PM

CALL US PH 5497 6644
1421 Bribie Island Rd Ningi

Healthy

never
tasted
so good!



**Enjoy a guilt-free
indulgence and satisfy your
cravings the healthy way!**

**Our range is Gluten FREE
with Dairy & Vegan Options!**

Smoothies

Range of delicious healthy
fruits & flavours
37g of protein
5.5g of fibre
2.2g of carbs
1.2g of fat

Bubble Milk Tea & Iced Coffee Range

Energy Tea

Antioxidants
500mg of vitamin C
All the 'B' vitamins + guarana
Cardamon seed extract
Purified aloe vera leaf juice
Sugar FREE
20 calories

Sugar FREE
25g of protein
2g of carbs
60 calories

**FRANCHISE
OPPORTUNITIES
AVAILABLE**



Shop 3/11-16 Marine Parade, Bellara, Bribie Island

WWW.SMOOTHCRAVINGS.COM





SERVICES AVAILABLE

- Anti Wrinkle
- Dermal Fillers
- PDO Threads
- Free consultations
- PRP (vampire facial)
- Lifting Threads
- Available Wednesday, Thursday and Saturday



WHEN YOU LOOK GOOD YOU FEEL GOOD
AT AFFORDABLE PRICES

Lisa: 0423 957 558 | Shop 2/21 First Ave, Bongaree
Book Online www.ljaesthetics.com.au

BUSINESS HOURS:
Wed 9 - till Late
Thu 10- till Late
Sat 9 - Later

bodyies
Feel better &
boost your body
confidence with
Jacinta

- Personal & Group Fitness
- Low Impact Circuit & Online Programs
- Nutrition & Meal Guides
- Advanced Body Scanning

Start Your Health Journey!
jacinta@bodyies.com.au
www.bodyies.com.au

0490 111 463



Family Owned, Local
Medical Care For You
And Your Family

Beachmere Health Centre is a locally owned private/mixed billing family practice. Our patients are our number one priority. With a team of dedicated clinicians and staff members we are here to look after you.



Mon to Thu 7.30am to 5.30pm,
Fri 7.30am to 4.00pm

Shop 4/874 Beachmere Road,
Beachmere 4510
07 5407 0188

We are Bribie Island's popular massage and natural medicine centre. Offering quality remedial massage and health fund rebates, plus we are a brick and mortar store full of natural first aid kits and a range of natural, non toxic health care products. Find out more or book a massage online:

Old Earth
massage and apothecary

www.oldearth.com.au OPEN 7 DAYS A WEEK.



BEACHBUMS

Tanning & Hair

Ph for a booking **0408 086 780**

QLD LASER & COSMETIC CLINIC

- Skin Rejuvenation & Correction
- Permanent Hair Reduction
- HIFU Skin Firming & Tightening
- Acne Treatments
- Hydra/Aqua Facial
- RF Skin Needling
- Microdermabrasion
- Cosmetic Tattooing
- Cosmetic Injectables
- Pigmentation Correction
- Facials and Massage
- Skin Peels

Brow Thinning - And More!
Loose & Saggy (anywhere!)

Bribie Harbour Shopping Village
Shop 14, 25 Sunderland Dv, Banksia Beach

enquiries@qldcosmeticclinic.com.au | www.qldcosmeticclinic.com.au

[facebook.com/QLDCosmeticclinic](https://www.facebook.com/QLDCosmeticclinic) **07 3410 7710**



EVERY ABILITY FITNESS

We are Daniel and Kylie Personal Trainers new to the area who train people of all ages and ability levels. You can choose to train in our Home Gym or we can do mobile sessions and come to you. Contact us if you have any questions about your Personal Training needs.

Ph: 0488 751 002

www.everyabilityfitness.com

HORSES HELPING HUMANS
Learn emotional regulation and communication skills
Building confidence and social awareness
Reducing anxiety and depression

Equine Assisted Learning Centre

0402 255 823
Award winning natural horsemanship
www.herdtogetherinc.org

Herd Together Inc

We have found the secret to tighter, better-looking skin, and it is called Secret RF.

Secret RF is a skin rejuvenation treatment that combines micro-needling and radiofrequency energy to improve skin tone and texture with minimal downtime.

Also known as RF Needling, the system is the ideal technology for skin lifting, tightening and rejuvenation by utilising minimally invasive micro-needles to deliver controlled RF energy directly into various skin depths.

RF Needling has had outstanding success for all skin types with outstanding results in skin

lifting, pore size reduction, skin tightening and overall rejuvenation. It can address stretch marks (striae), hyperpigmentation and other skin concerns on the face, neck, chest, and body. RF Needling will also treat deep and shallow wrinkles - including upper lip lines, neck ageing, and acne scars.

Collagen is the most abundant protein in the skin, providing structure and keeping skin firm and supple. Production slows in our 20s and 30s, leading to wrinkles and sagging. RF microneedling treatments like SecretRF help reverse

this process while addressing other tone and texture concerns.

QLD Laser & Cosmetic Clinic offers patients the best quality in medical, cosmetic and advanced skin, so book your appointment now where Glamour Meets Relaxation appointment now where Glamour Meets Relaxation!

**SPECIAL
\$100
OFF**

QLD LASER & COSMETIC CLINIC
07 3410 7710

ATTRACTIONS

FASHION • JEWELLERY • ACCESSORIES

**GET READY TO
TURN HEADS WITH
ATTRACTIONS FASHION!**

**UNVEILING OUR LATEST EVENT
DRESSING COLLECTION!**

Are you ready to shine like a star at your next event? Attractions Fashion is here to make sure you're the centre of attention! Introducing our brand-new Event Dressing collection, curated to make you look and feel your absolute best for every occasion. Whether it's a glamorous gala, a chic cocktail party, or an elegant wedding, we've got the perfect outfit for you.

**Bribie Harbour Shopping Village
Shop 14, 25 Sunderland Dv, Banksia Beach**

enquiries@qldcosmeticclinic.com.au
www.qldcosmeticclinic.com.au

07 3410 7710



facebook.com/QLDcosmeticclinic

**FOR THE MONTH OF FEBRUARY
*BUY ONE GET ONE FREE**



CLEAN Out Your Makeup, Like RIGHT NOW!

Even though cosmetics manufacturers aren't required by law to put expiration dates on their products, makeup does not last forever. In a world of endless YouTube tutorials, celebrity-endorsed lip kits, and candy-coloured shimmers and sheens as far as the eye can see, makeup has never felt more glamorous, accessible ... or prone to improper use and bacterial overgrowth. OK, so it's the less-than-sexy secret no one likes to talk about, but it's true: Cosmetics can go from super sexy to straight-up disgusting really quick if you're not swapping out your old makeup for fresh products regularly. It may be the last thing you look for when scrutinising the label of a foundation, gloss or shadow, but many makeup products have best-used-by dates. And if you swear up and down you've never seen one, you probably haven't: cosmetics manufacturers aren't required by law to provide those dates. But even in the absence of printed expiration dates, your cosmetics do have a shelf life. So, while concealing your dark circles may get you carded at the bar, you can't cheat time regarding your beauty arsenal.

HOW OFTEN SHOULD WE TOSS OUT AND REPLACE OUR MAKEUP?

A good overall rule to go by is

if it's a creamy formula and has been open for a year or longer, toss it. Chances are, it's bad.

WHAT ARE THE BIG DIFFERENCES BETWEEN PRODUCTS?

Mascaras have a much shorter lifespan because you add oxygen, debris and bacteria to the formula every time you use it, and this formula goes on one of the most sensitive parts of the body, your eyes. I recommend throwing away mascaras after about four months or when the formula fails. Generally, powders last quite a while longer because they aren't as likely to contain agents for bacteria to cling onto and don't provide the environment that bacteria prefer to thrive in. Lipsticks are interesting because they can generally last a bit longer despite being a cream. Keep the lid on it, clean it off occasionally, and unless it starts to smell strange or have inconsistent texture, they can typically last about a year-and-a-half to two years.

WHAT ARE THE RISKS OF USING MAKEUP PAST ITS EXPIRATION DATE?

The risks of letting your makeup live past its expiration include majorly blocked pores, breakouts, cold sores, eye infections and exacerbated skin conditions. The primary cause of all of these is the introduction of bacteria to your skin. What's a good way to ensure we don't keep products too long? While not all cosmetics are required to have expiration dates, a good indicator of how long you should be keeping and using the particular item is by looking for a jar symbol with a number on the packaging. This is how long after opening until the product is no longer recommended to be used. These expiration dates vary by product type, so a good way to track when you bought an item is to use a permanent marker to write the month or date of purchase. Using common sense with your products is

also important. If you notice a change in texture, scent, colour, or the way it applies, or have had unusual breakouts or an eye infection, definitely throw them away!

WHAT ABOUT BRUSHES AND APPLICATORS?

Cleaning the tools you use for your beauty routine is important to prevent product buildup. Both brushes and sponges are porous and can harbour bacteria, oil and debris. Keeping your brushes clean can ensure a longer lifespan, as well as a cleaner, more consistent makeup application.

Generally, I recommend complexion brushes be washed at least twice a month and all other makeup brushes monthly. A good way to keep up with cleanliness is to use a brush cleanser between monthly deep cleanings.

The best way to wash brushes is by wetting the bristles with lukewarm water, spraying a brush cleanser onto the bristles, and then massaging a baby shampoo into the bristles until they are clean. Squeeze out the excess water, reshape the brush, then leave it to air dry. Beauty blenders should be cleaned after every use or at the very least once a week due to the buildup of makeup products, skin, oil and bacteria.

These reusable sponges can last about three to four months if you care for them and keep them clean. If you notice any dark spots on them, throw them away immediately.

What else should we know about keeping our products (and faces) in good shape? If you use a compact powder for touch-ups, please change your sponge! Not only will the sponge harbour bacteria, but you can also transfer oil to the powder, which will create a hard film over the product. You can buy virtually any size replacement for the compact.

If you have had pink eye or a cold sore, I recommend throwing away any products you may have used on these areas during this time. Once the cosmetic product has been contaminated, the products will continuously spread this infection.

NOW THAT'S INTERESTING

Bacteria may pose a risk to modern-day makeup wearers, but 16th-century nobles like Queen Elizabeth I exposed themselves to potentially scarier stuff by using something called Venetian ceruse (or Spirits of Saturn), a combination of vinegar and ... lead! It supposedly smoothed the complexion but came with the nasty side effects of hair loss, skin discolouration and rotting teeth. Pretty!





Acupuncturists Wendy Ryan BHSoc. Acup. (left) and Jessica Yung BHSoc. Acup (centre) and Receptionist Katherine Williamson (right).

HIP PAIN & BURSITIS

Hip pain and bursitis can significantly impact one's quality of life, limiting mobility and causing discomfort. We often see people whose hip pain prevents them from enjoying their usual activities, such as walking their dogs, gardening, and socialising; sleep quality also tends to suffer.

Hip pain can stem from various causes, including injury, overuse, arthritis, or inflammation of the bursae - small, fluid-filled sacs that cushion the joints. Bursitis, specifically, occurs when these sacs become inflamed, leading to pain, swelling, and stiffness around the hip joint. Hip pain can also stem from the back, known as referred pain, where pain is felt in a different part of the body than where the actual cause of the pain is located. This occurs because the nerves responsible for transmitting pain signals from an area of the body can sometimes overlap with or share pathways with nerves from another area.

One of the most common causes of hip pain referred from the back is sciatica. Sciatica occurs when the sciatic nerve, which runs from the lower back down through the hips and into the legs, becomes irritated or compressed. This can cause pain that radiates from the lower back through the hip and buttock and down the leg. Muscles in the lower back can become strained or spasmed due to injury or overuse, leading to pain that can be referred to the hip area. Sometimes, pain originating from the



back can be referred to the hip region due to the nerve pathways.

Conventional treatments for hip pain often involve medications, physical therapy, or, in severe cases, surgery. However, for those seeking alternative options, acupuncture and Chinese medicine can often provide relief.

ACUPUNCTURE FOR HIP PAIN

Acupuncture may help alleviate hip pain and bursitis through several mechanisms:

- **Anti-inflammatory effects:** acupuncture provides an anti-inflammatory effect by modulating the release of inflammatory markers and cytokines in the body. By reducing inflammation in the hip joint and surrounding tissues, acupuncture helps alleviate pain and swelling associated with bursitis.
- **Improved blood circulation:** acupuncture improves blood circulation to the affected area, promoting the delivery of oxygen and nutrients to injured tissues and facilitating the removal of metabolic waste products. Enhanced blood flow supports the healing process and reduces pain and stiffness in the hip joint.
- **Muscle relaxation:** acupuncture relaxes tight or spasming muscles around the hip joint, which can contribute to hip pain and stiffness. By promoting muscle relaxation, acupuncture improves flexibility and range of motion in the hip joint.
- **Pain relief:** acupuncture stimulates the release of endorphins, which are natural pain-relieving chemicals produced by the body. By increasing



endorphin levels, acupuncture helps reduce pain and discomfort associated with hip pain and bursitis.

Several studies have explored the efficacy of acupuncture in managing hip pain and bursitis. A systematic review published in the Journal of Pain Research found that acupuncture significantly reduced pain intensity and improved physical function in patients with hip osteoarthritis. Another study published in Acupuncture in Medicine demonstrated the effectiveness of acupuncture in relieving pain and improving hip joint function in patients with hip bursitis.

Clinical guidelines for low back pain in the United States are now almost universally recommending acupuncture for low back pain over previously-favoured pharmaceutical and surgical options. The American College of Physicians, Medicare/Medicaid and the Joint Commission (which establishes criteria for hospital accreditation) have all recommended acupuncture for low back pain.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our website www.bribieacupuncture.com.au or call 0423 160 228.

You can also find us on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available.

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

My name is Susan Sheward. I came up with the concept of having an artisan gift shop, having experience in tourism and community-type shops in the past. I wanted to bring together like-minded artisans like myself. So, about nine months ago, I came up with the idea. My vision was to bring all different types of artisans using various mediums, which comes from my love of art, and to create things and bring joy to others.

Many people with at-home studios have beautiful products and pieces but need to be seen, so with this in mind. I wanted to create an attractive shop where all this could be beautifully displayed.

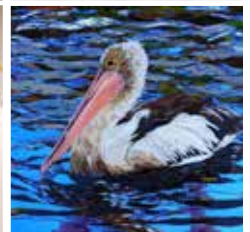
The opportunity came up with talks from the Beach Shak Cafe to take the shop and fit it out. I had a clear mind and vision of how I thought it should look. With that in mind, I painted all the walls white, brought in a beautiful, smoky oak light grey floor, and installed beautiful white shelving with accents of black shelving and accessories,

intending to bring bright colours and happy vibes from all the artists themselves, so that they would be the showcase and the fit-out would be the canvas.

With over 24 members, building to around 30 to 35 members, mostly with one-off pieces, we expect the shop to be exciting, vibrant and full of new and interesting things each week!

I want to invite you all to our opening on March 2, where we will be offering a wide variety of products and pieces from artisans from our region, with a few artists from within Queensland as well.

We like to showcase what these beautiful artists have created to enjoy and share with your friends and family. Pop in next door for food and drinks at the Beach Shak Cafe, which always has a great selection of enticing foods. After the opening weekend, we will offer complimentary gift wrapping, gift certificates, eftpos and afterpay.



BEACHMERE AND ARTISANS GIFT SHOP OPENING MARCH 2ND
Shop 3/ 5 Biggs ave, Beachmere

40%
OFF SELECT EYEWEAR*

MEGA CLEARANCE SALE

40%
OFF SELECT EYEWEAR*

* Conditions apply. See in-store for details.

P (07) 5432 3077

A Shop 56A, Morayfield S/C, 171 Morayfield Rd, Morayfield QLD

www.eyeenvyoptometrist.com.au



Bribie Island Physiotherapy & Lifestyle Gym

The Impact of Exercise on Diabetes Management: A Comprehensive guide

Type 2 diabetes comes from ineffective insulin use, causing increased blood sugar levels. Regular exercise is important in managing diabetes, so let's look into the types of exercise and considerations for those with diabetes.

Lets start with insulin. Insulin is made by the pancreas and helps regulate blood sugar. It allows cells to store glucose as energy to be used later. Type 2 diabetics struggle with blood sugar control. When food is eaten it's converted to sugar in the blood. This is then unable to be stored by the cell and it remains in the blood. Think of insulin like a front door key to let the glucose into the cell.

Hyperglycemia, high blood sugar, can lead to various side effects including; increased thirst, frequent urination, fatigue and blurred vision. Over time, persistent hyperglycemia can contribute to more serious complications such as; cardiovascular disease, kidney damage, nerve damage (neuropathy) and eye problems.

So what should diabetics be doing?

It's essential for diabetics to manage their blood sugar levels through lifestyle changes, medication, and regular monitoring to prevent or minimize these potential side effects.

Benefits of exercise for diabetes management include; blood

glucose control, weight management, improved insulin sensitivity (makes your body more effective in regulating blood sugar) and improved cardiovascular health. Some types of exercise that would be recommended for diabetics include; aerobic exercise (walking, swimming etc), strength training, balance training, stretching and breathing. Hydration and nutrition, this is a leading contributing factor to blood sugar levels and should be carefully monitored with the help of your GP or a Dietitian. Exercise, beginning with short sessions of 30 minutes gradually progressing as experience increases.

Some common barriers to exercise;

1. Worrying about low blood sugar - If you are concerned about low blood glucose keep some quick snacks handy such as small fruit, nuts or jellybeans.
2. Time Constraints - Incorporating short, frequent bouts of exercise can be as beneficial as longer sessions. As little as 10 minutes at a time can help to improve the condition.
3. Physical Limitations - Individuals with diabetes may need to modify exercises based on their physical abilities and any complications related to the condition. Listen to your body and if something does not feel right, take it slow. Remember it is not a race - it is about feeling good and enjoying the journey.

Regular exercise is essential for diabetes management. Combing exercise with education around management of the condition helps our client's make huge progress in reducing the negative effects. This is what we cover in our group classes tailored to helping type 2 diabetics manage their condition through exercise. If you are unsure of where to begin your exercise journey, see our Exercise Physiologist who help provide exercise recommendations and tailored exercise programs as well as education on how to manage Diabetes.

Call 07 3408 0000 and book a session to start your journey.

- Accessible gym for client use
- Diabetes group class
- Strength class
- Pilates

- Hydrotherapy
- Dry needling
- DVA group class
- NDIS services (Improved Health and Well-being, Improved Daily Living)

- EPC services
- Home visits
- HICAPS for same day claiming




admin@bribiephysio.com.au

Ph: 3408 0000

213 First Av, Bongaree

www.bribiephysio.com.au



EMBRACING THE PRINCIPLES OF ETIQUETTE

By Cherrie Wilson

When I was growing up, my parents always had a “code of conduct,” I call it, and we were to abide by the code or suffer the consequences. That usually being some household chore like cleaning out all the window tracks or something just as mundane. My rebellious nature, of course, earned me regular “attitude adjustments,” my word for chores, as I was an extremely strong-willed, stubborn, and adventurous child.

When I was a teenager, I attended a beauty, grooming and deportment school to learn the finer points of etiquette and hated every minute of it as I had many more exciting things to do. I am forever grateful for the education I received from my long-suffering parents and the course, as it has held me in good stead, saving me from embarrassment on a few occasions. Etiquette rules are good to know and may help get someone out of a tough spot in an unusual situation. I understand that some people will read this article and think, here we go, catch up with the times, things have changed. Don't get me wrong, some absurd etiquette rules are in place, but there are also some really useful ones as well.

Etiquette is composed of two parts: manners and the principles of etiquette. Manners are the observable behaviours that are culturally specific, whereas the principles of etiquette

are timeless and universal. However, the principles of etiquette, such as consideration, respect, and honesty, are the foundation of all manners. These qualities transcend cultures and time and make our interactions meaningful, respectful, and dignified. While customs such as handshakes, bows, or grasping forearms may differ across cultures, the underlying idea of showing respect and welcome is universal.

MANNERS INCLUDE:

- Saying “please” and “thank you”.
- Holding doors open for others.
- Dressing appropriately.
- Shaking hands.

They guide our expectations of others and promote a sense of civility and courtesy. Manners may vary over time and across cultures, but the principles of etiquette serve as a universal guide to our interactions. Good etiquette is all about making others feel comfortable and respected. It's a set of social norms that guides our behaviour in various situations and helps us interact with others politely and respectfully. You will become the epitome of good etiquette by starting with these three principles.

RESPECT - Respect is a complex concept that involves both feelings and actions. As human beings, we demonstrate our respect for others by recognising and acknowledging their

worth, irrespective of their background, race, or beliefs. This recognition manifests in our daily interactions, such as avoiding belittling others for their opinions or ideas, rejecting racist or sexist humour, setting aside prejudices, and keeping an open mind. Moreover, respect is not just about what we don't do but also about what we do, such as punctuality, appropriate dressing, and actively listening to those around us. Just as respect for others is fundamental, so is self-respect. People who respect themselves are not arrogant or overbearing but are confident in a way that inspires trust in those around them. They value themselves regardless of physical appearance or personal skills, recognising that integrity and character are essential qualities.

CONSIDERATION -

Consideration involves putting yourself in another person's shoes and understanding their feelings. It is all about being thoughtful and acting with care. Thoughtful behaviour means thinking about how your actions can impact those around you and what you can do to help them. Consideration motivates us to assist a friend or stranger in need, to offer expressions of gratitude, or to give praise when deserved.

HONESTY -

Honesty is a powerful virtue that demands both

truth-telling and sincerity. Etiquette requires benevolent honesty as it is superior to brutal honesty. It requires empathising with others to understand the positive truth and communicating or acting on it without causing discomfort or harm. Authenticity is another critical aspect of honesty; insincere politeness is just as damaging as outright rudeness. When you embrace honesty, you can confidently speak and act with integrity, knowing you are always doing the right thing.

TO WRAP IT ALL UP

Always treat others respectfully, regardless of background, beliefs, or opinions, even if you disagree with them. Be considerate of others' feelings and needs. Avoid actions or words that might cause offence or discomfort. Show gratitude and appreciation for others' contributions and efforts. Whether it's a small gesture or a significant accomplishment, acknowledge and celebrate their achievements. By embracing the principles of etiquette, we can build better relationships, enhance our social skills, and create a more harmonious society. Etiquette is an essential aspect that governs our social interactions, but sadly seems to be going by the wayside. For the next issue, let's delve into the intricacies of the rules of etiquette, some helpful and some things that are just comical, to say the least!

On the 6th of October, Edward was given the opportunity to attend his daughter's wedding thanks to our very own support worker here at Suncare, Daniel. Ted, who was navigating hospital and respite care, faced the challenge of making it to the Sunshine Coast for the joyous occasion. Thankfully, one of Suncare's dedicated support workers, Daniel, whose recent move to the Sunshine Coast became one very lucky coincidence. Daniels's commitment to our customers was nothing short of extraordinary, dedicating hours to ensure that Ted not only made it to his daughter's wedding but also enjoyed his time without worry. Paula, Ted's partner, recalls, 'It was extremely important for us to have that support. Danny is one who fits in wherever he goes; he is always there. Ted Trusts him, so it really helped me out.'

On the wedding day, Daniel's role extended beyond a social. Ensuring Ted was showered, shaved and impeccably dressed. He integrated himself into the different dynamics, becoming more than just a support worker but a cherished companion throughout the whole celebration.

'It was important to me because. I had promised Ted and Paula I would do it, and I wanted to help out and make the family's day more enjoyable by getting Ted ready and helping him walk his daughter down the aisle. The day was fantastic. It was very relaxing, and everyone had a great time. Ted has really bad dementia. But I could tell in his eyes that he knew everything happening around him. The best part of the day was when Ted walked his daughter down the aisle. Everyone cried. It was amazing,' says Daniel.

In Paula and Edward's household, they

follow a 3 C policy – care, concern and compassion; coupled with Daniel's sense of humour, his presence was both professional and personal. Feedback from the family poured in, expressing extreme gratitude for Daniel's calming influence and exceptional care.



Community owned

Boronia Cottage

"Your Home Away from Home"

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

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

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

For more information please visit

suncare.org.au/community-connections/

or contact Suncare at 1800 786 227



Suncare
COMMUNITY SERVICES

1800 786 227 | suncare.org.au

Over 50 years of Making
People's Lives Better

THE SIGNIFICANCE OF ACCESSIBILITY:

A Glimpse into the Charm of Bribie Island

In an era where inclusivity and accessibility are paramount, the allure of destinations that cater to all individuals, regardless of their abilities, is undeniable. One such gem that embodies this ethos is Bribie Island. This picturesque island not only captivates visitors with its stunning landscapes but also sets a shining example of the importance of accessibility in travel and tourism.

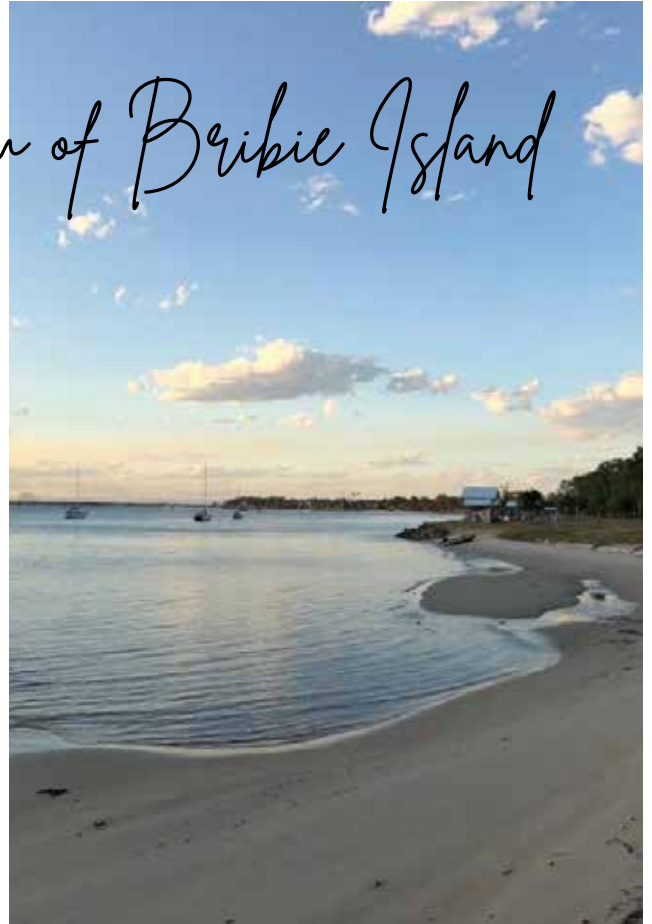
Accessibility goes beyond mere convenience; it is a fundamental aspect of ensuring that everyone, regardless of physical limitations, can fully partake in the joys of exploration and discovery. Bribie Island, with its commitment to inclusivity, stands as a beacon of this principle.

One of the most striking features of Bribie Island is its dedication to making its natural wonders accessible to all. The wide paths along the Pumicestone Passage cater to all assistive technology and allow the community to easily navigate the island, thanks to well-maintained pathways and ramps.

I encourage all individuals with a physical impairment to engage in the services of an Occupational Therapist to assist in prescribing a safe and comfortable mobility device to explore the Island on the accessible paths. The dynamics of the beautiful island will improve your physical and mental well-being.

In essence, Bribie Island serves as a shining example of the transformative power of accessibility in enriching lives and forging meaningful connections.

Tracey Blinco Law and Access Consultant Health & Wellness Coach



DON'T LET

TENDON PAIN

**STOP YOU
IN YOUR TRACKS**

**BOOK YOUR
NO OBLIGATION
FREE
ASSESSMENT**

**LASER
THERAPY
NOW
AVAILABLE
IN CLINIC**

UP TO **90% SUCCESS RATE#** | **NON-INVASIVE THERAPY**

RADIAL /FOCUSED SHOCKWAVE THERAPY

Clinically proven to help these conditions*

- Heel pain (plantar fasciitis and Achilles tendinopathy)
- Tennis and golfers elbow
- Patella tendinopathy
- Frozen shoulder
- Rotator cuff tendinopathy +/- calcification
- * Hip bursitis
- Shin splints; Heel spurs
- Knee arthritis



INTERNATIONALLY ACCREDITED
SHOCKWAVE THERAPIST
AVAILABLE AT THIS CLINIC ONLY.

YOUR HEALTH INVESTMENT

Standard physiotherapy consultation fee plus \$60 ** surcharge
Standard treatment is 3-5 sessions
Discount for pensioners.
** Podiatry \$70 Surcharge

Am J Sports Med 2007; 35:972
* Int J Surg 2015; 24:113-222
^ Int J Surgery 2015; 24:207-9



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

Compression wear has gained popularity among athletes and is now becoming more popular for mainstream use. The tight-fitting garments are designed to enhance blood circulation and provide support to various parts of the body. This post will discuss the top five health advantages of compression clothing. By promoting better oxygenation to muscles, reducing muscle soreness, and aiding in faster recovery, compression wear has become a go-to choice for individuals seeking not only performance enhancement during physical activities but also improved comfort and well-being in their daily lives.

Improved Blood Circulation

Improved blood circulation stands out as a key advantage of compression wear. These garments are designed with a graduated pressure profile, meaning they exert the highest pressure at the extremities and gradually decrease as they move toward the body's

core. Because of its distinctive architecture, blood flows back to the heart more effectively by facilitating venous return. Compression wear minimises discomfort and addresses issues such as swelling by reducing the likelihood of blood pooling in the legs or other extremities. Enhanced circulation can positively affect various aspects of health, promoting oxygen delivery to tissues, aiding in recovery after physical activity, and potentially reducing the risk of certain circulatory issues. Whether worn during athletic performance, long flights, or for medical reasons, the ability of compression wear to optimise blood circulation is a valuable feature for individuals seeking to support their overall well-being.

MUSCLE SUPPORT AND RECOVERY

Muscle support and recovery stand as significant advantages offered by compression wear. These garments are engineered to deliver targeted support to muscles



COMPRESSION WEAR: A Look at Health Benefits

“Dr Ensieh Madhkhanehfahani (Dr Ensi), has joined the team at Elysian Medical Centre. Dr Ensi is available Monday – Friday.

She is currently taking new patients

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

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

Dr Ensi speaks English and Farsi/Persian.

She has keen interest in

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

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



**NEW PATIENTS WELCOME
ELYSIAN
MEDICAL CENTRE**

3/45 Benabrow Ave, Bellara 4507

Phone 07 3410 7425

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

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



**NEW PATIENTS WELCOME
ELYSIAN
MEDICAL CENTRE**

3/45 Benabrow Ave, Bellara 4507

Phone 07 3410 7425

and joints, particularly during intense physical activities. By minimising muscle vibration, compression wear helps reduce the risk of microtears in muscle fibres that often lead to soreness and fatigue. Athletes, in particular, find this feature valuable as it promotes quicker recovery between workouts and competitions. By applying compression to specific muscle groups, one can increase coordination and stability by improving proprioception, or the body's understanding of its location in space. Whether you're engaged in high-impact sports, endurance training, or even recovery after injury, the muscle support provided by compression wear can be instrumental in optimising performance and promoting a faster return to peak physical condition.

REDUCED SWELLING AND INFLAMMATION

Compression wear offers a notable advantage in reducing swelling and inflammation. The graduated pressure exerted by these garments promotes efficient fluid drainage, particularly in areas prone to swelling. This

may be helpful for people with edema or lymphedema, among other ailments. Additionally, compression garments lessen the edema that frequently develops in the ankles and legs in people who spend a lot of time standing or sitting. Compression garments provide a practical solution for managing swelling and inflammation by enhancing blood circulation and preventing excess fluid accumulation, contributing to comfort and overall well-being. It's crucial to remember that before adding compression gear into their regimen, anyone with particular medical problems should speak with healthcare providers.

PREVENTION OF DEEP VEIN THROMBOSIS (DVT)

The use of compression clothing, such as compression hoses, is essential in the fight against deep vein thrombosis (DVT). This condition, characterised by the formation of blood clots in deep veins, is often associated with factors like prolonged immobility during travel or certain medical conditions. Gradient pressure applied to the legs by compression socks improves

blood circulation and lowers the chance of clot formation. Particularly for individuals at risk of DVT, such as frequent travellers or those recovering from surgery, compression hoses offer a preventive solution by promoting healthy blood flow and mitigating the factors that contribute to clot development. Compression hoses contribute to overall vascular health as a non-invasive and proactive measure, aligning with the goal of preventing DVT and enhancing the well-being of individuals susceptible to this condition.

JOINT STABILITY

Joint stability is a key advantage of compression wear, especially for individuals dealing with joint-related concerns or engaging in activities that exert stress on the joints. The supportive nature of compression garments contributes to better joint alignment and stability during movement. People with ailments like arthritis or athletes participating in high-impact sports may find this especially helpful. By minimising excessive motions and vibrations, the compression placed on the

joints lowers their risk of injury and improves the general health of the joints. Compression wear offers a proactive approach to maintaining joint stability and supporting individuals with specific orthopaedic needs during workouts, daily activities, or recovery periods. As with any health-related consideration, individuals should seek advice from healthcare professionals to determine the most suitable use of compression wear based on their unique circumstances.

CONCLUSION

Many health advantages of compression garments include better circulation, stronger muscles, less edema, and increased joint stability. Including these clothes in your routine may improve general well-being, even though selecting the appropriate compression degree and fit is crucial. Compression gear may be used for daily activities, exercises, or recovery. It benefits your health and wellness routine since it is comfortable and may have therapeutic advantages for various lifestyle demands.

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

He is also taking on new patients.

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

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

Areas of interest:

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



NEW PATIENTS WELCOME

**BRIBIE ISLAND
MEDICAL CENTRE**

15/19 Benabrow Ave, Bellara 4507

Phone 07 3408 1288

BRIBIE ISLAND VOLUNTARY COMMUNITY HELP ASSOC. INC.

VOLUNTEER DRIVERS WANTED

Bribie Island Community Help is after volunteers to assist our active aged and frail clients with door-to-door transport. We transport clients around following areas:

- Bribie Island & surrounds
 - Caboolture, Redcliffe, Northlakes
 - North Brisbane & Brisbane City.
- Currently seeking to expand our Volunteering numbers to service all areas to assist our growing client numbers.

We are seeking committed volunteers who can donate 5 to 8 hours per week. We are registered with Centrelink for those with volunteering obligations.

We have a fleet of Toyota Commuter automatic minibuses, and we will provide training on

driving the buses as well as orientation and ongoing support from our professional office staff.

MANDATORY REQUIREMENTS:

- Must hold Australian or NZ Citizenship or the capacity to permanently work in Australia.
- Above 25 years of age due to insurance constraints.
- Be able to pass a driving record history check by Cld Transport.
- Be able to pass a criminal history background check.
- Have a minimum of an Australian Open "C" class license, check by Cld Transport.
- Be able to pass a criminal history background check.
- Have a minimum of an Australian Open "C" class license.

If you wish to apply or seek further information, you can email your details to apply@bivchai.org.au or call on 3408-0111.

The Association receives funding from the Commonwealth Home Support Program, Queensland Department of Housing and Public Works and the Department of Communities to support our Services.



Issue 209 Feb 23, 2024 21

REASONS WHY BUYING SECOND-HAND CLOTHES IS AWESOME....

You should buy second-hand clothing for many reasons, many of which benefit you personally,

no matter your lifestyle. Buying second-hand clothes also benefits the environment in a big way, making it a win-win. Whether you're unsure if buying used clothing is for you or want to educate yourself about the perks, this article will open your mind to second-hand shopping. Let's get to it! Here are some reasons why you should buy second-hand clothing.

BUYING SECOND-HAND CLOTHING SAVES MONEY

You can save an incredible amount of money shopping for second-hand clothes. You'll never pay anywhere near retail price, which is great for finding high-quality clothing from brands you know and trust. The savings will depend on the thrift stores near you – they're all different. So, explore the second-hand shops in your area to see who has the best clothes/deals, or find other spots to get second-hand items.

YOU EXTEND A GARMENT'S LIFE CYCLE

Think about this: Do you have unwanted clothes in your wardrobe that are in great condition, but you don't wear them for whatever reason? Or maybe something that you wore often but is no longer your style, no longer fits, or you don't love it anymore? You wouldn't just throw away something in perfectly good condition because you don't wear it anymore, right? Someone should get some use out of it. And chances are, this person will fall in love with it, just like you did.

BUYING USED PROMOTES SUSTAINABLE FASHION

Another reason you should buy second-hand clothing is that it promotes sustainable fashion. Buying second-hand clothing is a big part of the slow fashion movement and a key factor

when creating a sustainable wardrobe. Sustainable fashion is all about slowing down regarding fashion. It means wearing used clothing, buying clothing that was made sustainably and/or ethically, and with fabrics made from eco-materials like organic cotton, Tencel and hemp. It means saying goodbye to fast fashion. In other words, a sustainable wardrobe is filled with second-hand clothing and/or clothing made by slow fashion brands, which do wonders for the environment.

SECOND-HAND CLOTHING IS UNIQUE

The majority of second-hand clothing that you will find in thrift stores is completely unique and sold at extremely low prices. The chances of two of the same items in the same thrift store or other thrift stores are slim to none. And chances are, you won't be able to find the same piece again because they're probably no longer being made, especially vintage clothing. So, if you want one-of-a-kind clothing, shopping second-hand is a great way to get them.

BUYING USED CLOTHING SAVES RESOURCES

When shopping for second-hand clothing, you save resources and do the environment a solid favour. This is because the resources have already been used to make the piece of clothing. Instead of buying a new shirt or pair of pants that consumes resources to make and distribute to a store near you, buying used clothing doesn't deplete any more resources. Because of this, wearing second-hand clothing positively impacts the environment and is a great idea for anyone who wants to reduce their environmental impact.

REDUCES FAST FASHION DEMAND

When you purchase second-hand clothing from thrift

shops instead of new clothes from retailers, you reduce the demand for fast fashion and support ethical fashion. These days, fast fashion brands are just spitting out new, cheap clothing because many people have adopted the mentality that clothes are easily discarded. But imagine if everyone started purchasing second-hand clothing or shopped slowly. These fast fashion companies would cease to exist or have to conform to the new norm. That's why saying no to fast fashion and building a more sustainable wardrobe is so important. As consumers, we help drive change!

ANOTHER MAN'S TRASH...

It is another man's treasure. This saying holds true for second-hand clothing as well. Sometimes old clothes need a new life. I've come across countless pieces of clothing at second-hand stores where my eyes pop open when finding something amazing. And then at a huge discount? It's a great feeling. Sometimes, searching for second-hand clothing that you love will feel like finding a needle in a haystack, but that needle will turn out to be a diamond.

IT'S EASIER TO SHOP SECOND-HAND

In second-hand clothing stores, everything is usually sorted by size, making it a breeze when searching for clothes. However, not all clothes fit equally; you should still look at other sizes. I wouldn't recommend trying clothes on at all thrift stores, just in case they weren't washed – especially if you're unfamiliar with your thrift store's practices. Spotting a washer and dryer in a separate room in the store is usually a good indication that the clothes have been washed, and then I feel comfortable trying on the clothes. If you don't want to try on clothes, take measurements like the shoulder width of a shirt you

already have and use it as a guideline for shopping.

SECOND-HAND FASHION LASTS LONGER

This may sound untrue but look at it this way. You can find a lot of clothes that are years old in thrift stores, especially if you're in a vintage store. Some of these clothes were created before fast fashion started becoming so widespread. Since they are pre-fast fashion, they are better made and meant to stand the test of time. Of course, you still have to know how to take care of your clothes to ensure their longevity, but these clothes are so well made makes clothes maintenance a lot easier. Second-hand clothing lasts longer because used clothing has usually been washed a couple of times, if not dozens of times already. That means that any shrinking and fading that would have occurred has already occurred. How many times have you purchased retail clothing, washed it, and it shrunk or faded, completely changing or ruining it? With second-hand clothing, what you see is what you get.

FINAL THOUGHTS ON WHY BUYING SECOND-HAND CLOTHING IS AWESOME

So now you know the many benefits of buying second-hand clothing, both personal and environmental. It's a great feeling shopping second-hand, knowing that you're helping the environment and practising slow fashion while also simplifying your life! If you need ideas for places to buy second-hand clothing, check out your local thrift shops, garage sales, or an online marketplace like Facebook.



Sustainable Seconds Markets next Sunday 25th Feb:

Helping to create a more sustainable and connected community!
A BEAUTIFUL LOCAL COMMUNITY NOT-FOR-PROFIT ORGANISATION

HAVE YOU HEARD? SUSTAINABLE SECONDS MARKET IS BACK!!

After our awesome first Sustainable Seconds market last year, the team at Mojo Mama Events Bribie got together, and we decided to bring it back again, and we are super excited!

Let's help out Mother Earth!Stop landfill!

Join us as we give our Bribie community an awesome thrift shopping day! Because who doesn't love a good bargain, and maybe a delicious breakfast/lunch afterwards at the Social Cafe or Botanic restaurant?

Our STALL HOLDERS are all locked in and we can't wait!

- Come and be part of the Sustainable movement
- Freshen up your wardrobe with some fresh, pre-loved pieces
- Find some other bargains
- Have fun while you search for some second treasures

BRIEBIE RSL-THE AUDITORIUM (inside in the dry and the air con so no worries about what the weather is doing!) 9AM-12PM



\$2
ENTRY
DONATION FOR
SHOPPERS
SUPPORTING



Rachy's Ironing & Domestic Services



Servicing
Bribie Island &
Surrounds & The
Moreton Bay
Region

\$40 per hour - Domestic Services
\$27.50 per hour - Ironing
Fully Vaccinated

0421 625 350

rachealkboots@gmail.com
ABN 18 158 752 670



Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

**GREAT BARGAINS ON CLOTHING,
SHOES, ELECTRICAL, TOOLS,
TOYS AND MUCH MORE**

**VOLUNTEERS
ALWAYS
WELCOME**

**FREE PICK UP
AND LOW COST
DELIVERY**

PH 3408 1014

Mon-Fri 8:00-3.30, Sat 8.00-12.00

Yes, They DO eat a lot

This is what's left every morning when our breeding lab volunteers come in to look after our hungry caterpillars.

Every day, we prepare fresh leaves, which get gobbled up overnight. Our biggest eaters are the Varied Egg fly caterpillars which can demolish up to two large garbage bags of leaves a day when our cages are at capacity in the lab.

And caterpillars poop a lot, too (caterpillar poop is called frass), and every day our volunteers clean up lots of frass.

Caterpillars have specific tastes and are fussy about what they eat – that's why butterflies lay their eggs on certain host plants, so the newly hatched caterpillars have their food supply readily available.

We grow most of our host plants at the Butterfly House

and also rely on local residents for extra plant donations to help us keep up with demand from our hungry and growing caterpillars.

Our volunteers are kept busy daily, lovingly looking after our caterpillars until they pupate and blossom into beautiful butterflies. We then release the butterflies back into our sanctuary, where you can see them up close.

Learn more about caterpillar host plants: www.bribieislandbutterflyhouse.org/ourbutterflies

Bribie Island Butterfly House
Open Wednesdays and
Sundays 10 am-4 pm
206B First Ave Bongaree



Monarch caterpillars eating their way through their daily supply of Yellow Milkweed.

OUR CATERPILLAR FOOD MENU

Varied Eggfly - Sweet Potato vine leaves (grown hydroponically off-site)

Monarch - Yellow Milkweed

Red Lacewing - Adenia heterophylla

Lemon Migrant - Senna alata

Cairns Birdwing - Aristolochia macroura and Aristolochia acuminata (Tagala)

Blue Triangle - Camphor laurel

Become a social butterfly

LOOKING FOR A WAY TO GIVE BACK TO YOUR COMMUNITY AND SUPPORT THE ENVIRONMENT HERE ON BRIBIE ISLAND?

We are supported by volunteers and offer a place where visitors can learn more about these amazing creatures. We have a range of roles and sessions to suit your availability:

- Butterfly breeding
- Hydroponics gardener
- Gardener
- Tour guide
- Butterfly House Attendant
- Plant foster carer
- Front office assistant
- Maintenance operator
- And many other opportunities

We are an approved organisation for Centrelink Jobseeker volunteers.

For more information visit our website
www.bribieislandbutterflyhouse.org/volunteerroles
206B First Avenue, Bongaree - Woorim,





One is a high-profile and an OAM awarded painter, the other an internationally awarded and exhibited photographer. Together they present

WATERS AND BUDGE: A JOURNEY OF MATES AND THEIR GENRES FEBRUARY 20 - MARCH 10

This exhibition features the works of artist Donald James Waters OAM and photographer Wayne Budge, and shows how their individual styles have evolved over the years.

Friends for more than 25 years, Donald and Wayne hope that this will be the first of many exciting and unusual collaborations.

To Don, art must always remain an adventure. He says it's spiritual, always beautiful and somewhat naive.

Born in Sydney, Donald's 40+ year career has taken his art to every corner of the globe and his distinctive style is now in many private and corporate collectors alike, including that of the late Her Majesty Queen Elizabeth II's art collection, now passed down to King Charles III. He has also taught and judged major art shows in Australia and overseas.

In 2016 Donald was awarded the Order of Australia Medal (OAM) for services to the Community and the Arts and in 2022 he also received the Rotary International PHF (Paul Harris Fellow Award). Donald loves people – their movement and energy. This is eloquently expressed through in his colourful depictions in his emotive art-work.

Wayne Budge is an Internationally awarded and exhibited Australian photographer now residing on Bribie Island.

Wayne is identified through his stunning landscape images from around the world, as well as his critically acclaimed portraits of Australian and International music icons.

An artist in his own right, the late Andrew "Greedy" Smith, from Australian band "Mental as Anything" once said:

"Budge has a way of drawing drama from his subjects. He captures how nature paints with light and he concentrates our focus letting us take a glimpse into Wayne's world. His images can be delicate but usually possess a lyrical strength that mark them out from the ordinary."

Photography has been in Wayne's blood since he was a child.

When he started attending concerts and gigs, he used photography to cement his experience.

Now, he's invited into the homes of many of Australia's legendary

music icons, capturing their images for posterity.

Wayne's love of freezing a moment in time has led him to hike the lava fields of Kilauea to document the flow of lava as it spews into the ocean. He has felt the inhumane violation of Hiroshima and has walked the natural destruction of Pompeii. These are places that need to be experienced - and image captured!

Wayne's work, whether portraits, landscapes, or abstracts, is most successful when it speaks to celebrating the richness of life.



EXHIBITION

A JOURNEY OF MATES AND THEIR GENRES



**MATTHEW FLINDERS GALLERY
BRIBIE ISLAND ARTS CENTRE**

**DATE: 20th February 2024
until
10th March 2024**



DONALD JAMES WATERS OAM - ARTIST + WAYNE BUDGE - PHOTOGRAPHER



Dear Pumicestone

WE'RE MAKING RENTING FAIRER AND EASIER

Are you a renter? Share your renting experiences here: <https://www.aliking.org/what-ali-s-working-on/homes-for-queenslanders/>

Tell me your experiences in our local rental market so I can understand what is needed to make renting fairer and easier in Pumicestone.

People tell me loud and clear that they are under pressure when it comes to housing. The reasons are complex. More people are moving to Queensland from interstate, we lost homes during the floods, and since COVID more Queenslanders are choosing to live in smaller households, increasing demand.

Meanwhile, rents, house prices, cost of living and interest rates are all going up.

That's why our Miles Government is doing absolutely everything we can to build more houses and reduce housing pressures.

We're taking bold action through our new Homes for Queenslanders plan, with five key pillars. One of these is supporting renters.

HOW THE MILES GOVERNMENT IS SUPPORTING RENTERS

In 2023, we limited rent increases to once per year. Most landlords and agents do the right thing, but you told us a few were doing the wrong thing by ending tenancies in order to raise rents. Now we're closing the loopholes so the annual rent increase will apply to the rental property and not the tenancy.

We are also banning rent bidding, so that property agents can't ask for more and renters don't end up in a bidding war against each other for a roof over their heads.

We've introduced a portable bond scheme because it can be hard to come up with the bond for a new rental. Our government will now allow renters to transfer their bond between rental properties.

To support people whose rent has become unaffordable, we're investing BIG with a \$160 million rental relief package, so more renters can access grants and subsidies to get into and maintain private rentals.

Plus we're doubling the number of RentConnect Officers in local Housing Service Centres to make sure people can access help like rental grants when they need it most.

Every Queenslander deserves a safe and secure place to call home and I won't stop working to make that happen.

Stay tuned with local issues and everything I'm working on by following me on Facebook – @AliForPumicestone.

As always, if you have any State Government questions, please email my office pumicestone@parliament.qld.gov.au or call 07 3474 2100.

Warmly



Ali King
State Member for Pumicestone



BEING Overwhelmed by Debt –

Get Back in Control

Do you use credit cards without paying the balance off every month? Have you exhausted your credit limits? Do you miss bill payments? Are you borrowing from one lender to pay off another? If yes, you may be caught in a cycle of debt, which is unlikely to have a happy ending. High-interest charges – 12% plus for a credit card and 48% plus for a payday loan – may mean that your payments barely cover interest costs, so your debts continue to grow.

So, while mounting debt can be distressing, and rebuilding your finances can feel overwhelming, it is important to act sooner rather than later to get debt under control. Acknowledging that you're trapped in a cycle of debt is the first step toward finding a solution. Next, know what you

owe. Make a list of each debt, noting the amount owed. Prioritise critical debts. A critical debt is a debt that must be paid to keep a roof over your head, like rent or mortgage repayments, and access to utilities like electricity and water.

Critical debts also include those secured by an asset – like your home or car. Failure to repay these debts may result in the loss of the asset through a “distress” sale, typically at a lower price than what you owe. This leaves you without the asset but still accountable for the debt.

If your debt problems result from a short-term issue, such as the loss of a job, but you expect to find work again within the near future, then you may be able to make hardship arrangements with your creditors. These may include a moratorium on repayments and charges, reduced payments and even a debt waiver in certain circumstances.

However, if you don't see any “light at the end of the tunnel”, a more long-term arrangement may be appropriate. This could include a Debt Agreement or Bankruptcy as a last resort – but an option for a fresh start. You should fully inform yourself about these options before locking yourself into a particular course of action and cost.

Whatever, avoid commercial operators

offering “quick fix” solutions. They may well cost you more money and land you deeper in debt. Instead, use the free and impartial services referred to below. The National Debt Helpline website <https://ndh.org.au/about-national-debt-helpline/> provides comprehensive information on all aspects of money management, including managing debts. You can also call the NDH on 1800 007 007 for advice on how best to regain control.

The Australian Financial Security Authority's (AFSA) website, I can't pay my debts | Australian Financial Security Authority (afsa.gov.au), lists extensive information on debt management, and AFSA's video on how to avoid untrustworthy debt advisers is well worth viewing.

If you would like help from me, you can book an appointment to meet face to face on a Monday between 1 pm and 4 pm at the Sandstone Point Community and Sporting Complex, 204 Bestman Rd East Sandstone Point. To book, email me at spcacf23@gmail.com and provide a contact phone number. If you cannot meet in person, I will help via email and/or video conference.

Peter Dallimore is a qualified and registered Financial Counsellor at the Sandstone Point Community Association Inc.

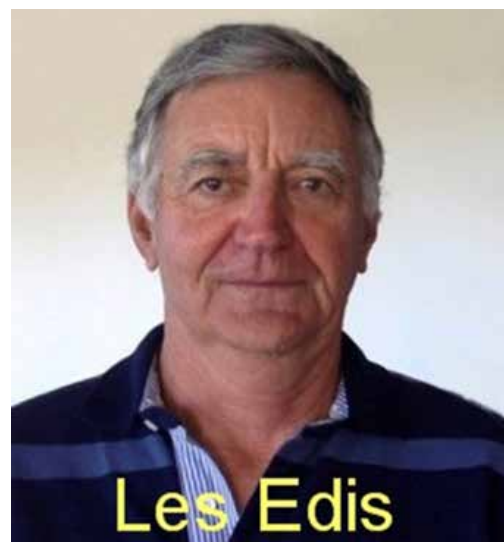
Hard act to follow



After 22 years of dedicated service to The Probud Club of Bribie Island, Les has decided to step back from the Management Committee allowing other interested members to take on roles within the club. Over the years, Les has been a stalwart of our Probud club. He has held numerous positions, including Publicity Officer, saw Les behind the microphone of local radio, manning a booth at the Seniors Expo as well as writing numerous articles for

various publications, including, of course, the Bribie Islander. As Publicity Officer, Les saw his role in promoting Probud as a great way for the retired and semi-retired to connect with like-minded people from all walks of life.

Thank you, Les, for all that you have done for our beloved Probud. You're a hard act to follow! Enjoy your well-deserved extra leisure time, but somehow, I feel you won't be staying away for long.



Les Edis

If you like meeting new friends, enjoying social events, listening to interesting guest speakers and or participating in tours and trips, then come along for a couple of hours at 9.00 AM on the first Tuesday of each month at the Bribie Island RSL. If you would like more information, call up our website by Googling 'Probud Bribie' or phone Gabrielle (0407341074 or Dave (0408453086)

PROBUS, NEARLY AUSTRALIA DAY

KATHY VINCENT

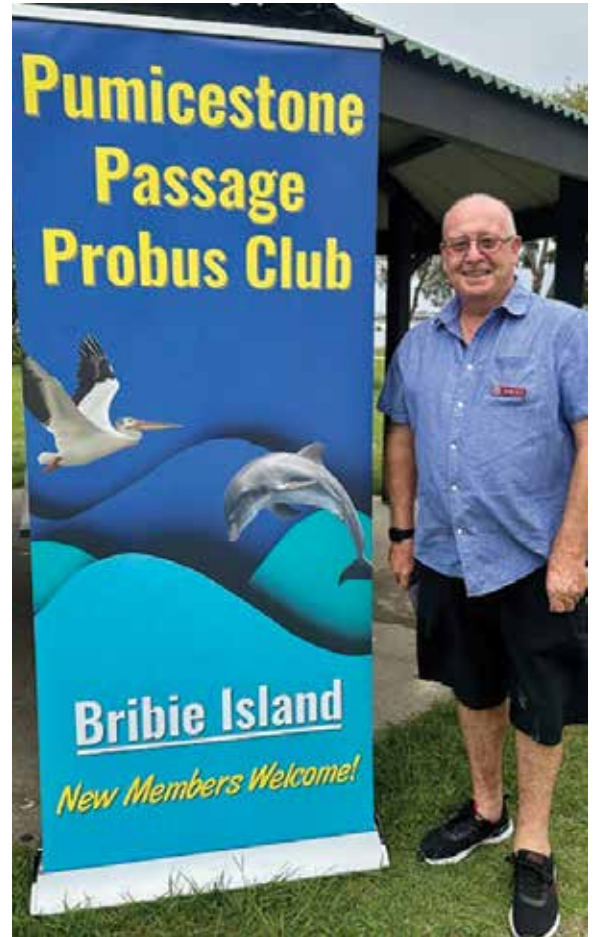
Well, a new year for Pumicestone Passage Probus, and what a good start to the year. In January, we saw 8 new members ready to enjoy some fun friendship and fellowship here on this beautiful island.

To start off the fun, we held the "Nearly Australia Day" event. We met by the passage, and everyone brought a dish to share, and there were some very delicious goodies to eat. It was also an opportunity to show our new sign, which you can see in the photo: fun and games.

Then, before sunset, drinks. First of all, there was the famous thong-throwing contest to see who won the coveted trophy. Then, the hard-fought battle of Kubb. It looks

so easy. All we have to do is throw the baton and knock over the wooden blocks!! Well, let me tell you, it is not easy. You line up your aim and throw straight, but it bounces to the right, left, or over the top rather than hit the target. It was very close, but the chaps won ---again!!!

So, this was not on Australia Day; there was no controversy about our fun day. If you think this club sounds like the right club for you, come and join us. We meet on the second Tuesday of the month at the RSL Garden, room 9, at 9.30. We may see you there.



BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise'

BRIBIE ISLAND LUNCH CRUISE 2024

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.

Buy a GIFT CARD or BOOK Online now at

www.brisbanecruises.com.au

Price Includes BBQ lunch and cruise

Prices: Adults \$52, Children \$26 (4 - 14yrs).

2024 DATES: Wed 28 Feb,

Fri 15 Mar, Wed 10 Apr, Fri 24 May, Thu 27 June

Fri 5 July, Thu 22 Aug, Wed 25 Sep.

**Departs Bongaree Jetty, Bribie Island 12.15pm
Returns 2.15pm (approx)**

T: 07 3630 2666

E: info@brisbanecruises.com.au W: www.brisbanecruises.com.au



'Make Your Own Kind of Music'



If you have missed the beautiful singing and delicious afternoon tea of Bribie's own "Good Company", take heart, the girls will be performing and hosting an afternoon tea on Saturday, 16 March 2024, at Bribie Community Hall, Woorim.

The girls sing the 60s and 70s songs from well-known artists such as The Seekers, Abba, The Carpenters, Cliff Richard and many more.

Come along and enjoy a delightful, toe-tapping afternoon of good music and afternoon tea.

It's still the best value on Bribie at \$15 per person.

'Make Your Own Kind of Music'
Saturday, 16 March, 2024, at 2:30 pm
Bribie Community Hall
96 Arcadia Street (cnr Golf Drive), Woorim

Tickets available from The Ink Shop
17 Benabrow Avenue, Bellara (cash only, please).

Follow us on Facebook or contact us

Phone: 0418 157 486

Email: goodcompanysingers@gmail.com



Mid-week Special

\$9.50

FISH CHIPS & SALAD or COLESLAW

Visit us on [facebook](https://www.facebook.com/savigesseafood)



Savige's
SEAFOOD

TRADING HOURS

OPEN 7 DAYS

10am-7.30pm

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





PRE
ST. PATRICK'S DAY
Saturday 16th March
5.30pm

Leprechaun Races
Lucy's Irish Trivia
Meals From \$20.00
Live Irish Music & Dancers
Irish Beer
Best Dressed Irish Outfit

\$20.00 Cover Charge
includes complimentary Irish Beverage

Book at Club Office 3408 1457

THURSDAY NIGHTS

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

\$23

Senior Lunches
AVAILABLE MONDAY TO FRIDAY
11.30AM TO 2.00PM

NORTHERN RIVERS ROAST PORK
CRUMBED WHITING AND CHIPS
CHICKEN SCHNITZEL AND CHIPS
CHICKEN PARMIGIANI AND CHIPS (ADD \$2)
CHICKEN AND MANUKA HONEY SAUSAGE, CHIPS AND SALAD
CHICKEN CAESAR SALAD
CHICKEN AND MUSHROOM PIZZA
PEPPERONI PIZZA
SEAFOOD CATCH
LINGUINI CARBONARA

\$12 EACH

TAKE THE LEAP
Savourer la France
LIVE MUSIC
A FRENCH DINING AFFAIR

Indulge in the exquisite flavours of French cuisine paired perfectly with the finest wines
Thursday 29th February at 6:00pm

On Arrival	Cenapes Cheesy Gougiers Kir Royale (Champagne) With a splash of Crème de Cassis
Entrée Accompanied by	Salade Niçoise Bremerton Verdelho Bremerton Vermentino
Main Course Accompanied by	Côq au Vin Bremerton Tannin Bremerton Old Adam Shiraz
Dessert Accompanied by	Crème Brûlée Mistelle Fortified Chardonnay Cheese and biscuits

Members \$88 - Visitors \$98
BOOK ONLINE @ www.bribiegolf.com.au
Bookings Limited - Pre-paid Event

Lunch 7 Days From 11.30am And Dinner Wed To Fri From 5.30pm

Links Court Woorim Ph 3408 1457



Bribie Island & District
Neighbourhood Centre

THINKING OF
DE-CLUTTERING?



DE-CLUTTER AND DE-STRESS



Fridays
10.30 til 12.00pm

Bribie Island
Neighbourhood Centre
50 Verdoni Street Bellara

Ph: 3408 8440 to book a
space

Starting Friday the 2nd
February 2024

You are very welcome to
join our fun, supportive
group to get
encouragement, advice,
motivation & ideas to
help you to free your
home and your life of
clutter and its
associated stress.



Funded by:



Bribie Island & District
Neighbourhood Centre

GOOD BOOKS, GOOD TEA, AND GOOD COMPANY



THURSDAY BOOK CLUB

Thursday 1pm
First Thursday of the Month

Bribie Island & District
Neighbourhood Centre
50 Verdoni Street Bellara
Ph: 3408 8440

FUNDED BY:



Everybody is welcome to join the new

Early Risers Tea and Bikkie Club

Come along from 7.45 am- 9 am each Wednesday to our free (very) early morning tea!

Why?

- Make great new friends
- Have a hot cuppa' (tea or coffee) – or water ☺
- We have lots of yummy snacks – biscuits, little cakes, fruit, even sausage rolls!

We would love to meet you – just drop in to Bribie Neighbourhood Centre, 50 Verdoni Street on Wednesday mornings – EARLY ☺

The Neighbourhood Centre is funded by the Queensland Government's Department of Communities.

Assistive technology for independence – what is that?

An informal session to look at how equipment can assist you to stay independent and safe at home and in the community and how you may be able to access support

Thursday 15th February
1 - 2pm

Bribie Island Neighbourhood Centre
RSVP: 3408 8440
COST: FREE

Supporting:

- Physical challenges (arthritis, stroke etc)
- Sensory (vision, hearing difficulties)
- Cognitive (dementia, intellectual impairment)

Presented by Chris Sweeney, Senior Occupational Therapist



SERENITY CAFE

With fabulous views across the Passage and open from 7:00am - 2:00pm every day, Serenity serves up lovely coffee and fresh cooked food for breakfast, brunch, lunch & snacks. Enjoy High Tea in our little tea salon which can also be booked for your small gatherings (bookings essential). We also provide catering for picnics and events

2/83 Welsby Parade, Bongaree, 4507. Phone: 0466 221992.
Email: allan@serenitycafebribie.com
Find us on Facebook



THE SURF CLUB

Open for lunch and dinner seven days a week, our casual bistro boasts a bar and gaming area as well as mesmerizing ocean views. Explore our diverse menu, offering a little something for everyone. It's the perfect place to unwind, indulge in good food, and enjoy the laidback friendly atmosphere. Whether you're a local or just passing through, you'll enjoy a memorable visit at The Surf Club Bribie Island. Come for the food, stay for the view!

First Avenue, Woorim PH: (07) 3408 2141
www.thesurfclubbribieisland.com.au



Local Dining Guide



STEAKOUT PIZZERIA

For delicious pizza, pasta, contorni salads and more, all crafted with love, come and enjoy our waterfront pizzeria. With live music every Sunday and the beautiful Pumicestone Passage right beside you, we offer you a taste you'll love. For deliveries or bookings, please visit us at www.steakoutpizzeria.au

9/11 Spinnaker Drive, Sandstone Point - 07 5360 1094
LUNCH Thu to Sun 11:30 - 2:30
DINNER Tue to Sun 4:30 - 8:30



SCOOPYS

Located by the jetty on beautiful Bribie Island, Scoopy's Family Cafe is all about the family vibes, great food and coffee, fantastic service and all the ice cream you can eat! Enjoy our friendly hospitality with barista-made coffee, amazing burgers, and a tempting array of ice cream choices to impress the pickiest connoisseurs. Our massive range of cakes and famous fish and chips make it well worth the hour's drive north of Brisbane.

Shop 2/2 Toorbul Street, Bongaree 07 3410 1791





J&J JAVA CAFE

Carlie, Taylah, Skye and Hayley look forward to meeting you at our friendly Woorim café. Come in and try our delicious Tiempo Seasonal Fair-trade Blend coffee. Enjoy our all-day breakfast and be sure to ask for our tasty smokey tomato relish.

Shop 3, 2 Jacana Avenue Woorim. 0468 477 380



IKIGAI Café & Workshop.

Making friends one cup of coffee at a time. Oscar and Keahni welcome all locals and holiday-makers. Pop in and have a chat over a delicious coffee and experience our fresh take on making simple food taste amazing.

7 Toorbul Street, Bongaree. Check out ikigaibribie on Instagram



BONGAREE | BELLARA | BANKSIA BEACH | NING I BEACHMERE | WOORIM | SANDSTONE POINT



PIGFACE

Pigface Seafood (named after the flowers that cover the dunes of Woorim beach) is a well known and award winning dine in and take away cafe. Not only do we offer fresh seafood, we also have a comprehensive menu to suit all tastes. Check out our GF options.

4/4 Rickman Parade, Woorim, QLD, Australia.

(07) 3408 4282



DIAMOND CHINESE TAKE AWAY

With a huge variety of tasty meals Diamond Chinese can offer something for everyone. Positioned in Welsby Parade, grab your meal and sit by the jetty and watch the boats go by or one of our amazing sunsets.

3/1 Welsby Parade, Bongaree, 4507. (Opp the Library)

Phone: 3408 1430

LUNCH Wed to Sun 11.30 - 1.00pm

DINNER: Tue - Thu & Sun 4.30 - 8pm, Fri & Sat 4.30 - 8.30

CLOSED MONDAYS





WEEKDAY EATS Specials

It's a Steak Out \$20 SPECIAL OFFER

200G STEAK SERVED WITH YOUR CHOICE OF CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, BEARNAISE, GRAVY*.

NB: All sauces are Gluten Free.



Monday

Two For Tuesday \$35 SPECIAL OFFER

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



Tuesday

Burger Bonanza \$18 SPECIAL OFFER

CHECK OUT THE DAILY SPECIALS BOARD FOR TODAY'S SELECTION OF DELICIOUS BURGERS*.

NB: Gluten Free surcharge applies.

Vegetarian and Vegan options also available see staff.



Wednesday

Ribdiculous SPECIAL OFFER FROM \$20

HOUSEMADE SMOKEY BBQ PORK RIBS SERVED WITH CHIPS & CREAMY SLAW*. AVAILABLE IN REGULAR OR LARGE.



Thursday

Schnitz-O-Rama SPECIAL OFFER FROM \$15

A 200G CHICKEN SCHNITZEL SERVED WITH CHIPS & HOUSE SALAD OR CREAMY MASH & SEASONAL VEGETABLES, PLUS ONE OF THE FOLLOWING SAUCES: PEPPER, MUSHROOM, DIANE, CREAMY GARLIC & WHITE WINE, BEARNAISE, GRAVY. UPGRADE WITH ONE OF OUR DELICIOUS TOPPERS FROM THE SPECIALS BOARD FOR \$5*



Friday

*Terms & Conditions apply. Subject to availability, not available in conjunction with any other offer, not redeemable for cash, not transferable. Offer may be changed at any time at manager's discretion. Images are for illustrative purposes only. Not available on Public Holidays.

thesurfclubbribie.com.au
Ph. 07 3408 2141
2 First Ave, Woorim QLD 4507



Easy Burrito Bowl

Take your tastebuds on a direct flight to Mexico with this speedy dish that combines fresh Australian beef with tasty, spicy flavours.

Ingredients

- 1 red onion
- 2 tsp extra virgin olive oil 2 teaspoon extra virgin olive oil
- 500g Woolworths beef mince
- 35g Woolworths taco seasoning
- 420g black beans, rinsed, drained
- 450g Woolworths white long-grain microwave rice
- 115g Woolworths white corn tortilla strips
- 1/3 cup sour cream 1 third cup sour cream
- 1 small avocado, sliced
- 1 gourmet tomato, diced
- 1/2 bunch coriander, sprigs picked 1 half bunch coriander, sprigs picked

Method

Step 1 of 3

Finely chop half of the onion. Heat oil in a large frying pan over medium-high heat. Add chopped onion and cook for 4 minutes or until softened. Add mince. Cook, breaking up with a wooden spoon, for 5 minutes or until browned. Add seasoning, beans and 3/4 cup water. Stir to combine and bring to a simmer. Reduce heat to low. Simmer for 15 minutes to thicken.

Step 2 of 3

Meanwhile, heat rice according to packet instructions.

Step 3 of 3

Thinly slice the remaining onion. Divide rice among bowls. Top with mince, chips, sour cream, avocado, tomato, onion and coriander. Season with black pepper. Serve.

Horoscope

I see all sorts of events on the London street where I live. Recently, I peeked from behind the curtains as someone was arrested. Later, I spied a Rolls Royce with a film crew capturing a bride and groom returning from their wedding. March's eclectic cosmic climate reminds me of my road. As Venus' affections shift from Uranus to Jupiter, rebellious hearts grow more affectionate. And dynamic Mars, plus the Lunar Eclipse, indicate that it's worth shattering the peace to fight for our dreams.

SAGITTARIUS (Nov 23 - Dec 21)

When you're climbing the ladder to success, there are always supportive people around. If they're already on the ladder, they'll shift over, so there's enough space for you to continue your climb. Other folk, who are below you, will shout words of encouragement. There will also, of course, be some people who don't have your best interests at heart. But you'll be able to deal with them. It's only when you get near the top that some folk start wanting you to fail. So you'll need to be discreet in March. You're going to do well!

March is going to be amazing! For inspiring insight, visit: ozfree.cainer.com



CAPRICORN (Dec 22 - Jan 20)

It's easy to look at what's going on here on planet Earth, and think that it's all a giant mess. But there's another way of looking at it. Despite all the challenges, if you're in the right mood, it's still a glorious place. Similarly, you could view your personal world as a sequence of never-ending problems. Or as a series of successes. It depends on how you choose to view it. What does March bring your way? You've got the power to turn a tricky situation around. But it won't be what you do that makes the difference. It will be what you think! For uplifting news about March, check out your forecasts at ozfree.cainer.com



AQUARIUS (Jan 21 - Feb 19)

The pace accelerates, the energy increases and the intensity ratchets up in March. But that's good news. You don't want things to stay the same. And the ongoing energy of Mars/Venus insists that change is on its way. Will it be to your pleasing? Is it going to bring improvements to your relationships? Your material wellbeing? If you accept that what's happening is happening and that, even if (at times) you feel discombobulated, try to go with the flow. Some of what unfolds this month is out of your control. But it's still good.

You're going to enjoy March. Find out why! Visit ozfree.cainer.com



PISCES (Feb 20 - Mar 20)

Do you know how special you are? Has anyone ever expressed their admiration in a way that totally convinces you that they mean what they say? When praise comes from someone we trust, it empowers us with the confidence to make bold changes happen. This month, with the New Moon in your sign, and (later) Venus moving in, appreciation (for who you truly are) is heading your way. For a while to come, you'll get plenty of help and support. With this kind of cosmic and worldly encouragement, there are positive times ahead. For news you need to hear about March, visit: ozfree.cainer.com



ARIES (Mar 21 - Apr 20)

The Equinox month highlights honest conversations. But it's always difficult to tell someone the truth when you're worried they're not going to like hearing what you say. Or if you think your honesty will get you into trouble. To take advantage of the cosmic opportunities you need to be confident about what you want to say. Just because someone needs to know something doesn't mean you have to tell everyone everything! You need to hear something too. If you encourage a spirit of cooperation, March can be very special. March's cosmic events could transform your life! Find out how! Visit ozfree.cainer.com



TAURUS (Apr 21 - May 21)

The start of 2024 has been full of unpredictability. Circumstances have contrived to turn you in one direction then, just when you're getting comfortable about the route, something happens that forces you to reset your course. No wonder you feel dizzy. And it seems you're still in a spin. It's all well and good (you feel) as long as you're getting somewhere. But it would be difficult if you felt that you'd been wasting your time. Fear not. March brings signs that prove your choices have been inspired. The road ahead looks good! Make March a month to remember! For valuable news, visit ozfree.cainer.com



GEMINI (May 22 - Jun 22)

When we receive a gift, we're supposed to be grateful. Even if it's not quite what we were hoping for, or doesn't turn out to be as generous as it seemed, we're not meant to be critical. Yet although looking a gift horse in the mouth is considered to be bad manners, it's worth assessing the gifts March brings your way. Just because you sense that a certain scenario is complicated, (there are some obvious drawbacks) doesn't mean to say it doesn't have the potential to transform your world. Look beyond the obvious this month. Be ready for March! It's going to be action-packed! Visit ozfree.cainer.com



CANCER (Jun 23 - Jul 23)

Even though we're adults, we tend to think of 'grown-ups' as being serious and sorted. Yet in truth, we're all big kids! Even people who look like they've got everything under control suffer from self-doubt. You don't need to be more grown-up this month. You need to embrace the cosmic energies coming your way. With a Super Moon, The Equinox and a Lunar Eclipse, your confidence is reaching new heights. Use it, and you'll be the envy of those people you put on a pedestal. There's lots to enjoy in March. Don't cramp your own style. It's March! For uplifting news on the opportunities ahead, visit ozfree.cainer.com



LEO (Jul 24 - Aug 23)

Leos are famously good at asking difficult questions. But you're not always so great at answering them! And at the moment, you're looking for an answer that is proving frustratingly hard to find. On the surface, it should be simple enough. But hiding beneath the obvious lies important information, which you're struggling to make sense of. This month, if you stay focused, you'll gain the knowledge you seek. It involves sorting out a few challenges. But in the course of dealing with them, you'll set an important process in motion. For inspiring predictions to take you through the coming month, visit ozfree.cainer.com



VIRGO (Aug 24 - Sept 23)

We can find clues, even to well-kept secrets. If we want to get to the bottom of something, we just have to dig around to uncover traces of information. But we often prefer sticking our heads in the sand. We don't want to find something that makes us question our beliefs. Even if a truth is obvious, if it doesn't fit with our idea of how things 'should be', we ignore it. But you're a Virgo... and March brings the desire and ability to make a discovery that will alter your approach. It has the potential to change everything. And improve your world.

March brings potential for positive change. Find out more! Visit ozfree.cainer.com



LIBRA (Sept 24 - Oct 23)

If you're feeling further (rather than closer) to what you desire, March brings a welcome change. I'm not talking about physical distance, which never reduces the connection between people, ideas or things that belong together. And emotional/psychological distances are equally irrelevant. This is a division between yourself and a dream. It's been frustrating, but necessary. It's part of a process that brings a deeper, more satisfying reward. Focus on what's going right this month, and you'll get closer to achieving what you want. Make March special! For inspiring forecasts and great news, visit ozfree.cainer.com



SCORPIO (Oct 24 - Nov 22)

Imagine falling in head-over-heels in love with a fictional character. Then rejecting any real-life relationship offers because none of them stand a chance of living up to your ideal. Crazy right? Wanting the best is one thing; but to turn away from a possibility because you're focusing on an impossible fantasy is... well... ridiculous. The problem, is that we can't always tell if we're chasing rainbows. Is there a chance your dream will come true? If you're prepared to adapt as you go along, March brings encouraging signs. Take full advantage of March's opportunities! Visit ozfree.cainer.com





LET'S GO TRAVEL 11TH FEB MEETING

We had a fantastic turnout today for our February Meeting with 20+ attendees, and we were able to be inside the Auditorium with Aircon. Hooray!!! We even had 2 girls from Kingaroy who decided to stay an extra night on Bribie, just to attend the meeting. It was great to meet Lyn & Shirley, I hope they had a safe trip home.

We had a great many discussions about trips, travel buddies and Travel Insurance today, with a lot of input into the conversation had by all.

We also had the pleasure of a Local Travel Agent attending our Meeting who was able to give some helpful information on the Travel Insurance conversations; and describe some Solo travel options for people to consider (2 people might want to do the same trip but don't want to share a room necessarily, you can both be booked with your own rooms etc) So there was quite a bit of discussion on that front.

Our next meeting will be on 17th March @3pm at the RSL. We could be in the Outside Social area, but if available we will be in the Auditorium in the Aircon. Until then, Roslyn.



Bribie Island RSL Sub-Branch

Will be holding its Annual General Meeting

At the RSL & Citizens Club,

In the auditorium

99 Toorbul St Bongaree Qld

On the 10 Mar 2024,

Commencing at 10 am

All members are welcome.

Thank you,

Graham Seymour Deputy President

BI RSLSub-branch

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 - 12pm

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 12pm

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."

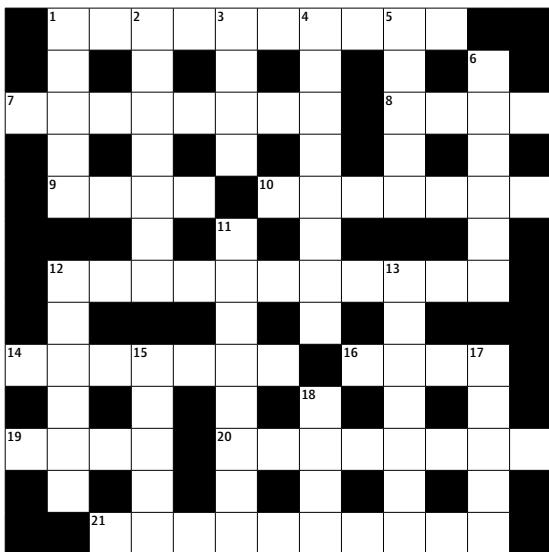
Antique - Vintage

ITEMS WANTED

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

CASH PAID - 0400 749 454

Crosswords - QUICK & CRYPTIC



Across

- 1 Regard – Nato mid-air (anag) (10)
 7 Island nation southeast of India (3,5)
 8 Vichyssoise vegetable (4)
 9 Irritating buzzer? (4)
 10 The B of GB (7)
 12 Foreign policy of Ancient Rome (11)
 14 Throw off course (7)
 16 Slide (out of control) (4)
 19 Lazy, unkempt individual (4)
 20 Twilight hours (8)
 21 One will create drama (10)

2 He's a weakling (7)

3 Sounded (true) (4)

4 Time for elevenses? (3,5)

5 Young bird of prey (5)

6 Average – means (6)

11 China (8)

12 Standards one aspires to live up to (6)

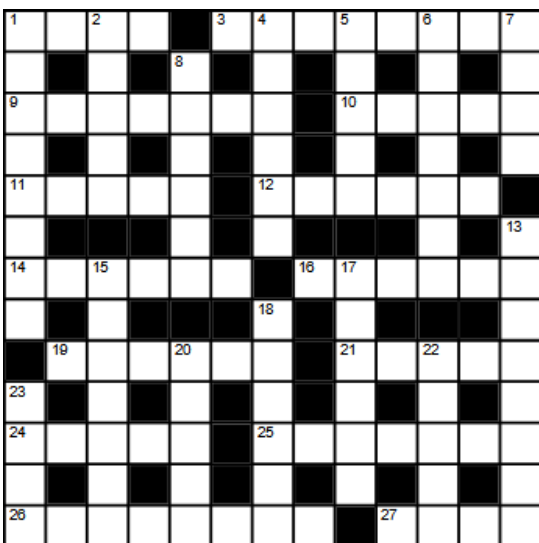
13 The least idea (7)

15 Defamatory comments in print (5)

17 Number (between zero and nine) (5)

18 Rip (4)

CRYPTIC



Across

- 1 Herb a Fool! (4)
 3 Rummage around for a popular game (8)
 9 Suits for ascot in the making (7)
 10 A light cat - in fact, a contradiction (5)
 11 Dine with the King? - Splendid! (5)
 12 Summing up explains it (6)
 14 Unusual thirst for casual wear (1-5)
 16 Relative from America is after some company at home (6)
 19 This London arch is just that.. (6)
 21 Bird the French rank (5)
 24 Errors seen at the SCG in the field? (5)
 25 Somehow bribed a novice to run the ball (7)
 26 Trooper follows a good man - most unusual (8)
 27 After review, saint gets attention (4)

Down

- 1 Played with the windows open? (8)
 2 Graceful and bright he is (5)
 4 Offhand, a Lucas production.. (6)
 5 Enthusiastic about nothing? - ignore (5)
 6 Mad about fruit? (7)
 7 Regarded as being a bit hackneyed, perhaps (4)
 8 He doesn't treat anyone well (6)
 13 Resent it giving one an income (8)
 15 Hear I've found something more substantial (7)
 17 Get on a bit, perhaps (6)
 18 Stir one up - that's the point (6)
 20 Graduate takes to vice and goes to pot (5)
 22 Going down these suggests trouble (5)
 23 Manipulates us to end hostilities (4)

SOLUTIONS

CRYPTIC
SOLUTION 209QUICK
SOLUTION 209

KidsPage

OLYMPICS

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

LONG JUMP
CRULING
ATHLETICS
BADMINTON
CYCLING
SWIMMING
GYMNASTICS

OLYMPICS
SUMMER
WINTER
ICE HOCKEY
SKI JUMP
VOLLEY BALL
FOOTBALL

GOLF
LLUGE
BASKETBALL
HANDBALL
HIGH JUMP
TENNIS



CINNAMON PUFF PASTRY TWISTS

INGREDIENTS

- 1/2 package of frozen puff pastry sheets
- 1/3 cup brown sugar
- 2 teaspoons ground cinnamon
- 3 tablespoons unsalted butter, melted at room temperature

DIRECTIONS

1. Thaw the puff pastry sheet according to package directions, keeping it very cold, and store it in the refrigerator until ready to use.
2. Preheat the oven to 200 degrees C—line 2 baking sheets with parchment paper.
3. Combine brown sugar and cinnamon in a small bowl and set aside.
4. Unfold the cold puff pastry sheet and place it on a lightly floured surface. Use a rolling pin to gently roll the creases into a 12-inch-wide rectangle, about 1/8-inch thick.
5. Use a pastry brush to brush melted (room temperature) butter evenly over the pastry sheet (if butter is too hot, it will soften the pastry). Sprinkle with cinnamon sugar and lightly press down, ensuring it has been absorbed into the buttered surface. The butter moistens the sugar.
6. Use a sharp knife or pizza cutter to cut the pastry sheet from top to bottom into 12 1-inch-wide strips. Chill in the refrigerator for 10 minutes. The pastry needs to be cold to twist the strips.
7. Twist each strip 5 or 6 times with the cinnamon layer facing inward and the plain pastry on the outside; work quickly so the pastry stays cold. Chill in the refrigerator for 10 minutes. Chilling is important—it will keep the twists from spreading and unravelling while baking.
8. Arrange strips on the prepared baking sheets, lining them up about 2 inches apart.
9. Bake in the preheated oven until puffed and a light golden brown, 14 to 15 minutes. Serve warm or at room temperature.

Cook's Note

A little bit of a learning curve is involved, but when working with puff pastry, the faster you can work, the better. The most important thing to remember when making these twists is that the pastry must be cold throughout this process.

MELSA PARK STEAM TRAIN RIDES

TRAINS RUN on 3RD SUNDAY of MONTH

18th Feb, 17th Mar, 21st Apr, 19th May, 16th June 2024

Call Ian for party enquiry 0409 100 656

\$2.50
a train ride

EVERYONE MUST HAVE CLOSED IN
SHOES





Daisy



Albie



Koda



Clara



Barbara



Bondi



Robbi



Bonnie & Charlie

SHARE YOUR FUNNY PET PICS WITH
THE BRIBIE ISLANDER... SEND TO:
editor.thebribieislander@gmail.com

Poor Beau had his head
chopped off in our lat issue
so had to show hou how
handsome he is in this one

WE  PETS



Animal Welfare On Bribie

You may have seen a little op shop opposite the petrol station, just outside Bribie Island Central shopping centre in Bongaree. Yet, behind the scenes of this traditional op shop, a myriad of activities occurs. Supported by around 40 volunteers, our focus is caring for cats and dogs in our community, and we do this in many ways.

Firstly, we have foster carers who look after unwanted cats or dogs until a forever home is found... you can check out animals currently in our care at petrescue.com.au. Or perhaps you would like to be a foster carer yourself? We supply everything including transport, food, bedding etc.

We also support other organisations in our community who work with animals or people in need. For example, we have recently supported Peninsula Animal Aid and Chihuahua Rescue with assistance with vet bills, and we also provide support for organisations such as the Centre Against Domestic Abuse, the Neighbourhood Centre, as well as communities in crisis – such as those affected by the Tara bushfires.

Members of our community who are on a pension or are concession card holders can access subsidised desexing and some vet

bills. Desexing your pet can prevent unplanned pregnancies and save unwanted offspring from potential euthanasia. Desexing also keeps your best furry friend around for longer, reduces marking, spraying or aggression, and reduces your pet's desire to roam – which in turn protects native wildlife at risk of predation.

Caboolture and District Animal Welfare Inc (CADAWI) is coordinated by a volunteer Management Committee. For only \$10 a year, you could become a member of this organisation and help support our work with animals and communities in need. We rely on your donation of items to our op shop – so please keep them coming! While you are there, you might be lucky enough to meet some of our regular doggy visitors who pop in for a treat or a drink and a loving welcome.

Or perhaps you would like to volunteer? We have many different roles, from working in the op shop to fostering an animal, transporting food or supplies to carers, to sorting out our storage facility. To find out more drop us a line at secretary@caboolture-bribieanimalwelfare.org.au.

By Deb Miles Secretary/Vice President
CADAWI



To Punish or not to Punish – CHEWING

Chewing is a natural behaviour but if left unchecked it can be habit forming that may be costly and frustrating to the owner.

There are many reasons why puppies/dogs chew. Between 2 – 6 months puppies are a chewing machine. They will pick anything up and chew it. First before you bring puppy home, go around and puppy proof your home. If you feel you cannot supervise your puppy purchase a large playpen and provide plenty of good quality chew toys and a Kong filled with puppy kibble. The playpen should never be used to punish the puppy but a fun place and to be used as a quiet resting place as well.

The two main reasons they chew at this stage is curiosity such as is it edible or it can feel good in his mouth. The other reason is they're teething and need things to chew. It is soothing on sore gums.

Adult dogs have a natural urge to chew. Other main reasons are boredom and stress. Rather than punishing them it is more important to meet their needs.

If its boredom then ensure the dog has sufficient daily exercise such as going for walks, taking them to off lead areas so they can run around and play ball etc. Give them mental stimulation such as instead of bowl feeding, use enrichment feeders

such as Kong toys or snuffle mats. Another great way of feeding them kibble is scatter the food throughout the backyard. Dogs' greatest love is to sniff. Provide plenty of chew toys, bones etc. and supervise.

If the dog is chewing excessively and injuring themselves consult a vet to rule out any physical problems especially if they have teething issues. If chewing is stress related for eg separation anxiety (see previous articles), then you may need to consult first a dog behavioural trainer and/or a vet behaviourist to address the problem.

Happy Training
Yvonne

Yvonne's Dog & Puppy School

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

Puppy Classes: 7 wks to 16 wks of age

6 Week Dog Training Classes. Private Consultations available
0416 102 071

Bongaree PET FOOD

FREE
DELIVERY

0437 080 752



2/75 Cotterill Ave, Bongaree (Next To Red Rooster)

Advance - Hugo's Doggie Ice Cream - Black Hawk - Ivory Coat - ZiwiPeak - Vetalogica - Prime 100 - Big Dog Raw - Canine Country BARF - Hydro Premium - Wag Treats - Huds & Toke - Next Generation - Bell & Bone - Al-lora Grain & Milling - Meals for Mutts - Pure Life - Savourlife - Healthy Everyday Pets.

FOR ALL YOUR
PET FOOD
NEEDS

FRESH FOOD FROZEN
FOOD TREATS DRY
FOOD WET FOOD



RED-BACKED Fairy-Wren

MALURUS MELANOCEPHALUS



Red-backed Fairywrens are commonly found on Bribie Island in undergrowth in open forests, grassy areas, wallum heathland, and parks and gardens with low shrubby patches.

They are the smallest of the fairy-wrens in Australia, being only 12-13 cm long and weighing just 6-10 g. Males are striking red and black with some brownish flight feathers on their wings during the breeding season, while females and male juveniles are brownish-grey in colour. After breeding, males shed their colourful plumage and become little brown birds similar to the females for about six months. They are the only fairy-wrens in Australia with no blue plumage. Their upright, wagging tails, being about 6 cm long, are a prominent feature. Females' tails are a little longer and pointed at the ends.

Red-backed Fairy Wrens are endemic to Australia. They mostly move around in family groups and are found in tropical and subtropical forests with grass and low understory in the north and eastern Australia from Western Australia, across

the north of Northern Territory and down the east coast of Queensland to New South Wales to about Port Stevens. They are not found in arid areas. In extreme circumstances such as drought or bushfires, they will move but are usually sedentary.

Fairy-wrens are seldom still and flit hurriedly through the undergrowth in short, energetic flights while searching for food. Insects and insect larvae are their main diet, but they will sometimes eat small fruit and seeds. Most of their food is obtained on or near the ground, in low shrubs, but occasionally, they fly into trees.

In July, males begin moulting back into their red and black plumage, ready for the breeding season, which usually begins in August and runs through till about January. It is very important for them to have brilliant plumage, as females are impressed by the most colourful males. They are promiscuous and may find several partners during the breeding season. Successful males woo prospective females by plucking a red petal from a flower and presenting it to

them. Unsuccessful males with duller colouring will often then help with the rearing of the young birds within the group. Nests are neat domes of grass, thin bark strips, cobwebs and lined with soft grasses and hidden in low shrubs or grasses. Three or four white eggs with reddish-brown spots and splashes are laid and incubated mainly by females for about 14 days. Fathers and unsuccessful males then help with feeding, tending to the young and keeping the nest tidy and clean. This continues for about a month. Males are quite aggressive towards rivals during breeding and flaunt their red patches, hoping to scare them off.

The main threats to eggs, young and adults are feral cats, foxes, reptiles and birds such as kookaburras, butcherbirds, and crows. Bushfires can play havoc with nests and young birds.

Red-backed Fairy-wrens were first collected near Pt Stevens NSW and described by John Latham in 1801.

Recent conservation status is "of Least Concern".

TURTLES ARE HATCHING ON BRIBIE ISLAND. BUT ARE THEY MAKING IT TO THE OCEAN?

John Oxenford

Edition 207 of the Bribie Islander (Jan 26, 2024) carried a story about the first turtle for the season that came in to nest on Bribie Island on November 21, 2023. This was a Southern Pacific Loggerhead turtle, and those females will typically lay 120 – 150 eggs in a single nest. Nests on Bribie Island have a successful incubation rate of 90% – 95%, so it would be reasonable to expect that around 110 – 130 hatchlings would emerge from that first nest.

The story in Edition 207 highlighted some of the threats that these nests face during incubation and the threats the hatchlings face when they emerge. These threats include predation by foxes and goannas that are increasingly attracted to the beach areas by the scraps left by beach visitors. But the biggest threats to these nests come from actions by 4WD'ers, such as driving over the turtle nesting habitat at the toe of the dunes. Not only do those beach drivers put the nests at risk by driving over them, but the deep ruts they leave in the soft sand make it difficult, if not impossible, for the hatchlings to climb out of those ruts and make it to the ocean.

The first nest referred to in Edition 207 hatched on January 29. This incubation period of 70 days is about the norm for nests on Bribie Island. The slightly cooler temperatures on Bribie Island mean that nests take a little longer to hatch here than they do at the larger rookery at Mon Repos near Bundaberg. Volunteers from the Bribie Island Turtle Trackers had placed protective mesh over this nest and this protection is normally successful in protecting nests from predators such as foxes. However, the emerging hatchlings had difficulty reaching the ocean when the nest hatched. The hatchlings' footprints in the sand showed a number that could not cross the deep ruts created by 4WD'ers. Volunteers found some trapped in those ruts more than 500 metres from the nest site. Normally, hatchlings emerge at night, reducing their exposure to birds and other daytime predators. But because these hatchlings were trapped in the ruts, they were unable to get to the ocean before sunrise. A number were found that had been predated by foxes. And presumably, gulls and other birds would have taken many of the trapped hatchlings. It is not known how many, if any, of the hatchlings from this nest made it to the ocean.

Rangers from Queensland Parks and Wildlife Services (QPWS) have been working with the turtle volunteers to help address many of these issues. They have assisted in transporting and installing the protective cages to help keep goannas out of the nests during incubation. They have been helping smooth out the sand adjacent to nests around hatching time to remove the deep ruts and make it possible for hatchlings to make it to the ocean. However, on some occasions, no sooner have the ruts been removed than new ruts are created. And Rangers have been taking steps to deter and/or remove predators. The turtle rookery on Bribie Island is one of the largest rookeries on the Sunshine Coast and the assistance of the QPWS Rangers in helping protect the turtles in this rookery has been much appreciated. "The assistance of the Rangers in helping us protect this critically endangered turtle population has been most welcome", said one of the grateful volunteers.



Turtle hatchling caught in tyre rut and unable to get out. This turtle was around 500 metres from its nest. Note the footprints of other hatchlings



Turtles killed by foxes after being trapped in tyre ruts. Note the fox footprints



Fox - Sunshine Coastal Council



Destroyed Nest



The Kelly Legend

GLENROWAN PART 2

In the first half of 1880, Ned Kelly finalised his plan for a major attack on the Victorian Police. He decided to lure them in force on a train to pass through Glenrowan. Just short of the town, they would sabotage the railway line on a bend over a ravine and shoot any survivors from above while wearing their suits of armour, shielding them from any police fire from below. It also meant that their legs would be out of sight from any surviving police sharpshooters, negating the need for leg protection.

Ned needed a significant event to provoke the police into an urgent response. Aaron Sherritt had been a close friend of Joe Byrne. Sherritt lived about 5km from Joe in the Woolshed Valley, near Beechworth. He went to school with Joe, who later became engaged to Sherritt's sister.

There were no secrets in the selector community. It became known that Sherritt was a police informer. Ned passed the word for a friend to whisper to Sherritt that the Kelly gang intended to rob banks along the Benalla railway to the northeast. Sherritt went to the police station at Benalla and passed on his information, for which he was paid £2. Sherritt also demanded protection until the Kellys were eliminated. Four police officers moved into his home. Word soon passed back to Ned that, as planned, Sherritt had informed on the gang.

Late at night on Saturday, 26 June 1880, Joe and Dan reined

in at Sherritt's house. Sherritt heard the horses and opened the door. Without warning, Joe shot him dead. The police did not come out of the house. Two dived under a bed while the other two cowered behind Sherritt's family. They remained hidden there, not game to come out until the next day. Joe and Dan casually rode off across the country to Glenrowan.

While Joe and Dan were dealing with Sherritt, Ned and Steve were trying, but failing, to damage the track at Glenrowan. They forced two local platelayers and some labourers camped nearby to finish the job. Ned selected a sharp curve in the line that ran across a deep ravine and told their captives that they were going to "*send the train and its occupants to hell*".

Ned estimated that the policemen inside Sherritt's hut would relay news of his murder to Beechworth by early Sunday morning, prompting a special police train to be sent up from Melbourne. They also surmised that the train would collect reinforcements in Benalla before continuing on through Glenrowan. There, the gang planned to derail the train and shoot dead any survivors. Benalla would be unpoliced, giving them free rein to rob the banks, burn the courthouse, blow up the police barracks, release all gaol prisoners, and "generally play havoc with the entire town" before returning to the bush.

By early Sunday morning, Joe and Dan had arrived at

Glenrowan and the gang took over the railway station, the stationmaster's home, and Ann Jones' Glenrowan Inn, opposite the railway station. The gang used the hotel to hold the rail workers, passers-by, and other male hostages they had gathered to clear the town. The women and children were held at the stationmaster's home. With the assistance of hostage Thomas Curnow, the local schoolmaster, Joe captured Glenrowan's lone constable, Hugh Bracken.

All day, and into the evening of Sunday, the outlaws and townspeople anxiously waited. Ned decided to move the women and children to the Glenrowan Inn. There were now sixty-two hostages, including many gang sympathisers, who helped control the situation. As the hours passed without any sight of the train, the gang plied the hostages with drink and organised music, singing, dancing, and games. One hostage later testified, "*Ned did not treat us badly - not at all; we had a ball. Ned even played hopscotch with the children.*" Late into the evening, Ned allowed 21 tired women with children to return to their homes. Believing that schoolteacher Curnow was a sympathiser, Ned let him and his wife return home but warned them to "*... go quietly to bed and not to dream too loud.*"

The police train Ned had been expecting on Sunday finally left Benalla at about 2 am on Monday. The train carried seven regular troopers under

Superintendent Hare, five Queensland Aboriginal Troopers under sub-Inspector O'Connor, four journalists, and several other civilians. Wary that the tracks may be sabotaged, Hare ordered a pilot engine to travel ahead of the police train. When the pilot train was not far from Glenrowan, the driver was suddenly startled to see a man running towards him, frantically waving a red lantern. It was Curnow signalling the train to stop. On hearing his news, Hare immediately told his detachment of police to dismount and march quickly towards the hotel while the main body of troopers prepared the horses and equipment.

Meanwhile, in Glenrowan Inn, Kelly had decided to let more of the hostages return home - not before delivering them a lecture about the grim fate of police informers. Suddenly, Joe came rushing in to announce that a police troop was approaching. The gang immediately began donning their armour and loading and checking all weapons in preparation for the inevitable battle. Ned was the only gang member strong enough to wear both armour and helmet and still manage a gun. Unfortunately, the armour only extended to the upper thighs and did not cover their arms or lower legs. Bracken told the hostages to take cover as best they could, then stealthily slipped out the back to find the police to explain the situation.

The outlaws all agreed that, if necessary, they would fight



Joe_Byrne

to the death. They hid in the shadow of the veranda in the front of the hotel. The police advanced eerily in the moonlight till about thirty metres away. The gang fired a barrage. Diving for cover, the police returned fire. Both sides blazed away non-stop. Hare screamed in pain as a bullet passed through his left wrist. Ned lurched on receiving a severe wound to his right hand and elbow, followed by a bullet tearing through his big toe and out the back of his right heel. Inside the pub, more screams were heard as three hostages, George Metcalf, 13-year-old John Jones, and a railway worker Martin Cherry, were fatally wounded by police bullets smashing through the thin weatherboard walls.

The gang retreated into the hotel, and a full-scale siege ensued. The legend of Ned's bravery gained further lustre during the siege as he slipped out of the hotel to warn his supporters not to come to his aid and to disperse before the authorities recognised any of them. He then passed out in the bush from loss of blood. When he came to, the fight was still raging. Ned lurched out of the bush to the rear of the attackers, looking like an apparition from hell, wreathed in the smoke of battle. His armour was covered with a cloak, and he banged a pistol on the breastplate of his armour, challenging the police to come and fight him. He staggered towards the police lines and directly into a hail of

gunfire. One policeman said later that, *"A strange apparition appeared out of the mist-shrouded bush, clad in a long cloak." The bewildered policemen took him to be a ghost, a bunyip, or "Old Nick himself"*. Other eyewitnesses variously compared the figure moving in the early morning mist to the devil, or a ghost. Journalist Tom Carrington wrote, *"With the steam rising from the ground, it looked for all the world like the ghost of Hamlet's father with no head, only a very long thick neck ... It was the most extraordinary sight I ever saw or read of in my life, and I felt fairly spellbound with fear, that I could not stir or speak."*

Police returned fire as Ned staggered towards them, stumbling from his injuries, the weight of his armour, and the impact of bullets on the plate iron, which he later described as *"... like blows from a man's fist."* He had difficulty aiming, firing, and reloading his weapons due to his injuries and limited vision through his helmet. Ned's horse, a grey mare named Music, of which he was enormously fond, and which was also devoted to him, galloped into the gunfire to look for him. He could have mounted her and escaped. But as Music galloped towards him, Ned waved her away until a police marksman shot her down. She struggled up and galloped toward Ned again until he waved her away once more to disappear into legend. Inevitably, Ned was brought down by shotgun blasts to the legs and was swarmed by

policemen. He was carried to the railway station, where a doctor attended him. He had been shot 28 times.

Throughout the night, police reinforcements began arriving. Sergeant Steele and Superintendent Sadleir arrived from Wangaratta and Benalla, taking the police contingent to about forty. Police now surrounded the hotel. The exchange of fire continued intermittently. At about 5 am, Joe was making yet another toast to the Kelly gang when a bullet smashed through the weatherboard wall and hit him in the groin, severing his femoral artery. Blood spurted out, and he died a few minutes later.

In the meantime, the siege continued. Around 10 am, a ceasefire was called, and the remaining thirty hostages left the hotel. The police ordered them to lie down while they were checked to ensure that the outlaws were not among them. Two of the hostages were arrested for being known Kelly sympathisers.

By Monday afternoon, a crowd of some 600 spectators had gathered at Glenrowan. Despite gunfire from the pub having ceased, Sadleir was reluctant to allow his men to storm the inn; instead, he decided to burn them out. At about 3 pm, a constable crept forward and set it on fire. As the fire took hold, Matthew Gibney, a Catholic priest, rushed into the building in an attempt to rescue anyone inside. He noted

the bodies of Joe, Dan and Steve and rescued the dying hostage, Martin Cherry. Police followed and pulled the body of Joe from the hotel bar. Later, the police recovered the severely burnt bodies of Dan and Steve. Their bodies were unrecognisable, identified only from their personal weapons found next to them. The exact circumstances of the deaths of Dan and Steve remain a mystery. Curiously, they were the only bodies burnt beyond recognition.

The death toll at Glenrowan included the three members of the Kelly gang and the three hostages. Ann Jones' sister Jane received a head wound during the siege from a stray bullet and died two years later from an infection that her mother believed was hastened by the injury. Others wounded were hostages Michael Reardon and his baby sister Bridget, Superintendent Hare, and an unnamed Aboriginal trooper.

The following day, the police tied Joe's body to the door of the Benalla lockup to be photographed. His family asked for the body, but the police instead arranged a hasty inquiry and burial in a pauper's grave in Benalla Cemetery. The charred remains of Dan and Steve were taken to Greta and buried by their families in unmarked graves in the local cemetery.

This was not to be the end of it. The echoes of the battle at Glenrowan would resonate for years, with many changes to occur.

Next Episode, "The Aftermath"

BOWLS RESULTS

BONGAREE LADIES**BOWLS RESULTS****Friday 2nd Feb 2024**

Friday 2nd February

2-4-2 Winners: Bev

Birt, Darryl Birt

R/U: Jacque Murdoch, Dee Morrison

Tuesday 6th February

Turkey Pairs Winners: Col

Erhardt, Helen Murphy

R/U: Peter McQueen, Gary Ryan

Friday 9th February

2-4-2 Winners:

Bob Vonarx, Pam Walker

R/U: Richard Fell, Mike Flint

Tuesday 13th February Turkey

Pairs Winners: Diana Stowers, Ian Gillies

R/U: Paul Hill, Don

Somerville

Bonus draw: Trevor Mallouk, Chris McMillan

**MORETON BRIBIE
BRIDGE CLUB:**

Sat 3 Feb 1 J Kinross &

J Reiter 2 S Watson & J

Kennedy 3 C & S Wagg

Wed 7Feb N/S 1 S & C

Watson 2 J Easey & L Groves

3 J Budgeon & J Kennedy E/W

D Dowling & H Browne 2 M

Arthur & P Edis 3 L Heap & B

Connell

Sat 10 Feb N/S 1 S Watson &

R Sutton 2 L Carr & J Wright

3 J Van Vugt & D Quinan E/W

1M Courtney & M O'Reilly 2 M

Hardy & R King 3 B Moxham

& L Chapman

Wed 14 Feb N/S 1 L Carr

& J Wright 2 J Kinross & R

Floquet 3 S & C Watson

E/W 1 J Hays & K Cohen 2

J Newton & D Scown 3 R

Medhurst & P Breene

BICBC Mon 5 Feb N/S 1

D Quinan & M Peart 2 M

Peterson & D Quinan 3 H

Browne & U Maffey E/W 1 M

O'Reilly & S Smith 2 I Best

& B Moxham 3 M Hardy & L

Wilson

Mon 12 Feb N/S 1 P Edis

& C McAlister 2 M Arthur

& J Lawson 3 M Peart & D

Quinan E/W L Hutton & L

Chapman 2 M O'Reilly &

S Smith 3 D Dowling & C

Browne

**BRIBIE ISLAND
BOWLS CLUB****Random Select Fours Sat 27
January 2024**

Highest margin: C Sheppard,

K Vardy, S Priest, L Sheppard

Lowest margin: D Neumann,

W Langford, P Neumann,

K Langford

Out of hat winner: N Gray,

B Hamer, C Halley, D Bishop

Out of hat winner: H Groves,

F Crockett, G Low, A Pinzger

Self Select Triples Tue 30 Jan

Winners: B Smith, V Adams,

B Lamb

Runners up: L Godfrey, C Smith,

Y Ackroyd

Lucky draw: R Eaton, F Crockett,

BJ Adams

Lucky draw: J Noonan,

M Gittens, L Gilmour

Lucky draw: T Smith, W Kelly,

C Kelly

Scroungers Results Wednesday

31 January 2024

1st: F Ferguson-Smith

2nd: G Jackson

3rd: S Kurtz

4th: W Kelly

Self Select Pairs Wed 31 Jan 24

Winners: R Glasser, T Phillips

Runners up: Cullen, D Gibson

Lucky draw: D McDougall, W

McDougall

Lucky draw: D McMahon, G

Duncan

Lucky draw: P Adams, BJ Adams

Lucky draw: M Cullen, W Gilbert

Random Select triples Thu 1 Feb

Winners: P Gee, A Cooke, G

Hutchison

Runners up: G Frew, G Riley, L

Broomhead

Lucky draw: b Russell, H Taylor,

K Langford

Lucky draw: P Conn, K Kajewski

Self Select pairs Fri 2 Feb 2024

Winners: a Sturm, J Mercer

Runners up: N Croker, D Kaatz

Lucky draw: I McLelland, M

Beutel

Lucky draw: J Cullen, B Svenson

Lucky draw: M Johnston, B

Pritchard

Lucky draw: P Gray, D Ackroyd

Random Select Fours Sat 3 Feb

Highest margin: L Mather, K

Brown, J Adams

Lowest margin: G Low, J

Laidlaw, M Wright, L Gilmou

Self Select Triples Tue 6 Feb

Winners: R Eaton, F Crockett, BJ

Adams

Runners up: T Ridley, L

Luscomb, B Lindsay

Lucky draw: E Bateman, B

Garfield, Chopper

Lucky draw: L Wright, D

McDougall, J Herbert

Lucky draw: M Andrews, J

Oliver, S Dobson

Scroungers Wed 7 Feb 2024

1st: M Cullinan

2nd: R Eaton

3rd: G Hemphill

4th: M Roberts

Self Select Triples Wed 7 Feb

Winners: B Meek, B Hosie, B

Svenson

Runners up: T Hudson, G

Denkel, R Avern

Lucky draw: S Chandler, L

Williams, M Cherry

Lucky draw: P Hughes, G

Duncan, K Taylor

Lucky draw: T Ridley, L Mather,

W Broa

Random Select Triples Thu 8 Feb

Winners: P Boyland, R Bickerton,

B Watkins

Runners up: P Conn, B Hamer,

S Priest

Lucky draw: J Neill, T Bones, D

Davis

Lucky draw: M Hogan, L

Hackwood, G Riley

**BONGAREE BOWLS
MEN**Scroungers Feb 3rd 1st Anne
Clark, 2nd Yuki King, 3rd Chris
McMillan

Wed 4's Feb 7th Winners

Alistair Wright, Morris

Huddleston, Jim Warwick,

Wayne Baker

Runners Up Rose Marie

Dimino, Barb Garvey, Imelda

Valentine Thurs Jackpot pairs

Winners Dave Dixon, Brian

Reed,

Runners Up Adam Veen, Darryl

Rowlingson

Wed 4's Feb 14th Alistair

Wright, Morris Huddleston, Jim

Warwick, Peter Vljajic

Runners Up Tony Jericevich,

Robin Maffey, Graeme Hanlin,

Peter Vljajic

Thurs Jackpot pairs Feb 15th

Winners Ian Gillies, Peter

Vljajic, Mike Hansen

Runners Up Noela Gray, Doug

Meikle

**Nipples on Ripple
Regatta at Lake
Barrington TAS**

14 Bribie Dragons had a wonderfully inspiring weekend at the Dragons Abreast Devonport (Nipples on Ripples) Lake Barrington regatta.

The temperature was 9 degrees on rising but levelled out to a beautifully tolerable 20 degrees once the fog lifted.

We were accompanied by several Tasmanian teams and Melbourne Dam Dragons, with whom we paddled in the NZ IBCPC Regatta last year.

The hydro lake was an interesting and serene body of dark water with massive trees lining the bank's edge. It seemed to be the perfectly peaceful backdrop for the "Flowers on the Water" ceremony, significantly poignant in commemorating our Angels who no longer are with us. It was a time for renewing friendships, great connection, laughter, camaraderie and pride, and especially, our winning the "Race to Paradise" 250 metre 10s!

Bribie Pink Dragons are on the water three times a week -amongst dolphins, pelicans,

dugongs and turtles, on Saturdays and Monday mornings and Thursday afternoons.

So, if you are a breast cancer survivor or a man or woman who has been in close contact with a breast cancer patient, a family member, or a person with a like-minded ethos, then this is the club for you.

For further information, contact President 0499990352

SOLANDER LAKE BOWLS CLUB

WEEKLY SOCIAL BOWLS W/E 17/02/2024

Tuesday Winners: Bill Taylor, Rob Horsfall & Allan Matheson.
R/U: John Harris, McLeod
Wednesday Winners: Stan Hillen, Maggie Zahl
R/U: Ralph Chapman & Bruce Hill
3rd: Julie and Brian Kent
Jackpot (\$500) – No winner.
Thursday Winners: Marieke Moore, Chris Cummins & Neil Feazey
R/U: Carmel Sorenson, Ib Larsen & Steve Jameson.
3rd: Greg Cusbert, Marg & Jim McKenzie
Jackpot (\$135) – No Winner.
Friday: Washed Out
Saturday Winners: WASHED OUT.

WEEKLY SOCIAL BOWLS RESULTS - W/E 10/02/2024

Tuesday Winners: Betty Rudd, Val Paul & Rosa McLeod.

R/U: Dianne Nock, Mike Jones & Allan Matheson.
3rd: Shiela Jeffrey & Carol Langley.
Wednesday: WASHED OUT.
Jackpot (\$500) – No winner.
Thursday Winners: Steve Todd, Kev Moore & Geoff Sorenson.
R/U: Carmel Sorenson, Ib Larsen & Steve Jameson.
3rd: Mitch Magnussen, Ross Luscombe & Wayne Stuart.
Jackpot (\$135) – No Winner.
Friday Winners: Ralph Chaplin & Glenn McCarthy.
R/U: Robert Stumbles & Rob Dickson.
1st Rnd: Cheryl Dann & John Dann.
2nd Rnd: Maggie Zahl & Deb Hill.
Saturday Winners: WASHED OUT.

WEEKLY SOCIAL BOWLS RESULTS - W/E 03/02/2024

Tuesday: WASHED OUT.
Wednesday Winners: Peter Hourigan & Steve Ross.
R/U: Allen Lavender & Richard

Wales.
3rd: Brian Harris & Peter Evans.
Jackpot (\$500) – Not won.
Thursday Winners: Jeff Farmer, Ray Griffin & Kev Zipf.
R/U: Stuart Ager, Marg Hopper & Anne Ager.
3rd: Jenni Cummins, Ann Boast & Ron Boddenberg.
Jackpot (\$102) – Not won.
Friday Winners: Brian Kent & Steve Ross.
R/U: Tony Ollier & Richard Wales.
1st Rnd: Alan Albury & Ian Carr.
2nd Rnd: John Gemmell & Peter McCarthy.
Saturday Winners: Robert Clavell-Pearson, Beryl Cowperthwaite & Carol Langley.
R/U: Kev Norton & David Harris.

WEEKLY SOCIAL BOWLS RESULTS - W/E 27/01/2024

Tuesday Winners: Diane Nock, Jenni Cummins & Stuart Ager.
R/U: Sheila Jeffries, Val Paul & Allan Matheson.
3rd: Marieka Moore, B Cowlings &

Robert James.
Wednesday Winners: John Dann, Rod Reilly, Deb Hill & Cheryl Dann.
R/U: Krys Henshaw, Terri Curtis, Rob Henshaw & Barry Curtis.
Jackpot (\$500) No winner.
Thursday Winners: Ross Luscombe, Geoff Cusbert, Marie Torrington & Jim McKenzie.
R/U: Carmel Sorenson, Barry King, Ib Larsen & Steve Jameson.
3rd: Ann Larsen, Judy Purchasehouse, Ralph Chaplin & Bruce Purchasehouse.
Jackpot (\$52) No winner.
Friday: AUSTRALIA DAY – No Competition.
Saturday Winners: Marieke Moore, Bill Taylor & Doug Hogan.
R/U: Mitch Magnussen, Dave Thomas & Ross Luscombe.



BRIBIE ISLAND WOMEN'S GOLF

1 February 2024 to 13 February 2024

1/2/24 – Monthly Medal – sponsor - Churches of Christ Qld
A Grade Winners: Ros Gardiner 71, R/Up Gill Lee 75 cb, 3rd Gwen Clutterbuck 75
NTP's: Hole 4 Val Phinn, Hole 7 Suzanne Vallye, Hole 16 Ros

Gardiner
Best Gross: Ros Gardiner 84
B Grade Winners: Jennifer Warburton 69, R/Up Diane Fitzpatrick 73, 3rd Lulu Drew 74
NTP's: Hole 4 Jennifer Warburton, Hole 7 Sue Graham, Hole 14 Leonie Buxton, Hole 16 Roslyn Crossley
Best Gross: Diane Fitzpatrick 96
C Grade Winners: Sonia Ferrante

74, R/Up Carol Lobegeiger 75, 3rd Cathy Cooke 76
NTP's: Hole 4 Vicki Butcher, Hole 7 Cathy Cooke, Hole 14 Jennifer McKay, Hole 16 Anne Carmody
Best Gross: Carol Lobegeiger 103
6/2/24 – Single Stroke
Div 1 Winners: Desley Neilson 74 cb, R/Up Robyn Colbran 74, 3rd Sandy Smith 75 cb
Div 2 Winners: Leonie Buxton 77, R/Up Heather Croukamp 78 cb, 3rd Rae Clarke 78
Div 3 Winners: Kerry Keys 79, R/Up Susan Brown 81, 3rd Sonia Ferrante 82
NTP's: Hole 4 Rae Clarke, Hole 7 Pauline Grooby, Hole 14 Robyn Colbran, Hole 16 Gwen Clutterbuck
8/2/24 – Single Stableford
Div 1 Winners: Ailsa Lauchlan 36, R/Up Gay Burnham 35, 3rd Gwen Clutterbuck 34

Div 2 Winners: Charmaine Price 32 cb, R/Up Kerry Keys 32 cb, 3rd Jan Jennings 32
NTP's: Hole 4 Debra McCowan, Hole 7 Carol McKenzie, Hole 14 Val Phinn, Hole 16 Di Benghamy, Hole 4 (Div 3 2nd shot) Sonia Ferrante
13/2/24 – Single Stableford
Div 1 Winners: Sue Navie 37, R/Up Carol McKenzie 36, 3rd Yuko Nakamura 35 cb
Div 2 Winners: Lyn Cockerell 37, R/Up Jasmin Tamayao 36, 3rd Suzanne Fowler 34 cb
Div 3 Winners: Tricia Phillips 38 cb, R/Up Carol Lobegeiger 38, 3rd Claudia Lutgemeier 35
NTP's: Hole 4 Claudia Lutgemeier, Hole 7 Tricia Phillips, Hole 14 Tanya Zanow, Hole 16 Abby Driver, Hole 7 (Div 3 2nd shot) Joan Osborne



B Grade Winner



C Grade Winner

Brooke SAVIGE

Integrity. Commitment. Energy.

A fresh approach for Division 1

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



[f](#) [t](#) [i](#) /Savige4Div1



Size Up

 **your**

Sealy

Any size Sealy Posturepedic mattress for the price of a single

**plus double
Qantas Points***

**Earn 2 Qantas Points per \$1 spent
(usually 1 point per \$1)**

FREQUENT
FLYER 

Forty Winks Morayfield
250 Morayfield Road
T: 5498 7777
fortywinks.com.au

FortyWinks
Serious about sleep



Are Goose Down Duvets the Secret to a Healthier Sleep Routine?

THERMAL INSULATION AND COMFORT:

Goose duvets have many features that make them an obvious choice for many. But the one aspect that stands tallest is their thermal insulation. The loftiness of the duvet traps and retains heat to provide an enhanced sleeping experience. Also, this property regulates your body temperature so you don't wake up feeling uncomfortable in the middle of the night. The comfort, on the other hand, this bedding product offers is truly unmatched. If you ask for the secret, it would be the down. The soft and air texture of the down creates a sleep haven like never felt before. You will feel as if you are sleeping under the weight of weightless clouds. Breathability and moisture regulation: Another critical aspect of a goose-down duvet that contributes to healthy sleep is Breathability. The structure of the down is what allows this process to happen. It allows the air to circulate freely through the loft and, while doing so, prevents moisture buildup. The end result is a dry sleep all night long. This bedding product is suitable

for people with the problem of excess sweating. It is natural to face mould growth problems when your bedding is wet or damp. So, considering them opens the door for ample health benefits you might not have been aware of.

business offer duvets with microbial properties. This, in turn, enhances the overall health of the sleeper.

LONGEVITY AND SUSTAINABILITY:

While shopping for duvets, the aspect of durability matters. It tells you about the value you

sustainability of duvets, many now exercise a more ethical approach for the down. When buying for goose-down duvets, look for certification that ensures the birds were treated humanely for the down.

CARE AND MAINTENANCE:

Proper care and maintenance are crucial to maintaining your duvets' long life. As opposed to the notion of many, you can actually wash and clean your down duvets. The wisest approach is to follow the guidelines when buying the product. Follow the directions to preserve the softness and fluffiness of your bedding product.

FINAL WORDS!!

In the end, know that a goose down-duvet can be the bridge between you and your dream sleep. Before shopping for the same, it becomes critical to know them holistically. This article has tried to educate you about the different aspects of goose down duvets, which you will require to make a wise decision. So, what are you waiting for? Visit shops near you or explore online and select one that meets your unique needs. Happy Sleeping!

FEATURE	SYNTHETIC DUVETS	GOOSE DUVETS
Material	Man made product	Natural product
Insulation	Offer less insulation	Offers more
Weight	Lighter	Relatively heavier
Breathability	Less	More
Hypoallergenic	Often no	It may reduce allergies in some
Price	More affordable	More expensive but quality speaks volumes

ALLERGIES AND HYPOALLERGENIC PROPERTIES:

A big problem that may deter one from choosing a goose-down duvet is the thought of allergies. Goose-down duvet has been linked with allergies for so long. But what if I tell you it's not entirely true? A high-quality one is treated carefully to remove the allergenic elements. Also, many manufacturers in the

will get in return. A quality one can give you the same warmth and feel for years without losing the charm. Did you know the use of down for duvets has been in contention for long enough? This is focused on the method by which the manufacturers harvest them. A non-humane way of treating the birds for the down has deterred many from going for the down option. But with the coming of



AIR CONDITIONING REPAIR, SERVICE & SANITISE

ABOUT US

We are a local family owned and operated business who really values and cares about our customers. We pride ourselves on being a reliable, professional & affordable business with over 30 years experience working on all makes & models of Air Conditioners.

OUR SERVICES

- Breakdown & Repairs
- Service & Maintenance
- Filter Replacement
- Cleaning & Sanitising



SPECIAL OFFER
\$99

SERVICE & SANITISE (per Split A/C)

SCOPE OF WORKS:

Mechanical Service & efficiency test
Gas Charge Check
Filter Clean
Condensation Drain Check
Inspection of Electricals
Chemical sanitise - Bagging Method

THE BENEFITS OF AN ANNUAL SERVICE & SANITISE ON YOUR A/C

- ✓ Reduced Energy Costs
- ✓ Increased in-home comfort
- ✓ Removes mould & bacteria
- ✓ Improved Air Quality & Air Flow
- ✓ Increase Efficiency
- ✓ Prolonged life of the A/C
- ✓ Fewer costly service calls & Repairs

Special offer is Per Split A/C - Ducted A/C service \$150
A/C must be in working order to take up the Special offer.

Give Brett a call.....

PH: 0401 521 977

www.bgiair.com.au

QBCC Lic. 15314735 ARClick AU57265 ABN 578 7594 0632

HOW TO CLEAN SMALL KITCHEN APPLIANCES

The little machines that line up along our kitchen countertops or park themselves in appliance corrals save us time and effort when we cook. Most small kitchen appliances are designed to be easy to clean but still require work. This article provides excellent suggestions and guidelines for cleaning these small kitchen appliances.

BLENDERS

Most blender jars can be washed in your dishwasher; some cannot. Some blades are dulled by repeated exposure to the dishwasher detergents; some are not. Always read and follow the manufacturer's cleaning instructions. If you wipe the base of a blender after each use, you rarely have to scrub it. To clean the blender jar, fill it with a warm detergent solution and run it at high speed for about 15 seconds. Rinse well and dry. To retain the sharpness of the blades, do not wash the blender's assembly in the dishwasher. Glass cleaner is excellent for cleaning stainless-steel blender bases and trim.

Spray it on and buff it with a soft cloth. An all-purpose cleaner or a baking soda and water solution cleans plastic blender bases.

DRIP COFFEEMAKERS

Drip coffeemakers are easy to clean -- all you have to do is change the filter, wash the pot, lid, and basket in a detergent solution, and quickly wipe the base with a cloth. Percolators, on the other hand, need a thorough, occasional cleaning to get rid of oil buildup that can affect the taste of the coffee.

Remove coffee and mineral stains from the glass pot of an automatic drip coffeemaker by adding 1 cup crushed ice, 1 tablespoon water, and 4 teaspoons salt to carafe when it is at room temperature. Gently swirl the mixture, rinse it, and then wash it as usual. Allow a heated percolator to cool before cleaning. Clean the spout and tubes of a percolator with a special percolator brush and sudsy warm water. Use a synthetic scouring pad -- never harsh abrasives or steel wool -- to remove

stubborn soil from percolator parts. If the surface becomes scratched, oil and other coffee residues will accumulate in the scratches.

TOASTERS

Toasters are crumb catchers and smudge collectors. They need regular attention to keep them clean, shiny, and crumb-free. Here's what you should do:

Remember to unplug the toaster and let it cool before cleaning it. Never immerse the toaster in water. Wipe the exterior of the toaster regularly. Remove the crumb tray at the base of the toaster and shake out accumulated crumbs; wash the tray in warm, soapy water. Remove crumbs by cleaning the crumb tray at the base of the toaster. If your toaster has no crumb tray, turn it upside down and shake it over the sink or a large garbage can.

Use a thin, soft brush to remove crumbs from the interior. Metal utensils should not be used to clean the inside of the toaster.



helping small family businesses survive and thrive

El Nino is here!



7kw Reverse Cycle
Air Conditioner- **\$1499**



2.6kw Reverse Cycle
Air Conditioner-
\$699

**Dont leave fitting your cooling
system to the last minute,
GRAB A BARGAIN NOW!**

3408 9200

25 Benabrow Ave, Bellara QLD 4507

**HELLER
75cm Turbo
Tower
Fan
\$174**



Summer CLEARANCE



PLANTATION SHUTTERS



SANTORINI FULL CASSETTE MOTORISED FOLDING ARM AWNING



CURTAINS



ZIPSCREEN EXTERNAL BLINDS



ALUMINIUM SHUTTERS



ROLLER BLINDS



FABRIC AWNINGS



SECURITY PRODUCTS
SECUREFORCE RANGE

call **1300 303 391** for a complimentary measure and quote
SERVICING BRIBIE ISLAND AND SURROUNDING AREAS



U Blinds Australia
blindsshuttersawnings
www.ublinds.com.au

*Conditions apply, selected materials and fabrics. Offer ends 07/03/2024 or while stocks last. Electrician and Installation not included. Santorini Folding Arm Awning prices as listed.

Living in a region blessed with breathtaking beaches, picturesque countryside, and ample space is a true privilege. Nestled away from the hustle and bustle of Southeast Queensland's 3.5 million population, our coastal haven offers a tranquil escape. Here, we can relish the sanctuary of both land and water while enjoying a myriad of local attractions and activities. Allow us to introduce you to the wonders of our region and the exceptional services Acreage and Lifestyle Property offers.

Imagine waking up to the sound of crashing waves and the gentle rustle of leaves in the breeze. Our coastal region boasts an enviable lifestyle where residents can immerse themselves in the beauty of nature. With pristine beaches just a stone's throw away, locals have the luxury of enjoying sun-kissed shores and invigorating surf whenever they please. But it's not just the beaches that make this place special; the surrounding countryside offers a rural escape that beckons you to explore.

In this idyllic setting, residents and tourists can enjoy a range of activities, from strolling along the jetty and foreshore to experiencing live music at local clubs and dining at local cafes and restaurants. There are numerous locations to launch a boat and explore



Embracing the Serene Lifestyle:

DISCOVER THE BEAUTY OF OUR COASTAL REGION

the Pumicestone Passage and Moreton Bay waterways for people who love the water. Meanwhile, the parklands and bike pathways offer leisurely walks and bike ride opportunities. The friendly atmosphere and thriving local businesses add to the charm, making it a place where community spirit thrives.

At Acreage and Lifestyle Property, we understand the allure of this remarkable lifestyle. As a family business with over 8 years of operating in the local area and 35 years of industry experience, we specialise in helping individuals

and families find their perfect property. Whether you seek lifestyle blocks, waterfront properties, or residential homes on the eastern side of the highway, our team provides a one-stop property solution for all your real estate needs.

Our unique blend of old-school service and modern technology sets us apart. We believe in building personal connections with our clients and taking the time to understand their desires and requirements. Our specialists have in-depth knowledge of the Beachmere, Ningi, Sandstone Point and Bribie Island areas – all



exquisite locations north of Brisbane.

We consider ourselves fortunate to call this region our home and are passionate about helping others discover the joys of living here.

We Live It, We Love It, WE SELL IT.



ACREAGE AND
LIFESTYLE PROPERTY

From the highway to the island, we've got you covered.

07 5221 3117

admin@aalp.com.au

aalp.com.au



HISTORICALLY, HOUSEPLANTS WERE FOR THE RICH.....

WE TAKE IT SO MUCH FOR GRANTED NOW; IT'S HARD TO IMAGINE THAT THERE WAS ONCE A TIME WHEN HOUSEPLANTS WERE A STATUS SYMBOL RESERVED FOR THOSE WITH LOTS OF EXPENDABLE INCOME. IN WESTERN CULTURE, WHEN EUROPEANS STARTED EXPLORING THE GLOBE AND BRINGING BACK PLANTS FROM AROUND THE WORLD [THE 1600S], THE ELITE BEGAN BUILDING CONSERVATORIES (ORANGERIES) TO SHOW OFF THESE PLANTS ... AND PROBABLY THEIR WEALTH. BEFORE THAT, PEOPLE NEEDED TO BE TOO PRACTICAL TO ALLOW FOR LUXURIES THAT OFFERED NOTHING OF TANGIBLE USE.

Fast forward to the Victorian age. Ferns, palms and other 'exotics' were a big deal for the wealthy class, if you had plants, it meant you were a person of means, so it was something to aspire to.

Not many indoor plants could withstand the fumes from coal fires and gas lanterns, so the *Aspidistra elatior* (which could) was extremely popular with Victorian households. No wonder people nicknamed it the "cast iron plant."

The modern houseplant era really began to boom in the 1970s; indoor plants fit in with the whole back-to-nature décor ethos of the time. Growers responded by making new varieties of plants available to the masses; however, the 80s saw a big decline in live plants — people started using faux foliage more and focused on other areas of décor. Since about 2005, we've started to see a big resurgence of interest."

Indeed, indoor plant popularity has typically waxed and waned with the economy. Until recently, the popularity of plants has slowly grown as prosperity and security grew in society – two steps forward, one step back as economies went through boom-and-bust cycles – as we felt we could afford to invest in luxury.

But as any seasoned gardener knows, you only need a little money to buy a houseplant. You can always get a cheap or free cutting from a friend. So, even in an economic downtime, many people will turn to indoor plants to reconnect with nature.

THE EASIEST HOUSEPLANTS TO GROW

Nearly impossible to mess up: People who travel frequently or tend to forget about their floral friends for long periods might opt for low-maintenance varieties, Chinese evergreen



48 May Street, Godwin Beach.

Experience the charm of Bayside living in this recently updated, well maintained single-story brick and tile home. The focal point of this home is its beautifully appointed kitchen that seamlessly connects to a spacious air conditioned, open-plan living and dining, leading out to a covered patio that overlooks the landscaped yard—ideal for alfresco dining and relaxation. Comprising three bedrooms, including master with ensuite, this property is ready for you to move in.

belleproperty.com

For sale

View

Please see viewing times online

3 2 4 607

Shontelle Cross | 0405 492 371

belle
PROPERTY

or ficus tree all attractive but easy to care for, the alii fig (ficus alii) tree and mentioned above the cast iron plant, noting that these two are "practically bomb-proof."

Exotic but affordable: Moth orchids have recently exploded in popularity because they've become far more affordable (breeders have figured out how to produce them in mass quantities). Hardier than many other breeds of orchid, they're known for their unique, colourful blooms. Although you hardly need to be a master gardener to get them to bloom again, they are not as easy to care for as other houseplant options.

Old faithful: If you're looking to dip your toe in the houseplant pond, you might want to stick with some of the most popular types, which are the spider plant, peace lily, rubber tree, bamboo palm, herbs and aloe plant. "These plants are all easy to care for, do not require constant sunlight, have great health benefits, and can purify and oxygenate the air.

Research has shown substantial health benefits from indoor plants. Plants can remove pollutants from the air and filter out toxins like formaldehyde (found in laundry detergent and carpet cleaner), benzene (found in cigarette smoke and plastics), and carbon monoxide. Plants can also reduce stress and improve mental focus.

 **grow**
plant nursery



PLANTS | POTS | DECOR | GARDEN SUPPLIES

Local stockists of Katek, Brunnings Premium,
and Grow Organic garden products



OPEN 7 DAYS
EXCEPT SPECIAL PUBLIC HOLIDAYS



www.bongareevillage.com.au

17 First Avenue, Bongaree 0480 160 689





214 Freshwater Drive, Banksia Beach

- Oversized internal garage + Drive through
- Raked ceiling.
- 900mm gas cooktop,
- Stone benches.
- Ducted air-conditioning.
- Plantation shutters.
- 32 Solar panels.
- Water tank.

4 BED | 2 BATH | 2 CAR

For Sale: Contact Agent

George Hayes-Walsh
Kailan Denniss
0468 381 244



FOR RENT

674 Bestmann Road, Sandstone Point
\$700.00 per week - Available Now!

45-47 Horace Street, White Patch
\$1600.00 per week - Available Now!

6 Vanillalily Close, Banksia Beach
\$900.00 per week - Available Late March

07 3408 4071



1/2 Fathom Court, Banksia Beach

- Updated bathroom and kitchen.
- 900mm gas cooktop and electric oven.
- Stone benches.
- Air-conditioning in bedrooms + living area.
- Ceiling fans.
- Sky-lights.
- Courtyard.

3 BED | 2 BATH | 2 CAR

For Sale: Contact Agent

George Hayes-Walsh
Kailan Denniss
0468 381 244



65 Relesah Drive, Ningi

- Ducted air-conditioning + Ceiling fans.
- Separate independent Studio/Rumpus room with air-conditioning and a separate toilet.
- Large colour-bond shed with 3m high roller door.
- 10kw solar system.
- 5000-litre in-ground water tank
- 6000-litre water tank.
- Luxury swimming pool.

5 BED | 2 BATH | 3 CAR

For Sale: Contact Agent
Land Size: 3040m2

George Hayes-Walsh
Kailan Denniss
0468 381 244





A roof is the most essential element of our house. It is the first line of protection from rain, wind, hail, and other elements that can damage and harm your house.

Here, we discuss all the steps you should consider before hiring a roofing company so you can avoid hiring ruthless contractors by considering the following points.

Check License

The first point to look at when hiring a contractor is the license. This document is optional in most states, but hiring a professional contractor with this document is mandatory. The license ensures roofing contractors have the right skills, knowledge, and ability to handle this project and work with state or local authorities and legal requirements. Moreover, the license offers a layer of protection for the customers and can protect you from liability claims if something goes wrong with the roof during or after the installation.

Insurance

The professional roofing company needs to be insured. Dealing with roofing is a dangerous project with high levels of risk involved, so many accidents happen when handling these kinds of projects.

Proper insurance policies are essential in roofing companies because they can save you money and financial losses in case some workers get serious injuries. Insurance policies can

also cover the cost of roof repair service, replacement, and other kinds of damages like tools and equipment.

PAST EXPERIENCE

Before hiring a roofing contractor, determine their experience and knowledge because a roofing job requires unique skills and expertise to handle efficiently.

The skilled and experienced workers have the knowledge and technical skills to ensure that the roof remains in good condition for a long time.

Professional workers have handled many installations before and have been trained enough to spot the issues and the roofing problems.

If you hire an experienced worker, this is the best way to guarantee quality work. Skilled workers can save you money and do the project quickly without any damage during the repair or replacement.

LOCAL PHYSICAL OFFICE

Check whether the roofing contractor has a physical office in your area, as they know all the local rules and regulations for roofing, use the best material for your roof and are not just travelling from town to town doing shoddy work.

WARRANTY

If you hire a roofing company, the most important thing you should consider is whether they provide a roofing warranty or not. The roofing warranty typically lasts a year, or some

companies offer more extended warranties.

The warranty covers the materials or any defect during or after the installation. A roofing warranty is significant to protect your investment. The professional roofer provides a warranty in case of defective material components and offers comprehensive protection for the roofing system.

CHECK THEIR CONTRACT AND CERTIFICATIONS

When looking for a roofing contractor, ensure the contractor has the proper contract or certificate. So, the contract should include the agreement and have details like name, address, scope of work, insurance, pricing, warranty project deadline, and a timeline. A well-written contract protects the customer and contractor from any misinterpretation.

Request price Estimates

Refrain from settling for the cheapest price and the deals, which may indicate that the contractor may offer incomplete services. Instead, go for the reasonable price range that provides the average roof replacement, repair, and installation to certify high-quality services within your budget.

CLIENT REVIEWS

The internet has made it easy for customers to check roofing companies' reviews by simply typing the roofing company name and seeing the online customer's reviews.

Reviews are essential for

roofing companies to attract new buyers and customers.

Reviews are critical for the company's reputation. The previous customer experience helps the company to grow faster if they have positive reviews and have a greater chance of getting more customers. Thus, reviews are the first introduction to how they handle the business and treat their customers.

PAYMENT DETAILS

The last step you must consider is the payment procedure. Ask the roofing company if they will charge extra for the service of taking the old roof materials or other kinds of waste. Discussing all the matters before starting the project will help you efficiently go through the process without incurring any extra charges. So, the corresponding paperwork is essential for transparent and fair financial exchanges.

CONCLUSION

Hiring a roofing company might seem challenging initially because there are many factors to consider. Make a proper list before hiring, like checking the roofing company license, insurance, experience, whether they offer a warranty, checking their contract and certificates, and seeing client reviews. You can search for a roofing company in your area and do a quick phone interview with each contractor if it is appropriate and convenient for you.

Call today
for your**FREE PROPERTY APPRAISAL****3517 2406**

17 Baza Place, Banksia Beach
Stunning Osprey Island Lifestyle!
 Contact us for price guide

Motivated
Vendors**COMING
SOON**

45 Flamingo Drive
 BANKSIA BEACH
 4 Bed | 2 Bath | 2 Car
 714m2 Lot

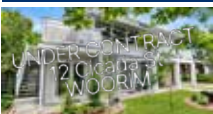
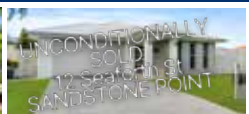
2 Green Street
 BANKSIA BEACH
 4 Bed 3 Bath | 3 Car
 709m2 Lot

30 Hoad Street
 MORAYFIELD
 4 Bed | 3 Bath | 2 Car
 2106m2 Lot

Offers Over
\$935,000**9 Caraway Cres, Banksia Beach****Beautiful Fairway Views**Offers Over
\$780,000**7 Trent Court, Sandstone Point****Ready To Move In - Great Location**

For Sale

Contact us for price guide

**35 Allamanda Dr, Bongaree****Location Location Location!**UNDER CONTRACT
24 Cicada St
WOORMIUNCONDITIONALLY
SOLD
17 Seaton St
SANDSTONE POINTSETTLING SOON
23 Sundew St
NINGISOLD
24/7 Cicada Ave
BONGAREEUNDER CONTRACT
150 Redman Road
SANDSTONE POINTUNDER CONTRACT
55 Ningi Waters Dr
NINGI

SELL WITH US
AND SAVE
1.5% plus FREE
MARKETING!

Commission Fee (+GST)



realestate.com.au

Domain

Professional Photo Shoot**Aerial Drone Photography****3D Virtual Tour + Floor Plan**

PROPERTY PROFESSIONALS
 wilsonco.com.au



SALLY GRANT
 Bribie Island Greater Region
 Leading Sales Agent

How HOUSE Flipping Works

PART 2

Budgets can balloon quickly on fixer-uppers. If you decide to invest in one, you need a high tolerance for risk -- and an exit strategy. The consensus from most home remodelling experts is this:

You can make more money on a really cheap house that you turn into a nice house than a nice one that you turn into a premium one. All those expensive upgrades don't offer nearly as much return on your investment as fixing a cracked foundation does. For most people, this means hiring workers or having a lot of help.

The more people you get involved; the more coordination is required. You'll have to keep very close tabs on plumbers, electricians, and handymen, or you'll have to hire a general contractor (which means a big increase in your budget).

Think local. If you're remodelling a house the closer to home you stick for materials, the more experts you'll be able to find to help you install them.

Don't overestimate your work. Sure, that paint job looks nice, but is it really worth a \$20,000 markup on the property? Overpricing

your property could leave you with a house that people are wary of because it's been on the market too long. Don't get ahead of yourself. First-time flippers may see dollar signs when they think about buying multiple properties. Still, problems can quickly turn into bankruptcy if you're using one house's equity to pay for another's repairs. Plus, each home requires attention, and unless you're quitting your day job -- which the experts also don't recommend for newbies -- you will probably have plenty to do for one house without thinking about your next flip.

However long you think the renovation will take and whatever you estimate it will cost, understand that it will probably be much costlier and more time-consuming. Nearly every upgrade you skimp on will haunt you, remodelers warn. From cheap carpets to cheap electricians, quality of workmanship is something that flippers cannot fake in a softening market.

Depending on your goals and the extent of the renovations, fixer-uppers can take a few months (or less, if you're really lucky) or years to turn

around. If you want to live in your investment as you're working on it, remember that there may be a lot of sawdust in your future. And while up-and-coming neighbourhoods can explode overnight, there will also be fluctuations in crime rates, local business booms and school improvements, all of which can affect your property's value. Patience is key when waiting for a neighbourhood to take off.

Flipping House FAQ
Can you flip houses with no cash?

You can get into flipping houses without cash, but it's riskier and generally takes more work upfront. Some ways to get started include partnering with an investor, getting a loan from a hard money or private lender, or even crowdfunding your first flip. If you've got a good relationship with your bank, you may also be able to approach them to see if they will fund your investment, though it's not likely they'll give you a loan if you have absolutely no money. Is it better to flip houses or rent them? If you're looking for a short-term investment,

flipping houses may be a better option for you. If you want to earn passive income, renovating a house and turning it into a rental property may be a better option. Both have unique pros and cons, so it's best to do your research before making a final decision. Is it profitable to flip houses?

It can be very profitable to flip houses if you follow the buy low, sell high model and can stick to a strict budget, including having a contingency budget for any surprises that crop up during a renovation. What are the drawbacks of flipping houses?

A major drawback to flipping a house is that you won't be able to turn a significant (or any) profit if something goes wrong. Buying an undervalued home increases your chances of turning a profit, but fixer-uppers and foreclosed homes may have expensive problems like foundation, structural, electrical, or plumbing issues. These unexpected issues can eat into your budget and shrink your profit margin, potentially to a point where the flip wasn't actually worthwhile.





VMR

BRIBIE ISLAND

John Traill Public Relations Officer - Volunteer Marine Rescue Bribie Island FOR EMERGENCIES OR OPERATIONAL ISSUES
CALL VMR BASE ON 3408 7596 Mob: 0407 537 323 publicrelations@vmrbribie.com,

CONGRATULATIONS MIKE LOONEY

A MASSIVE shout out to White Sunday's Mike Looney who was awarded his Restricted Coxswain rank this Weekend, after a lot of hard work and dedication.

Mike joined VMR Bribie in November 2017, became a trainee Crew in April 2019, gained Crew qualifications in July 2019, Competent Crew in October 2021, Senior Crew in June 2022 and Restricted Coxswain in December 2023. - Congratulations Mike!



Commodore Ces Luscombe officially hands Mike Looney his Restricted Coxswains letter of approval.

TRAINING WEEKEND

It has been a big weekend at VMR Bribie with several rescues including a Police Activation for a mystery tinny found abandoned at Beachmere, plus weekend courses for First Aid and CPR being held.

VMR Bribie was also host to trainees from VMR Raby Bay and VMR Brisbane as well as our own latest intake of trainees and put them all through the Shipboard Skills Safety Set under the watchful eyes of VMR Bribie's Unit Training Officer Allan Tranter and Deputy Training Officer Liz Radajewski. UTC Allan said, "It's all part of all the various VMR Squadrons working together."

The water was warm the wind and current strong but none of the trainees complained. Putting out fires, letting off flares, and the on-water training was all part of the morning session.

This all helps to make these trainees skilled crewmembers on one of our Rescue vessels that might lead to them coming to help save your life one day.

Our training never stops. Pictures by Radio Officer Peter McNamara



Trainees carry the life raft out to the pontoon.



Abandon Ship drills from Bribie 2, watched closely by Competent Crew Mike Lucas.



Coxswain Ian Grimes with a boatload of "rescued" trainees aboard Jonkers Bribie 3.



Skipper Mike Looney with Mike Lucas tow the life raft into place with Bribie 2.



UTC Allan Tranter briefs the trainees on the tasks ahead.



Group huddle and staying afloat is also one of the requirements for all trainees.



Trainee Allan Davey uses an orange daylight distress flare



Selection and use of fire extinguishers is all part of the training.

FREQUENTIS VISIT

Tuesday 16th January 2024, we had a visit from VMR Southport and the team from Frequentis looking at VMR Bribie's Frequentis system. Operational discussions were held.



Ken Rogers Radio Operator, VMR Commodore Ces Luscombe, Peter Bell from VMR Southport, Director Global Marketing Marcel Haar, Deputy Radio Officer John Rice, Managing director Martin Rampl, Deputy Radio Officer John O'Hagan and Mehmet Asku from Frequentis. Picture by Radio Officer Peter McNamara.

RAMP DAY

Bellara Boat Ramp this morning offering advice on Log On procedures, Life Jackets and answering all questions on Boating Safety and local knowledge questions.

Coxswain Liz Radajewski said, "It was the first one for the year with many more planned just part of VMR's Bribie Commitment to foster boating safety in our Community."

Keep an eye on our Facebook page for more details of the next planned boat ramp information morning.



Coxswain Liz Radajewski displays some of the safety advice on offer to boaties.



VMR contingent at the Ramp Day: - Wayne Hook, Doug Wilson, Liz Radajewski, Graham Parker, Lindsay Crompton, Karen Darlington, Mark Purtell, Ian Grimes, Noel Wendt, and Garry Howell, with Peter McNamara behind the camera.

SUNSET DRINKS - Friday 26th January 2024

77 Active members and partners attended the Australia Day Sunset Drinks our first for the year! Kelly Langworthy and her Social Committee and BBQ Chefs provided another outstanding meal with a build your own burger with options of: - beef patty, fried onions, egg, bacon, cheese, pineapple, beetroot, tomato, lettuce, and a variety of sauces. Sweets consisted of those Aussie favourites' pavlova and lamingtons, which set the flavour for the night. A thong tossing contest was held, a prize for best dressed and there were many raffles. Our capable bar staff, Karen Llewellyn and Stewart Bell, served drinks at our usual great prices.

Commodore Ces Luscombe welcomed all and thanked everyone for putting on a great evening!



Garry and Pam Bunker.



Some of the 77 strong crowd.



Colleen and Gary Beros, Dale Mullins, with Allan & Gail Tranter.



Armani and Pete from Florist Café Banksia Beach presented Commodore Ces with a Cheque for \$728, being proceeds from the Café's promotion to support VMR Bribie, \$1 from each egg & bacon burger with coffee sold.



Peter McNamara building his burger!



Sheryl Traill, Brenda Allardyce and Chris Beanlands.



Armani has a turn at the Thong Toss!



Lindsay Crompton shows his style at the Thong Toss!



Peter McNamara declares the winners of the Thong Toss - Lindsay Crompton and Armani.



Public Relations Officer John Trail shows his delight at having a hip replacement 8 days ago!



Linda and John Burdinat give the thumbs up!



John and Barb O'Hagan in the spirit!



Mark Young receives his best dressed prize from Kelly Langworthy and Commodore Ces.

FEBRUARY VESSEL**FEBRUARY VESSEL ASSISTS:**

THU 01/02 0914AM – MOP reported drifting vessel near White Patch – Investigated owner was securing.

SAT 03/02 0831AM – Water Police requested VMR to investigate Tinny at anchor displaying V Sheet, 10-12 North West Beacons. Investigated CG Redcliffe towing 4.5m Tinny advised Water Police stood down.

SAT 03/02 0932AM – 4.2m Side Console non-member with motor issues required a tow from Red Beach to Spinnaker Sound Marina.

SAT 03/02 1144AM – 5.2m Half Cabin non-member with motor/fuel issue required a tow from Spitfire Channel to Spinnaker Sound Marina.

SAT 03/02 1156AM – Tasked by QAS to transport 2 x Ambulance officers to Tangalooma for medevac back to ambulance at VMR Base.

SAT 03/02 1726PM – 5.8m Centre Console non-member has run aground at Gallagher's Gutter required a tow to deeper water.

SUN 04/02 0746AM – 8.6m Cruiser member with starting problems required a tow from 2

km off Redcliffe to Scarborough Harbor.

SUN 04/02 0809AM – 5.95m Pontoon Boat member lost power required a tow from Gallaghers Point to Banksia Beach.

MON 05/02 1105AM – 12m Catamaran member with rope entangled around propellor, required assistance to secure vessel to pontoon in Pacific Harbour.

MON 05/02 2013PM – Medevac tasked by QAS to transport 2 Ambulance Officers to Tangalooma and return with 18-month-old with injuries.

TUE 06/02 0829AM – Medevac tasked by QAS to transport 2 QAS Officers to retrieve 86-year-old from Cowan Cowan to awaiting ambulance at VMR Base.

THU 08/02 1245PM – MOP reported what looked like a person being swept out to sea South of IGA Bongaree – Investigated possible red buoy.

FRI 09/02 0546AM – 12m Yacht non-member broken away from mooring and drifting – towed to VMR Mooring to be moved within 24 hours.

SAT 10/02 1315PM – 12m Yacht non-member stuck in sandbar near Buckley's Hole, investigated transported owner and will wait for tide to sail free.

MON 12/02 0919AM – MOP reported unoccupied Tinny drifting off Toorbul. Investigated, Houseboat in vicinity had lost tender recovered OK.

TUE 13/02 0808AM – Activated by Water Police to investigate overturned vessel in Deception Bay with person clinging to vessel. Arrived stood by whilst CG Redcliff retrieved person – VMR Bribie stood down.

WED 14/02 1750PM – Activated by Water Police to bring vessel back from North Point on Moreton Island to VMR Base.



SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

boat they get wet and sun damaged and forgotten about, these need to be checked annually too. Check the life jacket for signs of:

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

- Make sure the whistle works.

"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!"

2024 YEAR RADIO ROOM STATISTICS

To Wednesday 14th February 2024

2,190 Calls, 549 vessels logged on,
62 Vessel Assists, 260 Sitreps, 348 Requests,

9 Overdue vessels, 2 Vessel Tracking,
173 Radio Checks, 3 Weather Forecasts

3 Securite Broadcasts. 1 Pan Pan, 0 Mayday

VHF calls 47.9%, - 27MHz calls 0.2% -
Phone 30.7%

GWN 5.3%, OTHER 3.6%



BRIBIE ISLAND COME & TRY Week 2024

PRESENTED BY



BOMBORA OUTRIGGER CANOE CLUB

WHEN: SATURDAY, 24TH FEBRUARY 2024



Come and experience for yourself the fun and exhilaration of paddling on our beautiful Pumicestone Passage. Ideal for those of average fitness, where age is no barrier, just a desire for fun, fitness and friendship.

Between 9 a.m. and 12 noon

Where - Kalmakuta Drive, Sandstone Point

Wear comfortable clothing suitable for getting wet, a hat, paddle/reef shoes or crocs and sunscreen.

Bring a water bottle and sense of adventure!

ALL POWER MARINE AUSTRALIA

EMAIL sales@allpowermarineaustralia.com.au

YOUR LOCAL GENUINE SUZUKI MARINE DEALER

ABOUT US

All Power Marine Australia is your local genuine Suzuki Marine Dealership & Service Centre located in Caboolture

PHONE:

07 5428 0043

ADDRESS:

14 ROSEBY RD
CABOOLTURE

WE OFFER

- SALES
- SERVICING
- SPARE PARTS
- REPOWERS
- AND MORE...



allpowermarineaustralia.com.au

AUSTRALIAN OWNED

AHHH YES, MALE SEAHORSES DO GIVE BIRTH! HERE'S HOW

Normally, female animals give birth to young — not males. It's just the way animals have always done it. However, the rule is almost always proven by its exception, and seahorses are the lucky winners of this particular exception. Seahorse men are the mamas. Seahorses, seadragons and pipefishes are small marine fishes in the family Syngnathidae that have the unusual habit of leaving the gestation of their young to the males. They do this in a uterus-like pouch — complete with a placenta! — found in their tails.

You might be wondering why a male seahorse is male if he has a uterus and placenta. He might be an anomaly, but like other male animals on planet Earth, male seahorses produce sperm instead of eggs. The female seahorse impregnates the male by inserting her eggs into a pouch on the front of his tail, into which he releases sperm to fertilise the eggs and incubate the babies for 24 days. Researchers have found they even provide them with oxygen and nutrients during this time, not unlike mammalian and some reptilian mothers.

An Australian research team has discovered the mechanism that allows male mothers to trigger the process of labour and birth. In a September 2022 study published in the journal *Placenta*, researchers from the University of Sydney and the University of Newcastle reported that Syngnathid dads labour and give birth in a way that's very different from other mums.

Female labour and birth are driven primarily by the hormone oxytocin, which contracts the smooth muscles of the uterus to push the babies out. Smooth muscle tissue works involuntarily, while skeletal muscles can flex and relax when the brain tells them to, which is why you can flex your calf muscle on command, but women go into labour without trying. The research team found that the muscle tissue of the seahorse brood pouch did not respond to the fish version of oxytocin and that the pouch itself contained very little smooth muscle tissue. Instead, they found the male seahorse has three small bones at the opening of the brood pouch where the anal fin attaches to skeletal muscles. Female seahorses have very small or non-existent anal fins, but they're more prominent in males.

It turns out the anal fin and skeletal muscles that power it is a key to the mystery of seahorse birth, as they play a role in both mating and labour for the seahorse. During courtship, the male

seahorse does a little sit-up-style dance, crunching and expanding his abdomen to let water into his brood pouch. He does the same thing when he goes into labour, pressing and relaxing his abdomen until his thousands of babies spew forth. Instead of smooth muscle running the seahorse birthing show, it's the skeletal muscles of the anal fin that contract to open the brood pouch of the male seahorse. More study is required to test whether the fathers consciously make the contractions happen or if the skeletal muscles somehow override their normal rules and contract on their own.

A seahorse father can give birth to as many as 2,000 babies at a time. Scientists think the reason the males give birth instead of the females is because seahorse babies are often eaten by prey, and so having the male give birth allows the female to create more eggs to be fertilised without having to wait to give birth herself. Sharing the labour ensures the survival of the species.



YALTA CRAFT
- BUILT FOR THE TASK -

Bribie Marine P: 3408 4621

HONDA MARINE

REPOWER TODAY

Save up to **\$800 Honda Dollars** on selected 2.3 - 100HP outboards

Powerboat Australia from 15 January 2024 to 30 March 2024

QUALITY PERFORMANCE RELIABILITY

7 YEAR WARRANTY

HIRING NOW ... boat builder/trades assistant/apprentice Contact Dave

1800 BOWRIDER

This one ticks all the boxes!!
Perfect Passage Day Boat

- 100hp Honda
- Dunbier Trailer
- Garmin 6.5 Echomap

\$59,990

on water packages avail now

2022 REVIVAL 560X BOWRIDER

\$75,990

- 150hp Mercury
- Dunbier L/Pro Trailer
- Garmin 12" Sounder

All the bells and whistles, suit new boat buyer

484 BANDIT PRO

Centre Console... one for the serious fisherman with plenty of deck space. Multiple power options.

- Dunbier Trailer
- Large Bait Board

From \$39,990

New Boat Package

HONDA MARINE

OUTBOARD SERVICING AND REPAIRS TO ALL MAKES AND MODELS. COURTESY TRAILER AVAILABLE FOR LOCAL PICKUP.

WE ARE NOW BUILDING YALTA CRAFT BOATS, A HOUSEHOLD NAME WITHIN THE BOATING FRATERNITY FOR NEARLY 60 YEARS AND NOW LOCALLY MADE ON BRIBIE ISLAND.

- New & Used Boat Sales
- Honda Outboards
- Buying And Selling Boats Now!
- Boat Storage & Maintenance

Always built for the task and now built to last with 100% composite (no timber)

HONDA MARINE



Dunbier
marine products

GARMIN
MARINE

GME

NOW SUPPLYING
ANGLAPRO
Aluminium Boats

www.briebmarine.com.au

143 First Ave, Bongaree, next to Ampol

FISHING REPORT

BY: Claude Trabelsi
cjsdemo@hotmail.com

Heavy rains have turned the passage water brown, with so much fresh in the passage some of our favourite fish didn't make it; Flatheads up to 70 cm, And Queen fish over a meter were found on the shores and floating out into the bay. As upsetting as this is, they are part of the food chain and will be devoured by crabs, prawns and other fish.



Bream didn't seem to mind the fresh and were ever present, with good catches up to 40cm reported. Silver and Barred Javelin fish are being caught in the higher reaches of the passage in dirty water, along with a lot of Catfish. Over December, Garfish showed up in big numbers and will hang around for a couple of months.



Light lines 4lb are preferred with bread, prawns or yabbies on a size 8 hook under a float, or just a floating line will get you a nice feed of garfish. Use breadcrumbs or the crust of the bread as burly to attract them to you. One hour before and after the top of the tide is prime time.



TIDE TIMES

Bribie Island AND Moreton Bay

FRI 23 Feb 3:04 am 0.36m 9:45 am 2.03m 4:13 pm 0.46m 10:00 pm 1.56m	SAT 24 Feb 3:41 am 0.34m 10:18 am 2.02m 4:41 pm 0.46m 10:30 pm 1.59m	SUN 25 Feb 4:13 am 0.35m 10:45 am 1.98m 5:05 pm 0.47m 10:59 pm 1.6m	MON 26 Feb 4:42 am 0.38m 11:09 am 1.93m 5:28 pm 0.47m 11:25 pm 1.61m	TUE 27 Feb 5:13 am 0.43m 11:31 am 1.88m 5:51 pm 0.46m 11:54 pm 1.63m	WED 28 Feb 5:45 am 0.5m 11:57 am 1.8m 6:15 pm 0.46m	THU 29 Feb 12:26 am 1.64m 6:21 am 0.58m 12:25 pm 1.71m 6:40 pm 0.47m
FRI 1 Mar 1:02 am 1.64m 7:02 am 0.68m 12:58 pm 1.59m 7:07 pm 0.51m	SAT 2 Mar 1:45 am 1.63m 7:54 am 0.78m 1:37 pm 1.45m 7:41 pm 0.57m	SUN 3 Mar 2:41 am 1.61m 9:10 am 0.86m 2:31 pm 1.31m 8:31 pm 0.63m	MON 4 Mar 3:54 am 1.61m 10:47 am 0.88m 3:53 pm 1.22m 10:00 pm 0.66m	TUE 5 Mar 5:24 am 1.68m 12:17 pm 0.8m 5:33 pm 1.22m 11:28 pm 0.61m	WED 6 Mar 6:42 am 1.82m 1:28 pm 0.66m 6:57 pm 1.32m	THU 7 Mar 12:40 am 0.48m 7:42 am 2m 2:19 pm 0.51m 7:57 pm 1.46m



BRIBIE BAIT TACKLE & BIKES

Family owned since the 90's

Largest range of bait and fishing tackle on the Island with expert advice for all fishing & cycling needs

TRADING HOURS:

Mon - Sat 7am - 5pm
Sun 7.00am - 3pm

5/1 Welsby Parade,
Bongaree Qld 4507

3408 1347

Weather permitting, fishing in the bay is as usual: clean water with good clarity. Prawns have been pushed out of the creeks and rivers, with the trawlers finding good numbers. Dart has been schooling up and enjoying the bay prawns. Using a floating line of 6lb and a size 2 Aberdeen hook, I found a peeled prawn was too hard to resist and managed a nice feed of dart inside the bay. Fresh Bay prawns are available by the kilo at Bribie Bait and Cycle. With a nice by-catch of Grassies and Trevally with a 70cm Flathead, which was an awesome fight on light line.



Baitfish are returning to the passage followed closely by some nice size Spotted Mackerel. Spotted Mackerel have a minimum size limit of 60cm and are caught with 30 and 40gram chrome Halco twisty lures around the shipping markers cast the lure past the marker allowing them to hit the bottom then wind fast back to the boat, you can also cast some weighted 3/0 ganged pilchards in front of the channel markers allow to sink then wind back slowly.

The surprise catch has been Cobia with reports from the mouth of Caboolture River all the way north of Cape Moreton, its fighting habits are fast and strong, runs after hookup, so I recommend

backing off the drag to minimise bust offs. Cobia generally stay close to the surface of the water swimming in big arches after the initial run.

Sarkis with a nice 80cm just on dark using whole squid for bait



Authorised Dealer for...



2023 - PLATED STOCK CLEARANCE



All packages include B&T registrations

MAKOCRAFT 376

Topper Tracker "Black Ops", Mercury 15hp, Dunbier Trailer



\$11,950

MAKOCRAFT 410

HD Dinghy - Mercury 30hp, Dunbier trailer



\$12,900

MAKOCRAFT 445

COMMANDER HD OPEN Mercury 40 HP, Dunbier trailer



\$19,900

MAKOCRAFT 520

COMMANDER PRO BLACK OPS, Mercury 115 ProXs, Dunbier trailer



\$55,500

MAKOCRAFT 561

X-Rider, Mercury 150hp ProXs, Dunbier trailer



\$76,000

MAKOCRAFT 631

Island Cab HT, Mercury 150hp ProXs, Dunbier Trailer



\$98,600

MERCURY PORTABLE OUTBOARDS STOCK CLEARANCE

3.5 MH \$1297

4 MLH \$1400

6 MLH \$1500

15 MLH \$3500

20 MLH \$4600

25 ELHPT \$5150

30 HP from \$5230

WHILE STOCKS LAST!

SOUTHERN FISH MARINE

9/11 Spinnaker Drive, Sandstone Point

5497 6733



sales@southernfishmarine.com.au www.southernfishmarine.com.au

Full Service and Repairs -
All makes and models.
Mercury Finance
Available from 4.99% TAP

OPEN MON - FRI 7.30 am to 5pm
SAT 7am to 12 Noon

How to Jump Start a Car Battery



IF YOU DRIVE, YOU NEED TO KNOW HOW TO JUMP-START A CAR BECAUSE SURELY, AT SOME POINT, YOU'LL HAVE A DEAD BATTERY.

IF IT HASN'T HAPPENED TO YOU ALREADY, IT LIKELY WILL SOMEDAY: YOUR CAR STALLS ON THE SIDE OF THE ROAD, AND YOU SUSPECT YOU'VE GOT A DEAD BATTERY. THIS CAN HAPPEN FOR LOTS OF REASONS.

A common culprit is a weak battery, a bad alternator or a worn-out alternator belt that must be replaced or repaired. But it also can be as simple as headlights or an interior light left on that causes the battery to drain overnight. Whatever the case, you need to jump-start the battery to get your car to a safe spot for further examination. Here's what you need to know about how to jump-start a car. One of the first lessons is to carry jumper cables. One of the second lessons is to know how to use them. A portable jump starter is also a good option. When you get a new car, make sure your battery cables get transferred to the trunk. When your kids learn to drive, teach them this stuff.

While you're at it, you should be able to pop the hood of your car and identify the engine and the battery so you know what to touch and what not to touch. Some cars have their batteries somewhere else, like in the trunk. Knowing this now is better than being caught off-guard in a stressful emergency situation.

Step 1. Prep Both Cars

So now you're on the side of the road with a dead battery, but you're not flying totally blind. You'll get through this, and you have a friend or a generous stranger ready and willing to help.

First, park the car with the dead battery close enough to a working car (booster car) so the jumper cables can reach both batteries. Turn off the ignitions and set the parking brake on both cars. Turn the lights, radio, and other accessories off in both cars. You don't want either car's battery sending any power to anything.

Step 2. Connect the Jumper Cables

Connecting the correct cable end to the correct battery terminal is critical when jump-starting a car. Open the hood of each car to locate each battery and

its terminals. Locate the positive terminal and negative terminal on your car battery. The positive post is often red, but it's not always, so look for the plus or minus sign to determine the battery post's polarity. Jumper cables are also red and black (or positive and negative). The red clamps attach to the positive battery terminals, and the black clamps attach to the negative battery terminals. Touching the wrong cable to the wrong battery terminal could create a spark, or you could get a nasty electrical shock, so be sure to connect the cables in the proper order:

- Connect one end of the red positive jumper cable to the dead battery's positive terminal.
 - Connect the other end of the red positive jumper cable to the positive terminal of the good battery of the booster car.
 - Connect the black negative jumper cable to the good battery's negative terminal in the booster car.
 - Connect the other end of the black negative jumper cable to an unpainted metal surface like a bolt or bracket at least a few inches away from the battery of the dead battery.
- Double-check Everything
Given the potential for injury

to you and your car, glance over your setup and ensure the jumper cables are properly secured and away from moving engine parts. If so, it's time to jump-start the dead car battery safely.

Step 3. Jump Start the Cars
First, start the booster car and let it idle for several minutes. Next, start the car with the dead battery and let it idle so the battery can recharge. If the car doesn't start immediately, you may need to wait a few minutes until the battery is fully charged.

Finally, once the dead car is running and the battery has a sufficient charge, disconnect the jumper cables in the reverse order you connected them. It's essential to be careful here since the car is still running. Don't let the cable ends touch anything, especially metal or the other clamps. Drive the car for at least 20 minutes to allow the alternator to recharge the battery. Don't turn the car off until you're somewhere safe if the charge doesn't hold. If your battery is over a few years old, you might want to have it tested or replaced.

How Long Do Car Batteries Last

The answer to this question depends on several factors, such as battery age, the climate where the battery is stored and the car owner's driving habits. While some generalizations can be made about average lifespan, no two batteries will perform exactly the same.

To get the most out of your car battery, whether it is old or new, it's helpful to understand how different variables will affect your car battery's life. This can lead to significant improvements in the overall lifespan and better performance.

When you turn the key in your ignition, the car battery sends a strong, brief jolt of electricity to the starter motor. This allows the internal combustion engine to begin operating. The alternator, an electric generator powered by the now-firing engine, sends electricity back into the battery, recharging it while you drive.

What Is the Average Lifespan of a Car Battery?

The average car battery life is about three to five years. However, some batteries can last significantly longer if treated well and kept in a relatively stable environment. Many batteries sold today will include a three-year or 36-month warranty, although some will have warranties lasting significantly longer, such as 80 months.

While it can be worth it to pay for the battery with a longer warranty, with the right care, you can increase your chances of getting your car's battery to live longer and perform better before having to replace it.

What Shortens Car Battery Life?

Several factors determine the lifespan of a car battery. The four most important elements in knowing when to replace a car battery are time, usage, temperature and vibration.

1. Time

This refers not just to the age of the battery but also to how much time it spends powering the car. All batteries will degrade with age, but sitting inert for long periods will significantly diminish their lifespan. When the car is operated regularly, it keeps the charge full and prevents the battery from going completely dead, ensuring that it works optimally.

2. Usage

Running the air conditioning, radio, or lights while the car engine is switched off creates a strain on the battery. Moreover, modern cars tend to have a lot of extra electronics, all of which draw power. If the engine isn't running enough to charge the battery each time it's being used fully, this can lead to battery degradation over time.

3. Temperature

Excessive heat can degrade the battery, leading to a shorter life and poorer overall quality. However, too much cold isn't good either; it will create more of a burden for your battery when it comes time to start the car, and it can also lead to faster discharge.

4. Vibration

Too much vibration isn't good for a car battery since the agitation of the internal components can cause corrosion and gradual decay.

BOOK A SERVICE WITH US

Suppliers of

Repco

Enerdrive

DOMETIC

- ✓ Free Courtesy Car
- ✓ Free Pick Up & Drop Off
- ✓ Pensioner Discounts Available

Valvoline

IRONMAN



**BRIBIE
CAR CARE**

**4 ARMITAGE ST
BRIBIE ISLAND
3408 4477**

UltraTune

UltraTyres

BRIBIE ISLAND

Dedicated to providing you with the service you want

- All Types of Tyres • Courtesy Car • Log Book Servicing
- Fleet Care • Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

MENTION
THIS AD FOR A
FREE
AIR CON
PERFORMANCE
TEST

OPEN

Monday to Friday 8am to 5.30pm

Saturday 8am to 12noon for all Servicing & Repairs

**Make sure your vehicle is safe.
Call today to book for your safety check.**

**Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree**

E: bribieisland@ultratune.com.au W: www.ultratune.com.au

Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

FEB 2024

ELECTRIC BIKES AND SCOOTERS.

A number of youngsters (and some not so young) will have bought, or been given, an electric bike or scooter over the holidays. These are easily stolen, so be prepared!

The smaller size and weight of electric scooters and bicycles make them easy targets for offenders as they are easy to pick up and ride away, or to throw in the back of a ute!

Thieves often carry cutting implements to remove security chains, so be proactive about security.

- Store your e-scooter or e-bike in a secure place in your home.
 - Take note of the serial number and record it – it may be the only way it can be identified.
 - Take a photo of it so you have a clear shot of any distinguishing characteristics, accessories, etc.
 - Give thought to a GPS tracker.
 - Many do not have a key start – consider retro fitting one.
- Remember, thieves cannot

steal things they cannot access. Be careful, even if only leaving it a short time. For preference, keep it in view.

STORING DOCUMENTS ELECTRONICALLY.

Justice Connect and Telstra have developed a “self help” tool so you can store important

documents electronically and safely. <https://prepare.apps.justiceconnect.org.au/>

The easy-to-follow instructions show various scenarios to make sure your identity and your personal information remain secure, yet are readily accessible to you.

Be Connected, an Australian Government website aimed at helping all Australians get online, is also an important community resource, providing all information needed to help everyone from total beginners through to the most competent. <https://beconnected.esafety.gov.au>

Facebook

Keep up-to-date with issues and events on the Island by accessing our Facebook page.

www.facebook.com/bongareenhw/

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

You can also get a regular report on crime within the Moreton Police District by registering for daily, weekly, monthly or quarterly statistics at the NHW Queensland website.

OLDER DRIVERS.

Getting older doesn't always mean that one must consider giving up your car keys. Have a look at the RACQ website “Tips for Older Drivers” to see what you can do to stay on the road.

Our March meeting will be held on Tuesday, the 19th. We will again have an interesting speaker, following on from the VMR Commodore Cec Luscombe in January, and the Mayor of the Moreton Bay City Council, Peter Flannery, in February.

**Peter Barrett Co-ordinator,
Bribie Island 1 NHW
0408 841 306**

**NEXT BRIBIE ONE
NHW MEETING
IS ON TUE
19TH MAR AT
BRIBIE RSL
ANZAC ROOM**

**All visitors are invited to attend. Next meeting 19TH MAR, 2024 - 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

LET'S 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.

Moreton Bay Security Solutions

Window and door security screens, external awnings, internal blinds, shower screens and wardrobes – contact us!!

Phone 0439 015 936 email James@moretonbayss.com.au



THANKS TO ALL OUR SPONSORS

Australia Post Bongaree
3408 1007

Bribie Doctors
3408 3320

Bribie Garden Centre
0435 007 751

Bribie Island RSL
3400 1300

Bribie Island Taxi Services
3408 9700

**Bribie Medical Equipment
Hire And Sales**
3408 0398

**Bribie Sand/Gravel
And Landscaping**
3408 1037

**Bribie Screens And
Things**
3408 0500

**CM Wheeler And
Associates**
5496 1156

Cornetts IGA Bongaree
3408 1066

Hans Electrical
0458 912 121

Home Assist Secure
3408 0111

Ireland Flooring Solutions
3408 3122

**Priceline Pharmacy
Bribie Island**
3410 1000

The Ink Shop
3408 6421

Victory Press Printing
3408 2334

JB Carts
0401 687 282

IMPORTANT NUMBERS

POLICE LINK 131 444

EMERGENCY 000

CRIME STOPPERS

1800 333 000

SES 132 500

**CENTRE AGAINST
DOMESTIC ABUSE**
5498 9533

B.I.D.N.C.
3408 8440



CRIME REPORT BRIBIE ISLAND WRAP

JANUARY 2023



www.mypolice.qld.gov.au/moreton

BRIBIE ISLAND ARREST - PROPERTY OFFENCES

Police have arrested a 28-year-old Sandstone Point man in relation to alleged offences that occurred on Bribie Island between February 8 and 11.

Police will allege that at about 4.42 am on February 8, the Sandstone Point man entered a residence at Cosmos Avenue, Banksia Beach and stole a Ford Ranger from the garage using the keys taken from the house. The vehicle was located bogged in the pine plantation off McGarry Road, Caboolture, later that day at 9.30 am.

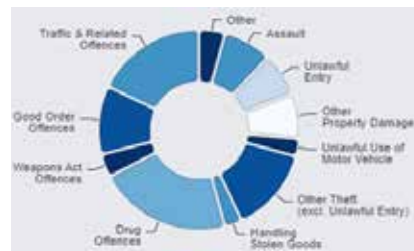
At about 3 am on February 11, it is alleged that the Sandstone Point man stole a fuel card from a vehicle parked at a Fairway Avenue, Woorim address. At about 12.30 pm on February 11, it is further alleged that the Sandstone Point man entered two vehicles at an Eden Crescent, Woorim address and stole cash, identification, cigarettes and sunglasses.

Shortly after, police patrolling at Woorim located the Sandstone Point man. It is alleged that, at the time, he was in possession of stolen property. The Sandstone Point man was charged with one count each of unlawful entry to a dwelling, unlawful entry to a premises, receiving tainted property, unlawful use of a motor vehicle and wilful damage. He was scheduled to appear in the Caboolture Magistrates Court on February 13.

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/reporting.

Report crime information anonymously via Crime Stoppers. Call 1800 333 000 or report online at www.crimestoppersqld.com.au.

PIC 1 - Police believe the persons pictured in these images may be able to assist officers with the investigation into a recent Shop steal - (Female) unlawfully take away goods which occurred on Friday, January 12 2024, at approximately 9:04 AM and (Male) unlawfully take away goods which occurred on Saturday, January 27 2024, at approximately 10:00 AM.



206 Offences

19 NOV 2023 — 18 FEB 2024

Other 8
Assault 16
Unlawful Entry 14
Other Property Damage 15
Unlawful Use of Motor Vehicle 5
Other Theft (excl. Unlawful Entry) 29
Handling Stolen Goods 5
Drug Offences 46
Weapons Act Offences 7
Good Order Offences 23
Traffic & Related Offences 38



Come and see the professional team at Files Stibbe Lawyers for all your legal and business needs.

Phone (07) 3408 0999 or

email us at info@filesstibbe.com.au

www.filesstibbe.com.au



MEET YOUR LOCAL TRADIE



☎ 0413 658 177

★★★★★
5 STAR REVIEW RATING

@carpetmedicseqld

Carpet Medic

INTENSIVE CARE FOR SICK CARPETS



3 rooms \$100

each additional room \$20.

Truck Mounted Steam Cleaning | Carpets | Upholstery | Tile And Grout | Pest Management

CARAVAN CAMPER

REPAIR CENTRE

PRIVATE REPAIRS
INSURANCE REPAIRS
WARRANTY REPAIRS
WATER DAMAGE
HVRAS INSPECTORS

CARAVAN AWNINGS
PARTS & ACCESSORIES
DETAILING & CERAMIC PROTECTION
ACCESSORY & SOLAR INSTALLATION

**34-36 Cessna Dr,
Caboolture QLD 4510**

5499-1304

E: info@caravancamperrepairs.com.au
W: caravancamperrepairs.com.au



Concrete Conxions

A local concreter with a commitment to quality

- Plain
- Exposed
- Decorative Finishes
- Cover Crete
- Sealing

- Paths
- Driveways
- Sheds
- Pool Surrounds
- Seamless Pool Edge

0447 015 736

rees@concreteconxions.com.au
www.concreteconxions.com.au



Local Handyman Beachmere to Bribie Island

Phil Gibbs 'Fixologist'

• **Build It** • **Fix It** • **Plaster It**
• **Paint It** • **All Small Jobs**

Call Kerryann 0423 856 529

QBCC 65701

Police checked | Blue Card holder

ACN 651028241

MORETON BAY SKIP BINS

Local Family-owned skip company on Bribie Island

Skip bin sizes 3, 4, 6, 8, 12m cubic metre bins available
We have doors available with some skips for easy access

- Residential and Commercial
- House renovations
- Garden cleanups
- Deceased estates

Moreton Bay Skips | hire a skip bin | Bribie Island, Queensland

Moreton Bay Skip Bins

Call Mike
0414 171 406
moretonbayskiphire.com.au

CAMPING FISHING PROSPECTING

BIBIE

OPEN 7 DAYS A WEEK

Yes!

A camping shop on Bribie

- FISHING GEAR
- ICE
- BAIT & TACKLE
- CARAVAN ACCESSORIES
- 4 X 4 ACCESSORIES
- METAL DETECTORS
- TENTS/CHAIRS/GAZEBOS



FAMILY BUSINESS
219 First Avenue, Bongaree
PH: 3408 1297

HOW TO PICK A GOOD 4 TRADIE IN EASY STEPS

Whether you are in the market for a large-scale renovation or some smaller jobs around the house, selecting the right tradesperson can be a difficult and stressful experience. For every positive encounter, many people have had or know someone who has had a negative experience with a tradesperson.

The good news is that there are several things you can do before you commit your job to somebody, which will ultimately help to ensure it is completed on time, on budget and to the right standard.



Step 1:

SHOP AROUND BEFORE YOU COMMIT

Treat choosing a tradesperson as you would treat buying a car. It's unlikely you would ever purchase the first car you inspected, and likewise there is no obligation to give your job to the first tradesperson you call.

There are several websites offering instant quotes from multiple companies, but it is always best to go directly to the tradesperson. These websites typically charge tradespeople to have their services featured and pass these costs to the customers and speaking to somebody directly will allow you to ask follow-up questions.

Step 2:

LISTEN TO WORD OF MOUTH

The internet age means that anybody with a smartphone has access to a myriad review. But while online review can be handy, they aren't the be all and end all. If you have family members, friends or colleagues who have recently had work done around the house, ask them questions about the tradespeople they used. You can't beat old-fashioned word-of-mouth. You are more likely to get an honest answer from somebody you know rather than relying on stranger's opinions online.

Step 3:

CHECK ON THEIR CREDENTIALS

Each state and territory have its own laws about licensing. A quick way to ensure the tradesperson you've been speaking with has the right accreditation is to visit licensedtrades.com.au. Australia's only comprehensive license-checking site features an easy-to-use database of more than 1.2 million trade professionals across the country. Another good sign is if your tradesperson is a member of their peak organisation such as the Masters Building Association or Master Plumbers. By going to these peak organisations directly, you will be able to obtain a list of credentialed professionals in your local area.

Step 4:

GET A DETAILED QUOTE

It is important that you get a quote with a breakdown of the total figure – how much of the cost relates to materials and relates to labour. All quotes should feature the ABN and/or license number of the tradesperson. The best way to avoid 'bill shock' at the end of the job is to be up-front with your tradesperson throughout the process and ask questions in advance about how they will handle and communicate any unexpected changes to the quote or the timeframe of the job.

Communication is key. A lot of the stress involved in hiring a tradesperson can be alleviated if you ask plenty of questions, get everything in writing and make sure your tradesperson knows you expect to be informed as soon as anything changes."

LETTERS TO THE EDITOR



Dear Editor,
I am very surprised to see TMR's new bridge concept; I still intend to use the old bridge for vehicular traffic. What's the point of a new bridge? I would have thought that 2 east and 2 westbound lanes on the new bridge would be the logical way to go and save the old bridge for pedestrians, bicycles, mobility and EV hybrids.

The reduced stresses of daily vehicular tonnage on the old bridge would, with minimal maintenance, give it another 60 years of life.

With TMR's current plan, at some time, all vehicular traffic on the old bridge will have to be diverted to the new bridge anyway while serious maintenance, or worse, is performed on the old bridge. Sorry, it doesn't make sense to me. The decision must have been the government's cheapest option. Oh well, I prob won't be around to see it anyway.
Cheers Gaz.

Dear Editor,
I recently returned to Bribie from Canberra, our nation's capital. During my time there, I was particularly struck by the hundreds of flags flying from prominent buildings in Canberra, especially in the Parliamentary Triangle. The flags always appeared in groups of three, of apparently equal importance. There was our national flag, representing 100% of the Australian population; the Aboriginal flag, representing 3.8% of our population; and the flag of the Torres Strait Islanders, representing 0.15% of our population. When and by whom was it decided that our national flag must always be accompanied by flags representing only a tiny proportion of the Australian population? I don't remember being consulted on this matter. It seems to me that the latter two flags have been foisted upon us by stealth. One minute, we had a single flag representing a united Australian population, and then, almost overnight, we saw three flags.

The result of the recent 'Voice to Parliament' referendum suggested that the majority of the population wished to be treated as a single entity with no special benefits for any minority groups. Should we not respect that decision by flying only our national flag, signifying one united nation?
Michael Cavenor

Dear Editor,
Thank you for providing a platform for readers to express their views. I'd like to address some points raised by E. Adams in their recent letter regarding recruiting police officers from overseas.

1. Recruitment Success: The Queensland Police Service (QPS) has successfully attracted highly experienced police officers from abroad. This program has been ongoing for years and continues to contribute significantly to our policing force. As someone recruited from the Met Police in London in 1977, I can attest to its effectiveness.

2. Weapons Licensing: E. Adams questions the legality of police officers carrying weapons after training and being sworn in. It's essential to clarify that foreign nationals recruited by the QPS are sworn police officers. They hold valid entry visas and are authorised to carry weapons while on duty. Possession of such weapons without proper licensing is illegal for anyone, including E. Adams.

3. Exemptions for Police Officers: In Queensland, all police officers are granted an exemption from the requirement to carry firearms, as defined in the Weapons Act Regulation 2016. The Commissioner of Police has the authority to issue these exemptions under Section 2(1)(m) of the Weapons Act 1990. E. Adams may want to verify this information if they have any doubts.

4. Citizenship Choice: While migrants to Australia are not compelled to become Australian citizens upon qualification, it is a personal choice. I, for one, proudly became a naturalised Australian citizen. Our free and democratic country allows individuals to make

such decisions.

5. Freedom of Expression: In their letter, E. Adams exercised their right to express an opinion, albeit misguided. As the editor, you chose to publish it, recognising that everyone is entitled to their viewpoint—even when we disagree.
Sincerely, A Proud Naturalized Australian Citizen

Dear Editor,
I am writing to congratulate H. Beneke on his/her informative letter of the 9th of February. Yes, the degeneration of the term "woke" has certainly become of great concern. It is often used to spread disinformation, as demonstrated by the anonymous columnist, "Gecko Cheerps", who writes in the rival monthly publication. These fortnightly articles would suggest that this person is more likely to be an invasive house gecko, not a true Australian. These columns certainly do NOT "inspire people to make this world a better place."

S. Gerdson

Dear Editor,
Surgery in 2000 has seen many follow-ups, meaning many visits to various hospitals, since – the latest by ambulance last week. The health department receives much criticism, much of it no doubt warranted but it is certainly not evident in the care of patients. From the paramedics and all the staff the care/treatment/attitude contradicts the bad press, and I express my admiration and appreciation from one on the receiving end – they are special people. So, my thanks and may God bless them all.
Ruggles

LANDSCAPING - MOWING - CONCRETING

OUTDOORS,

Landscaping, Mowing Pools & Concreting

ABN: 137335448873



ACE
YARD SERVICES
AND MAKEOVERS

- TREE REMOVAL
- TURFING
- LAWN MOWING
- GARDEN WEEDING
- RIDE ON MOWING
- STORM CLEAN UPS\
- LAND CLEARING KANGA
- HEDGING
- LAWN TREATMENTS
- RUBBISH REMOVALS
- YARD MAKEOVERS
- HIGH PRESSURE CLEANING
- STUMP GRINDING
- TOP SOIL

DVA & NDIS APPROVED SUPPLIERS

SERVICING LOCALLY FOR OVER 10 YEARS
QUALITY WORK, ALWAYS ON TIME,
FULLY INSURED
CALL FOR A FREE QUOTE:
0403 094 212

DAN MOWS BEST
Excellence in Gardening

Lawns & Turf	Spraying	Mulching
Hedges	Top-Dressing	Pruning
Weeding	Aeration	Planting

CONTACT DAN 0411 576 389
 lawnsandmore@danmowsbest.com

TOM THUMBS

TREE WORKS
0439 342 288
 tttrees2@gmail.com

With over 10 years experience we are the professionals that care
 Call Tom today for a FREE quote

- Tree Lopping
- Tree Removal
- Tree Pruning
- Stump Grinding
- Palm Tree Cleans & Removals
- Confined Space
- Tree Removal
- Land Clearing
- Storm Clean Ups

 **EARTH ASPECTS**
 ABN 89 566 312 756 - QBCC 1145351
JASON WRIGHT
0411 222 349

LANDSCAPING

- LANDSCAPE DESIGN & CONSTRUCTION
- GARDEN / RETAINING WALLS
- IRRIGATION
- INSTANT TURF
- DECKING
- PAVING & CONCRETING
- BOBCAT & TIPPER HIRE

"Creating Excellence Naturally"

MINI EXCAVATIONS
 ABN - 33 680 067 873

- 1.7 ton & 3 ton Excavator
- PT 30 Torax Posi Track / Slasher
- Post Hole Augers 450mm-300mm
- 5 ton Tipper

Kerryn Hickland
 Mob: 0438 332 367
 khickland@hotmail.com



impactive decorative concrete
 QBCC 1229511

Local Trade. Quotes Welcome.
 Plain, Exposed, Decorative Finishes.
 Quality work. Fully Insured.

Paul Rawleigh 0413 139 133

NCC Nickbuilt Concreting Contractors
 QBCC: 71589

For All Your Concreting Needs

- * Plain * Exposed * Stencil * Colour * Covercrete
- * Driveways * Patios * Shed Slabs * Paths

Rejuvenate Existing Concrete
 HIGH PRESSURE CLEAN AND RE-SEALING AVAILABLE

PH: 0418 989 392
www.nickbuiltconcreting.com.au

HARDEN UP CONCRETING

- ✓ DOMESTIC
- ✓ COMMERCIAL
- ✓ INDUSTRIAL
- ✓ SHED SLABS & CARPORTS
- ✓ PERGOLAS & PATHS
- ✓ 753 SKID STEER BOBCAT
- ✓ 323 EXCAVATOR
- ✓ TIPPER HIRE
- ✓ DRIVEWAYS
- ✓ STENCIL & PLAIN
- ✓ EXPOSED AGGREGATE
- ✓ COLOURED
- ✓ COVERTEX SPRAY

QBCC Lic. 1502 72 62 Master Builders No. 69759
hardenupconcreting54@hotmail.com
Ph: 0439 500 122

AQUA NEO POOL STORE

**Pool Services
 Pool Chemicals
 Pool Equipment**

**"Shop Online For FREE Home Delivery"
 OR "Click and Collect"**

www.aquaneo.com.au
PH 1300 279 502
Shed 6, 179-181 First Ave, Bongaree

your ad could be here
Phone Pete
0448 448 457

FENCING - DECKS - HANDYMAN

CARPENTERS

Fencing Decks & Handyman

Martin Bartley

FENCING

- Colorbond
- Pool
- Garden Fencing
- Gates

E: martinbartley@msn.com

0417 681 231

- EXTENSIONS & RENOVATIONS
- CARPENTRY
- DECKS & PATIOS
- BATHROOMS
- ROOFING & FLOORING
- FRAMING AND CLADDING
- COMMERCIAL
- RESIDENTIAL

PH: 0455 378 439

LOCAL
BUILDING SERVICES
QBCC 1168117

Bathrooms Concreting Carpentry
Painting Plastering
Rendering Tiling
Decks

Jas Of All Trades
0481 273 873
20 Years Experience
Quality Assured QBCC 114346

NOW TRADING AS COMBINED TRADES PTY LTD

NORTH BRISBANE MAINTENANCE

Handyman Services

The Professional Alternative To Doing It Yourself

CALL BRENT 0490 407 790

SUNCOAST CARPENTRY

Paul: 0448 270 312
e: suncoastcarpentry@gmail.com

BRIBIE LOCAL FOR 35 YEARS

Pergolas, decks, fencing, tiling, renovations, repairs and maintenance

CARPENTRY

Servicing Bribie Island & Surrounds

- Extensions
- Bathroom & Kitchen Renovations
- Decks & Pergolas

FREE QUOTES

Contact Henry 0418 325 753
hgraffen@gmail.com

QBCC 15009324

TREVOR HOLMAN CARPENTERS

- Maintenance & Handyman Work • Full Aspect of Carpentry • Repairs of Termite Damage
- Minor Tiling, Plastering, Painting & Fencing
- Pergolas & Decks • Refits of Fittings and Fixtures
- Refurbishment of Doors, Locks • Specialising in Renewing & Beautifying Homes
- 27 years experience • Fully Insured and Licensed
- Pension Discounts • Flatpack Specialist
- Built In Robes & Linen

BSA Lic:
1041878

PH: 0414 396 970

ABN
01483113734

HIRE A HANDYMAN

- General property maintenance
- Carpentry
- Fencing
- Painting
- Shower Screens
- Furniture Assembly
- Plus Heaps More

One call to fix it all
Bribie local for over
35 years

0409 123 342

LOCAL LADS

Property Maintenance & Plumbing

- ✓ Leaking taps
- ✓ Leaking toilets
- ✓ Hot water units
- ✓ Leaking roofs & gutters

- ✓ Painting
- ✓ Plastering
- ✓ Flat pack assembly
- ✓ Solar lights

- ✓ Solar roof vents
- ✓ Door & window locks
- ✓ Deck restoration
- ✓ Tiling

- ✓ Pressure cleaning
- ✓ Basic carpentry
- ✓ Yard maintenance & clean ups

CALL NOW
0414 656 219

HANDYMAN - ROOF - TV- POOLS

ROOFING

Antenna, Flooring

A1 ROOF RESTORATIONS Don't Ignore. Restore.

NO OBLIGATION FREE QUOTE

High pressure clean
Full Restoration
We use trusted Dulux products

15 YEAR GUARANTEE
HEAT REFLECTIVE COATINGS

CALL ELVIS
0484 244 435 QBCC 1094638

BRIBIE ISLAND SOLAR PANEL CLEANING Professional Cleaning and Inspection Service

0420 987 947

1-8 panels for just **\$69**
9-16 panels for just **\$89**
17-24 panels for just **\$109**
*Low set home prices.

Discounts available for Seniors.
Registered, fully insured and locally owned business.

www.bribieislandsolarpanelcleaning.com.au
Insurance No. BIZ4459CMD
ABN No. 14 523 998 624

TV Antenna Specialists

FULLY INSTALLED DIGITAL READY

With 5 Year Full Warranty
Extra Outlets
Free Outlets
TV & DVD tuning
Telephone Points
Insurance Work
Pensioner Discount
Wall Mounting

10% OFF ON MENTION OF THIS AD

0411 638 122
E: tvantennas4u@gmail.com

ABN 79938505655

John THE TV ANTENNA MAN

TV Tuning \$70.00

- ✓ Australian-Made Digital
- ✓ TV Aerials, Outlets & Troubleshooting
- ✓ EFTPOS AVAILABLE
- ✓ PENSION DISCOUNTS

PH: 3408 6530

Titab Lic No: T155423
Est 20yrs. 5yrs Warranty.

If I cannot FIX your problem, there will be no CHARGE!!

SWIFT installations

Chris Holdsworth

0403 817 541

swiftinstallations.com.au

- TV Phone Data Outlets
- Tuning And Tutoring
- TV Wall Mounting
- WiFi Solutions
- TV Antenna Installation

STENSON'S

FLOOR SANDING & POLISHING

- old & new floor
- board replacement
- bamboo clip floor installation
- staircases & decks
- staining
- free quotes

LUKE 0428 114 552
MELISSA 0404 304 060

FAWCETT'S

FLOOR SANDING & POLISHING

- New & Old Floors
- Carpet Removal
- Decks
- Staining
- Stair Cases
- Board Replacements

10 YEARS EXPERIENCE
FREE QUOTES

Matthew Fawcett
0425 625 152

fawcett.floorsanding@gmail.com
ABN. 22 170 223 265 | Quotes up to \$3,300

**POTENTIAL CLIENTS
LOOKING HERE WHERE
ARE YOU?**

Phone Pete
0448 448 457

MICK'S

HANDYMAN SERVICES

0400 816 193

Solar Panel Cleaning
Rubbish Removal
Excellent Rates
Gutter Cleaning
Builders Cleans
Mower & Whipper Snipping
Cleaning And Window Cleaning
Friendly And Reliable Service

**MAKE YOUR SURROUNDINGS
BETTER BY MOULD and GRIME
REMOVAL**

Outside House Cleaning
Pressure Washing To Clean Away
Grime, Mould And Dirt

no job too big or small

**PLEASE CALL
MICK AT ANY
TIME**

REFRIGERATION + ELECTRICAL + AIR CONDITIONING

ELECTRICIANS And Air Conditioning



HANS ELECTRICAL

Security Provider Lic 3733093 Lic 77649

Award Winning Customer Service

Call Hans 0458 912 121

- ▶ Electrical Installations & Repairs
- ▶ SWANN Security Camera Systems
- ▶ Surge Protection, Safety Switches
- ▶ Ceiling Fans, Smoke Alarms LED Lights
- ▶ Power Points, Tv Points HWS Repairs
- ▶ Garden Lighting, Shed Wiring, Metering...

www.hanselectrical.com.au

ASK ELECTRICAL 24/7

INSTALLATION AND MAINTENANCE

CALL ALAN 0460662733

NO JOB TOO BIG OR TOO SMALL

Lic Number 96720



LKA ELECTRICAL
Licence No: 90818

Professional, reliable, quality service for all your electrical needs.

No job too BIG or Small!

Call LKA
0430 035 577
Pensioner Discounts
Email: lucas@lkaelec.com

Southern Stars
AIR CONDITIONING, ELECTRICAL
SOLAR & SMART HOME



PH (07)54 951 827

6/95 Lear Jet Dr Caboolture
southernstarsgroup.com.au



Domestic Air Conditioning Specialists
QBCC Licence: 152632257

YOUR LOCAL DOMESTIC AIR CONDITIONING SPECIALISTS
Sales, Installations, Servicing & Repairs

Family owned & run local business
Qualified Refrigeration Engineer
15 YEARS REFRIGERATION AND BUILDING INDUSTRY EXPERIENCE

Call Joel today for a free quote on
0409 483 796

AU LIC: 58505
ARCTIC: L138688
Electrical Lic: 165295
ABN: 41362542234

E: hello@bribieairconditioning.com.au
W: www.bribieairconditioning.com.au



Banksia Beach REFRIGERATION
DOMESTIC REFRIGERATION REPAIRS

ALL MAKES ALL MODELS ANYTIME
RELIABLE & PROMPT SERVICE
Servicing Bribie Island & Local District

QBSC No. 1061413
ABN 69 463 489 776
ARCTICK LIC No. L095403

Ring Dave 0428 222 755

24 Hours 7 Days



Fastsparks Electrics
QLD LIC: 88245

24HR EMERGENCY SERVICE.

BTRIBIE LOCAL. ELECTRICAL INSTALLATION & MAINTENANCE.

CALL PAUL: 0404-757714



D.C. WARWICK ELECTRICAL
& AIR CONDITIONING INSTALLATION

FAST RELIABLE QUALITY SERVICE AT VERY COMPETITIVE RATES

- Electrical Installation & Repairs
- Lights, Power, Stove, HWS Repairs
- Smoke Alarm, Ceiling Fans Etc
- Surge Protection, Safety Switches
- Switch Board Upgrades, Shed Wiring
- Phone & TV Points & Hanging Of TV

CALL DAN 0411 486 886

Pensioner Discounts FREE QUOTES
Over 20 years Experience Lic# 76628



BGI AIR CONDITIONING

Local Family Run Business
AFFORDABLE & RELIABLE

Breakdown Service, Maintenance, Sanitising & Repairs

Fully Qualified Refrigeration Tech with over 30 years experience.

QBCC Licence: 15314735
ARCTICK AU 57265

Ph: 0401 521 977
www.bgiar.com.au

ON TIME... EVERY TIME!!!

CLEANING

CLEANING

☎ 0413 658 177
f 5 STAR REVIEW RATING ★★★★★



Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

@carpetmedicseqlld

3 rooms \$100
each additional room \$20.

Truck Mounted Steam Cleaning |
Carpets | Upholstery | Tile And Grout
| Pest Management

 **ALL ABOUT CARE**
Home CARE SERVICES BRIBIE ISLAND

PRIVATE
NDS/DVA
AGED CARE
ALL WELCOME

All About Care Bribie Island is family-owned, and I take pride in providing one-on-one home care services.

SERVICES PROVIDED:

- One on One Care
- Day to Day Living Service
- Meal Preparation
- Transport Services and more

Dedicated & committed one-on-one senior-aged & disability home care service. Hold Certificate III in Aged care, Diploma in Nursing & Midwifery (Japan). Current First aid certificate, national police check, fully insured professional indemnity and public liability.

E: info@allaboutcarebribieisland.au
W: www.allaboutcarebribieisland.au

0403 436 348

Bribie Island | Ningi | Godwin Beach | Sandstone Point

 **A2Z**
TOTAL CLEAN

- * Window & Glass Cleaning
- * Screens, Tracks And Frame Cleaning
- * Blinds & Shutter Cleaning
- * Mould Removal
- * Reno Cleans
- * Internal Ceiling & Wall Wash
- * External House Washing
- * Patio & Pergola Cleaning
- * Pressure Washing Of External Gutters, Paths & Drive Ways
- * Any Other External Cleaning Just Ask!

Reliable, Affordable & Insured.
CALL ZANE for a free Quote -
0404 788 990

ARE YOU TIRED OF CLEANING YOUR HOUSE?



Let us do the work for you.
Bribie Dazzler Cleaning Service
has some openings in our roster that
just might suit your needs
HURRY our vacancies are filling up fast

ABN 71 326 381 155 CALL.. Heidi on 0431 231 852

BRIBIE SUPREME CLEANS

- Domestic Cleans
- Bond Clean & Builders Clean
- Pressure Washing
- Police Clearance
- Fully Insured

Call now for a free Quote!
0418 105 215
Live Local Support Local
ABN 79964354072
bribiesupremecleans@gmail.com



your ad could be here
Phone Pete
0448 448 457

PLUMBING + WATER SERVICES



MPJ
PLUMBING PTY LTD
The first call will fix it all

WE specialize in all
plumbing and drainage
including
hot water systems and
general maintenance

ABN: 16658328191
QBCC Licence: 15036121

Call Jason Holtham

Ph: 0429 986 324

e: Mpi.plumbing@outlook.com



24 HOUR
Emergency
Services

AUSTRALIAN
PLUMBING AND
GAS BRIBIE

BRIBIE'S MOST EXPERIENCED
PLUMBING AND GAS TEAM

- specialist in blocked drains CCTV sewer jetting
- Bribie's only dedicated/inhouse leak detection service
- all aspects of gas fitting
- hot water systems
- renovations

Call us today 0401 464 673

LOCAL FULLY LICENCED AND INSURED PLUMBING
PROFESSIONALS...QBCC 15011436



DOWNUNDER
WATER BORES

We solve the hole problem!

- Sand Spear Installation
+ Repairs
- Pump Installations
+ Repairs
- Irrigation Systems

BRIBIE ISLAND
0467 355 079

dfservices@outlook.com.au



Any Plumbing or Gas Problems?



Call Michael Elliot
0408 114 340

- 24hr Emergency Service
- Gas Installations
- Bathrooms
- Gas appliance repairs
- Leaking taps and pipes
- Leaking or blocked gutters
- Hot water install and repairs
- Drainage problems
- Split system installations
- Solar HW install and repairs
- General plumbing

QBCC Lic No. 15117590



Scan to
save my
number
direct to
your phone
contact
book



BRIBIE ISLAND
PLUMBING
& DRAINAGE



0459 920 801

QBCC lic. 1317475

www.bribieislandplumbing.com.au

FAST CHANGEOVER SERVICE AND REPAIRS



- Gas • Heat Pump
- Electric • Solar

URGENT HOT WATER SERVICE SPECIALISTS

Phone Shaun
0419 186 192
yarrabrac@gmail.com



SAME DAY SERVICE

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBCC# 707294



CALL NOW

0414 656 219

JNR
PLUMBING
Maintenance Specialist

24/7
QBCC 1290418

0448 884 023

QUALITY PLUMBING AT AN AFFORDABLE PRICE

• Blocked Drains & Storm Water • Pipe Bursts • Taps & Toilets • Hot Water Systems • CCTV & Jet Rodding

PAINTING SERVICES

PAINTING

Services

WJC MASTER PAINTERS

Pensioner Discounts

Servicing the Bribie region

- Repaint Specialist
- Wash And Paint
- Driveways & BBQ Areas
- Domestic And Commercial Work
- Free Quotes
- Garage Floors

PH KYLE 0457 066 509

E: k.t-2001@outlook.com

ABN: 89 183 229 531 QBCC Number 15240645

BUSY BRUSHES

— PAINTING & DECORATING —
SINCE 1999

Painting and Decorating, Interior
and Exterior Painting,
Small jobs welcome!

Family business
SINCE 1999
Perfection is
our standard!

**CALL WAYNE
FOR A FREE QUOTE
0434 677 476**

✉ busybrushes@bigpond.com QBCC Lic. 67239



- Residential & Commercial
- Painting Repairs
- Renovations

**NO JOB TOO SMALL
FREE QUOTE**

Geordan
0408 236 638
bribiepainting@gmail.com
FULLY INSURED

NO STEPS PAINTING

RESIDENTIAL & COMMERCIAL
PAINTING

FULLY LICENSED & INSURED

CALL STUART

PH 0403 153 141

Email: nostepspainting@gmail.com

Lic No: 15047313



QBCC 15097374

- RESIDENTIAL
- COMMERCIAL
- NEW HOMES
- RENOVATIONS
- ROOF RESTORATIONS

PH 0439 343 723

mattsqualitypainting@outlook.com

**POTENTIAL
CLIENTS ARE
READING THIS
WHERE ARE YOU?**

**Phone Pete
0448 448 457**

LOCAL LADS

Property Maintenance & Plumbing

Licensed Plumber, Drainer & Gas Fitter
Police Clearance Report - Pensioner Discount- QBCC# 707294

- | | | | |
|---------------------------|----------------------|-----------------------|--------------------------------|
| ✓ Leaking taps | ✓ Painting | ✓ Solar roof vents | ✓ Pressure cleaning |
| ✓ Leaking toilets | ✓ Plastering | ✓ Door & window locks | ✓ Basic carpentry |
| ✓ Hot water units | ✓ Flat pack assembly | ✓ Deck restoration | ✓ Yard maintenance & clean ups |
| ✓ Leaking roofs & gutters | ✓ Solar lights | ✓ Tiling | |

**CALL NOW
0414 656 219**



AUTOMOTIVE And Towing



Australia's Detailing Group
Available **MON - FRI**
We come to you!

MOBILE CAR CLEANING
Professional, Friendly, Reliable
Mobile: 0448 888 948

Senior Pensioner Discounts **Iain Macdonald**
owner/operator

HYDRAULIC HOSE FIXERS
PARTS - REPAIRS - INSTALLS
07 5428 2246
www.hydraulicchosefixers.com

ULTRACOOL AUTOMOTIVE AIR CONDITIONING
FREE QUOTE
177 First Avenue, BONGAREE
Mobile Service Available
0409 336 997 / 3408 0748
www.ultracool.com.au

UltraTune UltraTyres
BRIE ISLAND
Dedicated to providing you with the service you want

- All Types of Tyres • Courtesy Car • Log Book Servicing
- Fleet Care • Air Conditioning Servicing & Repairs
- Free 24 Hr Roadside Assistance*
- Safety Certificate
- Caravan Maintenance & Servicing
- 6 Month 10,000 km Nationwide Warranty on all Repairs

OPEN
Monday to Friday 8am to 5.30pm
Saturday 8am to 12noon for all Servicing & Repairs

Make sure your vehicle is safe.
Call today to book for your safety check.

Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree
E: bribeisland@ultratune.com.au W: www.ultratune.com.au

MENTION THIS AD FOR A FREE AIR CON PERFORMANCE TEST

CARAVAN CAMPER REPAIR CENTRE

PRIVATE REPAIRS
INSURANCE REPAIRS
WARRANTY REPAIRS
WATER DAMAGE
HVRAS INSPECTORS

CARAVAN AWNINGS
PARTS & ACCESSORIES
DETAILING & CERAMIC PROTECTION
ACCESSORY & SOLAR INSTALLATION

5499-1304
34-36 Cessna Dr, Caboolture QLD 4510
E: info@caravancamperrepairs.com.au
W: caravancamperrepairs.com.au

**POTENTIAL
CLIENTS
LOOKING
HERE WHERE
ARE YOU?**

**Phone Pete
for pricing
0448 448 457**

**AJ SMART
MOVE**
REMOVALS & STORAGE

0410 326 376
www.ajsmartmove.com.au

**SMALL & LARGE TRUCKS
PACKAGING MATERIAL
PRE - PACK SERVICE**

FREE QUOTES
PHONE **JUSTIN** NOW...

SERVING THE LOCAL COMMUNITY FOR 23 YEARS

BOOK KEEPING + COMPUTER SERVICES + GRAPHIC DESIGN + REMOVALS + MEDICAL + PET CARE

PROFESSIONAL Services

Channi's Window Tinting

Automotive . Residential . Commercial

Don't Squint... Tint!

0410 508 468



Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

GREAT BARGAINS ON CLOTHING, SHOES, ELECTRICAL, TOOLS, TOYS AND MUCH MORE

VOLUNTEERS ALWAYS WELCOME **FREE PICK UP AND LOW COST DELIVERY**

PH 3408 1014
Mon-Fri 8:00-3:00, Sat 8:00-12:00

Wilson AND CO.

Your best Real Estate experience

SELL WITH US AND SAVE

PROPERTY PROFESSIONALS
07 3517 2406

wilsonco.com.au
Shop 1, 33 Benabrow Ave
(next to Big Bun Bakery)

your ad could be here

Phone Pete for pricing

0448 448 457

FETCH A VET

Mobile Vet for Dogs & Cats
We visit Bribie Island on the first and third Tuesdays of every month. We come to you, and there's no travel fee for Bribie residents! Pensioners get 10% off the consult fee.

0448 751 354 / info@fetchavet.com.au

RE/MAX

Remax Advanced| Ningi
2/1102 Bribie Island Rd,
Ningi
Phone (07) 3408 4071

Remax Advanced Bribie Island
2/2 Eucalypt St, Bellara
Phone (07) 3408 4071

POTENTIAL CLIENTS ARE READING THIS WHERE ARE YOU?

Phone Pete **0448 448 457**



Save on **FRESH**



Your local



IGA DELI LEG HAM



FROM THE
DELI

\$13⁹⁹
kg

SAVE \$5.51

DELI PORK LEG ROAST



FRESH &
HOT FROM
DELI

\$24⁹⁹
kg

Save \$6.51

WARWICK THIN BBQ SAUSAGES 1.5KG



\$6⁹⁹
pkt

SAVE \$4.01

\$4.66 per kilo

CORNE SILVERSIDE



\$7⁹⁹
kg

SAVE \$2.81

AUSTRALIAN WHITE SEEDLESS GRAPES



\$5⁰⁰
kg

CHERRY TOMATOES 250gm



\$2⁵⁰
pkt

\$10 per kilo

2KG BRUSHED POTATOES



\$3⁰⁰
bag

\$1.50 per kilo

SALTED MACADAMIAS 375gm



\$9⁰⁰
bag

\$24.00 per kilo

BAKERS OVEN 18PK LAMINGTON FINGERS 350gm



\$2⁹⁵
pkt

save \$0.55

84c per 100gm

HOT PRICES GUARANTEED
AVAILABLE UNTIL TUESDAY 2ND MARCH 2024

While stocks last. Retail quantities apply. We reserve the right to correct printing errors or omissions.

Beachmere IGA

Cnr James & Beachmere Rds
BEACHMERE
PHONE: 5496 2111
7am -8pm 7 DAYS

Shop online:
IGAshop.com.au

Sandstone Point IGA

204 Bestmann Rd East
SANDSTONE POINT
PHONE: 5497 6022
6am -8pm 7 DAYS