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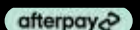
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We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging of the lands, winds and waters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

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PUMISTONE SMALL BUSINESS AWARDS

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Welcome



Dear Readers,
 Welcome to edition 213.
 This edition, we celebrate the Pumicestone Small Business Awards. Congratulations to all who became finalists in their categories. We have a voting form in the magazine, so those of you who don't use computers can also vote for your favourite business! Everyone who votes goes into a draw for

the chance to win \$200! So, not only are you supporting our small businesses, but you also have a chance at becoming a winner!

Sadly, I bring up Westfield Bondi Junction shopping centre in the east of Sydney. Six people were killed in a knife attack; five of the victims — four women and a man — died at the busy centre on Saturday afternoon, and another woman died from her injuries in hospital. Eight others were injured,

including a nine-month-old child, who remains in hospital, and some are still in critical condition. We wish to extend our thoughts and prayers for all involved; this was a truly despicable act that, as Prime Minister Anthony Albanese said, was "beyond words or understanding".

Last but certainly not least, I would like to bring up Anzac Day. Anzac Day is a time at which Australians reflect on the many different meanings of war. It is a National Day of Remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and "the contribution and suffering of all those who have served." Anzac Day is a day of great significance for Defence and Veteran community members and for Australia to pay tribute to those who have served and died in military and peacekeeping conflicts.

Lest we forget.

Cherrie

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MUST-HAVE ITEMS *in Your Makeup Bag*

Must-have Items in Your Makeup Bag
 For most women, leaving home without makeup is as unthinkable as stepping out without pants. Makeup is a crucial part of our daily routine, and the cosmetics bag that holds our tools is a vital accessory. It's the little pouch that ensures we can maintain a fresh-faced look, whether it's day or night. This article will examine the essential items in your go-to kit.

Moisturiser/Lotion



Applying makeup over dry, parched skin is like trying to paint the surface of a cracked desert floor. To keep your skin hydrated and provide a smooth palette on which to create your makeup magic, you need to have a good moisturiser handy and use it every day.

Concealer

Unless you're uniquely blessed by nature, your face has blemishes and



imperfections, like dark spots, scars or dark circles under your eyes. Concealer can make those blemishes fade, if not disappear entirely. Concealer comes in liquids (good for dry skin), creams and sticks. Liquids are the lightest form of concealer, while sticks are the most solid and opaque.

Translucent Powder

Makeup should never scream "made-up." Ideally, it should look natural and effortless. Translucent face powder can give you that effortless look. When applied correctly, it's invisible, but it creates a flawless, perfectly blended look. Translucent powder comes in different shades to match your skin tone and in two different forms: loose powder and pressed



powder. You'll probably want to go with pressed powder for an on-the-go makeup

bag. It's less likely to leak out all over the bag, and it typically comes with a built-in applicator, so you don't have to carry a separate brush.

Eyeshadow.

Eye colour can be dramatic in the evening or understated in the daytime. Eyeshadow comes in pencil, cream and powder forms, making it versatile. You can wear it just



on your lids or make it do double duty by applying a thin line of dark brown, grey or black eyeshadow just above and below your eyelashes

instead of eyeliner.

Before applying eyeshadow, start with a thin layer of concealer, followed by a powder to smooth out your eyelids. Use a separate brush for each colour of eyeshadow you're applying so the colours don't run into one another.

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 * Int J Surg 2015; 24:113-222
 ^ Int J Surgery 2015; 24:207-9

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Set of Brushes

You stopped painting with your fingers when you graduated from kindergarten, so why are you still applying makeup that way? Your face is the canvas, and makeup brushes are the tools you need to make it a masterpiece. Using a makeup brush will also keep your hands off your face before they can leave behind a layer of dirt, oil, and bacteria that can cause breakouts.



Blush/Bronzer

A blusher can give you that rosy-cheeked, healthy look—but only if you pick the right



shade and apply it correctly. It's not that hard; simply match your blush colour to your skin tone. The lighter your skin, the

paler your blush should be. Blushes come in powders and creams. Powder is quicker and easier to apply, but creams sit more smoothly on dry, parched cheeks.

Mascara.

Mascara can transform eyes from sleepy to sultry in a flash. Thick, long eyelashes are a beauty must. Some women wear fake eyelashes to achieve a sultry, dramatic look, but most women opt for the lower-maintenance approach: a layer of mascara.



Mascara can lengthen, thicken and separate lashes, depending on which one you use and how you apply it. Thinner mascaras with finer brushes create more natural-looking lashes, and thicker versions with fat brushes make thin lashes look broader and bolder.

Lipstick/Lip Gloss

Polished lips can complete an overall makeup look or stand alone as attention-grabbers. So, lipstick or lip gloss? Lipstick is opaque and tends to stand out more than gloss (although that depends

greatly on colour choice). Gloss provides a more subtle shine and can make lips look plumper. Your lipstick colour should match your skin tone, not your bright blue shirt. Brownish pinks, soft pinks, light red and beige lipsticks are the best accents for lighter skin, while darker reds, burgundies and browns play better off dark skin.



Eyeliner

Eyeliner defines and accentuates the shape of your eyes. It can add a touch of glamour to an everyday makeup palette. When you apply eyeliner, don't go for the Cleopatra look. Start at the inner corner of your eye and work your way only to the outer corner -- no further. Trace a thin line to start. You can always retrace it for a darker, more impactful look.



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Book in now and have a chat with us about how we can help you see and feel the difference for yourself.

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Harnessing the Power of Habit for Transformational Growth.”

Have you ever wondered how small, daily actions can lead to monumental changes over time? The answer lies in the power of habit. Just as rivers carve canyons through the earth, our habits shape the landscape of our lives. How do we channel this power to foster growth and overcome the limiting beliefs we discussed in my last article?

Understanding the transformative power of habits is the first step. Habits are the repeated behaviours we perform so frequently that they become automatic. Neuroscience tells us that habits form through a loop process involving a cue, a routine, and a reward. Recognising and leveraging this loop is the key to unlocking profound life changes.

Imagine what you could achieve if every habit you had propelled you towards your dreams and aspirations. It sounds inspiring, right? Yet, many of us find ourselves trapped in habits that do the opposite—they reinforce our limiting beliefs, telling us what we cannot do rather than what we can.

Breaking free from these patterns begins with mindfulness. By becoming acutely aware of our habits, we start to notice the cues that trigger them and the rewards that sustain them. This awareness is your tool for change. Ask yourself: Which of my current habits keep me from reaching my fullest potential? What new habits can I cultivate to support my journey toward empowerment and growth?

Creating new, empowering habits does not happen overnight. It requires intention, strategy, and patience. Start small—choose one habit that aligns with your goals and focus on embedding that into your daily routine. The key is consistency, whether waking up an hour earlier to meditate or setting aside time each day to focus on personal development. With time, these small actions accumulate, leading to significant transformation.

As you embark on this journey of habit transformation, remember to be gentle with yourself. Change is a process fraught with challenges and setbacks. With each step, you're sculpting a more empowered, confident version of yourself.

So, are you ready to harness the power of habit to create a life that reflects your highest aspirations? Are you prepared to replace the habits that limit you with ones that lift you?

If you're interested in transforming your life through the power of habit, I'm here to guide you. Together, we can explore strategies tailored to your unique path, helping you build a life of purpose, joy, and limitless potential.

Call me, on 0405 361 882. Let's embark on this transformative journey together.

Always with love, Maria Christina x

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Bribie Is Meetup

It was great to see new faces in the crowd. Jo Meredith was also in attendance and expressed interest in arranging a Croatia trip in 2025. A couple of ladies wanted to go to Japan, so we had a quiet chat, and we are finally getting some Travel Buddies together. Quite a few people are looking for travel buddies

to travel with to save the Solo supplement on many trips, so this is looking quite promising. If you're looking for someone to travel with, come along to the next meeting, and you just might click with someone and start chatting about where you want to go, i.e. cruise/train/self-drive/group tour, etc.

The world is out there waiting for you.

The next meeting will be at the RSL in the Social area on May 19th at 3 p.m. We hope to see more new faces at the next meeting. You don't need to book in; turn up and stay as long as you like.

Cheers Roslyn 0401078187

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bribie acupuncture



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

Each week we see many new faces in our clinic - many of whom are new to acupuncture and are seeing us for their very first treatment. Many of these clients are led to acupuncture after hearing about the positive experiences of their friends or family members, but some turn to acupuncture and Chinese medicine after exhausting all other options. A large majority get acupuncture because they are looking for a way to address the root causes of their concerns - not just the symptoms - and are looking for natural ways to improve their quality of life without the negative side effects that can sometimes come with drugs and surgery.

For those that are new to our clinic or to acupuncture, here are some of our most frequently asked questions:

FAQs

Who is Bribie Acupuncture?

We're acupuncturists Jessica and Wendy, and clinic coordinator Katherine. We consider ourselves lucky to live and work on Bribie Island! Our thriving little clinic has been operating on the island since 2020. We're located in Bellara next to Leading Appliances and behind the James Moore law office.

Who gets acupuncture?

All walks of life! Our youngest client so far is 4 years old and the oldest is 92.

What can acupuncture treat?

Acupuncture is probably most well known for its effectiveness in treating pain conditions, such as back pain, bursitis, knee osteoarthritis, and sciatica, but acupuncture can also help in the treatment of countless other non-pain-

related conditions, including menopause and hot flushes, digestive problems, stress and anxiety, insomnia, and fertility.

How does acupuncture work?

In a nutshell, acupuncture stimulates your blood flow and guides it to areas that need repair - blood is the source of life after all! Acupuncture also increases blood flow to areas where toxins have accumulated to decrease inflammation, relaxes the body, stimulates the nerves, and calms the nervous system.

What does acupuncture feel like?

Many newcomers are pleasantly surprised that they often don't feel the needles at all or that they feel a quick pinch that quickly fades away. Acupuncture needles are very thin - more than 10 times thinner than the size of a hypodermic needle used to draw blood. Various techniques may be used during your treatments which may produce different sensations, but you should never feel pain. Many people in fact fall asleep during their treatment and most leave in a very relaxed state.

Where do the needles go? It depends!

There are many different acupuncture styles - Jess and Wendy have both trained in several - so we customise the treatment for the client based on your needs and comfort. For example, if you have back pain we might have you lay face down on a treatment table and put acupuncture needles in your back or we might instead have you seated in a chair and put acupuncture needles in your arm to treat the back. This technique, where acupuncture needles are placed away from the site of concern (in this example, the back), essentially utilises the body's internal wiring, much like how a light switch on the wall turns on a bulb on the ceiling, sounds bizarre but can be very effective. This is a particularly good option in situations when your mobility may be restricted.

What happens at your first acupuncture appointment?

During your first appointment we like to get a thorough understanding of your condition, the severity, how long you've had it, and how it impacts your quality of life. Where applicable, we will also perform a physical assessment and discuss your health goals. Since we treat holistically, we may also ask you questions about your diet and lifestyle, including stress levels, sleep, and digestion. The depth with which we discuss your diet and lifestyle will

depend on what conditions you're seeking treatment for. We develop an initial treatment plan which will allow us to better understand your individual response to acupuncture, as some people respond quickly, while others take a bit longer. This will help us determine how many treatments you may require. You will then get your first acupuncture treatment!

Do you prescribe Chinese herbal medicine?

Yes, we prescribe herbal formulas primarily in capsule form, which is often the most convenient form for clients (no need to boil up or drink strange smelling brews!). The herbal formulas are most commonly made from plant material, such as roots, bark, seeds, and flowers. If you've never had Chinese herbal medicine before, you might be surprised to know that you're already familiar with many ingredients: ginseng, licorice, cinnamon, goji berries, chamomile, and apricot pits for example, are all considered Chinese herbs. The preparation, combination, dosage, and appropriate prescription of the herbs is what makes herbal medicine so effective. Herbal medicine encourages the body to produce its own natural hormones, stimulate the immune system, release neurotransmitters, and calm the nervous system to allow the body to return to homeostasis; they are corrective in nature (i.e., do not just mask symptoms) and often do not need to be taken long term. Depending on your condition, herbal medicine may be a key component of your treatment plan - other times, it is not necessary.

Will acupuncture work for me?

The short answer is, it depends. Each person's condition is slightly different and each person responds differently to treatment. In general however, we expect to see benefit within the first few treatments. Sometimes however, acupuncture might not be the right solution and other interventions are required. The good news is that the vast majority of our clients experience significant improvement - it's not uncommon for our clients to have complete resolution of conditions that have plagued them for years or even those they were told required surgery. We offer a free 15-minute consultation if you would like to first discuss your condition with either Jess or Wendy, to see if acupuncture is right for you.

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](https://www.facebook.com/bribieacupuncture). HICAPS is available onsite. Pensioner discounts available.

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



WHO wants to be known as a BRIDEZILLA?

Although the cake, flowers and location are all vital, everyone knows that the bride's appearance at the top of the aisle is the truly gasp-inducing moment of any wedding. Naturally, you want to look your best for your big day. Since most brides have many months between question-popping and bouquet-tossing, you'll likely have plenty of time to achieve your appearance goals.

The mounting responsibilities of a busy bride will undoubtedly get to you. Your maid of honour may forgive you for leaving her on the phone with a dial

tone over a wedding-related disagreement, but threatening to sue your caterer when the dinner menu isn't up to your impossibly high standards means you've gone too far. A never-ending bridal to-do list can take a toll on your psyche, and the stress of planning a wedding can transform even the sweetest, most mild-tempered girl into a monstrous bridezilla.

While those around you might suggest you get professional help, all you really need is a time-out to calm down and regroup. It's important to take a day to pamper yourself during your engagement—not only for the sake of your sanity but also to better your overall health.

A day of indulgence is something every bride needs to de-stress before walking down the aisle. Schedule an appointment for a mani-pedi with a manicurist and meet with a masseuse for a deep tissue massage. An experienced massage therapist will use his hands, forearms -- even elbows!

-- to relieve pain, lower your blood pressure and break up the lactic acid in your muscles. Before you leave the spa, sweat out any lingering tension inside a sauna for 15 to 20 minutes. A sweat bath's dry heat will cleanse your body and clear your mind, leaving you feeling rejuvenated and refreshed. However, drink at least two glasses of cool water afterwards to rehydrate and keep from feeling faint later in the day.

You want to look radiant on your wedding day but that won't happen if your skin is dry and sallow. Fortunately, there are ways to transform your visage from rundown to radiant!

For persistent skin issues like chronic acne, it's best to seek the expertise of a dermatologist. They can provide tailored solutions and treatments that can significantly improve your skin's condition, ensuring you look your best on your wedding day.

If wrinkles or fine lines are the problem, reassess your skin care regimen. Consider adding a toner, wrinkle cream, or firming cream to your repertoire. If you don't already, use a mild cleanser and moisturiser daily to keep your skin looking fresh.

Also, a few simple dietary changes can affect your skin's appearance. For example, the sodium in diet soda and canned foods can make your eyes puffy, causing you to look tired. Also, consider incorporating almonds, tuna, salmon or halibut into your diet. These foods are rich in essential fatty acids, which help slow aging and reduce blotchiness.

One of the most crucial steps in your skincare routine, especially as a bride-to-be, is using sunscreen. It's not just about avoiding sunburn on your big day or for wedding photos, but it's also about preserving the youthfulness and suppleness of your skin in the long run. After all, who doesn't appreciate supple skin?

PHOTOGRAPHY *By* BAMBI

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BONE ON BONE?

Debunking The Myth



Bribie Island Physiotherapy
& Lifestyle Gym

Almost daily, we hear these comments from our patients, "...You know, I have bone on bone so I don't think you can help much. I am just here to see you as my doctor suggested some physio..."
 "...I am too young to get OA aren't I..."
 "...Exercises don't help my arthritis- I have tried all strengthening exercises in the past..."

Arthritis (OA) can be daunting to comprehend and navigate, especially if misconceptions persist and individuals are not adequately informed. The intricacies of this condition are further compounded by prevalent myths. Dispelling these myths is crucial for facilitating a smoother journey with OA. In this article, my aim is to debunk common misconceptions surrounding OA diagnosis, empowering individuals to confidently take control of their OA management.

Myth 1: OA means bone on bone

Although OA causes wear and tear of the articular cartilage, the cartilage is not completely lost causing a 'bone-on-bone' situation. One can imagine the worn cartilage as a cloth with some holes. With gradual loading and specific exercises, the cartilage regenerates. Yes- you read it right- cartilage does regenerate.



Myth 2: OA is only for elders

OA is the most common lifestyle disease in individuals 65 year of age and older but can also affect individuals as young as 30 years of age. Its called a lifestyle disease, as it's caused by modifiable lifestyle factors such as body weight, stress, sedentary lifestyle and/or work, lack of targeted exercise, poor nutrition and injuries.

Myth 3: OA can be treated by surgery only

Contemporary research in OA management suggests that surgery is the last line of treatment of treating OA, with the first line of treatment being education, exercise and weight control.

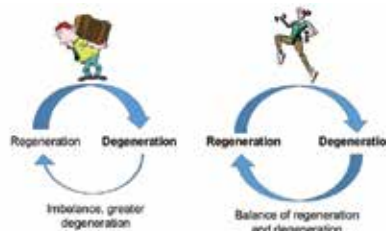


Myth 4: Exercises worsen my OA

This is totally incorrect. In fact, resting and not exercising will make your symptoms worst. Structural changes in your arthritic joint are caused by one or more of the following factors:

- Cartilage being exposed to too much load all at once (an acute injury)
- Too much load over a long time (overuse injury)
- Too little load - your tissues need a stimulus to regenerate and remain strong
- Can happen with a normal load if the cartilage is diseased to start with

With a structured and targeted exercise program, the degeneration- regeneration balance can be achieved, which may significantly slow down the disease progression and help alleviate your symptoms of pain, stiffness, muscle weakness and reduced mobility.



Myth 5: All exercises are the same for osteoarthritis

Exercises for OA must be tailored for each individual and be specific to address the main symptoms. One cannot follow an 'exercise recipe' for treating OA. Exercise programs must incorporate components of warm up and cool down, core muscle activation, strengthening, balance and coordination, and functional tasks.

One such well researched and successfully implemented exercise program is the GLA:D™ exercise program. Research from the GLA:D™ program in Australia (GLA:D™ Australia Annual Report 2023) found an average reduction in pain of 31% (knee) and 23% (hip), reduced average usage of pain medication by 50% (knee) and 46% (hip), and improved quality of life by 38% (knee) and 24% (hip).

Interestingly, 5 in 6 participants of **GLA:D™ program who desired a knee replacement surgery had not received one and no longer desired surgery one year after starting the GLA:D™ program.** The same was observed in clients with hip OA - 3 in 4 participants had not received one and no longer desired surgery one year after starting the GLA:D™ program. Another form of exercise beneficial for OA is hydrotherapy or water-based exercise. Hydrotherapy is particularly useful for people suffering with intense pain which prevents them from participating land-based exercise programs.

To conclude, I would like to say that if you or your loved ones are suffering with OA, please reach out to us. We are a team of passionate Physiotherapists and Exercise Physiologists dedicated to equipping you with accurate information and tailored exercise programmes to effectively manage your OA.

Please call us on 07 3408 0000 to find out more on OA management.

Credits: GLA:D™ Australia website <https://gladaustralia.com.au/>, GLA:D Training program resources



213 First Av, Bongaree
www.bribiephysio.com.au



Ph: 3408 0000
admin@bribiephysio.com.au

HOME GROWN

food for hungry caterpillars

During 2023 Bribie Island Butterfly House worked towards becoming self-sufficient by supplying our own caterpillar food and making the maintenance and harvesting easier for our volunteers.

We have previously relied heavily on Bribie residents who allowed us to harvest food from their home gardens, as well as a hydroponic system at Banksia Beach that supplies Sweet Potato leaf for our Varied Eggfly caterpillars.

In February 2023, our committee proposed a plan to incorporate a hydroponic facility in our overcrowded onsite nursery by raising our floor stock onto benches and running hydroponic trays underneath.

We managed this substantial hydroponic undertaking by taking delivery of two specially fabricated 1x1 metre steel tables from Dossels Engineering (Bribie Island) each month.

Originally, we organised two 4x 1 sqm table benches with specifically designed plastic trays from Custom Plastic Fabrication in Capalaba, to hold the Sweet Potato Vine plants.

We have undertaken many changes to the hydroponic tables during the ensuing months, while also moving our entire nursery out to the carpark area to update drainage, electrical work, sumps/pumps and lay a new non-slip surface.

Early this year we returned the plants back into the nursery area with most of the hydroponics up and running. Bribie Men's Shed also helped to process the more intricate part of the bench housings.

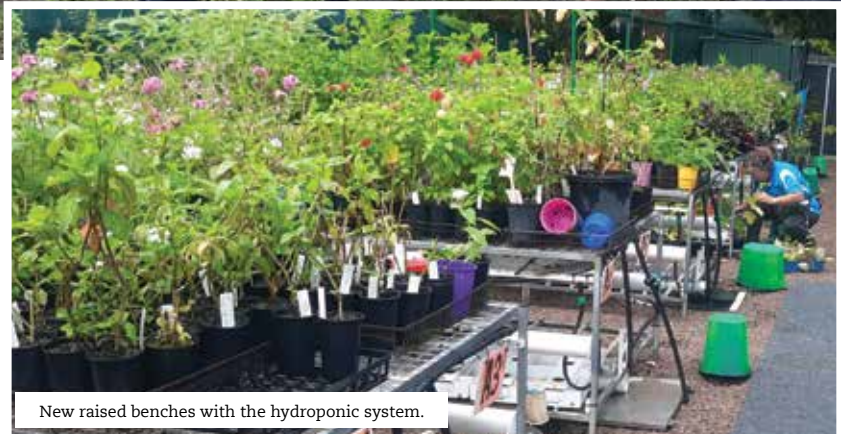
Each sump (drainage tank) is supported by a larger tank via a float system which will eventually hold all the nutrients for all seven benches and streamline the nutrition supply process.

We have six benches installed to harvest Sweet Potato leaf, with three functioning optimally and the other three undergoing minor alterations and will be operational by the end of the month.

This initiative will benefit the Butterfly House long-term and ensure we have an onsite supply of food plants to feed our hungry caterpillars.



Volunteer Linette tends to our established butterfly attracting plants in the carpark garden.



New raised benches with the hydroponic system.

ATTRACTING MORE BUTTERFLIES

Last year we approached City of Moreton Bay to use the area surrounding our carpark to plant a variety of food plants. Council approved our request, and we now have the following well-established butterfly attracting plants that supply both caterpillar food and eggs:

Citrus: Orchard Swallowtail and other swallowtails

Senna: Lemon Migrant, Large Grass Yellow

Capers: Caper White

Plumbago: Plumbago Blue

Breynia: Large Grass Yellow

Oleander: Common Crow

Aristolochia macroura: Cairns Birdwing

Aristolochia tagala: Cairns Birdwing, Red Bodied Swallowtail

Adenia: Cruiser, Tawny Coster, Red Lacewing, Glasswing

Cryptocarya hypospoda: Blue Triangle

Soursop: Pale Blue Triangle, Green Spotted Triangle

Asystasia: Varied Eggfly, Australian Leafwing, Blue-banded Eggfly

Swan plant / Yellow milkweed: Monarch, Lesser Wanderer.

Bribie Island Butterfly House
Open Wednesdays and Sundays 10am-4pm
www.bribieislandbutterflyhouse.org



Relevance Deprivation Syndrome – *it's a thing*



THE HUMAN BEING IS A COMPLICATED BEAST, RIGHT? MANY OF US SUFFER FROM STRANGE AND DEBILITATING SYNDROMES & COMPLEXES, BOTH REAL AND IMAGINED.

In this era of measuring, naming and documenting everything that stands still long enough, the 'boffins' keep coming up with ever more conditions for us to worry about.

Take Stendahl Syndrome for one. Stendhal Syndrome, AKA Florence Syndrome, has you fainting and

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possibly hallucinating when exposed to great beauty. This would explain why I can't look at George Clooney without coming over all peculiar. The aforementioned hallucinations usually involve George and me languishing on an exotic, deserted beach (think From Here to Eternity); we're in a passionate embrace, his hard mouth pressed against ... etc etc.

Technology doesn't help. I also suffer from FOMO – the ever-present fear of missing out. Social media fuel this condition, and Facebook in particular. I can't stand seeing friends posting about their fabulous trek through the foothills of Nepal, their Greek Islands pleasure cruise, or even their hip replacement. I want what they're having.

I'm also affected by Nomophobia – the fear of being without your mobile phone. The symptoms include irritation (tick), stress

(tick), and panic (tick) when you can't find your phone. You get shaky, sweaty and short of breath (not unlike when I see George). Of course, I'm pretty irritated, stressed and shaky about most things these days, and let's face it, my phone is just one of many things I can't find (keys, sunglasses, purse, the cat).

We're all suffering from the Google Effect or Digital Amnesia. Why remember information you can find online? I used to know that Managua is the capital of Nicaragua, and look where that got me! So, imagine my anxiety when I discover there's a new syndrome called 'relevance deprivation syndrome'. Apparently this happens to people when they retire.

They grieve about the things they lost when they ditched paid work – things like structure in their day, social networks, intellectual challenges, tasks, projects,

and timetables. They're overwhelmed by feelings of incompetence. I realise that there must be something wrong with me. I'm the opposite. I have Reduced Relevance Relief Syndrome or RRRS).

At the end of my working life, I fantasised about—just couldn't wait for—endless days without structure or relevance. Days when I could pick up my guitar at will, paint a picture, or phone a friend. Sure, like those suffering RDS, I'm drinking more. But this seems to suit me, and I hardly ever fall down.

As for social networks, I'm beating dear old friends off with a stick. I guess my social networks transcend and supplement those special work friendships. I adore having the time to ride my bike to my local coffee shop to catch up with a pal over a skinny oatmeal chai latte.

I am now free to fully 'lean

into' my incompetence – a pleasure denied to me when working and suffering from Impostor Syndrome. Don't ask.

The 'gift of time' bestowed upon me by retirement allows me to puzzle over the cryptic crossword for hours and devour the books I always meant to read when I was working—so there are more than enough intellectual challenges for this bear of little brain.

Since retiring, I've blissfully, ruthlessly eliminated all those tedious tasks, projects, and timetables, enthusiastically casting them to the winds. I'm no longer on that treadmill, thank you.

There's only one phobia I need to work on in the long and lazy retirement I predict for myself. It was identified in 2011 as FORO – the fear of running out (of money).

But hey, bike rides and coffee don't cost much.

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 Qld Transport.
- Be able to pass a criminal history background check.
- Have a minimum of an Australian Open "C" class license check by Qld Transport.

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.



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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.

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W: www.allaboutcarebribieisland.au

0403 436 348

Bribie Island | Ningi | Godwin Beach | Sandstone Point

THE PUMICESTONE SMALL BUSINESS AWARDS ARE BACK FOR 2024, bigger and better than before!

With new categories and more chances to win, now is the time to vote for your favourite local small business to win!

The 2024 Small Business Finalists Are...

Best Beauty & Hairdressing

- Island Beauty Hut
 - Hair By U
 - Frankie & Co
- Cosmos Skin and Beauty
- Azure Hair Studio
 - Arrow and Co
 - Beautique by Flick
- Beachbums Tanning and Hair by Wendy
 - K Beauty
- Sarah Kelly Hairstylist

Best Business Newcomer

- All About Jerky
- Beachmere Palms Motel
- The Flames - Seafood and Modern Indian
 - Ikigai Café and Workshop
 - Peel and Pantry
- Pour Some Sugar on Me
 - Sunburnt Country Designs
 - Mojo Mama Events
 - D'Luxe Beauty Haven

Best Health, Wellbeing & Fitness

- Bodystrong Reformer Pilates
 - Bongaree Dental
 - Bribie Acupuncture
 - Crossfit Bribie Island
 - High Vibe Dance
 - Hive Progressive Fitness
 - Infinity Circus and Acro
 - Island Dance
 - Nancy Jayne Body Solutions
 - Evolve Physio and Co

Best Professional Business

- ATTAX
- Coronis Kath Machen-Baxter
 - Real and Raw Photography
- Zoe Witham Photography
 - GSD Law
 - Anthaea Dance Photographer
 - Our Wild Hearts Photography
 - Remax Advanced
 - A2Z Total Clean
 - Island Breeze Cleaning

Best Retail Business

- Ang & M
- Avondale Meats
- Banksia Fruit and Juice
 - Bongaree News
- Bribie Leading Appliances
 - Dress'd
 - Mayyada Bazaar
 - Bribie Island Florist
 - Camping Fishing Prospecting
 - Mattrest Bedding

Best Hospitality

- Annie Lane
- El Pigface
- Flamingos Ice Creamery
 - Gather + Feast
 - Little Mikes
 - Pigface Seafood
 - Serenity Café
 - Silverspoon
- Steakout Pizzeria
 - Florist Café

Best Trade Business

- Asbestos Stripping Co
- King of Bathrooms
- Scott's Customs - mobile auto repair and servicing
 - National Work Mobility Innovations
- JDP Jack Drew Plumbing & Gas
- Grantech Auto and Marine Electrics
 - Hughes Plumbing Contractors
- Poolwerx Bribie Island
 - Hans Electrical
 - Car Kings Car Wash

Best Education and Childcare Business

- Bribie Island Community Kindy
 - Courageous Girls
 - Lemonade Stand
- Sandstone Lakes Early Learning Centre
- Goodstart Early Learning Beachmere

Best Market and Microbusiness

- Bribie Island Soap Co
- Brooklyn's Finest - American Hot Dog Company
 - Dyzees Creations
- The Little Sensory Shed
 - TR Aromas
 - Zaharalli & Rose
 - Enchanted Phoenix Designs
 - Bangee Leather
 - Lazy Lizard
- Australian Buffalo Sauce

Young Entrepreneur

- Keahni and Oscar - Ikigai Cafe and Workshop
- Jade - Pour Some Sugar on Me
- Lily - Azure Hair Studio
 - Callum - Bribie Pets Supplies
 - Renee - Posh Pets Grooming
- Sophia - Infinity Cirus and Acro

Best Pet Business

- Bongaree Bubbles & Clips
- In My Belly Pupcakes and Pet Treats
 - Posh Pets Grooming Boutique
 - Shauna's Pet Care
 - Bribie Pets Supplies
 - Toni's Pet Station
- Yvonne's Dog and Puppy School
 - Glamour Petz

Outstanding Customer Service Award

- Hayden - In My Belly Pupcakes and Pet Treats
- Megan - Avondale Meats
- Shauni - Frankie & Co
 - Rudy - Flamingoes
 - Taryn - El Pigface
- Mason - Crossfit Bribie Island
- Kristy - Banksia Fruit and Juice
 - Chelsea - Annie Lane
- Tyson - Bongaree Bubbles and Clips
- Zane - Gather and Feast

VOTE NOW TO DECIDE THE WINNER OF THE
PUMICESTONE SMALL BUSINESS AWARDS:

Voting is open now until 1 May. Everyone who votes will go in the draw to win a \$200 voucher. If you don't use the internet, please use the tear out form to vote and bring back to Ali King's office at 1/43 Benabrow Avenue, Bellara. 4507



Health Wellbeing & Fitness

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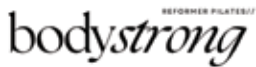
Bongaree Dental
shop 2 23/25 First Ave,
Bongaree
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Thank you to our clients for
your vote. Keep voting if you
want us to win!

Bribie Acupuncture
www.instagram.com/bribieacupuncture
www.bribieacupuncture.com
Jess, Wendy, Katherine
0423 160 228

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Body Strong

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Instagram [bodystrong.reformer](https://www.instagram.com/bodystrong.reformer)
0402 030 664



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**Nancy Jayne
Body Solutions**

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2024

**Pumicestone
SMALL BUSINESS
AWARDS**




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CORONIS
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Beachmere
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GSD Law
17 Hasking St Caboolture,
(07) 5495 2733

Education & Childcare



Thank you to our families for
your vote. Keep voting
if you want us to win.

**The Lemonade Stand
Learning Centre**
42-44 First Avenue Bribie
(07) 5597 9033



Thank you to our families and
community friends for your vote.
Keep voting if you want
us to win.

**Bribie Island Community
Kindergarten**
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(07) 3408 1788



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AZURE

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Young Entrepreneur



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Posh Pets

1 Toorbul St, Bongaree
Lane way Bribie
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azurehairstudio.gettimely.com/#home

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0461 320 616

Pet Business



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Outstanding Customer Service



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Bribie Harbour Shopping Village, Sunderland Dr, Banksia Beach

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jackdrewplumbing@gmail.com

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david@asbestosstrippingco.com.au



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National Work Mobility Innovations

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Caboolture

0491 724 308



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King of Bathrooms

kingofbathrooms1@outlook.com

0449 624 551



2024

Pumicestone Small Business Awards

I'm voting for

Your contact information - required so we can add you to the prize draw:

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Suburb:
Email address:
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Bongaree

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VOTE NOW!



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2024

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Banksia Fruit Barn

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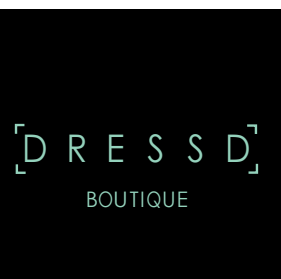


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Computer Services**

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Silverspoon
19 Biggs Avenue Beachmere
(07) 5360 1816



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The Florist Cafe
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Shop 24/25 Sunderland Dr, Banksia
0477 326 272



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Annie Lane - Chelsea
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Beachmere

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Mojo Mama

mojomamaevents@gmail.com



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Beachmere Motel

W: www.beachmerepalmsmotel.com
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0417 257 020



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W: www.bribieislandsoapco.com.au
0416 214 620



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TR Aromas

Web: tr-aromas.com.au
5 Monavale Court Sandstone Point.
0431 672 894



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Dyzees Creations

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Banksia Beach

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www.enchantedphoenix.com.au



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**ALI
KING MP**
Member for Pumicestone





By now, you may have seen on the news that the Chinese Govt had removed the 218% tariff slapped on wine when the then Liberal Government dared to ask questions about the origin of Covid and, for three years, the impact on sales to wineries that had invested heavily in the Chinese market found themselves with plenty of excess wine and no-one to sell it to. So severe, in fact, that in the hardest hit regions, The Riverland in South Australia and The Riverina in New South Wales, some wineries have pulled out acres of vines and replaced them with other crops. Before everyone rejoices at this news of a return to the pre-Covid opportunities of selling to the Chinese market, consider the market has now changed as other countries that weren't affected by tariffs, such as South Africa, The USA, Argentina, France and Italy to name a few have been active in filling the void left by the price hikes to Australian wines.

The industry has at the moment, millions of litres of wines lying in tanks and with the current picking of grapes, the addition of the 2024 vintage is only going to increase this wine lake, and it is likely to get worse before it gets better concluded

Guiseppe Tauriello, a business reporter with The Advertiser in an interview with Angove Family Winemakers, a large supplier to The Chinese market and with deep roots in The Riverland wine region, a region that accounts for more than a quarter of Australia's total wine production, has a glut of wine, especially red wine.

Angove is a fifth-generation family wine and spirit maker established in 1886. Previously, about 10% of its exports went to China. In recent times, they have diversified from the sale of bulk wine, such as casks, towards organic, sustainable viticulture and the establishment of a premium wine-growing winery in McLaren Vale, which has helped cushion the devastating impact of the Chinese tariffs.

Around 90% of Angove's production is sold in the Australian and New Zealand markets, while Canada, the UK, and Denmark are among the biggest export markets. The U.S. is viewed as a promising opportunity but can be a complex task with several layers of agencies involved before the consumer gets the final price. This makes the American Wine industry very competitive, supplying the market directly, and the wines are just as well made as our own,

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2024 DATES:

Fri 24 May, Thu 27 June Fri 5 July,

Thu 22 Aug, Wed 25 Sep, Wed 23 Oct. Fri 8 Nov

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



especially from California.

Apart from losing the Chinese market and having huge stocks of wine, the industry has also had to contend with dramatic increases in the cost of dry goods, bottles, and cartons. In fact, everything has gone up, and the squeeze is for real. This makes one suspicious of some increases, especially with one company being dominant in the production of both cartons and bottles.

Now, let's have a look at what happens to the humble grape other than making white and red wine. In fact, the wine grape can make outstanding spirits and fortified wines, and Australia is right up there with the best in the world. Again, Angove, with the St Agnes brandy range, produces a range of brandies that can compete with the very best from France, having access to stores of aged material dating back over eighty years.

Brandy is a spirit made from distilled wine or other fermented fruit juice such as apple cider, and most of the brandy is made from

fermented white wine.

The name Brandy actually comes from the Dutch word *brandewijn*, meaning 'burnt wine', and initially, Cognac and Armagnac merchants began distilling their wines to stabilise them and ensure they did not spoil in the seventeenth century when transported, especially overseas. Cognac and Armagnac farmers shifted from winemaking to distilling and specializing in the production of Brandies, which would be named after the towns from which they came.

At Angove's, the white wine chosen to make St. Agnes is from the fermented grapes of White Hermitage, Semillon, Doradillo, Pedro Ximenez, and sultanas; the proportions are secret, and everything is made under the same roof. Distillation begins shortly after fermentation and is when the fermented fruit is boiled in a still, either a pot still for the expensive brandies or a continuous still for cheaper brandies. Pot stills are made from copper, and the wine is boiled for the first time, during which the high

proportion of impurities are removed, known as the heads; the brandy is distilled fruit is retained, known as the hearts or 'middle cut' and any water that is left is removed known as the tails this is where the skills of the distiller come to the fore. The steam collected is cooled and returns to a liquid far more alcoholic than the 12% or so that the wine was. The continuous still can distil a continuous flow of liquid, as the name suggests, and produces a more neutral, lighter style of spirit, which has a more commercial value than pot still brandy. With the pot still, the resulting liquid is once again boiled. It is known as a double pot still brandy and can produce an ABV (alcohol by volume) level of between 50% and 90%. It is then diluted to the required alcohol level with distilled water at 40% ABV and put in wooden casks or barrels in Australia for a minimum of 2 years by law before any bottling can begin. During the time in the barrel, the colour and flavours pass from the wood to the brandy.

Over recent times many

Australian wineries closed their brandy-making facilities down due to other spirits such as bourbon and tequila becoming popular but St Agnes carried on and introduced more premium styles from their older stock into the market and alongside the ever-popular Three Star came a Bartender's Cut \$88, The St. Agnes VS (Very Superior) \$40, St. Agnes VSOP \$56, St Agnes XO 15 year old \$140, St Agnes XO Grand Reserve 40 Year Old \$1,000 and The St Agnes XO Imperial 20 Years Old \$250 a style to suit every budget. You will notice no reference to Cognac as that would be illegal; however, rest assured, compared to the French, these Australian brands are equal to any produced anywhere in the world, and if you are looking for that special gift, you should be given priority; Dan Murphy's carries a good selection.

Next time we will look at fortified wine, another area where Australia excels.

Cheers
Philip Arlidge
arlidge@bigpond.com.au



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Shop 3/12, First Ave, Service Road, BONGAREE
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OPEN 7 DAYS
10AM - 7.30PM

Local Dining Guide

BONGAREE | BELLARA | BANKSIA BEACH | NINGI | BEACHMERE | WOORIM | SANDSTONE POINT



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



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 DECK RESTAURANT

With its spacious, relaxed ambiance, The Deck Bistro offers casual dining indoors or alfresco on the deck overlooking the golf course, lake and lush gardens. Enjoy modern cuisine with locally sourced ingredients, open 7 days a week for breakfast and lunch and dinner on Fridays and Saturdays. Perfect for any occasion!

Pacific Harbour Golf & Country Club, 141-159 Avon Avenue, Banksia Beach
 3410 4024



SCOOPY'S

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.

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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

NEW!

Air Fryer

RECIPES

We are thrilled to have a new contributor to our magazine...

Greg has kindly agreed to submit some yummy, quick and easy recipes to make in the Air Fryer!



Sausages and chips

INGREDIENTS

Sausages of your choice & Frozen Chips

METHOD

Sausages are easy and cook beautifully, just place in air fryer shelf no oil or sprays, with the chips either place chips with sausages small spritz of veg oil garlic and onion salt to season, or if your cooking chips from scratch par boil fresh cut chips for 8 min then dust with flour and garlic powder then cook 15 min at 180c checking for doneness at 10 min mark

SAUSAGES AND FROZEN CHIPS 15 min at 190c

Let cool and season to your taste I use sweet chilli sauce and Mayo for my sauce

MARKETS

& things

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

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 BIDCA 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.

A

ustralia's
Invisible Army in
the Pacific War

By Major AJ
Finegan RFD
(Retired)

In 1988, Judy and I took teaching jobs to work at a Catholic Mission School for a year at St Josephs, Tenaru, on Guadalcanal, Solomon Islands. The school is located just inland from Red Beach, where the American Marines made their landing to attack the Japanese Forces in 1942. The school was steeped in the history of WW2. One of the locals' celebrated heroes was Jacob Vouza. The Solomon Islanders told me the story of their countryman with much pride. In 1941, Sergeant Major Sir Jacob Vouza retired from the local constabulary and then volunteered for Coastwatcher duty. In attempting to contact the US Marines to warn them of an impending Japanese attack, he was captured and brutally interrogated. He survived and escaped to make his report, thus allowing the US Marines to prepare defences and repel the onslaught. He recovered from his wounds and continued to scout for the Marines. He was awarded the

The Coastwatchers

Silver Star and Legion of Merit by the United States, and later received a knighthood and became a Member of the Order of the British Empire.

But I wondered just who and what the "Coastwatchers" were. Then Judy told me of a neighbour in Upper Mt Gravatt who, in the late sixties, enthralled her with tales of his time as a Coastwatcher. She told me some of his stories. I was hooked, and so began my research into the Coastwatchers.

These courageous young Australian and New Zealander servicemen operated behind enemy lines and played a vital part in reporting on the Japanese Military. Without their reports, the whole course of the war in the Pacific would have been drastically changed.



In later noting the vital role played by the Coastwatchers with their timely warnings of enemy bombers headed towards Guadalcanal, United States Admiral William F. "Bull" Halsey would state that, *"The Coastwatchers saved Guadalcanal, and Guadalcanal saved the South Pacific."* The critical role of the Coastwatchers in this context was also recognised by the heroic and legendary Colonel Sir Ernest Edward "Weary" Dunlop, AC, CMG, OBE, surgeon and inspirational leader in various Japanese POW camps during the war. He wrote the following tribute, *"It could equally be said that the Coastwatchers saved Port Moresby and Port Moresby saved Australia."*

The Japanese attack on Pearl Harbour in December 1941 opened the way for a flood of Japanese soldiers, steeped in the principles of the Samurai, to pour over the areas south-east of Asia. They seemed unstoppable for the next eight months before their advance was checked in the Solomon Islands and New Guinea.

It was the Australian Coastwatchers who brought the tide of Japanese invasive successes to a shuddering halt when two Coastwatchers spotted and reported an invasion fleet of 5,500 Japanese troops sailing south. It was an Australian Coastwatcher on the Solomon Island of Bougainville who provided the first news of Japanese movements when he sent his message on 2nd May

By: Al Finegan

1942 that a large force of enemy ships was sailing south towards the island of Tulagi just to the north of Guadalcanal. Another Coastwatcher in New Georgia made a similar despatch later the same day. Both Coastwatchers transmitted their sightings to headquarters at Port Moresby, where they relayed the message.'

Two days later, these warnings by Coastwatchers led to the invasion fleet of the Imperial Japanese Navy being met and halted by naval and air forces from the United States and Australia in the Battle of the Coral Sea, which was fought from 4-8 May 1942. This was the first naval repulse of the Japanese following their series of conquests during their thrust from the northern to the

southern hemisphere. The most important result of this historic battle was that it averted the invasion of Port Moresby, with all it portended for Australia's safety and the war's future. Shortly after the Battle of the Coral Sea, the Japanese and the United States fought a six-month-long battle of attrition for control of Guadalcanal, during which the Americans came perilously close to defeat many times.

Coastwatchers regularly sent two-hour advance warnings of enemy bombers with supporting fighter squadrons "headed your way" from their campsites in the enemy-held jungles of New Britain, New Ireland, Bougainville, and other surrounding islands to US authorities on Guadalcanal, and the Australians at Port Moresby. These warnings saved countless lives and casualties of Allied personnel, with planes "up in the sun ready to pounce", the Navy's warships at battle stations, and their land forces with their anti-aircraft weaponry, ready and waiting for the Japanese attacks. As a result of these warnings, the US forces at Guadalcanal were able to defend hard-won territory, and enemy losses were of enormous strategic value. A US defeat would have left Australia isolated. The Australian Coastwatchers played a vital role in this victory and, ultimately, the American success at Guadalcanal.

Lieutenant Commander Eric Feldt, based in Townsville, led the Australian Coastwatcher organisation during much of the War. Due to illness in March 1943, Commander Feldt resigned his command. James McManus of the Royal Australian Navy took over his role. Between them, they commissioned many personnel to take part in Coastwatcher operations behind enemy lines as officers of the Royal Australian Navy Volunteer Reserve (RANVR). This was to protect them in case of capture. It didn't always work as the Imperial Japanese Army did not always recognise this status and executed several such officers. The Coastwatchers included about 400 Australian military officers, New Zealand servicemen, and Pacific

Islanders. Many escaped Allied personnel were rescued by the Coastwatchers and stayed on to join the Coastwatchers' numbers. In one case, three German missionaries assisted the Coastwatchers after escaping Japanese captivity, even though Nazi Germany had allied itself with the Empire of Japan during the war. Feldt code-named his organisation "Ferdinand", taking the name from a popular children's book about a bull, *The Story of Ferdinand*. He explained this by saying, "Ferdinand did not fight but sat under a tree and just smelled the flowers." It was meant to remind Coastwatchers that it was not their duty to fight and draw attention to themselves but to sit circumspectly and unobtrusively, gathering information. Of course, like their titular prototype, they could fight if they were stung.

In June 1942, "Ferdinand" became part of the Allied Intelligence Bureau, which came under the Allies Southwest Pacific Area Command. He also reported to GHQ and the United States-Australian-British Fleet Radio Unit in Melbourne (FRUMEL), which came under the Pacific Ocean Area Command.

Here is the story of Judy's neighbour, "Mr Seton". While I tell the story of Mr Seton, I have to stress that I relate his story as just one typical example of the many other Coastwatchers who spent years behind enemy lines, often in great danger. Carden Wyndham Seton was born on 14 June 1901 at Wellingrove station, near Glen Innes, New South Wales, the tenth child of Leonard Miles Cariston Seton, an English-born grazier, and his Australian-born wife Eleanor, née Wyndham. Educated at New England Grammar School, Armidale, Carden worked as a wool presser. In 1927, he travelled to Shortland Island, British Solomon Islands Protectorate, to manage the Lofung plantation at Faisi for Burns, Philp & Co Ltd. On 21 May 1929, he married Kate Walker Cameron in Matheson, New South Wales. When the Japanese invaded the Solomons, he moved from Faisi to Sydney, where he enlisted in the Australian Imperial Force in March 1942. In September,

he embarked with the 30th Employment Company for Port Moresby. Within twelve days of his arrival, he was sent back to Brisbane when it was recognised that he had an intimate knowledge of the Solomon Islands. He was promoted to sergeant and transferred to the Allied Intelligence Bureau there. This unit had been raised to coordinate intelligence-gathering and subversive activities behind enemy lines in the South-West Pacific Area.

On 20th October, Seton was landed by an American submarine on enemy-occupied Choiseul Island to join the network of Coastwatchers in the islands to the northeast of Australia. He and Lieutenant (Sir) Alexander Waddell, RANVR, established a radio station overlooking Bougainville Strait. Their reports on Japanese naval and air traffic assisted American forces during the battle for Guadalcanal. They also contributed to the rescue of many allied pilots, twenty-three of whom were on Choiseul.

In May 1943, Seton was attached to the 'M' Special Unit. Bearded, 188 cm tall and weighing about 90kg, he appeared formidable. The local scouts, whom he organised, trained, and led, inflicted heavy casualties on the enemy and destroyed much of their equipment. Seton's "fearless and aggressive spirit" and his combat success helped keep local inhabitants loyal to the Allies. For these actions, he was awarded the Distinguished Conduct Medal. On 14th October, he was commissioned acting Lieutenant. From January 1944, he pinpointed targets for several successful dive-bombing raids, as a result of which Choiseul Bay ceased to be an important enemy base.

In March 1944, Seton returned to Brisbane. Four months later, he was posted to New Britain, where he conducted guerrilla operations against enemy outposts until March 1945. Judged "eminently suited to lead a band of killers," he was sent in May to relieve Lieutenant Paul Mason as guerrilla leader in the Kieta area of Bougainville. In June, he was promoted to Captain. During his time in Bougainville, he was credited

with killing 708 Japanese.

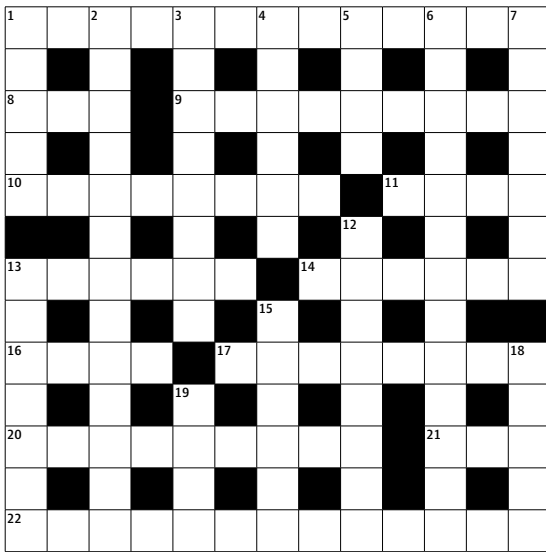
Placed on the Reserve of Officers on 9th December 1945, Seton returned to Choiseul the following year to run the Lutie Plantation at the mouth of the Vuraoto River. He moved to Brisbane in the mid-1960s and farmed at Upper Mount Gravatt, becoming a neighbour to Judy and her family. On 24th October 1970, to great sadness, he passed away from coronary thrombosis. He was survived by his wife and their two sons.

There is one other important story of the Coastwatchers. Had it not been for one of them, the US history from 1961 would have had a different outcome. In 1943, Lt John F Kennedy of the United States Navy, a future President, and ten fellow crew members were shipwrecked after the sinking of their Torpedo Boat, the PT-109. An Australian Coastwatcher, Sub-Lt Arthur Reginald Evans, observed the explosion of the PT-109 when it was rammed by a Japanese destroyer in the Blackett Strait, south of Kolombangara in the Solomon Islands. Despite US Navy crews giving up the downed crew as a complete loss, Evans dispatched Solomon Islander scouts Biuku Gasa and Eroni Kumana in a dugout canoe to search for survivors. After searching for five days, the two scouts found Kennedy and his crew. Lacking paper, Kennedy scratched a message on a coconut describing the plight and position of his crew. At great personal risk, Gasa and Kumana then paddled 61 km through Japanese-held waters to deliver the message to Evans, who radioed the news to Kennedy's squadron commander. The future US president was rescued shortly afterwards. Twenty years later, he welcomed Evans to the White House.

In 1988, I visited a memorial lighthouse erected at Madang on the north coast of PNG to honour the Coastwatchers. The monument plaque bears the names of 36 Coastwatchers killed behind enemy lines while risking their lives in the execution of their duties. The plaque bears this moving inscription:

"They watched and warned and died that we might live."

Crosswords - QUICK & CRYPTIC



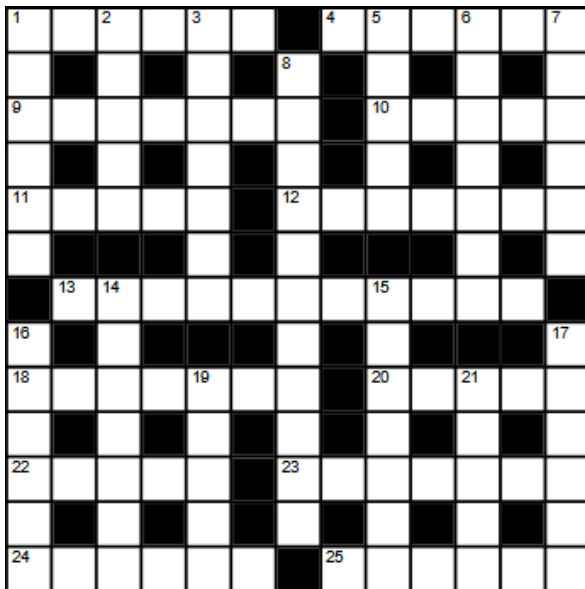
Across

- 1 Go to any lengths (4,2,7)
- 8 Traitor – informant (3)
- 9 Historical account (9)
- 10 Stock of DNA across the population (4,4)
- 11 Infirm – great in Gen Z slang (4)
- 13 Politicians – vegetables (6)
- 14 Vessel for wine (6)
- 16 Nymph spurned by Narcissus (4)
- 17 Bogus (8)
- 20 Abnormal (9)
- 21 Pair (3)
- 22 Military training facility (7,6)

Down

- 1 Noncommittal gesture (5)
- 2 In suspense (2,11)
- 3 US gangster (2,6)
- 4 Become less broad (6)
- 5 Melody (4)
- 6 Prankster’s irritating substance (7,6)
- 7 Pickle – London edifice (7)
- 12 Open-air (2,6)
- 13 Caribbean state (7)
- 15 Germinate (6)
- 18 Plant reproductive body (5)
- 19 Capital of Azerbaijan (4)

CRYPTIC



Across

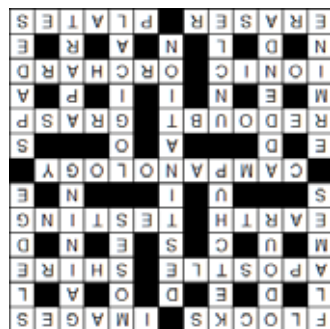
- 1 Plenty of dresses changing hands (6)
- 4 Perceptions of games I play (6)
- 9 Crusader has a job with the French (7)
- 10 At the end, invaders lease territory (5)
- 11 It keeps us grounded (5)
- 12 Try gin sling - it’s challenging (7)
- 13 A company log set bells ringing (11)
- 18 Take unfamiliar detour before first arriving at fortress (7)
- 20 The King has a snake in tight grip (5)
- 22 Even disown niece - Classic (5)
- 23 Where the pickings can sustain one (7)
- 24 Characters can be removed with the Queen, although, hesitation is present (6)
- 25 Staple items for a banquet.. (6)

Down

- 1 Old ones can go to blazes (6)
- 2 Our party was on the nose (5)
- 3 Boat raised with relish (7)
- 5 He had a part to play in the Red Sea (5)
- 6 Closing the gap, in fact, catching up (7)
- 7 Alpine transport starts slipping on overhang (6)
- 8 The point of travel - an end to it is problematic (11)
- 14 Carefully added an afterthought.. (7)
- 15 Soldier in pub? - Makes sense (7)
- 16 The Queen will dig this for State occasions (6)
- 17 Suit tailor-made for diggers (6)
- 19 Relative’s counsel not so strange (5)
- 21 Divided, absurdly, pro-rata, with no alternative (5)

SOLUTIONS

CRYPTIC SOLUTION 213

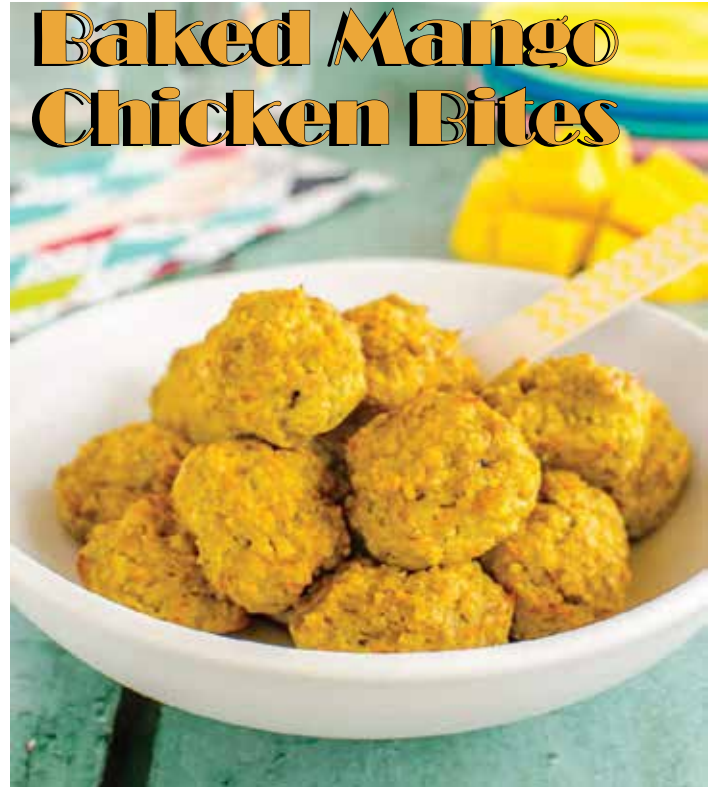


QUICK SOLUTION 213



Kids Page

Baked Mango Chicken Bites



Ingredients

- 1 Cup oats 100g
- 100ml coconut milk
- 50g carrot
- 30g onion
- 75g mango cubes (fresh or frozen)
- ½ teaspoon turmeric
- 200g chicken mince

Instructions

Soak ½ Cup of oats in the coconut milk for around 10mins

In a food processor, blitz carrot and onion until finely chopped

Add mango, soaked oats, turmeric and chicken mince, and pulse to combine

Add remaining ½ cup of oats, pulse to combine

Season with salt and pepper if you wish, exclude the salt if serving to young children

The mixture will be quite wet but makes for a soft-style meatball

Spray a non-stick mini muffin tray with oil

Using a spoon and wet hands, take spoonful's of the meat mixture, roll them into rough balls, and place them in the muffin tray.

Bake for 25 mins at 180 degrees Celsius or 360 Fahrenheit

Serve

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

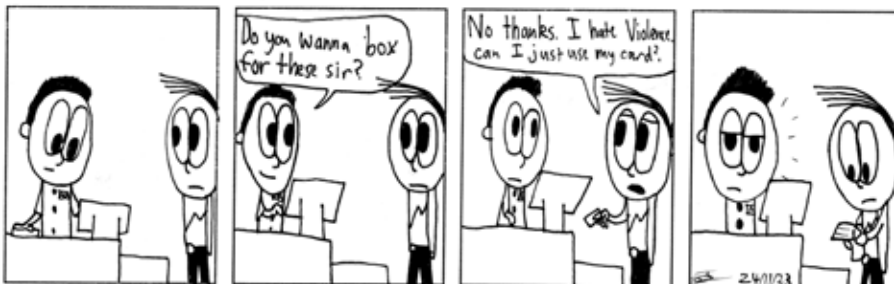
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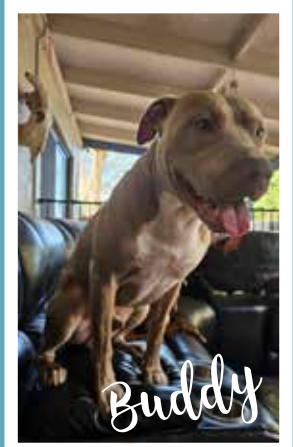
Astro



Ginger



Maisie



Buddy



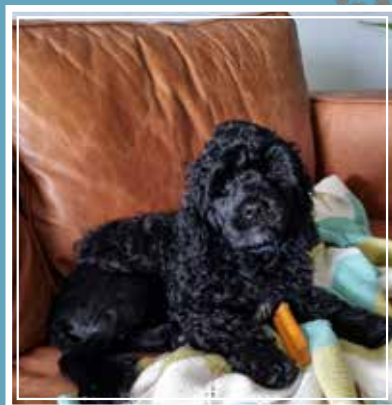
Salty



Red



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How Often Should You Bathe Your Dog?

As with most questions in life, the answer to how often you need to bathe your dog isn't black-and-white—or brindle, for that matter. Although dogs groom themselves, which helps hair follicles grow and supports general skin health, they still need baths to get rid of the grime.

So, how often should you bathe your furry friend?

A dog's breed, coat, lifestyle and health determine the optimal bathing frequency. Obviously, if your dog smells or is visibly dirty, it's bath time. Some dogs love bath time, and as long as your dog is healthy and has no

special grooming requirements, it is fine to bathe him or her as often as once a week.

Breed Matters - There are a lot of dog breeds with different types of coats, so it's a good idea to ask your vet for grooming guidance, including how often to bathe your dog and what products to use. A dog's skin has a different pH level than human skin and is more sensitive, so avoid using "people" products on dogs. Although the rule of "more hair, more baths" is generally accurate, there are exceptions, such as hairless breeds like the Chinese crested dog, that are high maintenance and need weekly baths.

Then there are breeds where brushing and combing are often more important than bathing. A breed with double-coated, thick shedding hair—like a Shetland sheepdog—is grooming intensive and needs combing and brushing before, during, and after a soaking and moisturising bath.

Samoyeds, huskies, and other Arctic breeds need to be brushed at least once a day during shedding season to avoid knots and dreadlocks that can cause serious skin conditions if left in their coats. If these breeds are brushed enough, baths should be kept to a minimum or avoided altogether so the natural protective oils aren't

stripped from their coats. Short-coat breeds, like pugs, dalmatians and greyhounds, typically need fewer baths, and often, a good rubdown with a damp washcloth is enough to remove dirt. Over-bathing dogs with slightly longer coats—like Labradors and golden retrievers—can disrupt the seasonal insulation process. A bath every four to six weeks or less is fine, but frequent—if not daily—brushing is important. However, if you are like me and are the owner of a very hairy dog and have no skill set to do the job properly, my advice is to book into the dog groomer and save both you and your dog a less than pleasant experience.

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BOWLS RESULTS

Bongaree Bowls Men's

Wed 4's April 3rd Winners Bob Cooper, Fred Bingham, Mick Falvey Runners up Ann Clarke, Ron Wilson, Anita Broughton, Ray Broughton Thurs Jackpot pairs April 4th Winners Peter McQueen, Tim Carlton, Imelda Valentine Runners Up Dave Dixon, Col Hodges Scroungers April 6th 1st Sheena Bath, 2nd

Imelda Valentine, 3rd Chris Brown, 4th John Park .
Wed 4's April 10th Winners Paul Hill, Glenn Biggs, Don Somerville, Peter Higgins Runners Up Clare McCarthy, Bob Cooper, Rhonda Warwick, Sheena Bath Thurs Jackpot pairs April 11th Winners Paul Hill, Imelda Valentine Runners Up Colin Sleet, Darryl Rowlingson

Results of Ladies Section

Turkey Pairs 2nd April 2024
Congratulations to:
Winners: Sandra Scott, Bob Vonarx
R/U: Doreen O'Halloran, Brenda Hutchinson

Bonus Draw: Jenni Mitchell, Alex Munn
Results of Ladies Section
Tuesday Turkey Pairs 9th April 2024
Congratulation to:
Winners: Pam Walker, Bob Vonarx
R/Up: Mike Flint, John Bell

Men's pairs championship final

What a final !! The game was won on the last bowl of the last end. Congratulations to Ian Paterson and Tim Carlton def. Mick Falvey and Darryl Rowlingson

**WOULD YOU LIKE TO LEARN HOW TO PLAY CROQUET?**

Croquet is a tactical game requiring skill rather than speed and strength. It is a sociable activity suitable for all age groups, providing a low-intensity workout combining mental and physical skills. You need to be able to move around a court at a walking pace for up to an hour and able to swing a 3-foot (91cm) mallet weighing approx. 2lb 8 oz (1134 grams)

The Bribie Island Croquet Club will provide six free lessons each Thursday from the 2nd of May to the 6th of June. Lessons are from 3.30 to 5.00 p.m.

Lessons are free, and all equipment is provided. All you need to do is be able to attend each lesson and enjoy meeting new people and learning a new skill. If you would like to give Croquet a go, Call Jan on 0437 008 042 and put your name on the waiting list. You need to get in quickly, as

there are only 8 places available. The Croquet Club is really pleased to welcome four participants from the first term, who enjoyed the coaching so much that they have now joined the club.

COMMENTS from last term participants:

"Such a lovely game", "A lot more in it than I thought there would be", "I loved the game and will take it up when I retire", "It really makes you think" "Such fun" "I have never played sport before, but I am really enjoying croquet".

**SOLANDER LAKE BOWLS**

MEN'S "B" SINGLES CHAMPIONSHIP
Winner: Neil Feazey,
Runner Up: Brad Jackson.

LADIES PAIRS CHAMPIONSHIP
Winners: Debbie Hill and Cheryl Dann, Runners Up: Julie Kent and Logan Hughes

WEEKLY SOCIAL BOWLS RESULTS - W/E 06/04/2024

Tuesday: No information available.

Wednesday

Winners: Andy Ives & Steve Jameson
R/U: Val Jones & Bruce Hill
3rd: Marieke Moore & Neil Feazey.
Jackpot (\$500) – Cheryl Dann & John Dann

Thursday Winners: Lyn Shorter, Bruce Hill & Ian Carr.
R/U: Jenni Cummins, Ann Boast & Ian Boast
3rd: Geoff Sorrenson, Kev Moore & Steve Todd.
Jackpot (\$420) – Daryl Wilkins, John Gemmell & Andrew Wilkie

Friday Winners:

Marieke Moore & Neil Feazey.
R/U: Peter Hodgson & Steve Ross.
1st Rnd: Brett Sellars & Glenn

Merrin
2nd Rnd: Krys Henshaw & Rob Henshaw
Saturday: Junior Carnival

WEEKLY SOCIAL BOWLS RESULTS - W/E 13/04/2024



Tuesday Winners: Dudley McKenzie, Jerry Cumming & Mal Dawson.
R/U: Bill Dobe, Janelle Day & Allan Matheson
3rd: Bill Taylor, Sheron Strasser & Neil Feazey.

Wednesday

Winners: Ralph Chaplin & Stan Hillen.
R/U: Pete McCarthy & Brad Jackson
3rd: Pete Neilson & Glenn McCarthy
Jackpot (\$500) – No winner

Thursday Winners: Keith Tucker, Kev Zipf & Ray Griffin
R/U: Andrew Wilkie, Daryl Wilkins & John Gemmell
3rd: Liz Little, Terry Little & Ray Zahl
Jackpot (\$72) –

MORETON BRIBIE BRIDGE

CLUB: Sat 30 Mar N/S 1 G & D Lock 2 S Burton & K Cohen 3 S Watson & R Sutton E/W 1 G & S Barnulf 2 R King & R Medhurst 3 R Deacon & M Courtney
Wed 3 April (Easter Pairs) N/S =1 J Reiter & R Floquet =1 H Standfast & J Budgeon =1 J Hayes & K Cohen E/W 1 P Edis & M Arthur 2 R Sutton & Y Nakamura 3 R King & M O'Reilly
Sat 6 April N/S 1 G & S Barnulf 2 D Quinan & F Barkwith 3 L Groves & A Fielding
E/W 1 R Medhurst & M O'Reilly 2 B Fuller & P Breene 3 D Quinan &

J Van Vugt
Wed 10 April N/S 12 C & S Watson 2 L Carr & J Wright 3 H Tyler & J Medhurst
E/W 1 R King & M O'Reilly 2 R Webb & L McLaren 3 R Sutton & Y Nakamura
BICBC: Mon 1 April 1 J Brazier & L Wilson 2 D Quinan & M Peart 3 J Easey & A Fielding
Mon 8 April N/S 1 M O'Reilly & S Smith 2 M Arthur & R King 3 J Easey & A Fielding E/W 1 J Brazier & L Wilson 2 R Deacon & L Groves 3 J Lawson & C McAlister

Bribie Island Netball Club extends its heartfelt gratitude to the Bribie Community Plant Nursery and Wallum Action Group for their unwavering support in 2024. Their remarkable generosity has been pivotal in providing each and every player of the Bribie Island Netball Club with a top-quality backpack for the 2024 season and beyond.

The club competes in Caboolture every Saturday morning. It recognises the immense value of equipping its players with backpacks to ensure the safety and organisation of their belongings while away from the local courts. In 2024, the generous donation from Bribie Community Plant Nursery and Wallum Action Group not only provided backpacks for the players but also enabled the club to expand its roster, adding two new teams and bringing the total to twelve. Bribie Community Plant Nursery and Wallum Action Group's decision to provide

additional items for the new players showcase their unwavering dedication to the club's growth and success, which is a deeply valued contribution. Bribie Netball Club deeply appreciates the steadfast support of the local community and is elated to provide additional accessories, allowing its players to foster a sense of unity and solidarity as a club.

Bribie Island Netball Club, a vibrant club affiliated with the Caboolture Netball Association, is nestled on our beautiful Bribie Island. Their warm and welcoming club is dedicated to nurturing netball on Bribie Island and its surrounding areas. They are proud to promote values like sportsmanship, fair play, and team spirit, which are at the heart of the club's mission.

The club warmly invites girls and boys aged 7 to 17 to be part of teams in the Caboolture Netball Association's Saturday Day Competition at Netta, Junior, and Intermediate levels. Fun training sessions are held



at the Bribie Island Recreation Reserve, Second Entrance, First Avenue, Bongaree: their official colours, jade green and white, reflect their inclusive and

welcoming spirit. Registration usually starts on the last Saturday of January.

Kaylee Midson from Bribie 2 Netball Team



LIFE'S BETTER WHEN YOU'RE BOWLING

Have you considered finding an activity that offers some gentle exercise, friendly competition, and fun, but it's been too hot to be bothered?

Look no further than our own Bribie Island Indoor Bowls Club, air-conditioned for year-round comfort.

We have our spacious and well-equipped hall and play on Tuesday mornings, Wednesday, and Friday afternoons. A cuppa, biscuits (sometimes cake, too!), and three games cost less than a cup of coffee at a cafe, and our annual membership fee is also extremely reasonable.

Where does all this happen? Right here on First Avenue, near the Orchid Society and the Butterfly House, look for the signs and flags on playing days, and pop in for a look. Prospective members can arrange to play a few games before signing up, and members are also offered training. Our club is always friendly and welcoming to new members, and we are willing to help them when they start playing. So, wait no longer! For more information, call our President, Kay, at 5327 2768 or the Secretary, Margaret, at 0423 091 354.

Hope to see you there!

Brooke SAVIGE

[f](#) [t](#) [i](#) /Savage4Div1



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Do Weighted Blankets Help With Sleep?

Not all people want a hug when they're stressed out. Some people, particularly those with sensory processing problems, want a hug but might be uncomfortable getting it from a person. Temple Grandin, an animal scientist and autism activist, had a solution.

Grandin invented a "squeeze machine" that helped relax some children with autism and attention deficit hyperactivity disorder (ADHD). Autism affects the ability to interact and communicate, and ADHD is a mental disorder that impairs impulse control and the ability to focus. Some autistic children seek physical pressure to cope with overstimulation. The idea behind Grandin's invention is that deep-touch pressure, like cuddling, firm stroking or hugging, can be calming. Could adults without autism benefit from the same reactions to physical pressure as autistic children?

Some industrious folks think so. Weighted blankets are designed to stimulate the sympathetic nervous system into its resting state (a feeling of being hugged) instead of the "fight or flight" feelings that keep us alert to danger but also up when we really should be sleeping.

But what's the evidence that these blankets, like other sleep technology, alleviate ailments like anxiety, insomnia, stress and other conditions that might benefit from deep-touch pressure?

WHAT'S A WEIGHTED BLANKET USED FOR?

Since deep-touch pressure

is reported to lower high heart rates and cortisol levels while increasing serotonin (a neurotransmitter that maintains mood balance), it makes sense that gravity blankets could help moderate the nervous system. That could mean relief at a time when people develop insomnia. And because the blankets may apply pressure to trigger points in the body, they may also aid those who deal with chronic pain, even in the case of fibromyalgia.

The downsides of these blankets are that they're expensive, and another is that small children or pets could become trapped under their weight. While some might find a heavy blanket comforting and soothing, others might find it a \$300 way to feel like they're being smothered.

HOW TO WASH A WEIGHTED BLANKET

Because most of them weigh more than the typical coverings we are used to, it can be trickier

to wash them. Depending on their makeup, most weighted blankets can be machine washed, assuming you can fit the entire blanket in your machine. You can always use a commercial washer if your washing machine isn't big enough. Obviously, check the manufacturer's care instructions before getting started.

If your weighted blanket is filled with glass or metal beads, it's most likely machine washable. You should use a mild detergent and machine wash on a gentle cycle. Some care instructions call for cold or warm water — never hot water — and some suggest cold water only. Follow your blanket's care label.

Adding a small amount of fabric softener is OK; use less than you would if washing a standard blanket. After the wash cycle is complete, completely dry the blanket.

Spot cleaning is handy when cleaning up a spill or stain. In other words, you don't need to throw the entire blanket in the machine. However, the method is similar to machine washing. Again, use a mild detergent to clean any stains from the blanket. Let it soak for 30 minutes to an hour before rinsing. You can also try a fabric-safe stain remover. Rinse or wipe

the area clean with cold water. If your weighted blanket fillers are made of organic materials or sand, spot cleaning is the safest option. Just use mild dish soap and water, white vinegar, or hydrogen peroxide to remove stains. SleepFoundation.org suggests rubbing the liquid into the stain with your fingers, sponge, or brush with small bristles. Again, rinse clean with cold water.

Drying most weighted blankets in the machine is the preferred method, as the blanket fillers can settle to the ends when they're hung up to be air-dried. How Often Should You Wash a Weighted Blanket?

Washing your weighted blanket too often can cause it to wear out faster. So how often you need to wash yours depends on how much you use it. If you use yours nightly, wash it every few weeks or when it gets dirty. But if you only use it periodically, you can launder it less often. Using a removable duvet cover can protect your weighted blanket and eliminate the need to wash it frequently. If your weighted blanket has been in storage for more than a month, wash it before use to eliminate dust and germs that have accumulated in a stuffy space

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HOW TO CLEAN AND DISINFECT YOUR MATTRESS

Most of us spend about a third of our lives in bed. Even though you may change and wash your sheets faithfully every week, your mattress still requires cleaning. This is due to dust mites, body oils, sweat and dead skin that make their way through your sheets to the mattress. By regularly cleaning your mattress, you're not just maintaining its hygiene, but also ensuring a better sleep environment for yourself. Clean your mattress outside on a warm, sunny, not-too-humid day. There's a reason we have spring and autumn cleaning instead of winter and summer cleaning! The sunlight will help your mattress dry as you clean it; better yet, it acts as a natural disinfectant, helping you kill bacteria with a good dose of UV rays. If you can't get outside, the next best option is to clear some space in your room and lean your mattress against the wall in front of a

sunny window.

Start by removing as much dust as possible by going over the entire mattress surface with your vacuum cleaner's upholstery attachment and crevice tool. If your mattress-cleaning spree was inspired by a fresh spill, pet accident, or bedwetting event, use clean towels to soak up as much liquid as possible before you vacuum.

The easiest way to remove stains is with a carpet and upholstery cleaner formulated to remove pet stains. Lightly spray the cleaning formula onto your mattress and dab the stain, working from the outside edge inward. This should keep the stain from spreading. When the stain is gone, all you need to do is sponge the area with a damp cloth and then blot the area with a dry cloth.

HOW TO DISINFECT YOUR MATTRESS

Run a garment steamer or handheld steam cleaner across the surface to kill germs and dust mites, and sprinkle baking soda to help freshen the upholstery and remove mild odours (let it sit for a few minutes, then vacuum). But you'll need to use a disinfectant solution to kill more bacteria.

Choose an antibacterial spray or solution with a scent you like (you can use a solution of vinegar and baking soda or just some cheap vodka!) Avoid using bleach — it's great at killing germs, but it's too harsh for the fabric covering on most mattresses.

If you use a liquid cleaner, dilute it with warm water according to the directions on the label, dip a clean rag into the solution, and then — this part is key — wring the rag out thoroughly so it's just barely damp. The goal is to clean the surface of the mattress without letting it get saturated with moisture, which can lead to mould or mildew.

For disinfectant sprays, spritz lightly across the surface of the entire mattress, then wipe with a clean rag dipped in warm water and thoroughly wrung out. Be sure to give your mattress plenty of time to dry—a few hours on each side are best. Then, cover it with a freshly cleaned mattress pad, sheets, and bedding, and enjoy a good night's sleep!



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How to Get Rid of Cockroaches

With no disrespect to the mosquito, no other pest in the world is so widely despised as the cockroach. Sure, mosquitoes are a nuisance, and spiders may scare those with phobias, but there aren't many people who wouldn't hit the roof at the sight of a cockroach crawling over their bare feet.



If you've ever had a confrontation with one, you've probably wondered how to keep roaches from ever sharing space with you again. Fortunately, we'll reveal how to prevent cockroaches from noticing your home! Firstly, let's consider the negative consequences of not identifying a cockroach infestation in a timely fashion. After all, these annoying pests can impact both the physical structure of the house as well as the health of its inhabitants. Cockroaches are known to carry a variety of pathogens, including bacteria like Salmonella and E. coli, which can contaminate food surfaces and lead to food poisoning. Their droppings, shed skin, and urine can also exacerbate asthma and allergy symptoms, particularly in children and sensitive individuals. Moreover, these pests can cause physical damage to your home. Cockroaches are omnivorous and have been known to chew on various household items, including cardboard boxes, leather, and even soft metals, leading to the deterioration of these materials. Finally, their presence can create unpleasant odors and stains, particularly in crawl spaces or hidden areas like behind appliances. The psychological distress caused by an infestation can also not be understated, as the mere

sight of cockroaches can lead to significant discomfort and stress for many people.

IDENTIFY YOUR ROACH

PROBLEM - Several species of cockroaches exist, each with distinct characteristics. German small and light brown cockroaches are notorious for their rapid reproduction and preference for warm, humid environments like kitchens and bathrooms. American cockroaches, one of the largest species, are reddish-brown and often found in basements, sewers, and other damp conditions.

The Oriental cockroach, dark brown to black, is often called a "water bug" because it prefers wet, cooler areas and is slower than other species. Finally, the Australian cockroach is known for its outdoor habitat but can invade homes, feeding on various organic matter. Many signs predict an infestation, such as finding dead roaches or droppings in your home.

HOW TO PREVENT

COCKROACHES - Avoiding a face-to-face meeting with a cockroach is avoiding attracting them. Thanks to their speedy reproductive capabilities, once you have a few cockroaches, you could quickly have a few thousand.

DIRTY DISHES AND LEFTOVER

FOOD - Cockroaches look for warmth, moisture, and food when scoping out a potential crash pad. For this reason,

keeping your home clean is the first step in prevention. Empty your garbage regularly, especially during the summer months. Other good tips include keeping your pantry tidy and storing food in tightly sealed containers. Try keeping your cereal and other grains in plastic containers. It's also a good idea not to put a lot of stinky food waste (like pet food) into your bin because these smells attract roaches.

TIDY UP GARBAGE AND

RECYCLING—Make sure your outdoor trash cans aren't beside your house. If they're parked directly by the back door, you could lead them into your house.

Another key is keeping your recycling clean. All those little bits of soda, beer, wine, milk, and juice that drip out into your recycling bin are a haven for cockroaches. Make sure you do a thorough rinse of any liquid containers, as well as food jars and bottles. These simple considerations can help you prevent cockroaches from noticing your home.

YOUR BEST WEAPONS

AGAINST COCKROACH POPULATIONS - The battle against a cockroach infestation can be effectively waged using various tools.

- **Baking Soda**—Baking soda, another household item, can be used with a bait like sugar. The sugar attracts the cockroaches, while the baking soda reacts

with the acid in their stomachs, causing internal disturbances that can lead to death. This method is safe and easy to use, although it may take some time to see significant results.

- **Insect Traps** - Sticky traps and glue traps are useful for monitoring and reducing the population of cockroaches. These traps are coated with an adhesive that captures cockroaches when they walk over them. Placed in strategic locations, they can help identify high-activity areas and reduce the number of roaches. However, while effective for trapping, these methods do not address the root cause of the infestation.

- **Boric Acid** - Boric acid has always been an effective cockroach deterrent if you use it properly. Its toxicity is low for humans but deadly to cockroaches. When spreading the boric acid, go light. The acid should barely be visible to you. A very light line under the stove and refrigerator, behind the trashcan and near cracks and crevices near doorways will help keep roaches at bay.

- **Call a Professional Pest Control Company** - Engaging pest control professionals is often the best course of action for a more comprehensive solution. These experts have access to various tools and techniques, including more potent insecticides and bait systems, which are not readily available to the general public.

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COMPANION PLANTING

THE DO'S AND DON'TS OF GROWING PLANTS TOGETHER

One of the biggest determining factors in whether your vegetable plants become healthy producers might surprise you: It's their neighbours.

A vegetable garden is not just a collection of individual plants but a complex ecosystem. By strategically planning your garden, you can harness the power of companion planting to deter pests, enhance flavour, and boost yield. However, planting incompatible species together can have the opposite effect, potentially hindering growth.

Companion planting has existed for thousands of years. Follow these tips to help your plants benefit each other—and learn which plants shouldn't be neighbours—and you'll get the most out of your garden.

Knowing which plants complement each other and which don't is part of traditional gardening knowledge — but it's firmly based on science. It works because of the different ways plants interact with soil and pests. All plants require nitrogen, but some, like leafy greens, lettuces and Brussels sprouts, need more of the element than others.

There are many ways to add nitrogen to the soil, but by using companion planting, you can have other vegetables do it. Nitrogen-fixers, including peas and beans, actually deposit nitrogen back into the soil. One of the basic companion planting tenets is to plant nitrogen-needers next to nitrogen-fixers.

When it comes to pests, one of the best defences is a herbal remedy. Many herbs deter bugs that feed on vegetable plants and attract natural predators and pollinators. Some of the best for this are umbelliferous plants, like dill, cilantro, and parsley, which bloom with clusters of small flowers on short stems. They attract ladybugs and wasps, which are the primary predators of veggie eaters like aphids and cabbage moths.

The Three Sisters - One of the earliest and best-known examples of companion planting is what the Iroquois called “the three sisters”: corn, beans and squash. The three plants are ideal companions. The cornstalk grows quickly, creating a natural pole for the bean plant to climb. The squash spreads its leaves and shallow roots around the base of the bean and corn plants, keeping down weeds and shading the soil. The beans provide nitrogen that helps the squash grow.

Salsa Partners—Some vegetables and herbs just seem meant to be together. This is especially true for tomatoes, basil, peppers, and parsley—in other words, salsa ingredients!

This is a classic companion planting formula because the veggies and herbs offer each other mutual benefits. Basil repels pests like tomato hornworm and aphids, while parsley attracts parasitic wasps and ladybugs. Basil grows better when planted alongside tomatoes and peppers, and tomato plants that have basil growing near them produce more fruit. Peppers and tomatoes are more flavourful when grown with basil and parsley. Of course, the best bonus is that these four tastes great together on the plate. Genova basil and sungold tomatoes are a perfect pairing. The basil's scent helps confuse insects such as hornworms and aphids that seek to eat the tomatoes.

Flowerly Friends—A few varieties are almost universally good companion plants, and they give your garden a boost of colour. Nasturtiums and marigolds, which flower in shades of yellow, pink, orange, and red, both make fantastic pest repellents.

Nasturtiums also help with pest management. Bugs like aphids and cabbage moths love the flowering plants, which is good when trying to keep them off your vegetables. The pests prefer the sacrificial nasturtiums, so you want to plant them close — but not too close — to things like tomatoes, kale, cauliflower and broccoli.

Squashes for Shade—If you've ever grown a zucchini or summer squash plant, you know that by midsummer, the



plant takes up quite a bit of garden real estate with thick stalks and wide leaves. Take advantage of the shade by planting greens like spinach—which usually can't stand up to the heat and sun of high summer—in the squash's shadow. Be aware of what else you plant near squash and zucchini, though. Other vegetable varieties, like pumpkin, can cross-pollinate a zucchini or squash plant and affect its production for the rest of the season.

Avoiding the Alliums -

While many plants grow well as companions to members of the allium family—think onions, garlic, scallions, and chives—sometimes they make bad neighbours.

Beans and other legumes can

be stunted if grown too close to garlic. The same is true for strawberries. Parsley and sage will stunt garlic, and asparagus and garlic don't do each other any favours: The garlic can stunt the growth of asparagus shoots, and the asparagus, in turn, can make the garlic taste funky. Onions are also no friend to legumes. They have some natural antiseptic qualities that make them great for when you have a cold, but an enemy to the beneficial bacteria on the roots of beans and peas.

Alliums also don't do well when planted with their own kind. There are a number of allium-specific pests, and if they're planted too close together, spreading infection or infestation becomes a little too easy.



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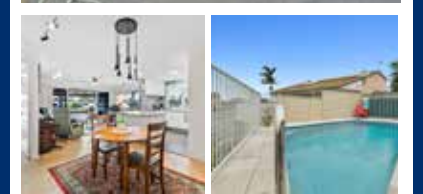
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Quartz Vs Granite

Which Countertops Are More Durable?

When building or remodelling a kitchen, you can choose between granite countertops, quartz, butcher blocks, and many other materials. Here's a comparison between two common options.

If you're considering countertop materials for your kitchen or bathroom, quartz and granite are two of the most popular options.

These two materials look extremely similar on the surface (pun intended), but there are key differences between quartz and granite countertops. While both countertop materials are beautiful and long-lasting, their origins, composition, weight, necessary care, and other factors differ.

One of the most fundamental distinctions between quartz and granite countertops is their manufacturing process. Granite is a natural stone surface for countertops, and quartz is an engineered stone surface.

Natural Origins—Both quartz and granite countertops originate from genuine natural materials. Quartz is a crystalline mineral consisting mainly of silica, while granite is an igneous rock composed of various minerals, such as feldspar, mica, and quartz.

Depending on the other elements present, both can be different colours, such as black, brown, red, blue, or green.

Manufacturing Differences - However, manufacturers use these resources differently when making countertops. They craft granite surfaces by taking pieces from large granite slabs and cutting them to the desired specifications.

In contrast, producers combine crushed quartz crystals with resins and other minerals to create "engineered quartz" or "engineered stone" before turning it into a quartz countertop. This non-porous surface has a uniform appearance and texture that resembles real stone, even though it's the manmade result of a carefully honed manufacturing process.

Appearance and Uniqueness - Once you know what you're looking for, it can be easy to differentiate between granite's unpredictable swirls and quartz's more uniform appearance.

Granite countertops offer a more natural and varied look, showcasing unique patterns and colours from the specific

minerals in each slab. If you appreciate the authenticity and individuality of natural stone, granite countertops might be the right choice.

Quartz countertops are engineered products that mimic the look of natural stone but can offer a more consistent appearance. Like granite countertops, they feature different colours and patterns but lack one-of-a-kind variations.

If you prefer the predictability and contemporary aesthetic of engineered stone, quartz might be the better material to complement your interior style.

Ease of Installation - The weight of the countertop material can also be a crucial consideration during installation, and quartz and granite stack up a little differently. Quartz is the lighter, more manageable of the two.

Due to their solid stone composition, granite countertops are extremely heavy. Installing them requires extra care and may even necessitate additional structural support. Moreover, transporting and handling granite slabs can be labour-intensive and require higher installation costs if the company uses specialised equipment.

Quartz countertops, in comparison, are lighter than granite. Fabricators craft engineered quartz slabs to be uniform in thickness, making them easier to handle and install. This could potentially mean cost savings for you. If you're the DIY home improvement type, you might even feel confident taking on quartz countertops yourself.

Differences in Durability and Resistance - Stone countertops are usually found in high-traffic areas like kitchens and bathrooms, so their resistance to heat, minor scratches, and other wear and tear is an important quality to consider. While quartz and granite countertops are both extremely durable, granite is better against heat, while quartz is better against spills.

A granite countertop is solid and extremely heavy, making it highly resistant to scratches and heat. For example, you can place hot pots and pans directly on granite counters without worrying about causing any heat damage or thermal shock. Quartz countertops, while still durable, are not as heat resistant. Placing a hot pan directly on

a quartz countertop could potentially lead to cracks.

A downside to granite is that it's a porous material, which means it will absorb liquids and stains if you don't seal it properly. Quartz countertops, on the other hand, are more stain-resistant, thanks to their non-porous surface. This means that with quartz, you can worry less about spills from common household items like wine, oil, or acidic substances.

Maintenance and Everyday Care - Quartz countertops generally require lower maintenance than granite ones.

Granite countertops require sealing to prevent stains and maintain their "like new" appearance. You must repeat this sealing process periodically, which is more maintenance than some homeowners prefer.

Quartz countertops, on the other hand, do not require sealing, which might appeal to you if you prefer simpler upkeep.

Fortunately, cleaning both countertops is relatively straightforward. A solution of mild soap and warm water will effectively remove dirt and grime, but you should avoid using abrasive cleaners or acidic substances since they'll damage the polished surface.

Keep in mind that quartz's nonporous surface makes it especially stain-resistant and less prone to bacterial growth, making it the better germ-free option for kitchen countertops if that's important to you.

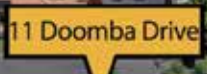
Health Concerns Surrounding Quartz—If you're worried about granite contributing to dangerous conditions for workers in the countertop manufacturing industry, then granite is a better choice.

A major point against quartz is its connection to negative health consequences. In December 2023, Australia announced a ban on the manufacturing and importing of engineered stone due to a rising number of silicosis cases.

Silicosis is a harmful condition that results when a person breathes in the dust of silica-containing stone while processing an engineered stone product, such as a quartz countertop. While granite can also contain silica, engineered stones generally contain much more, making working on them highly dangerous.



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We've all lost socks doing laundry. But why are so many socks going AWOL? It's not because there is a plethora of sock-eating washers and dryers. Instead, it's due to various reasons, including socks falling behind or under furniture, being separated from their partners on wash day, and being paired with the wrong mates. While the problem of socks going astray is likely here to stay, don't despair. There are dozens of creative reuses for solo socks.

Transform your solo socks into a Dust Cloth Extraordinaire -

They're the perfect fit for your hands, making them ideal for

house cleaning. From dusting furniture to wiping baseboards, shutters, blind slats, ceiling fans, and even houseplants, socks are versatile cleaning tools. In the garage, use single socks to clean and polish your car inside and out. When you're done, simply remove the sock from your hand by pulling it off inside out to keep your hands clean.

Combat dry skin with a cost-effective solution - Your solo socks. If you're dealing with dry, cracked skin on your hands or feet, cover the affected area with an appropriate moisturiser or petroleum jelly before bed, then slip on a sock. The sock acts as

a barrier, preventing the lotion or salve from getting on your bedding and helping your skin absorb the moisturising agent. (For both feet, use two odd socks.)

Roll Out Knotted Muscles - One of the more annoying things in life is having a tight muscle in an area you can't quite reach, like the middle of your back. When that happens, place a tennis ball into a long sock, knotting the end. Find a hard surface like a wall or door, then toss the sock over your shoulder and position the ball over the knot in your back. Press against the ball as you move it all over the knotted area to roll out that muscle.

Combat odours with your solo socks. Fill a stray sock with cat litter, knot the end, and place it in your tent before storing it for the season to keep mustiness at bay. For overnight deodorising, fill leftover socks with coffee grounds or baking soda, knot them, and place them in your shoes. Need a fresh scent? Fill a sock with potpourri or lavender, secure the end, and place it in a dresser drawer, gym bag, or closet for a natural air freshener.

Organise Wrapping Paper - Take a sock with a cuff several inches tall and cut off the cuff. Slip the sock cuff over a roll of wrapping paper to keep it tidy and in place.

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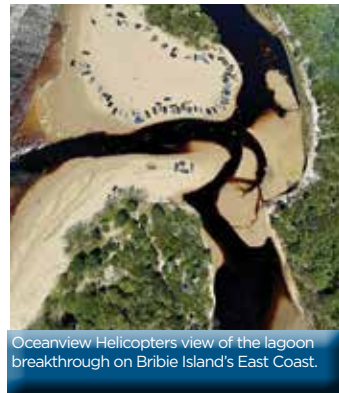
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CONGRATULATIONS ANDREW
Andrew Wilmot gained his Radio Operator Epaulettes on Easter Sunday after 6 months training. Andrew joined as Trainee Crew in November 2021, was promoted to Crew in February 2022, unable to continue as Crew, Andrew transferred to Trainee Radio Operator in September 2023 and has now qualified as a Radio Operator. Peter said, "Andrew will be a great asset to Radio Room Team, and we all look forward to being on radio shift with him." Our training never stops as there is always something that happens that has never happened before - we are all still learning together. Well done Andrew - from all the Radio Room Team.



VMR Members Ken and Frankie Park who were winners of the Easter Log On campaign received their \$50 voucher for the Spinnaker Sound Café from VMR Radio Officer Peter McNamara.

LAGOON BREAKTHROUGH AT BRIBIE



Oceanview Helicopters view of the lagoon breakthrough on Bribe Island's East Coast.

PARKING SANDSTONE PT HOTEL LOOKOUT FESTIVAL Saturday 6th April 2024

A massive day for our valued parking fund raisers, starting at 11:45am until just after 4:30pm, parking thousands of cars from the 12,000 ticket sales for the event.

Thanks to today's Parking Team: - Jim Brown, Mike Looney, Mark Paterson, Lindsay Paterson, Tim Amourous, Pauline Amourous, Garry Beros, Allen Davey, Robert Taylor, Ruth Trojan, Mark Young, Peter McNamara, Tom Buckley, and Mike Phillips. And the Payment Team: - Kelly Langworthy, Colleen Beros, Sheryl Traill, John Traill, Kate Brown, and Cheryl Robinson.

Jim Brown emailed all for their great effort for the day - "Thank

you to everyone for your assistance at today's parking event. It was the biggest number of vehicles by a long way with every nook & cranny filled. Well done by all." Owner Paul Comiskey visited a number of times during the day to get a feel of how it was all progressing and came to the conclusion that it was the traffic lights causing the traffic delays on Bribe Island Road.



Ruth Trojan shows her point duty style.



Cheryl Robinson and Colleen Beros at the pay point collecting the parking fees.



Peter McNamara directing the flow of traffic to the pay point.



Kate Brown checks the pre-paid parking passes.



Pauline Amourous after a big day's parking!



Sheryl Traill, Kelly Langworthy and Paul Comiskey at the "Pay Point".



Mike Phillips rests after a full day parking, and the RSL raffles from last night! Thank you, Mike!



Radio Officer Peter McNamara congratulates and welcomes Andrew Wilmot to Team Radio.

EASTER LOG ON PROMO
VMR Bribe ran a "Log On" Promotion over the Easter Break. All vessels that logged on between Good Friday and Easter Monday went into a draw for 2 prizes of a \$50 voucher for the Spinnaker Sound Café.



VMR members Helen and Sandra who were winners of the Easter Log On campaign received their \$50 voucher for the Spinnaker Sound Café from VMR Radio Officer Peter McNamara.



Thankfully, the end of a big day. Rear row: - Kelly Langworthy, Peter McNamara, Sheryl Traill, Jim Brown, Pauline Amourous, Tim Amourous, Mark Young, Garry Beros, Mike Phillips, Ruth Trojan, Lindsay Paterson, and Tom Buckley. Front row: - Kate Brown, Colleen Beros, Mike Looney, and Mark Paterson. John Traill behind the lens, Cheryl Robinson, Rob Taylor, and Allan Davey had left for other commitments.



Here's a recent high shot of the Bribie Bar taken Sunday 7th April 2024 at 2.45pm from 11,000 feet thank you Andrew - Blueys Photography



SAFETY DAVE THE FRENCHIE'S MESSAGE:

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

A lot of the time these are stashed away in the boat they get wet and sun damaged and forgotten about, these need to be checked annually too.

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

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

"PLEASE WEAR YOUR LIFE JACKETS!"

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

MARCH/APRIL VESSEL ASSISTS

- SUN 31/03 1511PM – 9.6m Catamaran member stuck on sand bank at White Patch required a tow to deeper water.
- SUN 31/03 1839PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a patient to awaiting ambulance at Base Pontoon
- MON 01/04 1058AM – 12m Cruiser non-member with contaminated fuel required a tow from Tangalooma to Newport.
- MON 01/04 1546PM – 5m Quintrex non-member with starting problems required a tow from North of Tangalooma Wrecks to Spinnaker Sound Marina.
- TUE 02/04 1611PM – 7.1m Cuddy Cabin member with motor issues required a tow from South Point to Spinnaker Sound Marina.
- FRI 05/04 1050AM – Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a male patient back to their ambulance at VMR Base.
- SAT 06/04 1209PM - Tasked by QAS to transport 2 Ambulance Officers to Tangalooma and medevac a 3-yr old patient, including the mother and sibling back to their ambulance at VMR Base.
- TUE 09/04 1425PM - 6.7m Pontoon Boat member stuck on sandbank on falling tide near Toorbul. 5 passengers transferred to Spinnaker Sound Marina; Skipper remained with

- boat until high tide.
- TUE 09/04 1558PM – 5.5m Cuddy Cabin member with motor issues required a tow from near South Cardinal to Bongaree Boat Ramp.
- TUE 09/04 1604PM - Tasked by QAS to transport 3 Ambulance Officers to Tangalooma and medevac a patient back to their ambulance at VMR Base.
- TUE 09/04 1924PM – Returned to 6.7m Pontoon Boat member, with a VMR member aboard vessel was escorted into Spinnaker Sound Marina.

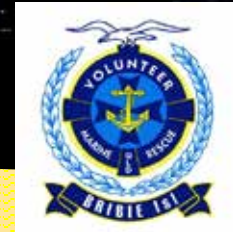


2024 YEAR RADIO ROOM STATISTICS

2024 YTD RADIO ROOM STATISTICS

To Wednesday 10th April 2024
 4,745 Calls, 1,215 vessels logged on,
 124 Vessel Assists, 539 Sitreps, 695 Requests,
 15 Overdue vessels, 5 Vessel Tracking,
 405 Radio Checks, 5 Weather Forecasts
 3 Secure Broadcasts. 1 Pan Pan, 0 Mayday
 VHF calls 50.4%, - 27MHz calls 0.2% - Phone 29.7%
 GWN 3.9%, OTHER 3.1%

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- ◆ Want to do all this as part of a dedicated team?

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Who Knew Fish Sex Could Be So Loud?

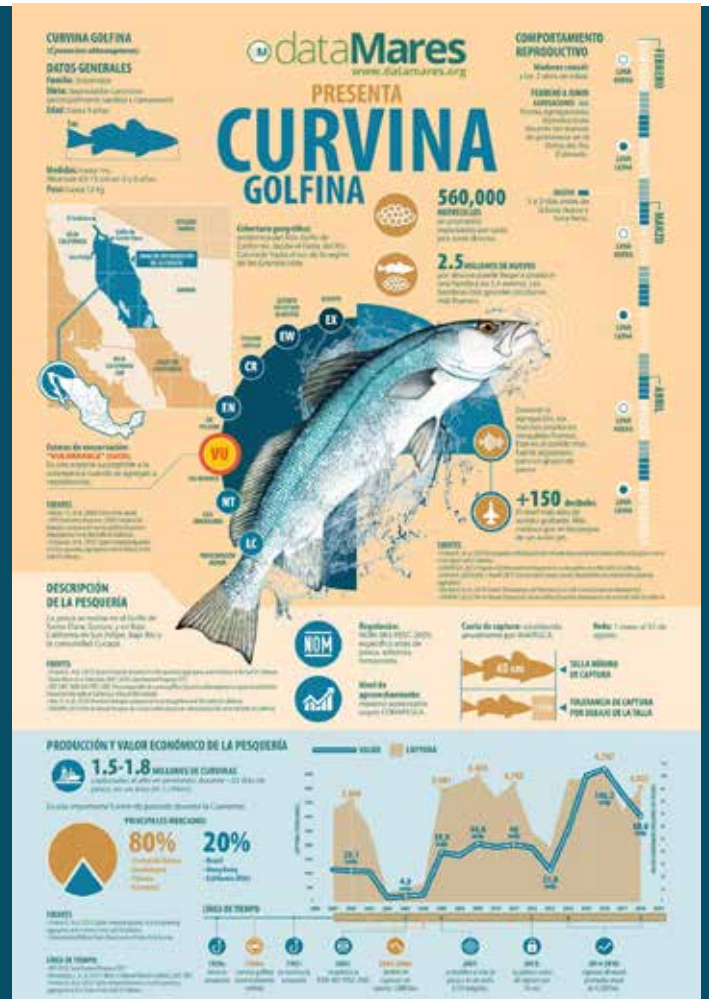
YOU MIGHT THINK YOUR NEIGHBOURS ARE INCONSIDERATE, BUT HAVE YOU EVER GONE DEAF DUE TO THEIR INTIMATE ACTIVITIES? NO? WELL, CONSIDER YOURSELF LUCKY.

In what might be among the loudest wildlife events on Earth, the spawning chorus of a marine fish called the Gulf corvina (*Cynoscion othonopterus*) is so loud it can deafen other marine animals, like the sea lions or dolphins who are attracted to the area to feed on them as they spawn. Corvina congregates in the Colorado River Delta off the northern tip of the Gulf of California each spring to mate in huge groups consisting of more than 1.5 million fish over a 17-mile (27-kilometer) area. And sure, that's a lot of fish, but fish are typically not known for being particularly noisy. So, what's the deal?

A study published Dec. 20, 2017, in the journal *Biology Letters* finds that although fish are generally pretty quiet, corvina are outliers — the chattering made by the males as they call the females in to spawn is like a machine gun, the loudest sound made by any fish, anywhere. They make the sound by contracting their abdomens and smacking special noise-making muscles against their swim bladders like a drumstick on a snare. Get a bunch of them together, and it's enough to make the ambient sound of their environment 21 times louder than normal. It's loud enough to keep potential predators away. Except for, you guessed it, human beings.

That's right — corvina can be heard spawning from outside the water (reportedly over the sound of a boat engine), which brings all the fishing boats to the yard. And that's a bit of a problem, actually, as Gulf corvina are great to eat. Still, they're also considered vulnerable by the International Union for Conservation of Nature, and hundreds of fishing outfits use the annual spawning event to figure out where to cast their nets in the murky waters. Researchers speculate that the sound from the fish was even louder in the days before fishing pressures reduced their numbers.

But nobody can say for sure because it's difficult to see what the fish are doing and, therefore, to count them. The Gulf waters at that time of year are completely opaque, so researchers are working on how to accurately use fish acoustics to estimate the



number of individuals in the spawning chorus.

At the height of a Gulf corvina spawning session, the chorus's sound was recorded at 202 decibels (20.2 bels)—about as loud as a small bomb detonating—with individual calls reaching 177 decibels (17.7 bels).

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FISHING REPORT

By: Claude Trabelsi
Bribie Bait, Tackle & Bikes
cjsdemo@hotmail.com

Fishing has improved, with the winter cross-over starting and Hardy Heads schooling up at the mouth of the passage and the lower reaches. As their numbers increase, the larger Snapper will start to follow, but for now, you will need to settle for some pan-size Snapper. Margie Gadd and Ron Russell caught these Snapper.



For those who haven't met Ron, he is an active member of the Bribie Community. He is involved in the Orchid Society and fishing clubs and recently volunteered his time to pass on fishing

knowledge at the U3A. These students are in good hands with a lifetime of fishing under his belt.



Ron has experience in all aspects of fishing, from freshwater for Bass and Yellow Belly to deep sea fishing for large Snapper, Cobia and Spanish Mackerel. If anyone needs some tips, contact U3A for details. Great work, Ron.

TIDE TIMES		Bribie Island AND Moreton Bay				
FRI 19 Apr 12:53 am 0.68m 7:21 am 1.77m 1:56 pm 0.52m 8:01 pm 1.61m	SAT 20 Apr 1:46 am 0.61m 8:04 am 1.79m 2:29 pm 0.47m 8:39 pm 1.7m	SUN 21 Apr 2:27 am 0.56m 8:37 am 1.79m 2:54 pm 0.44m 9:10 pm 1.78m	MON 22 Apr 3:00 am 0.53m 9:04 am 1.77m 3:15 pm 0.41m 9:38 pm 1.84m	TUE 23 Apr 3:31 am 0.53m 9:29 am 1.74m 3:36 pm 0.39m 10:04 pm 1.89m	WED 24 Apr 4:03 am 0.54m 9:55 am 1.7m 3:59 pm 0.38m 10:32 pm 1.92m	THU 25 Apr 4:38 am 0.56m 10:24 am 1.63m 4:22 pm 0.39m 11:01 pm 1.94m
FRI 26 Apr 5:15 am 0.59m 10:56 am 1.55m 4:46 pm 0.43m 11:33 pm 1.94m	SAT 27 Apr 5:57 am 0.63m 11:32 am 1.47m 5:15 pm 0.48m	SUN 28 Apr 12:10 am 1.92m 6:44 am 0.67m 12:15 pm 1.38m 5:49 pm 0.53m	MON 29 Apr 12:53 am 1.89m 7:38 am 0.71m 1:05 pm 1.31m 6:36 pm 0.59m	TUE 30 Apr 1:45 am 1.85m 8:46 am 0.72m 2:09 pm 1.26m 7:39 pm 0.65m	WED 1 May 2:50 am 1.82m 10:01 am 0.7m 3:29 pm 1.27m 9:02 pm 0.68m	THU 2 May 4:06 am 1.82m 11:09 am 0.62m 4:57 pm 1.36m 10:34 pm 0.64m



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The offshore scene has been awesome, with schools of Wahoo and Spanish Mackerel being caught in large numbers off Cape Moreton. Bill and Alex had a cracking day catching Wahoo, Spanish Mackerel, and Dolphin Fish trolling skirts available from Bait and Cycle at Bongaree. Ron managed his Spanish Mackerel by cubing Pilchards behind the boat and dropping down an un-weighted Pilchard on a gang. He also had a nice Kingfish in the mix.



As mentioned in my last article, Tailor has recently shown up, with a good-sized school at the mouth of the passage. They have been chasing down heady heads coming out of the water and engulfing these bite-size fish. They have been caught trolling shallow running diver lures but responding best to surface stick baits being cast and retrieved from the shore or boat. With most in the 50cm plus range, get ready to hang on with leaps and fast runs - they make for a very exciting fish to catch.



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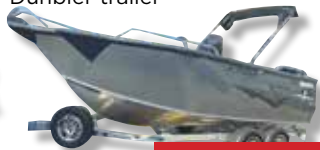
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What causes a shark feeding frenzy?



Animals from wolves to birds to turtles have been known to go wild for some food items and compete furiously for them. The term "feeding frenzy" has been used to describe everything from brides-to-be at a designer wedding dress sale to journalists hungry for a scandalous ratings-buster of a story. However, the idea of a feeding frenzy originated with sharks in a 1958 book titled "Shark Attack" by V.M. Coppleson. It's that usage that really captures the crazed and frightening aspects of a feeding frenzy.

A shark feeding frenzy occurs when several sharks fight for the same prey. Sharks are usually solitary diners, and a feeding frenzy indicates why that might be. To an observer, it looks like the sharks lose their mind, biting at anything in their way in an uncontrollable rage. They thrash around, their snouts elevating and their backs arching, all signs that indicate an impending attack. Some accounts tell of sharks eating each other and of sharks continuing to feed even after other sharks have disembowelled them.

But what causes these feeding frenzies? Some studies indicate that sharks will always be motivated to eat, no matter how full they are. Does this mean that a feeding frenzy could happen at any moment? What causes them to get so crazed? And why can't they share?

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SHARK FEEDING FRENZY CAUSES

Some scientists have observed feeding frenzies occurring naturally, particularly in shallow waters where seabirds, seals and sea lions congregate. However, they don't appear to be a common natural occurrence. Rather, it's more likely that feeding frenzies are rare events caused by a "supernormal stimulus," such as a high amount of stress in the water.

Studies have shown that sharks can sense distressed prey; they respond to scents emitted by injured fish and hear the sounds of a wounded person thrashing around in the water. Given the choice between healthy and injured prey, the shark will always pick the injured prey because it will take less energy to catch it. But things get crazy when more than one shark shows up to take advantage of the prey's misfortune.

It's important to note that many species retain a sense of order within a frenzy. The

Caribbean reef shark, for example, still maintains a quasi-pecking order during a feeding frenzy. The whitetip reef shark also behaves in a (somewhat) orderly fashion during what looks to be a chaotic bloodbath. If this buffet entices multiple sharks, sometimes they'll inadvertently bite each other.

Many feeding frenzies start near fishing boats, particularly when fishermen pull in a net of fish. These fish are thrashing against the net and perhaps have been injured in their capture, and the chemicals they give off attract the sharks. Sharks become aroused by the scent of blood and think they've happened upon an easy meal, but when more than one shark shows up, the scene gets competitive.

In the case of a shipwreck, sharks may be attracted to the panicking humans who are splashing around in the water. At the time of World Wars I and II, the oceanic whitetip shark was believed to have had many a feeding frenzy when boats were torpedoed and planes were shot down. This deep-

water dwelling shark was often first on the scene of maritime disasters, such as the World War II sinking of the Nova Scotia steamship. Of the 1,000 men aboard, only 192 survived, with many fatalities ascribed to whitetip feeding frenzies.

Humans aren't normally on the shark's menu. Shark attacks on humans might actually be an error or an experimental bite to determine how they'd taste. However, one practice that is increasingly causing feeding frenzies may lead sharks to associate humans with food even more. Shark feeding dives, an activity in which a group of caged divers descends to the deeps to get up close and personal with sharks, have become a huge draw in some parts of the world. To attract the sharks, diving companies use chum, or a mixture of blood and dead fish bits. Now, frenzies are often seen when sharks are fed with artificial bait.

In 1975, the U.S. National Park Service warned people not to feed wild animals in national parks and refuges because

giving them supplemental food changes their feeding habits and behaviours. If sharks start linking humans with this food, they might seek out humans with no food to give them. Several injuries have already occurred to swimmers who were in sites previously used by divers. In addition, many feel that artificial feeding defeats the purpose of trying to see these creatures in their natural state.

Whether the attraction is to frantic prey or a frothy mix of blood and guts, the intense stress emitted by these items seems to cause the sharks to freak out and enter a frenzy state. The more sharks attracted to the scene, the more distressed the scene becomes as the splashing increases. Scientists don't know yet how much of a feeding frenzy is actually about eating and how much of it is about establishing dominance in some ordered way that looks like chaos to us. Regardless, frenzies are one more thing that makes sharks both fearsome and fascinating.



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AMAZING WD40 USES

Some of the most popular uses of WD-40 include cleaning power tools, fixing squeaky hinges, lubricating sticky drawers or wheels, and rust prevention. However, enthusiastic consumers have reported to the company well over 2,000 ways to use the product. Here are a few of the more creative ones.

Untangling jewellery. Spray a little WD-40 on your tangled necklace or bracelet chain, and you should be able to straighten it out quickly. Speaking of jewellery, WD-40 polishes gold as well.

Removing chewing gum. If the kids get gum in their hair, a little blast of WD-40 will remove it in no time. Just make sure to thoroughly rinse your child's hair afterwards. WD-40 will also easily remove gum from the bottom of your shoe.

Cleaning your car. Do you hate returning home from a summer trip and seeing your car's bumper, grill and windshield covered with dead insects? A few blasts of WD-40, and you can easily wipe them away. It can also be used to deep clean vinyl surfaces. In addition, you can use the spray to remove scuff marks, regular grime, tar and paint (if, say, a car sideswipes you). Best of all, it won't ruin your vehicle's own paint job in the process.

Rust prevention. WD-40 can prevent rust, too. Use it on car and truck exteriors to help displace moisture and prevent rust from destroying your resale value.

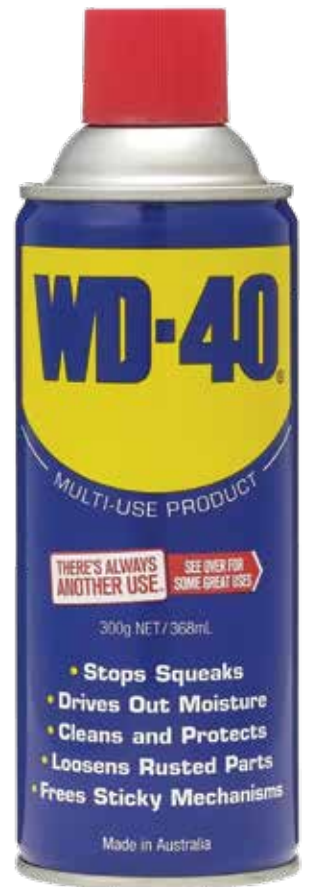
Cleaning garden tools. Don't replace your lawn mower or pruning shears. Instead, pick up a can of WD-40 and a paper towel, use them with care, and enjoy another season of squeaky-clean garden tools.

Removing a variety of stains. Have some coffee stains on your carpet or jeans? WD-40 will remove them. This magical spray also removes lipstick, ink, tea, berry, tomato stains, oil stains, lime stains in your toilet bowl, and hair colour dye in your towels.

Removing hard water spots. It's so annoying when hard water leaves unsightly spots on your shower door, dishes, porcelain, tile, and metal surfaces. But spritz a little WD-40 on those spots, and you'll be able to easily wipe them away. If you use the spray on dishes, make sure to thoroughly wash them before using them.

Unsticking zippers. Jammed zippers can be so frustrating. Before discarding the item or potentially ruining it as you struggle to set the zipper free, try a little bit of WD-40. The lubricating properties of WD-40 are often all you need to do.

Putting a shine on artificial plants. If your artificial house plants look dusty and tired, spiff them up by wiping the leaves and similar foliage with some WD-40.



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When the shearing sheds are silent, And
the stock camps fallen quiet
When the Gidgee coals no longer glow
across the outback night
And the bush is forced to hang a sign.
Gone broke and won't be back and
the spirits can't find a way beyond the
beaten track.

When harvesters stand derelict upon
the windswept plains
And brave hearts pin their hopes no
more on chance of loving rains
When a hundred outback settlements
are ghost towns overnight
When we've the drive and heart we had
once --- to see us right.

When "Pioneer" means a stereo and
"Digger" some backhoe
And the "Outback" is behind the house,
There's nowhere else to go
And "Anzac" is a biscuit brand and
probably foreign owned.
And education really means --
brainwash and neatly cloned.

When you have to bake a loaf of bread
to make a decent crust
And our heritage once enshrined in gold
is crumbling to dust
And fishing is a great escape, that's until
you're caught.
When you see your kids with Yankee
caps and resentment in their eyes
Soaring crimes and hopeless hearts are
no longer a surprise.

When the name of R.M. Williams is a
yuppie clothing brand
And not a product of our heritage that
grew off the land.
When offering a hand makes people
think you'll amputate
And two dogs meeting in the street is
what you call a "mate".

When "political correctness" has
replaced all common sense
When you're forced it their way there's
no sitting on the fence
One day you might find yourself an
outcast in this land
Your heart will tell you then, I should
have made a stand.

Just go and ask a farmer, that should
remove all doubt
Come and join the swelling ranks, who
say,

DONT SELL AUSTRALIA OUT.....



LETTERS TO THE EDITOR



Please keep your letters to no more than 200 words, this enables us to submit a number of letters for everyone to read. The comments and opinions on these pages do not reflect those of The Bribie Islander

Dear Editor

In reference to H.Beneke and T.Longland and their opinions about our flag, I find them disloyal to our country. We are all Australians, no matter what colour we are—the last paragraph from H Beneke beggars' belief. I have no words as I cannot understand how you think it's odd. T Longland, I am sure M.Cavenor could give examples of the left-wing bias on the ABC, but there is only so much room to write a letter- just one is the Q@A show, but so many on the ABC. They are only interested in the socialist left Labor Party and the socialist, Marxist Green Party. who are all economical with the truth.

Following is a poem by M.Merrick

'I hear they want to change our Australian Flag, And exchange it for one with a republican tag. Our sacred icon since Federation was born, A symbol of hope at the height of the storm.

When dark clouds hovered overhead as before, which saw our men march to another war, is it any wonder the flag looks weary and worn?

From the battles, it's seen since the early morn.

When neither cannon nor mortar shell could foretell, The horror that befell from the man-made hell, So those who inherit our lucky land, Might mark their footprints in the sand.

And censor those who would forfeit the cost, Of their self-sacrifice and our Heritage lost.

When on Anzac Day, we honour our flag-

The best cause for consecration our Nation ever had."

MWhite

Dear Editor,

The Olympics' home is the Gold Coast. It is simple. Raise a task force of real people like former Olympians and bean counters that are smarter than most Not govt public servants bean counters. Not one idiot political freeloader hanging around the subject of the Olympics, milking it for all its worth. They, the clowns, have

already spent millions on the Olympics while people sleep in parks. They are disgusting incompetent clowns like Canberra. The answer is there in their stupid faces. The Gold Coast has the infrastructure from the Commonwealth games and Matilda stole the show and is still there winking at everyone that passes. For God's sake, sink billions into the Gold Coast on a real proper world-class cruise terminal, another world-class airport, more infrastructure on buses, light rail trains to the coast, many many other venues, the already Dreamworld, Movie world, etc., etc. Accommodation is already there, add more. The Gold Coast is a tourist city. Brisbane is not the same; where do people stay in Brisbane and travel around? It's big. Go to the Gold Coast. If I can see it, why can't the vegetables in George St see the same as I have Can't giggles and his band of merry clowns see the same as I can? Omg heaven, help us all until the next election. Just pray a lot, pray like crazy, or you're doomed... Philip White Vietnam Veteran

Dear Editor

Blinkered Vision!

It is time for my annual letter about roundabouts and driving. Having had quite a few near misses over the past two weeks I realised we must have new people on the Island that have never seen a roundabout before. However, this time, I'm not going to talk about those people who indicate "right" when they enter a roundabout but intend to go straight through. Or those that don't indicate what they are going to do – in the belief other drivers just know what their plans are. I won't even mention those that indicate left but go right. Or those that stop to give way to imaginary "ghost" vehicles that are never coming. We all hate being "ghosted". I guess I could mention those drivers who think they always have the right of way – regardless – and plough on, hoping the

other driver will stop. But I won't mention 4WDs.

This time, I am going to talk about "indicators". Yes, those funny stalks we have on the right-hand side of the steering wheel (or left if you drive a beetle). I know some of you have often wondered what these stalks are for. No – they are not to balance your mobile phones on or hang jewellery from. They are what we in the driving fraternity call "indicators" – or to the layman, "blinkers". We call them that because they are an "indicating" device that allows you to "indicate" to other road users what YOU intend to do when driving. I hear you ask – what WILL they think of next? Don't we have enough to do when driving? But they can be useful – especially to the other driver. Think how handy it would be if you knew the oncoming car was turning and you didn't need to come to a stop for no reason. Think how handy it would be if you knew someone wanted to change lanes – BEFORE they did it – WOW! Then - think how easy it would be to gently touch that silly stalk – up or down (to indicate left or right). Yes – they go both ways, and you'll soon get the hang of it. You can allow that tailgating "idiot" in the other car to know what you intend to do! You may even enjoy that soothing, ticking noise as they work. Waving a hand and giggling afterwards isn't quite as useful. Show other road users your advanced driving skills by applying the indicator when needed. You won't be King of the Hill at Bathurst, but you'll be King or Queen of the Road to everyone around you.

I hope that has been of help to some – especially the newbies. Next time I will discuss the brake and accelerator. What they are for and how to use them.

Cheers and safe driving!

**Michal Matthews
Banksia Beach**

Dear Editor,

INDIGENOUS? A simple search of the dictionary

reveals that I, my children, my parents and my grandparents are Indigenous Australians because they were born here and spent all their lives here except for war service and very occasional trips off the continent. And are so despite zero Aboriginal or Torres Strait Islander ancestry.

Anyone who was born and spent most of their life in Australia is an Indigenous Australian. Chances are that you are, too. 70% of Australian residents in 2019 were born here.

But try to claim anything like what some other Indigenous Australians are claiming and getting away with and see how far you get. That is Australia at the moment.

Aboriginal and Torres Strait Islanders are descended from peoples of Indonesia and PNG who began migrating here about 65000 years ago. So... if present-day Aboriginal and Torres Strait Islanders are Indigenous Australians, then so am I. And you, probably. It reminds me of Winston Churchill's quote: "It is much easier to fool someone than to convince them they have been fooled". I was initially. The referendum was little more than a smokescreen and distraction from what continued on and accelerated in the background as quietly as they could manage. It's just that defeat counts for very little in reality. We are being fooled. BIG TIME. **David of Bongaree.**

Dear Editor,

H. Beneke. You accused me of "a racist slur ". However, as I pointed out - 1000 Aboriginal and Torres Strait Islanders were part of the voluntary enlistment that served under the Union Jack (the irony of which may have escaped your attention). Was that indicative of a racist slur, or was your ignorance of it and no subsequent mention of it and your denigration of it as being a "small number "racist? Of course, it is a SMALLER number compared to the population eight decades later—which you now claim

was your reference point. But you are not comparing apples with apples and are trying to change the goalposts mid-game. I did not take it out of context, as you claim—your context was faulty.

Still, I must bear in mind that you are a very publicly self-declared "woke "(a nonsensical use of a verb as a noun, incidentally) and "happy "to be so. This is such important and relevant personal information about your current state of mind for the readership that I, for one, should be eternally grateful. If you had any say in it, I'm sure you would tell me it is also something I "need "as you so often instruct me and the readership with regular "we need "this, that and the other claims.

As for your astounding misconception - "risking one's life to punish others for their misguided loyalty "as being the reason governments "allow" voluntary enlistments to "risk their lives in warfare". You meant defensive warfare, I presume. The actual reason is to defend the land, the Nation, its citizens, and their descendants from the aggressor. Is that not "caring for fellow citizens and their needs "? What more "noble purpose "could there be, H. Beneke?

By the way, as you stated, you are under no obligation to "satisfy David of Bongaree "in particular. (Should he be flattered or just grateful?) But you are under some obligation to satisfy the readership that you address, of which he is only one. And he, for one, would appreciate it if you would cease using figures he provides when you attack him. It's a bit cheeky, don't you know? And lazy, amongst other applicable descriptions. He, not being a woke head, still uses the correct and appropriate pronoun and intends to address yet another of your misconceptions/ misunderstandings, which led to your false accusation of "DISGRACEFUL "later. There are reasons to suspect it could become a little tedious in its regularity by necessity, though,

frankly.

David of Bongaree.

Dear Editor,

Isn't it great to see another woman appointed as Governor General?

It is a pleasant change from the military, retired judges, and ex-politicians. It will be nice to have someone who understands industry, trade, and tourism more than the average Australian.

While her role is to represent the crown, I eagerly anticipate the day when our Head of State truly embodies the Australian people, advocating for our interests on a global stage, such as at the Olympic Games, when a ceremonial head is required.

H.Beneke

Dear Editor,

"Gunnie," a true Australian, will not be left with a heap of batteries on four wheels nor support overseas economies that use Australia's gullible as a dumping ground for their scams, i.e., vaccines, and EVs. Scandinavian Shipping Companies refuse to carry EVs after two ships were destroyed by fire. TESLA went to his grave destitute; his experiments failed. Enter Elton Musk for a quick buck. He will lose money. Chinese EV makers have undercut his market share.

To Tony Longland, a person who wants FACTS. We are all encouraged by the scammers "to follow the evidence." Well, Tony, the smart people "follow the money." Do you believe the media would not lie? Open your computer and read about EVs the Australia Media will not tell you; [lucrative advertising dollars].

Hertz sells 20,000 Teslas after 2 years of use. Shares in Swedish Polestar fell about 4%. Hertz also expects c \$245 million in charges related to depreciation from the EV sale. General Motors (GM. N) and Ford (F.N) scaled back production. German Sixt had not purchased Tesla vehicles since 2022 and was selling its fleet. Etc Etc Follow the Money, Tony. Protect the gullible.

Thomas J Mahon JP Bcs

Kobi Parker
caught a
63cm grinner
on the 2nd
of April just
off Woorim
Beach, but
the world
record is
76cm, so
he'd like to
call it second
place!



Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

APR/ MAY 2024

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

Having just redone our wills and our enduring power of attorney, it may be a timely reminder to all to remember to keep these very important documents up-to-date. It is easy to let time slip by – do it before it is too late! With many people in a second relationship, particularly late in life, it is important that your health directive and power of attorney are current and that your wishes for your estate reflect your judgement – particularly when there are children and step children to consider. If there is a surviving partner, a legally binding will can give you peace of mind that your part of the estate will be distributed in accord with your direction. If you leave no will, the state will determine how your property is divided. There are a number of points to consider:-

- Marriage annuls all previous wills – even if you are young, make sure you have a will.
- What happens if one of the couple dies, and the other

lives for many years?

- If they re-partner, will your assets be preserved in accord with your wishes?

- How to proceed if one needs to go into care – how will that care be funded? Talk to your partner about your wishes for health care, how you would like your aged care managed, how your assets would be distributed and what you want to happen to your body after death. Don't let the fact that it might be an uncomfortable topic deter you. **Do it now!**

And talking of uncomfortable topics, domestic violence is another one of those. DFV (Domestic and Family Violence) is alive and well in all communities – including here on Bribie. It is not just verbal and physical altercations between adults – it can be much more subtle. Restrictions on visiting, social alienation, slow and consistent financial manipulation, elder abuse – there are many facets to this insidious crime. Queensland Police are called out to hundreds of DFV

incidents a day across the state. DFV is not an easy crime for a person who is not involved, to report. However, if you suspect your neighbour or a friend is experiencing some aspect of DFV, use the Crimestoppers number. **1300 333 000**

Another common issue that worries people – particularly older folk – is spam emails. Anyone who has a phone or a computer will get these unwelcome intrusions. I've lost count of the number of times my bank account has "supposedly" been debited by a \$499.92 purchase of cryptocurrency! And as for Linkt – my account would have been suspended many times over according to my regular correspondent who demands overdue payments! Just press the "delete" key – it could be the most important key stroke you make.

Our May meeting will be on Tuesday the 21st, at 9.30 in the ANZAC Room of the RSL. Join us for an interesting talk, and a cup of coffee and a biscuit.

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

All visitors are invited to attend. Next meeting 21ST APR, 2024 @ 9.30AM in the ANZAC Room Bribie RSL or Contact Peter PH: 0408 841 306.

FB Bongaree Neighbourhood Watch E: bongareenhw@outlook.com

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

LETS MAKE CRIME PREVENTION A PRIORITY

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



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CRIME REPORT BRIBIE ISLAND WRAP March 2024

www.mypolice.qld.gov.au/moreton

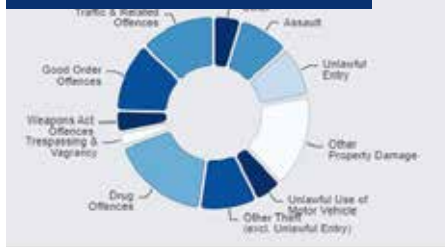
Members of the Moreton District Dog Squad took the opportunity to expose some of our newer police dogs to some water operational training on Bribe Island a few weeks ago. This training encourages the dogs to have the confidence to enter the water when pursuing an offender. Our police dogs undergo regular training and are subjected to many different scenarios, so there are limited surprises when working. 'Work' is one big play date for our police dogs, and what better way is there to spend a training session than at the beach? Sergeant Jason Austin, Officer in Charge of the Moreton Dog Squad, said all of the dogs performed very well and enjoyed the day. "As puppies, they are introduced to water early by our puppy development staff, forming part of their imprinting and develop-

ment," he said. "This produces dogs that are comfortable in the water along with other environments. "Water exposure is extremely important for our police dogs, as offenders tend to think water is a safe place. But, we have proven them wrong many times in the past." Well done to all. Keep up the great work in keeping Moreton safe. A career within the Queensland Police Service is like no other. From protecting, responding, and investigating to supporting, rescuing and learning – the sheer variety of roles make it both a challenging and rewarding career. As a police officer, you can have a career that has endless possibilities. Now really is the best time to join. Visit PoliceRecruit.qld.gov.au to kickstart your policing career and make a positive impact in your community.



92 Offences

16 MAR 2024 — 15 APR 2024



Other 4
Assault 8
Unlawful Entry 8
Other Property Damage 15
Unlawful Use of Motor Vehicle 4
Other Theft (excl. Unlawful Entry) 9

Drug Offences 16
Trespassing & Vagrancy 2
Weapons Act Offences 3
Good Order Offences 11
Traffic & Related Offences 12



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