

The background of the cover is a photograph of a coastal scene at sunset. Two kangaroos are visible: one standing on the left and another grazing on the right. A large, leafless tree branch arches over the kangaroos. The sun is low on the horizon, creating a warm, golden glow. The text is overlaid on the top left of the image.

THE BRIBIE ISLANDER

AND DISTRICTS COMMUNITY MAGAZINE

219

JUL 12, 2024

**DELIVERED FREE
FORTNIGHTLY**



Life just got brighter...

LOWER PRICES FOR THE LOWER TEMPS

AIR CONDITIONING

LG Smart Series Reverse Cycle Split System

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



WS09TWS 2.6W
\$761 \$846

WS12TWS 3.4W
\$856 \$952

WS18TWS 4.8W
\$1187 \$1319

WS24TWS 6.3W
\$1449 \$1611

WHY USE AIR CONDITIONERS IN WINTER?

- A reverse cycle air conditioner will keep your home cosy in winter.
- An economical and safe way to heat the home.
- Works as a dehumidifier by removing moisture from the air.
- A space saver up on the wall out of the way.
- Circulates air throughout the room with a DC inverter technology making more energy efficient.

BATHROOM HEATING

MARVEL 3-IN-1 BATHROOM HEATER **\$285** \$317

- Longlife ball bearing Air Extraction: up to 500m³/hr (139l/sec)
- Change colour temperature from 3000K, 4200K or 6000K
- 500 cubes



Available in black & white

NEWTON 3-IN-1 EXHAUST FAN HEATER FROM **\$90** \$96

- Longlife ball bearing Air Extraction: up to 240m³/hr (139l/sec)
- Change colour temperature from 3000K, 4200K or 6000K
- Available in White or Black



Available in 2 Heat & 4 Heat

LIGHTING

TRICOLOUR LED DOWNLIGHT **\$6.95** \$17.95 OR 10 for **\$65**

- Tricolour
- 10w dimmable
- 5 year replacement warranty
- 900 lumens
- 90mm cut-out
- IC-Rated



FANS

INTRODUCING... **VELOCITY**

DC CEILING FANS



46 INCH **\$246*** \$308
52 INCH **\$289*** \$362
64 INCH **\$333*** \$417

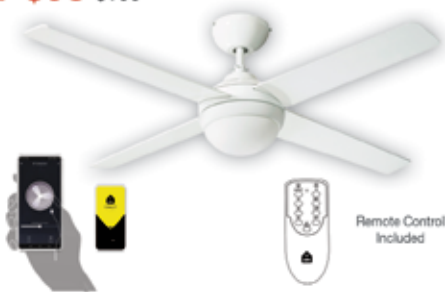
- Night mode
- High airflow
- Summer/Winter Modes
- 6 speed remote Included
- Dimmable with Light Kit (sold separately)
- Available in 4 colour options



GET SMART WITH... **HPM**



INSPIRE 4 BLADE 48 INCH **ONLY \$95** \$199



Remote Control Included



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



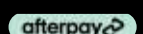
224 NICKLIN WAY, WARANA
(NEAR GOOD GUYS)

T: 07 5337 6330

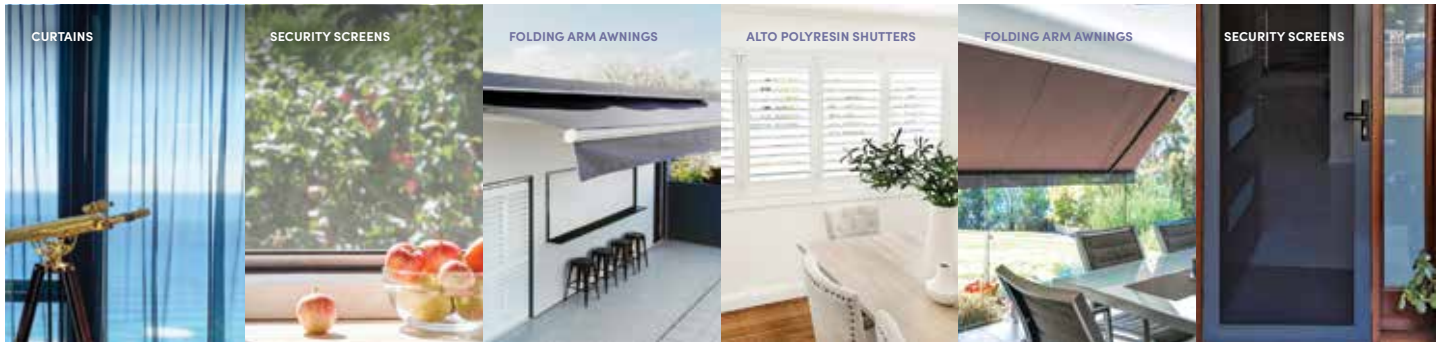
W: discountlightingandfans.com.au

1A 379 MORAYFIELD RD, MORAYFIELD
(WIDE WORLD OF LIGHTS)

T: 07 5498 7277



Conditions apply. Second table lamp, desk lamp shades all need to be equal value or less & in store product only. Offer ends 25/7/2024 or while stocks last. Electrician and installation not included



Transform your indoor & outdoor spaces today!

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

CALL US ON 1300 077 125 | factorydirect.com.au

*Offer valid until 31st July 2024. Excludes interest free finance.

FACTORYDIRECT

shutters, blinds, awnings,
curtains & security



219

JULY 12, 2024

CHERRIE WILSON

EDITOR | GENERAL MANAGER

on 0448 694 507

editor.thebribieislander@gmail.com

ADVERTISING

on 0448 448 457 or 0493 838 687

sales.thebribieislander@gmail.com

DEBBIE HUNTER

GRAPHIC DESIGN

design.thebribieislander@gmail.com

33

WRITERS CORNER

32

**BIRALI STEINER
SCHOOL**

29

GLEEMAN

Say goodbye to David and Gillian Parry

CONTENTS

Al Finegan	34-35	Nature	36-37
Beauty Feature	8-9	Pawsome Pet Pages	26
Crosswords	42	Recipe	27
Fishing Report	62	Sports Pages	42-43
Kids Page	43	Tide Times	66
Letters	71	Trades & Services	73
Local Dining Guide	22-23	VMR	60-61
Market Times	31	Writers Corner	33
Meet Your Local Tradie	63		

CONTRIBUTORS

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



Welcome

Welcome to issue 219 of our magazine! We hope you are all keeping warm, dry and safe.

For safety around your home, remember to blow out those candles at night, and take care with old heaters, using licensed tradies for all inspections and repairs.

And remember that in upcoming editions, we'd like to introduce a dedicated page that will allow readers to contribute their own practical tips and tricks – whether it's an enlightening epiphany, a cherished family tradition of wisdom, valuable advice, stories about acts of kindness, or heartwarming tales, we welcome your input.

Please keep emailing these to me, and we'll introduce our first dedicated page soon. Have a great day and thank you for being part of our vibrant Bribie regional community.

Until next time,

Take care, stay safe,

Cherrie



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.

LIMITED TIME OFFER



Big Queenslander Pack

\$31.95 only

Any 4 Award Winning Beefy's lunch size pies, plus 6 snack pies. (normally valued up to \$46.55)

Any flavour (incl. Big Qlder)
Gluten Free options available.



\$1

Donated for every
Big Queenslander Pie sold
to 92.7 Mix FM's
Give Me 5 Appeal



B250724

BEEFY'S
FAMOUS AUSSIE PIES

20% BIGGER

BEEFY'S.COM.AU



Hand in coupon to redeem offer. Not valid with any other offer.
Hurry... this offer must finish by Thursday 25th July, 2024.

• Aussie World • Buderim • Glasshouse • Gympie • Kawana
• Mango Hill • Maroochydore • Ningi • Trarsteston

INTERLOCK

SCREEN & DOOR SERVICES

* Security Screen Doors & Windows
Sales & Installations

* Glass Door Services

* Screen Door Locks &
Handles

* Pet Doors

* Roller Replacements

* Fly / Pet / Midge Screening

Call now for a free Quote!

0455 395 621

Locally Owned & Operated.
In-home Consultations.

info@interlocksds.com.au
www.interlocksds.com.au





Daily Foot Skin Care Regimens

PODIATRY SERVICE

All Our Podiatrists Bulk Bill Medicare*

- General Nail Care
- Foot Pain
- Cracked Heels
- Callus Removal
- Ingrown Toenails
- Biomechanical Assessments
- Diabetic Assessments

We accept all private and health fund clients – Medicare, DVA, NDIS, Work Cover plus more

*Bulk bill Medicare requires a current GP EPC referral for Podiatry



PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

Your feet, the unsung heroes of your body, perform a remarkable feat daily, supporting a force equal to hundreds of tons. It's a testament to their resilience that most people experience foot problems at some point during their lives.

Foot problems, whether caused by a simple slip in the gym shower or long-term neglect, can be avoided and alleviated with a daily foot skin care regimen. This knowledge empowers you to take control of your foot health.

Good foot skin care contributes to overall good health. If you're diabetic, excellent foot care is vital. Diabetes can damage foot nerves and reduce blood flow. If you're diabetic and have suffered nerve damage, you may not even realise that you've developed a blister. Diabetes also makes it harder to resist infection, and healing can be a real challenge.

For those with peripheral artery disease (PAD) or diabetes, good foot hygiene is crucial. Remember, always consult with a doctor about any foot concerns. This reassurance can help you navigate your foot health with confidence.

Start by washing your feet daily with warm water and soap. Dry your feet carefully, especially between your toes. Be sure to look at your feet regularly -- preferably daily if you have diabetes. If you can't see the bottom of your feet, use a mirror or ask someone to look for you.

If you have diabetes, look closely for any changes in the colour and temperature of your feet, thickening or discolouration of your nails, peeling or scaling on the soles of your feet, and any growths, cracks or cuts in the skin.

Treating yourself to a pedicure at home or by a professional is a great way to cleanse your feet and identify potential problems. If you're giving yourself a pedicure, follow

these steps:

- Soak your feet in warm, soapy water for ten minutes.
- Use an orange stick to push back your cuticles.
- Trim your nails straight. Only trim cuticles that hang over the edge of your nail margin.
- Finally, smooth toenail edges with an emery board.

It's very important to trim your nails straight. Curving nails might lead to painful ingrown toenails. Many experts recommend that you see just a fraction of an inch of skin above your nail margin.

Once your feet are clean, moisturising them is the next step. Massaging a cream or lotion onto your foot after cleansing serves two purposes: It keeps your feet soft and supple and rejuvenates them. Keeping your feet soft and supple may prevent other problems from developing, such as corns or cracked heels. Many products are made specifically for moisturising your feet. Look for those that are emollient-enriched. To prevent athlete's foot, ensure no moisturiser remains between your toes.

In addition to moisturising, rolling your feet over a rolling pin or an unopened can on the floor is an easy and effective way to massage your feet at home. You can also use your thumbs to pressure the balls of your feet and the arches. This will relieve the tension after a hard day of use. Finish with a 5-second squeeze to each Achilles tendon, repeated two or three times.

TREAT FOR YOUR FEET

Have you ever heard of a sauna for your feet? For an inexpensive and effective foot sauna, wrap each foot lightly in cellophane before bed after moisturising your feet. In the morning, you should awaken with soft feet for a fraction of the price a professional foot sauna would cost.

Based on ancient Chinese principles, reflexology involves applying pressure to certain points of the foot to reduce pain, improve relaxation, and stimulate healing and

circulation. Reflexology is based on the theory that the ball of the foot corresponds to the lungs, the heel to the lower back, and the big toe to the head. Although research hasn't substantiated reflexology's benefits, it has numerous enthusiasts.

TREATING CRACKED SKIN ON THE FOOT

Cracked heels can range from an unattractive nuisance to an extremely painful condition. Cracks or fissures can become so deep that standing, walking or applying any pressure becomes painful, and serious cracks may also begin to bleed.

Cracked heels may start with dry skin or result from other conditions, including psoriasis, diabetes, hypothyroidism, and atopic dermatitis. Corns and calluses can also cause cracked heels, particularly if a person is overweight, stands for a long time on hard floors, or wears open-back shoes or sandals.

If you care for your heels properly, you will most likely prevent cracked ones.

Proper care is simple -- use a moisturising cream regularly. If cracked heels are already a problem, use the moisturiser two to three times a day. Before using moisturiser, rub callused areas with a pumice stone to reduce their thickness.

See a podiatrist if your home treatment of cracked heels doesn't work after a week. Treatments include debridement, which involves cutting away the thick skin and strapping, a method used to hold cracks together as they heal. Consider using prescription creams and special insoles or other products to redistribute the weight on the heel and provide better support.

Good moisturising doesn't just help prevent or cure cracked heels; it can also help keep away corns and calluses. Never use a razor blade or scissors to remove hardened skin from your feet. If you remove too much skin, you run the risk of infection. This advice also applies if you're getting a pedicure in a salon.

NINGI PHARMACY

GOOD OLD-SCHOOL SERVICE

FREE

PRESCRIPTION
PICK UP
AND
DELIVERY
TO BRIBIE



CONVENIENT OPENING HOURS

OPEN 7 DAYS

MON - FRI 7.30AM - 6PM, SAT - SUN 8.00AM - 1PM

PLEASE CALL TOM

5497 6644

1421 Bribie Island Rd Ningi



50+ LOW IMPACT STRENGTH & CARDIO SESSIONS AVAILABLE



GYM & TONIC GYM CIRCUIT
...FOR 50+ FEMALES

9:15am every Tues, Wed, Thurs & Fri
\$15 per session

MATES WITH WEIGHTS GYM
SESSION ...FOR 50+ MALES
8am every Wednesday
\$15 per session



Location: Bongaree
Membership: None required.



Our private gym is more than a place to
work out; it's a community where you're
supported every step of the way!

Gentle on Joints - Strong On Health

E: Jacinta@bodyies.com.au Ph: : 0490 111 463

www.bodyies.com.au

**HEALTH HUB
DOCTORS
WOORIM**



OPEN NOW
MON - FRI
8AM - 5PM
BULK BILLING AVAILABLE
NEW PATIENTS WELCOME

- ✓ GENERAL HEALTH
- ✓ IMMUNISATIONS
- ✓ CARE PLANS
- ✓ TRAVEL MEDICINE

BOOK ONLINE  

07 5322 4933
RECEPTION@HHDW.COM.AU

SHOP 3/6-8 NORTH STREET, WOORIM, BRISBANE ISLAND 4507



BAMBOLINA BEAUTY

Beauty Begins the Moment you Decide to Make Yourself Happy

Certified Nail Technician
Certified Eyelash & Brow Technician

Open Monday to Saturday
by appointment only

Home Based Salon at 43 Voyages Drive, Banksia Beach
Call Josie now on: **0434 703361**



**COMMITTED TO
QUALITY & BEST
SALON EXPERIENCE**

- Nails
- Beauty
- Spa Pedi
- Lash & Brow
- Hair Removals & Waxing
- Massage
- Men's Mani & Pedi

Check out our FB page for details! 

Shop 3/91 Welsby Pde, Bongaree
07 3438 2461

*D'Luxe Beauty Haven
Beauty Salon*



bodyies
Feel better & boost your body confidence with Jacinta

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

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

0490 111 463



**DON'T
LET
PAINFUL
EYES**

Disrupt Your
Daily Life




eye envy
OPTOMETRIST

BOOK ON LINE AT eyeenvyoptometrist.com.au

Shop 56A, Morayfield Shopping Centre
171 Morayfield Road, Morayfield Qld 4508
(07) 5432 3077



PIÑA COLADA



37 Benabrow Ave,
Bellara 4507

BELLARA | GYMPIE | BURPEN-
GARY |
NOW OPEN @ MOOLOOLABA



FREE SCARF
with any jacket
or shoe purchase



The lehenga choli has existed for many years as one of the splendid forms of clothing worn by the traditional Indian woman. This attire – a

long skirt (lehenga), form-fitting top (choli), and a piece of cloth to be draped over the head (dupatta) can be worn for almost any event, from a wedding to a festive occasion. Thus, in recent years, there has been a thrilling variety of diverse styles and inclusion of designs in the fashion industry, especially in the cotton-printed, floral, and plus-size lehenga choli. Thus, these variations address the issue of different tastes and perceptions of beauty and the questions of comfort and accessibility. This article aims to discuss the pros of these lehenga choli styles and how they are fashionable today. Cotton-printed lehenga cholis are a breath of fresh air in the world of ethnic outfits. They combine the soft texture of cotton with the allure of prints, making them a perfect choice for those who want to embrace tradition without sacrificing comfort, especially in hot climates. The use of cotton ensures that these ensembles are suitable for all-day events, as comfort is not compromised for style.

Cotton prints come in a variety of styles, from Hispanic and Oriental to Modern and Ethnic, offering a range of options from exclusive geometrical shapes to glossy paisleys. These prints provide an opportunity to create diverse looks, from classic to vibrant. Cotton-printed lehengas often feature hand-block prints, tie-dye, or digital prints, allowing the wearer to add their unique touch to the ensemble. They can be paired with simple or richly embellished cholis, depending on the event or the wearer's preference.

Of all the ethnic wear that we see, nothing captures the imagination of the beautiful Indian woman, quite like the floral lehenga choli. Complemented with precious gem studded Jewellery and floral lehenga cholis, add the beauty of nature to traditional Indian outfits. Florals can never really go out of fashion and are mostly preferred due to their flexibility in various occasions ranging from wedding events to festive seasons and other non-formal occasions. These lehengas are amazingly worn in the spring and summer seasons because the traditions of each season depict the vibrant colours and patterns of flowers.

The designs can be as simple and feminine as flowers scattered on the fabric or as loud as flowers being

the main print on the fabric. Here, the application of the wear includes contrast of the colour and texture of the florals, enhancing the layered appearance of the lehenga choli. These lehengas can be of silk, georgette or chiffon and each one has its own flow and look to it. It is seen that with the selection of material, one gets the overall feel and business formality more closely related to the richness of silk rather than getting the soft feel of a georgette or chiffon fabric.

The trend of fashion has expanded to a tremendous extent, and plus-size lehenga cholis are one beautiful example of the ever-improving fashion industry. These lehengas are fashion-forward and body-positive, fit for different sizes without over-emphasizing comfort for the sake of beauty. The appreciation that plus-size lehenga cholis have continued to be produced is good, as it leaves every woman happy after being dressed with a traditional garment that fits her properly.

Modern fashion houses then focus on the design, fitting, and embroidery of plus-size lehenga cholis that would not only look good on the plus-size figure but also be comfortable. To maintain a balance, one can locate the puff somewhere in the middle, which has high-waisted lehengas, A-line cuts, and strategic pleating. Also, the idea of wearing light fabrics and, if desired, prints or decorative aspects can be applied with great success and without adding volume.

But for the ladies who want to go with more than one trend, the floral cotton-printed plus-size lehenga choli is just the way to go. This one amalgamates the comfort of cotton, the elegance of floral prints, and plus-size fashion as well. These lehengas are ideal for all contemporary, comfortable, and beautiful occasions, which stand out against the trend and one's uniqueness.

The cotton-printed, floral, and plus-size lehenga cholis are perfect examples of how ethnic Indian wear has transitioned, staying comfortable and beautiful simultaneously and catering to plus-size Beauties. These styles span from simple to complex and from the petite to the larger, explaining to every woman the lehenga choli that fits her personality and boosts her self-esteem. Whether it's a celebration of an important occasion like Diwali or Christmas or a simple gathering, these lehenga cholis are perfect in every way and stylish, and they are a perfect combination of the old-age tradition and the new-fangled fashion.

Worldwide Fashion

The beauty of the Lehenga Choli



bribie acupuncture



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

ACUPUNCTURE FOR SCIATICA

Though acupuncture is well known for its effectiveness in treating pain conditions, what often prompts people to come to see us at Bribie Acupuncture for treatment is not the pain itself but the impact the pain has on their quality of life. Pain can stop you from enjoying your morning walks, keep you off the golf course, or prevent you from running your best time in the next race.

One of the main nerves in our legs is called the sciatic nerve which traverses from the lower back, through the buttock and down the leg. When the nerve is inflamed, pain, numbness, and/or weakness is often felt in the buttock and upper leg - in some cases the pain can travel down to the feet, down the back or side of the leg. Sciatica can literally be a big pain in the butt!

It is estimated that up to 40% of people experience sciatica at some point during their lives, most commonly in people in their 40's or 50's, and more commonly in men than women. Sciatic pain may be constant or it may be felt as a sudden pinching sensation. Oftentimes sciatica cannot be blamed on a specific trauma - sometimes simply bending, lifting, or straining may aggravate it. Even sitting for extended periods, such as during long car rides, may be the culprit. Pain is triggered when pressure is put on the sciatic nerve such as from the spinal discs or tight muscles, or more seriously spinal disc herniation, when a portion of the spinal disc bulges out of the spinal column and pushes on the sciatic nerve, or spinal stenosis, a narrowing of the spinal canal.

Fortunately tight muscles or spasms are the most common cause of sciatica, which can be treated more easily. Often the root cause is a tight piriformis muscle in the buttocks, but other muscles in the lower back and pelvic region often contribute to sciatic pain.



TIGHT MUSCLES & MUSCLE SPASMS

Though the source of pain can sometimes be obvious, often more subtle dysfunctions in the nervous system result in neuropathic pain (nerve pain) which cannot be seen on x-rays or ultrasound scans. Oftentimes this pain involves the nerve to muscle connection where affected muscles that have become shortened/ tightened or overstretched/ loosened, physically compounds the pain due to reduced blood flow. A classic example is someone who suffers back pain after long periods of sitting; though their back muscles may of course be affected, often the muscles in their buttocks become overstretched and the muscles at the top of their thigh become overly tight (simply due to the body position while seated), and the muscles become inhibited or "switch off", causing pain to refer to the back. Or, in the case of sciatica, the tight muscles could be pushing on the sciatic nerve.

When muscles are inhibited, matters can become more complex as these muscles can feel weak and we often compensate by altering our posture, creating more dysfunction in other areas of the body, creating a domino effect. We likely all know someone who

walking with a tilted posture, and wound up also having back pain.

The first step to treatment with acupuncture is an assessment of which muscles may be contributing to the condition. Once this is determined, we are able to find the points in which nerves meet those muscles, known as motor points. When an acupuncture needle is used on a motor point with an electric impulse, it creates a contraction and relaxation phase releasing tight contracted bands of muscle or tightens overstretched bands of muscle. This is like hitting a reset button. The results are immediate pain relief and improved muscle contractibility and mobility.

Acupuncture has been shown to be an effective treatment for sciatica, eliminating or significantly decreasing pain and increasing quality of life. Research has shown acupuncture to be successful in treating back pain and sciatica through the following mechanisms:

- Stimulating nerves located in muscles and other tissues, leading to the release of endorphins which relieves stress and pain
- Reducing inflammation and muscle stiffness and increasing joint mobility by increasing blood circulation in the affected area
- Promoting regeneration of the sciatic nerve.

Acupuncture is a popular and effective treatment for sciatica which is without the side effects of prescription pain medications like NSAIDs and muscle relaxers. Clinical guidelines for low back pain in the United States are now almost universally recommending acupuncture for low back pain over previously-favoured pharmaceutical and surgical options. The American College of Physicians, Medicare/Medicaid and the Joint Commission (which establishes criteria for hospital accreditation) have all recommended acupuncture for low back pain.

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

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

4/29 Benabrow Avenue, Bellara Qld

In a world that measures value by external achievements, it's easy to forget that true worth lies within. Embracing your worth is about recognising and honouring your intrinsic value.

This journey begins with a profound realisation: You are enough, just as you are!

We are all born with inherent worth, which does not increase with success or diminish with failure. Your worth is not tied to your job, relationships, or social status. You are valuable simply because you exist.

Everyone has an inner critic who questions their value and capabilities. Recognise that this voice is a manifestation of fear and insecurity, not the truth. Challenge this critic by affirming your strengths and accomplishments. Replace negative self-talk with positive affirmations like, "I am worthy of love and respect," and "I deserve happiness and success."

Your unique blend of talents, experiences, and perspectives makes you special. Celebrate your individuality and the qualities that set you apart. Write down attributes you admire about yourself and revisit this list whenever self-doubt creeps in. Embrace your quirks and imperfections, for they make you authentically you.

Being kind to yourself is essential in recognising your worth. Treat yourself with the same compassion you would offer a friend. When you make mistakes, forgive yourself. Understand that growth often comes from challenges and setbacks. Self-compassion nurtures a healthy relationship with

yourself, allowing you to see your value more clearly.

The company you keep significantly impacts your self-perception. Surround yourself with people who uplift, support, and value you. Avoid those who diminish your worth or bring negativity into your life. Positive relationships reinforce your sense of self-worth and provide a supportive environment for growth.

Knowing your worth means recognising what you deserve in relationships and interactions. Setting healthy boundaries is a powerful act of self-respect. Learn to say "no" to situations and people that drain your energy or compromise your values.

By protecting your personal space and emotional well-being, you affirm your worth and prioritise your needs.

Self-care is a tangible expression of self-worth. Dedicate time to activities that nourish your mind, body, and soul. Whether it is meditation, exercise, creative pursuits, or simply resting, self-care practices reinforce the message that you are deserving of care and attention.

Close your eyes and visualise your best self—confident, happy, and thriving. Hold this image in your mind and let it guide your actions. Visualisation helps align your thoughts and behaviours with the person you aspire to be, reinforcing your sense of worth and potential.

Your worth is not something to be earned; it is something to be realised and cherished. Embrace it, and let your light shine brightly!

Need help to realise your worth and potential? Reach out and call me, and let's chat, here is my number- 0405 361 882.

Always with love, Maria Christina X

Embracing Your True Worth: A Journey to Self-Recognition.

THERE IS A NEW VENUE FOR THE WHITE LIGHT PSYCHIC HEALTH AND WELLBEING EXPO ON BRIBIE!

Saturday 20th July will see the White Light Expo at the Pandanus Room of the Pacific Harbour Golf & Country Club for the first time. This is due to major renovations at the RSL which apparently won't be finished until October 2025.

This will be the 16th time this event has been on Bribie Island.

There will be essential oils, Bowen therapy, Kinesiology, Holistic Kinetics an ancient healing modality, crystals, Enagic water ionization and alkalisation systems crystal jewellery and much more.



One Purpose One Solution Foundation presents

WHITE LIGHT HEALTH & WELLBEING EXPO

Pacific Harbour Golf & Country Club
141-159 Avon Avenue, Banksia Beach
Saturday 20th July 2024
10am to 3pm

Find out how Alternative Therapies can help you heal naturally.

Many Exhibitors which may include ...
* Healers * Psychics * Complete Health * Crystals * Books & CD's * & much much more!

Visit www.whitelightexpos.com to choose your reader.
For information call 0419 709 661

Gold Coin Entry




Not to forget our wonderful Psychics, we have a mixture of local and away readers who may just let you know what will be happening in the next half of this year.

There is a new Chef and menu with the food looking amazing.

Exhibitor enquiries always welcome, call 0419 709 661 for further information.

It's still only a GOLD COIN ENTRY.

QLD LASER & COSMETIC CLINIC

Eluxe with our exclusive and meticulously curated range of cosmetic and beauty services. Our services are designed to uplift and enhance your natural beauty, giving you a sense of well-being and a radiant glow from head to toe.

Unleash the transformative power of our Azure Tan Firming Butter and elevate your look with our mineral make-up powders and tinted moisturisers. But that's just the beginning of your transformation journey!

At our clinic, we hold the belief that personalisation is paramount. This is why we provide exceptional Cosmedix Medi-Facials tailored to your unique needs, aiding in the natural regeneration of your skin. Whether your concern is scarring, pigmentation, anti-aging, or laxity, our team of seasoned professionals will meticulously design a personalised skin package exclusively for you.

As one of the industry's leading medical, cosmetic, and advanced skin quality clinics, QLD Laser & Cosmetic Clinic brings you the pinnacle of treatments.

Don't hesitate to embark on your journey to a more vibrant life. Immerse yourself in our world of allure and allow us to empower you with confidence and beauty today!

- Skin Rejuvenation & Correction
- Permanent Hair Reduction
- Skin Firming & Tightening
- Acne Treatment
- Waxing and Tinting
- Hydra/Aqua Facial
- Skin Needling
- Microdermabrasion
- Cosmetic Tattooing
- Cosmetic Injectables
- Facials And Skin Peels
- Pigmentation Correction

QLD LASER AND COSMETIC CLINIC

Shop 14, 25 Sunderland Dv, Banksia Beach

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

07 3410 7710



JULY ONLY SPECIALS
conditions apply

\$60 OFF

1 hour Deluxe Relaxation Facial

\$150 OFF

BBL Hero Laser face rejuvenation and correction.

\$200 OFF

Secret RF Needling procedures.

ATTRACTIONS

FASHION • JEWELLERY • ACCESSORIES

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

**UNVEILING OUR LATEST EVENT
DRESSING COLLECTION!**

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

Bribie Harbour Shopping Village
Shop 14, 25 Sunderland Dv, Banksia Beach
Insta@attractions.fashion (Inside Qld Laser building)
www.qldcosmeticclinic.com.au

07 3410 7710



facebook.com/@attractions.fashion



**JULY ONLY
FASHION
SPECIALS
30% OFF**
conditions apply

The Benefits of Regular Facials for Healthy Skin

Regular facials are more than just a luxury; they are essential to maintaining healthy and radiant skin. Facials offer numerous benefits beyond what you can achieve with at-home skincare routines. This article will explore the importance of facials, their benefits, and why you should consider incorporating them into your skincare regimen.

1. The Importance of Regular Facials

Facials are not just a luxury but a crucial component of a comprehensive skincare regimen. Regular facials help to:

- Deep cleanse the skin, removing impurities that daily washing may miss
- Exfoliate dead skin cells, promoting new cell growth
- Hydrate and nourish the skin, ensuring it remains plump and healthy
- Improve circulation, giving your skin a natural, healthy glow
- Incorporating regular facials into your skincare routine can address specific skin concerns and maintain overall skin health.

Deep Cleansing: The Foundation of Healthy Skin - One of the primary benefits of facials is deep cleansing. Professional facials help remove dirt, oil, and impurities from your skin, often not fully addressed by daily cleansing routines. This deep cleansing process prevents acne, blackheads, and other skin issues, clearing and refreshing your skin.



The Role of Facials in Comprehensive Skin Treatment

- Healthy skin requires more than just daily cleansing and moisturising. Facials play a critical role in comprehensive skin treatment, addressing a variety of skin concerns and enhancing overall skin health. Here's how facials contribute to a thorough skincare regimen:



Exfoliation: Promoting New Cell Growth

- Exfoliation is a key step in any facial treatment. It removes dead skin cells from the skin's surface, leading to a dull complexion and clogged pores. Regular exfoliation through facials encourages the growth of new, healthy skin cells, resulting in a smoother and more radiant complexion. This process also helps reduce fine lines and wrinkles, giving your skin a youthful glow.



Treating Acne and Blemishes

- Regular facials can be highly effective in treating acne and blemishes. Professional estheticians use specialised products and techniques to cleanse the skin deeply, remove excess oil, and unclog pores. Treatments such as chemical peels, extractions, and blue light therapy can target acne-causing bacteria and reduce inflammation, leading to clearer, healthier skin. For those with acne-prone skin, regular facials can be a game-changer. Facials designed to treat acne include specialised products and techniques to reduce breakouts and prevent future ones. By regularly treating your skin to professional care, you can achieve clearer and healthier skin.



Soothing Sensitive Skin

- Regular facials can provide soothing relief for those with sensitive skin and help manage conditions like rosacea and eczema. Professional estheticians use gentle, hypoallergenic products and techniques to calm irritation, reduce redness, and strengthen the skin's barrier function. Customised facials for sensitive skin ensure that your skin receives the care it needs without causing further irritation.



Reducing Hyperpigmentation and Dark Spots

- Facials can help to reduce hyperpigmentation and dark spots caused by sun damage, aging, or acne scars. Treatments like microdermabrasion, chemical peels, and laser therapy can lighten dark spots and even out skin tone. Regular sessions can lead to significant improvements, giving your skin a more uniform and radiant appearance.



Improved Circulation:

Boosting Skin Vitality - Facials often involve massage techniques that improve blood circulation in your face. Increased circulation brings more oxygen and nutrients to your skin cells, enhancing their health and vitality. This boost in circulation helps to achieve a natural glow and a more youthful appearance.



Anti-Aging Benefits:

Reducing Wrinkles and Fine Lines Regular facials can help reduce the appearance of wrinkles and fine lines. By promoting collagen production and improving skin elasticity, facials can slow the aging process, keeping your skin youthful and firm.



Hydration: Keeping Your Skin Moisturised

- Hydration is essential for maintaining healthy skin. Regular facials provide deep hydration, using masks and serums that penetrate the skin more effectively than at-home treatments. Hydrated skin is more resilient, less prone to irritation, and appears more youthful and vibrant. Regular hydration through facials can help to maintain the skin's moisture barrier, preventing dryness and flakiness.



HOW TO SAFELY USE A NETI POT

If you're into the latest wellness trends, you've definitely heard of a little something called a neti pot. A neti pot is a shallow vessel — usually made of ceramic or plastic — with a thin spout that uses a stream of sterile saline solution to wash out your sinuses, clearing out the mucus and other debris that can clog up your nasal cavities.

The neti pot also has been making headlines after a woman rinsed her nostrils with untreated tap water instead of the recommended sterile saline solution, possibly leading to a fatal batch of brain-eating amoeba. However, when used properly, neti pots are not only safe, but also an effective way of reducing sinus-related problems.

If you've purchased salt in a kit along with your neti pot, follow the package instructions. You can also make your own saline solution. Use a ratio of one-quarter to one-half teaspoon of non-iodized salt per eight ounces of warm sterilised water, or one teaspoon of non-iodized salt per pint of water if you're doubling the amount of solution. Mix until the salt dissolves.

The key to safe nasal irrigation is to use sterile or

distilled bottled water — it is inexpensive and by far the safest option. However, tap water boiled for 3-5 minutes and cooled to a lukewarm temperature will also work. Do not put boiling water into the neti pot. It's best to irrigate over a sink, preferably in front of a mirror. Once you've poured your saline solution into the neti pot, lean slightly over the sink and shift your head sideways to elevate one nostril above the other. While breathing through your mouth, raise the neti pot and calmly insert it through the upper nostril. If your head is tilting down to your left, this will be your right nostril. If your head is tilting down to your right, this will be your left nostril.

Take care to keep your forehead level with your chin and avoid leaning too far forward. Otherwise, the water may not exit properly or could accidentally flow out through your mouth.

After you've inserted the neti pot, water should flow from the pot into the upper nostril and out the lower nostril without any delay. Remove the pot once emptied. Lightly exhale and blow your nose to clear it of any extraneous mucus or solution. Refill the pot with saline solution and repeat the process using the other nostril.

While many neti pot users rinse on a daily basis, consult your doctor about how often is appropriate for you.

What to Expect

If you experience burning or an otherwise irritating feeling in your nostrils after use, it's probably because

you used too little or too much salt. Adjust the ratio of salt to water or decrease your neti pot routine to every other day.

When in doubt, consult the instructions provided with your neti pot or seek out the guidance of a trusted physician, particularly if you experience adverse effects like headache, fever, nausea or vomiting. The procedure may not be appropriate for children under the age of four without the recommendation of a paediatrician.

Some Safety Tips

After each use, wash your pot thoroughly with hot water and soap, and let it air dry before your next session. Many neti pots are also dishwasher safe but check the instructions that come with your vessel. Do NOT microwave your neti pot.

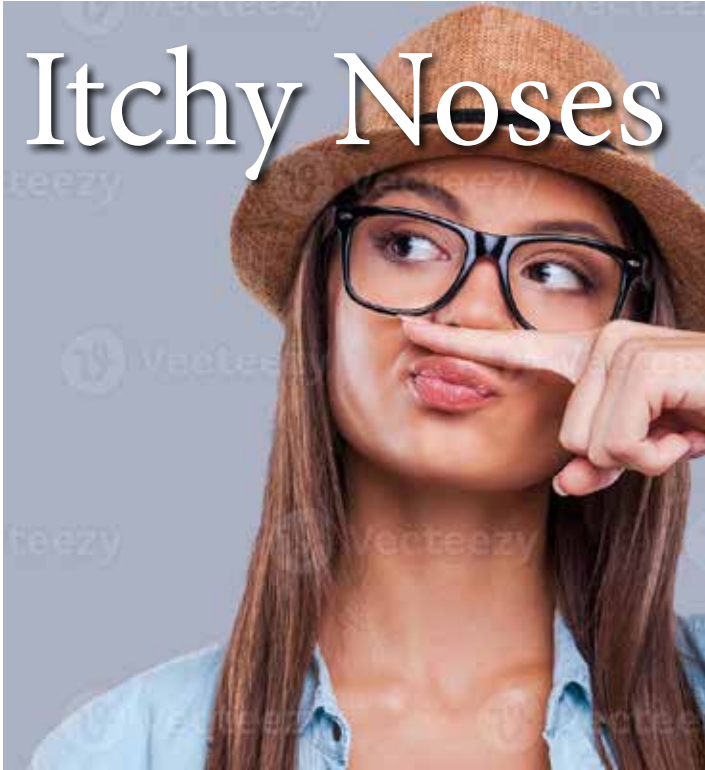
Sharing isn't always caring: Do NOT share the neti pot with family or friends.

Above all, do NOT use tap water that has not been boiled or otherwise properly sterilised. Your standard Brita filter will likely not protect you from the ravages of brain-eating amoebas. The one exception: Tap water processed through filters with a pore size of 1 micron or smaller can be used for your neti pot.

You can purchase Neti pot kits with the appropriate saline products included at your local pharmacy.

And definitely don't grab any old teapots out of the cupboard. Nasal rinsing is serious business!

Itchy Noses



reasons behind an itchy nose may exist, such as allergies or dryness, many people attribute spiritual meanings and superstitions to this common annoyance. This comprehensive guide will enlighten you about the diverse world of itchy noses, exploring the beliefs, superstitions, and medical explanations behind this peculiar phenomenon.

The Spiritual Meanings of Itchy Noses

An Unexpected Visitor - Across numerous cultures, an itchy nose is often seen as a sign that an unexpected visitor is on their way into your life. This visitor could be a friend, a family member, a spiritual guide, or even a stranger who has the potential to impact your life significantly. Pay close attention to your surroundings and be open to new connections and opportunities when your nose starts to itch.

A Reminder of Gratitude - When your nose starts to itch, it's a gentle nudge to pause and appreciate the incredible gift of your sense of smell and the marvels of your body. It's a reminder to be mindful of the present moment and express gratitude for life's simple yet extraordinary things. Let your itchy nose serve as a prompt to be more appreciative and mindful in your daily life.

Someone is Talking About You - If your nose suddenly begins to itch without apparent cause, it could be a sign that someone is talking about you. This conversation might involve gossip or praise, depending on the context. Regardless, your itchy nose serves as a reminder that you are the subject of discussion and that your presence is being acknowledged somehow.

A Sign of Indulgence - In certain superstitions, an itchy and red nose is believed to indicate an upcoming indulgence in alcoholic beverages. If you find yourself scratching your nose and notice a slight reddening, it could be a playful sign that you will soon enjoy some celebratory drinks or social gatherings.

A Warning to Lower Your Volume - If you experience an itch on the bridge of your nose during a conversation, consider it a gentle nudge to lower your volume. It signifies that you may be speaking too loudly, potentially irritating or overwhelming those around you. Take a moment to adjust your tone and create a more harmonious and meaningful conversation.

THE FASCINATING WORLD OF ITCHY NOSES: SUPERSTITIONS AND MEANINGS EXPLAINED

Have you ever found yourself constantly scratching your nose, pondering its deeper meaning? A simple itch on the nose can carry a multitude of significances in various cultures and belief systems. While medical

BOOK NOW

**Medicare
Referrals
Welcome**

OSTEOPATHY
at Back In Motion



**BACK IN
MOTION**
HEALTH GROUP

PHYSIOTHERAPY
MASSAGE
PILATES
PODIATRY

BRIBIE ISLAND

4/45 Benabrow Ave Bribie Island 4507

www.backinmotion.com.au/bribieisland

3408 6608

Dear Pumicestone

JUST ANNOUNCED – NEW BRIDGE FOR BRIBIE ISLAND

A re-elected Miles Government will build a new bridge for Bribie Island.

Last week, the Premier and I announced we will build a new Bribie Island Bridge.

This will deliver a new two-lane bridge bringing traffic onto Bribie Island, with a wider path for pedestrians, cyclists and mobility scooters. The existing bridge will be used for two-lanes of traffic off the island.

In 2020, I committed the business case for the next Bribie Island Bridge.

Then earlier this year, we saw the concept design for the next Bribie Bridge. The design includes:

- A new two-lane bridge bringing traffic onto Bribie Island, which can be extended to four lanes when the existing bridge reaches the end of its life
- Retaining the existing bridge for two-lanes of traffic off Bribie Island
- A wider active transport path on the new bridge, that will allow pedestrians, cyclists and mobility scooters to safely pass
- Dual lanes through Sandstone Point and onto Bribie Island to reduce congestion
- Removing the sharp-left turn to Sylvan Beach Esplanade and replacing with a safer connection
- Traffic switching in case of emergencies to ensure access to Bribie Island

- Perches for our iconic pelicans

Overwhelmingly, locals think we need a new Bribie Island Bridge.

When the Bribie Island Bridge was built in 1963, only 600 people lived on the island. Now, over 60 years on, nearly 20,000 residents call Bribie Island home, and we receive an average of 827,000 visits per year.

Our community has told me time and time again, we need to improve traffic flow to Bribie and reduce congestion.

Not only that, but locals want peace of mind when it comes to accessing Bribie Island or the mainland. We need reliable access for school, work, medical appointments, to care for relatives and for emergency services.

Our plan for the new Bribie Island Bridge will do just that.

I will always stand up, fight for and deliver the infrastructure our community needs.

Only our new Miles Government and I will deliver the next Bribie Island Bridge.

Ali King

Ali King will deliver a

NEW BRIBIE BRIDGE

Authorised by Ali King, VIC Berrymore Avenue BELLARA QLD 4207

ALI KING MP
Member for Pumicestone





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.



Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

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

**VOLUNTEERS
ALWAYS
WELCOME**

**FREE PICK UP
AND LOW COST
DELIVERY**

PH 3408 1014
Mon-Fri 8:00-3.30, Sat 8.00-12.00

ACTION BEING TAKEN TO STAMP OUT FRAUDULENT VEHICLE SAFETY CERTIFICATES

• The Department of Transport and Main Roads (TMR) is aware that a number of fraudulent vehicle safety certificates, also known as 'roadworthies' have been issued across Queensland.

• These certificates are being issued for sight-unseen vehicles, many of which are highly defective and would not pass a vehicle safety inspection.

• Fraudulent vehicle safety certificates pose a road safety risk to Queensland roads users. TMR is actively investigating and

certificates pose a road safety risk to Queensland roads users. TMR is targeting fraudulent activity and serious consequences will be imposed on any Approved Inspection Station (AIS) or Approved Examiner (AE) issuing a safety certificate without conducting a thorough and appropriate vehicle inspection.

Where a vehicle is registered or attempted to be registered using a fraudulent certificate, TMR will issue a notice to the vehicle owner requiring the owner to obtain a new safety certificate, or the registration will be cancelled. Investigations have identified that a large percentage of people that have obtained fraudulent certificates have knowingly

Vehicle owners can go to the TMR website to find an accredited AIS provider, the types of inspections they can perform and the maximum fees they can charge for a safety certificate.

TMR takes a holistic view to addressing these issues and will make any necessary scheme, legislative, system and process changes to ensure the integrity of the scheme, and strong action can be taken against anyone attempting to undermine our vehicle inspection scheme. Quotes attributable to the Department of Transport and Main Roads Director General Sally Stannard

"Don't get caught up by scammers. Buying a safety

research and inspect the vehicle you plan to buy and know your rights when buying it.

"Legal protections are provided when purchasing a used vehicle from a licensed motor dealer. Buyers should exercise caution when buying from a private seller.

Explainer/fast fact and or further information (when required/ relevant):

• TMR requires vehicles to obtain a vehicle safety certificate upon transfer of ownership, or when registering an unregistered vehicle as a new business transaction.

• TMR accredits approved examiners, who are engaged by



monitoring fraudulent behaviour and warns suppliers and buyers that they will be caught and penalised.

The Department of Transport and Main Roads (TMR) is taking action to stamp out fraudulent vehicle safety certificates, also known as 'roadworthies', with a number of fraudulent certificates being issued across Queensland. TMR is aware that a number of certificates are being issued for sight-unseen vehicles, many of which are highly defective and would not pass a vehicle safety inspection.

Fraudulent vehicle safety

sought out the fraudulent certificates to avoid paying for repairs to meet minimum safety standards before selling or registering a vehicle.

Buyers of fraudulent certificates should be aware that presenting a false or improperly obtained safety certificate is an offence and that they can be prosecuted.

TMR is also aware of fraudulent certificates being issued by third parties on social media who are not accredited by TMR under the AIS scheme. TMR is engaging with the Office of Fair Trading and Queensland Police Service on this matter.

certificate on social media like Facebook or via text message without a proper physical inspection by an accredited provider could cost you dearly. "It is an offence to present a false safety certificate as part of your vehicle registration. Not only does it pose a safety issue for you and other road users, but where there is reasonable suspicion that a safety certificate has been issued without a complete physical inspection, TMR will order that a new safety certificate be obtained or cancel your vehicle registration. "Choosing a used vehicle is a big decision. I urge buyers to

AISs, to issue these certificates and they must be based on a physical inspection of the vehicle at an AIS to ensure it meets minimum safety requirements before being registered and used on road.

• Upon completing an inspection, an AIS will issue a certificate electronically through TMR's Inspection Certificate Online (ICO) system. There are certain circumstances that TMR permit the use of a handwritten certificate, however in most cases an electronic certificate is issued.

CHOOSING THE RIGHT ASSISTIVE TECHNOLOGY FOR COMMUNITY ACCESS: A GUIDE TO SUPPORT



Anyone can experience a health problem, acquire a disability, or face age-related mobility challenges at any time. Fortunately, advances in assistive technology have provided a variety of mobility devices designed to help individuals remain active and connected within their communities. The right choice of assistive technology can significantly reduce isolation and enhance quality of life.

Understanding Assistive Technology

Assistive technology includes a broad range of devices and services that support individuals in performing tasks they might otherwise find difficult or impossible. For mobility, this can range from simple walking aids like canes and walkers to more complex devices such as prosthetics, Knee Ankle Foot Orthotics, wheelchairs, and mobility scooters.

The Importance of Professional Guidance

Given the diverse range of mobility devices available, it's essential to seek the expertise of healthcare professionals such as Occupational Therapists (OTs) and Physiotherapists. Discuss your needs and goals. These professionals can:

Assess Individual Needs: Occupational Therapists and physiotherapists can evaluate an individual's specific

mobility challenges and recommend the most suitable devices.

Ensure Proper Fit and Use: Proper fitting and instruction on using mobility aids are crucial for safety and effectiveness.

Provide Ongoing Support: Regular follow-ups help to adjust the devices as needs change over time, ensuring continued comfort and safety.

The Role of Community Support

Isolation is a common issue for individuals with mobility challenges, and community support is vital in mitigating this. Here's how community members can support those using assistive devices:

1. Educate and Raise Awareness:

Teach children and adults to respect and understand the diverse mobility needs of others. A community that values inclusivity is safer and more welcoming.

2. Promote Accessibility: Advocate for accessible infrastructure, such as ramps, wide doorways, and accessible public transportation, to ensure that everyone can navigate the community with ease.

3. Engage and Include: Encourage participation in community events and activities, ensuring they are accessible and accommodating to those with mobility

devices.

4. Foster a Supportive Environment: Create a community culture that celebrates diversity and supports individuals in maintaining their dignity and independence.

No one should struggle in today's society with the advances in assistive technology available. Combining the right technology with a robust support network can significantly enhance the quality of life for individuals with mobility challenges. Access to the community fosters dignity, equality, and improved overall health. On Bribie Island and everywhere, we must strive to build a respectful and inclusive community where everyone feels welcome and valued.

Teaching our children to respect people with different mobility requirements from a young age helps build a future where inclusivity is the norm. Remember, a respectful community is a safe community. Let's embrace the beauty of diversity and ensure everyone has the opportunity to experience all that Bribie Island has to offer.

Tracey Blinco Law and Access Consultant
Health Coach

Are you wanting an experienced Financial Adviser?



- **Keep your retirement plans on track.**
- **Understand how much you need in retirement**
- **See how long your money will last in retirement**
- **Maximise your centrelink benefits**

We care about your financial goals

Provide ongoing support and advice

Take the stress out of financial decisions

For a complimentary meeting at our Bribie Island practice call us on 1800 065 151 or visit www.riseqld.com.au

Mike Smith and Rise Wealth Qld Pty Ltd are Authorised Representative(s) of RI Advice Group Pty Ltd, AFSL 238429. The information, including taxation, contained within this advertisement does not consider your personal circumstance and this is general advice only. Before acting on this information you should consider its appropriateness, having regard to your own objectives, financial situation and needs.

Bribie Island | Caboolture | Caloundra | Chermside | Mt Gravatt



Mike Smith

We Have Been Trusted On Bribie Island And Surrounds For Over 20 Years!

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

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 We're now open Thursday and Friday 5:30pm to 7:30pm
2/83 Welsby Parade, Bongaree, 4507. Phone: 0466 221992.
Email: allan@serenitycafebribie.com
Find us on Facebook





SCOOPYS

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

Shop 2/2 Toorbul Street, Bongaree 07 3410 1791



PIGFACE

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

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

(07) 3408 4282



THE SURF CLUB

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

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



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





WHY IS IT BAD LUCK TO CHEERS WITH WATER OR AN EMPTY GLASS?

IT'S A GLOBAL VILLAGE, AND EACH CORNER HAS ITS OWN TOASTING CUSTOMS. IN SOME COUNTRIES, A TOAST MADE WITH WATER GOBLETS OR EMPTY GLASSES IS NOT JUST A BREACH OF ETIQUETTE, BUT ALSO BELIEVED TO INVITE BAD LUCK.

You're hanging out with your fellow Romans, throwing back a few goblets of the good stuff. You're glad the wine is flowing, but from the taste of it, the vintner's focus was on quantity, not quality. Thank goodness for

the burnt toast at the bottom of your chalice. The charcoal exterior tempers the bitterness of the beverage.

These customs have deep historical roots. In Roman times, for instance, it was considered bad luck to raise an empty glass in a toast. The tradition of adding burnt bread to wine was par for the course, but toasting with an empty glass was a breach of etiquette. Fast-forward several centuries, and the question of toasting with water or nothing persists. That means the next time you clink glasses at a dinner party; you might wonder if either act brings bad luck. The answer depends on where you live. In some countries, toasting with water or nothing is considered rude and bad luck.

In other parts of the world, dining etiquette says toasting with water

or nothing is preferable to refusing a toast altogether. Furthermore, filling a glass with another palatable, non-alcoholic drink — water, orange juice, seltzer water or various soft drinks — is a viable option that any mannered maven would appreciate. Even when visiting heads of state drink alcohol, U.S. presidents have used water to toast during state events.

U.S. Air Force protocol, though, steers clear of toasting with water unless under extreme circumstances, such as being a prisoner of war. Toasting with water is similarly a no-no in the U.S. Navy. Military officials frowned on it, and Naval folklore claimed that drinking water during a toast led to a watery grave. Also, going back further than U.S. military history, sailors once thought clinking glasses would wake up spirits who drowned.

Even with relaxed rules, superstitions in many cultures that toasting with nothing — or water — bring bad luck, a nonspecific threat passed for generations without detail. In Russia, it's considered bad luck to toast with a glass of nothing, and in China, guests are expected to respond to a host by making a toast with a matching beverage — something that wouldn't be possible with an empty goblet. Spain's toasting curse is more specific. Those who toast with water or another non-alcoholic drink are said to be cursed with seven years of bad sex.

TOASTING ETIQUETTE: MORE THAN MEETS THE EYE

Sometimes, the nebulous superstitions surrounding those who toast involve other toast-related requirements. For

example, in France, one must maintain eye contact while toasting or face the same horrific curse: Breaking eye contact is said to lead to seven years of bad sex.

Toasting etiquette has even more intricate beliefs than maintaining eye contact. For instance, arriving late to a drinking session or pouring wine with your left hand (like Judas at the Last Supper) are considered socially improper and bad luck in some societies. Who knew toasting could be rife with so many pitfalls?

WHEN YOU DRINK WINE OR ANYTHING ELSE, TOAST!

While the exact origin of the toast is lost to history, and we can only guess at the etiquette that evolved out of the tradition, the toast remains a popular part of gatherings ranging from informal meals to religious ceremonies. From uncorking wine at the dinner table to popping champagne on New Year's Eve, a toast naturally precedes a drink for many of us.

Our wine glasses have been part of a rigorous process of evolving customs and superstitions. Depending on where you live, simple acts like clinking glasses could supposedly trigger evil spirits or herald bad luck to this day. Every time you raise your wine glass, you can rest easy knowing that following the host's lead can be a good way to share sentiments of good fortune.



Bribie Gleemen Say Goodbye To David and Gillian Parry

"Recently the Bribie Gleemen conducted a special coffee morning to pay tribute to and farewell their valued member, David Parry and his supportive wife, Gillian.

David has been a member of the Gleemen for many years and audiences will remember David for performing in almost every concert and event. David was a sought-after tenor in both the Gleemen and the Gleemen's male voice group, The Wondering Minstrels.

In addition to these duties, David was our ever-obliging music librarian, providing music scores, often at short notice, to all members.

On top of all this, David and Gillian both found time also to join the Bribie U3A "Sundown Singers" choir and they performed several showcase concerts with them.

We are deeply grateful for their dedication to Rotary, from the early morning starts organizing Rotary

Markets in Brennan Park to hosting International Students and assisting in running Rotary's Trivia nights. Their absence will be keenly felt, and we wish them all the best in their future endeavours.

David joked at the farewell coffee morning that he is most likely the first Gleeman to be farewelled while he is still alive! We can only wish them both many more years of a fruitful life in Brisbane!

The Bribie Gleemen always have open arms for new members. Every Monday afternoon, at 3pm, the men gather for rehearsals in the Community Hall of the Bribie Island Retirement Village in Foley Street, Bongaree. The hall is located at the back, behind the Nursing Home, beside the duck pond. We eagerly await your presence.

Any men interested are welcome to come to any rehearsal to listen.

Call Shane on 0493215823, and he will look out for you!"





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



Ingredients

chicken wings/legs
sesame oil
garlic powder
onion powder
smokey Paprika

Air Fryer

RECIPES

Method

MARINATE CHICKEN BUTTERMILK FOR 4 HRS ,OVERNIGHT IS BETTER

Take out of Buttermilk ,double dip in teaspoon each of herbs above

Airfryer 35 min at 185c shaking or turning chicken over at half way mark

Its important to NOTE Air fryers are different sizes and wattages ,so you may need more or less time ,I use thermometer 74c minimum internal temp ,let rest.

Grab a glass of Chardy enjoy





Some crew that you may meet on your cruise with us.

Always ready to ensure every moment is smooth sailing, our team is here to elevate your voyage with top-notch service and genuine smiles.

Let's embark on an unforgettable journey together!

Check out our many other cruises to other destinations on our FB page or website.

BRISBANE CRUISES

The Difference Between A Good Cruise & A Great Cruise'



BRIBIE ISLAND LUNCH CRUISE 2024

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

Buy a GIFT CARD or BOOK Online now at
www.brisbanecruises.com.au

Price Includes BBQ lunch and cruise

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

2024 DATES:

Thu 27 June Fri 5 July, Thu 22 Aug,
 Wed 25 Sep, Wed 23 Oct. Thu 7 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





Our last meeting, held on June 23rd, 2024, had another excellent attendance. Four or five new attendees were interested in the travel talk and picking up tips and hints for their journey.

If you are on your own and want someone to travel with, come along and see if you "click" with someone to travel with.

This doesn't necessarily mean that you HAVE to share a room either. You might like your own space and room, and you can have that as well, but have someone there at the end of the day to share a meal with and talk about what you have seen or done during the day.

There are plenty of Solo Travel companies with small- no extra charges—but you sometimes have to book far ahead, as this SOLO trend is growing quickly.

I won't be at the next meeting, as I'll be lazing on a Ship's Deck around the Pacific Islands and having a good look around all the Ports we stop at.

Maryanne will be there for the next meeting on July 21st, 2024, at 3 p.m. in the Social room (or, if lucky, no one is in the Auditorium, we can sit there also.)

See you all in August,

Aloha Roslyn



Landmark year for the Art Centre's Jewel Event

The exhibition will be up until
August 2. During the MFAP
exhibition, the Arts Centre will
be open 9am to 4pm seven days.

MFAP

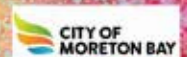
BRIBIE ISLAND COMMUNITY ARTS CENTRE
191 SUNDERLAND DRIVE, BANKSIA BEACH

2024

Entries open now!

MATTHEW FLINDERS
ART PRIZE
SILVER ANNIVERSARY

13 JULY TO 2ND AUGUST
... 9AM -4PM DAILY ...





6th July - Beachmere Community Markets. 7-12pm @ Beachmere Men's Shed, Rogers Street, Beachmere.

Naidoc Week 7-14 July

National Farm Safety Week 20-25 July

National Tree Day 28th July

"Arvo in the Garden" 3-5pm Onsite 28th July



MARKETS

Beachmere District Community

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

Bribie Island 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 Woodcrafters & Bribie Island Gem Club

Open day, Demonstrations & Sales - last Sunday of each month 8am to 12noon Held at Bribie Art Centre 191 Sunderland Dr, Banksia Beach

The Bribie Bowls Euchre Club

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

Antique - Vintage

ITEMS WANTED

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

CASH PAID - 0400 749 454



Birali Steiner School in Beachmere has partnered with local artists from the Pumicestone Indigenous Education and Employment Council (PIEEC) to commission a beautiful and physical representation of the ongoing work of reconciliation at Birali.

With their shared vision, the artists Rachel Bywaters (Gamilaroi nation descendant), Nicole Gulwell (Dharuk and Kamilaroi descendant) and Dr Tracey M Benson (born on Ningy Ningy Country) created the striking mural which pays respect to the rich heritage of Beachmere – the lands of Ningy Ningy, part of the Gubbi Gubbi / Kabi Kabi lands.

The Birali mural brings together symbolic and representational features of Country around the location of Beachmere. Land, water and sky

combine to speak to spirit as well as a number of iconic plant and animal species native to the region. Ningy translates to oyster and included in the design are elements of the oysters and native hibiscus which showcase local foods. Birali Students worked with the artists to place their hand-prints on the cockatoo as the feathers, speaking to fostering the spiritual nature of each individual. The use of the red, yellow and black of the Aboriginal flag on the large feathers, along with the native plants and animals tie together the relationship of story, place and culture.

The staff, students and families of Birali are very appreciative of the beautiful mural that can be seen from most areas within the school grounds and look forward to future collaboration with PIEEC.



Writer's Corner

BY: Geoff Cayzer

Crafting an appealing story becomes much easier for older writers emerging from the 'hole of life', especially those lucky enough to remember the rich material available. Having more time to learn writing rules and techniques, explore ideas from a writer's group, and read books that provide examples of the styles you would like to emulate can support good writing and give clarity to readers.

Among the many writing tools is the omniscient narrator, who tells your story and can even be a close companion to your characters, maintaining objectivity and distance from the action or mocking the characters and their society. Such a narrator usually adopts the first-person point of view, using pronouns like 'I', 'me', 'we' and 'us' and can be used to shape your story's approach. The reflective comments of the omniscient narrator can span from the past to the future, offering a vast creative playground for writing. An example of one thing an all-knowing narrator can do is point out why the character may be missing the point, has always done so and will continue to do so unless they understand their error. A writer hopes the reader will appreciate or be amused by such insightful details and easily connect with the narrator.

Workshops are another tool available to the emerging writer. While many workshops advocate the 'show, not tell' approach, using an omniscient narrator wisely can effectively show the character's emotions and tell your hero's story. Some writer workshops recommend challenging a reader, suggesting that a well-chosen word implies a character's current predicament. This allows the reader to use their imagination to visualise the

scene. But what if your reader prefers ear-whispering more than a challenging innuendo? Care should be taken because losing a confused reader who didn't understand your implication is an unwanted outcome.

Having the time and freedom to explore your writing ideas is a wonderful gift.

About Geoff Cayzer.

After his school years, Geoff worked as a purchasing officer, then spent two years as a national serviceman, followed by fifty years as a computer programmer and programming teacher. On retirement and loving dirty hands, he set up Oasis Plant Nursery. A blissful period. About to retire again, Geoff planned a novel based on his life's humour, photographs, diaries, and fictional daydreams. He decided to tell his story using an omniscient narrator, the old Boab tree collected, propagated, and grown in a pot by his grandfather eighty years earlier.

The plot.

Depressed by the feedback of his autobiography's first seventeen pages, disheartened Jarrad returns to growing plants when Tree, knowing all the characters quite well, takes control. Beginning with Jarrad's grandpa, the sometimes-fictional biography then covers Jarrad's changing thoughts about people, democracy, meditation, reincarnation, and inherited trait transfer. The story ends with Jarrad's will-reading, where the complicated solution to the obstacles his lawyer encounters in the quest to ensure that Jarrad's reincarnated self is the benefactor of the estate becomes a lesson for all.



WILLIAM BLIGH

The Man

By Al Finegan

One of the most controversial of all our Governors in the early years of colonisation was, without doubt, William Bligh. He spent almost his entire life in the Royal Navy beginning in 1761, when at just seven years old, he was appointed as a Ship's Boy and captain's servant. In 1770, at age 16, he joined HMS *Hunter* as an Able Seaman. Over the next 47 years, he served in many campaigns and illustrious adventures, eventually rising to the rank of Vice Admiral. Yet, despite his extensive experience, he never overcame a fatal inability to manage relationships with the men under his command. Three times in his career, he suffered the ignominy of mutiny, with those under his command turning against him. The first and most memorable was the "Mutiny on the *Bounty*" in 1789, followed by his crew taking part in the general mutiny of the fleet at the Nore in the Thames estuary in 1797. The Admiralty often appointed men to important roles based on class and favour. Bligh had married into an influential family, while also in his corner was the king's friend, Sir Joseph Banks, who helped secure him the role of Governor of NSW. He arrived in Sydney on 6th August 1806 to become the fourth governor. He was a disaster. During his time in Sydney, his confrontational administrative style provoked the wrath of influential settlers and officials, including senior officers of the NSW Corps. This culminated in mutiny, later called "The Rum Rebellion," when, on 26th January 1808, 400 soldiers of the NSW Corps under the command of Major George Johnston marched

on Government House in Sydney to arrest Bligh. They were hindered by Bligh's daughter and her parasol as she calmly walked out in front of the advancing troops, stopping their march. Much to Bligh's disgrace, Captain Laycock finally found him, in full dress uniform, hiding under his bed. Somehow, he survived the embarrassment and disgrace, retained his commission, and eventually passed away as a Vice Admiral of the Blue in December 1817.

Of all his admirable and disgraceful adventures, he is mostly known for the infamous "Mutiny on the *Bounty*" saga. James Cook had huge respect for Bligh's seamanship but also recorded that his personality flaws made him unfit to be a leader of men. Bligh's captain's diaries were strategically light on details of the fractious life aboard his ships. Still, in letters to his few friends and relatives, he did not hold back about the conditions, his disdainful treatment by the Admiralty, and the incompetent men by whom he insisted he was surrounded. Bligh's colourful career has been examined and analysed for over 200 years. He was highly regarded for his skills in navigation and mapping. Yet few people describe Bligh as other than a self-pitying, self-indulgent, greedy, vain, thin-skinned, manipulative, on-the-spectrum bully. And complain? Bligh may have been the original Pommy Whinger.

In 1787, Lieutenant Bligh took command of HMAV *Bounty*. To win a premium offered by the Royal Society, he agreed to sail to Tahiti to obtain breadfruit trees, then set course east across the South Pacific for South America and Cape Horn, thence to the Caribbean

Sea. There, the breadfruit was wanted for experiments to see whether it would be a successful food crop for enslaved Africans on British colonial plantations in the West Indies. It is the story of the *Bounty's* voyage and his crew's mutiny that still resonates today. Hollywood's leading men have re-enacted Bligh's character during the 20th Century – Errol Flynn, Clark Gable, Marlon Brando and Mel Gibson. And it is not one tale, but several. First, there was the challenging outward journey where, departing late because of the Admiralty's administrative inertia, the voyage became a marathon of survival and tenacity. The second was life in Tahiti, followed by a mutiny and a gruelling voyage on a crowded small boat for over 6000km to safety.

Bligh took command of *Bounty* in 1787 and set off. It was not long before his troubles began. He tried unsuccessfully for a month to take the shortest route into the Pacific around South America via Cape Horn. *Bounty* was finally defeated by the notoriously stormy weather and opposing gales. Bligh finally knew that he had no choice. He turned *Bounty* westward to take the longer route to the Pacific around the Cape of Good Hope at the southern tip of Africa, across the southern Indian Ocean, south of New Holland and finally into the Pacific. Bligh knew that this extended voyage would cause him to miss a season in Tahiti and that after arrival, he would have to wait months for the new season of breadfruit plants to be ready for potting. Bligh was inconsolable about the delay in his mission. His second-in-command, Francis Bond, wrote in his diary regarding the extended journey that his captain had *"treated me (nay all on board) with ... insolence and arrogance"* and referred to Bligh's *"ungovernable temper"*. Bligh, he said, *"longed to flog the whole company,"* lashings and sometimes hangings being the Royal Navy's currency to secure compliant behaviour on long voyages from England. Bligh remarked, *"There was nothing like the hooded, lifeless body of a colleague dangling from the yardarm to help keep the peace."* Many months overdue, Bligh finally navigated *Bounty* safely into Papeete Harbour Tahiti.

On arrival, the crew were exhausted. From a highly disciplined life, the men were suddenly relieved by the relaxed utopia of the island on which they had arrived. It was a wonderful time for the crew. It had to end. After five months on Tahiti, the breadfruit plants had matured sufficiently to be potted. More than 1,000 breadfruit plants were carried into the ship, filling the great cabin. The ship had been overhauled for the long homeward voyage by men who regretted the forthcoming departure and loss of their easy life with the Tahitians. Bligh was impatient to be away, but he failed to anticipate how his company would react to the severity and austerity of life at sea after five dissolute, hedonistic months at Tahiti. By 1st April 1789, all was completed and ready for departure. Bligh ordered all crew to be on board by first light. Three men were missing. Bligh ordered a search to arrest the deserters. After four days, they were found, flogged, and sentenced to a month in irons. Fletcher Christian was also delayed, failing to collect water after being challenged by locals. Bligh accused him publicly of cowardice. After an affectionate farewell from the Tahitians, *Bounty* set sail.

The crew members were eager to get home, but Bligh became enraged at their poor seamanship, abusing any crew member who looked at him sideways and handed out floggings indiscriminately. After the fallout with his first mate and longtime friend, Fletcher Christian, Bligh tormented him to the point that Christian planned a suicidal escape from *Bounty* by raft. A determined group of nine men persuaded Christian to take the ship instead. On 28th April 1789, Christian and his supporters mutinied. Christian forced his way into Bligh's cabin, announcing to Bligh's dismay and humiliation, *"Bligh, you are my prisoner."* Soon, Bligh was adrift with 18 other loyalists in a 7m launch meant for 10 with some navigational instruments and five days' food. *"They might reach Tofua in Tonga,"* Christian told his new crew. Bligh proved once again that he was a brilliant navigator. He easily

navigated to the volcanic island of Tofua to collect water and coconuts. Sadly, one of his men was killed by natives. Bligh decided not to take more risks with hostiles but sail directly for Timor, 5,800 km distant. It was to be a voyage of extreme hardship, brilliant navigation, and mutual hatred, as the launch party blamed one another for the mutiny and their plight. After 47 days, they reached Timor on 14th June 1789. Continuing to Batavia (Jakarta) on the island of Java, they found transportation to England, finally arriving home in March 1790.

Undoubtedly, one of the driving forces for Bligh to return to England was to tell his version of events. He was keen to control the narrative and to acquit himself well. It is possible he had some of that sense from his voyage with Cook. At the enquiry into Cook's murder, there was a lot of finger-pointing and squabbling among his crew, while officers of the ship blamed each other for Cook's death. Bligh told the subsequent court hearing that Cook inspired him and the manner in which he cared for sailors, kept scurvy at bay and was less violent to his men. He said he had idealistically vowed that on his *Bounty* voyage, his ambition was to whip no one. In this, he obviously failed.

Meanwhile, *Bounty*, crewed by the mutineers, and using Bligh's maps, sailed first to Tubuai, which Bligh had charted 12 years earlier, then on to Tahiti, where 16 men opted to remain. Christian, eight mutineers, six Tahitian men, twice as many women, and a child, then headed off to find Pitcairn, a deserted island at the ends of the Earth where surely even His Majesty's navy would not find them. By the time anyone did, 18 years later, a sole mutineer, Alexander Adams, survived. The others died or had been killed in scenes prefiguring William Golding's *"Lord of the Flies."*

Despite his behaviour, Bligh was acquitted of inciting the mutiny, was appointed to command HMS *Providence*, and was ordered to return to Tahiti to complete his mission. To guarantee the success of *Providence's* journey with its noxious captain, 20 marines were included in

the ship's compliment. There would be no second mutiny. Once again, unchastened by the events on *Bounty*, the spiteful Bligh continued to behave outrageously. Among the enemies he made the second time around was Matthew Flinders, who was belittled by Bligh for his cartography but went on to be the first to circumnavigate and map Australia. Flinders also named our continent and was widely acclaimed as a great mariner. Another crew member, Able Seaman Henry Smith, whom Bligh humiliated and reduced to the rank of Seaman, jumped overboard and drowned rather than endure the abuse.

On arrival at Tahiti, Bligh's new crew gathered 1015 plants to take to the West Indies to feed the enslaved Africans working the British sugar plantations. Their diet consisted of corn and the starchy plantains from the revolutionary American colonies that suddenly were no longer allied to Britain. In the meantime, the plantation owners had made other arrangements to import rations. Eventually, the dogged Bligh arrived, though it was three years late. With great ceremony, he handed the breadfruit over to the enslaved people on the sugar plantations. They immediately hated the nearly tasteless breadfruit ... and fed it all to the pigs.

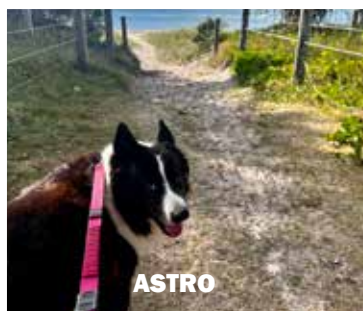
Thus, in a massive example of irony, the infamous *Bounty's* journey to the other side of the Earth – the mutiny, the deaths, the dishonour, the court-martial, the hangings, followed by a second expedition – were all a complete waste of time. It wasn't until after 1792 that anyone realised that the second journey had been as pointless as the first, both captained by Bligh.

Bligh died of cancer in Bond Street, London, on 7th December 1817 and was buried in a family plot at St. Mary's, Lambeth. This church is now the Garden Museum. The tomb is topped by an eternal flame, not a breadfruit.

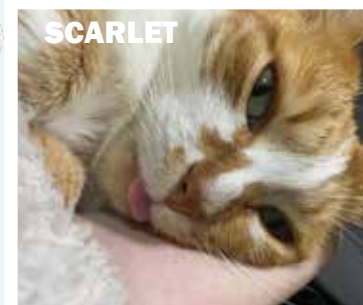
His British and Australian descendants include the former Premier of Queensland, Anna Bligh.



WE LOVE PETS
at The Bribie Islander...
Send us your favourite pet
photos and see them in our
magazine
editor@thebribieislander@
gmail.com



ASTRO



SCARLET



BUSTA

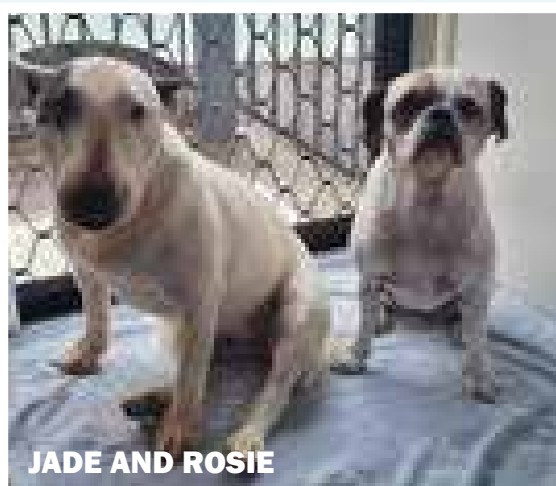
'Pawsonne Pet Page

The world would be a nicer place if everyone could love as unconditionally as a dog.

M.K. Clinton



DEXTER



JADE AND ROSIE



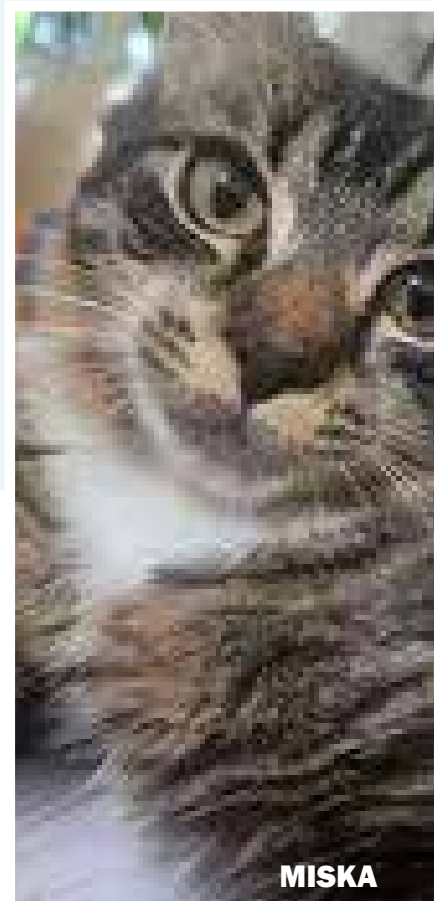
JOJO AND WHISKEY



SUNNY



HARVEY



MIKA

DOES HAVING A PET TEACH RESPONSIBILITY

Part 2

Tasks that Teach Responsibility

Having a pet comes with the responsibility of performing additional tasks. Whether you have a rabbit or a dog, you'll have to do something for them daily. Here are age-appropriate tasks that teach children and adults responsibility through pet ownership:

Small Children

Feedings: Small children can fill the pet's food bowl every morning and night or whenever the pet needs to eat.

Grooming: children can also groom the pet with a pet-safe brush or comb if the pet needs to be regularly groomed.

Older Kids

Older kids should do everything small children can do, plus:

Exercise: Take the dog for walks around the neighbourhood.

Training: If the pet can be trained, children can help train simple tricks like "sit."

Teenagers & Adults

Teenagers and adults must do everything small children and big kids can do, plus:

Vet visits: Pets of all kinds require regular vet visits and will need to go to the doctor in case of emergencies.

Purchasing food: All pets need to eat, so it's up to the pet parent to purchase their food for regular feedings.

Longer Exercise: Children should not take the dog on long walks without supervision, but teenagers and adults can walk the dog to the park or other neighbourhoods.

Training: Adults are responsible for teaching pets how to behave, including simple tricks and behavioural training. They can also work with a certified pet trainer.

Everyone

Pet parents of all ages are responsible for the emotional

care of their pets. Most pets will ask for your attention when they want it. While it's not always convenient, you should spend a little time bonding with your pet daily and show them how much you love them.

While at first, young children can feel like all the responsibilities associated with taking care of pets are chores. However, once your child understands how important these small tasks are for the health and wellness of the pet, they'll stop seeing them as chores. Instead, they'll understand that pets require responsibilities, and without them, we couldn't have pets and the unconditional love they bring into our lives. Remember, you should never bring a pet into your home if you're not completely committed to them. Depending on your lifestyle, you may have to make major changes to ensure your pet is happy and healthy; pet ownership might not be for you if you're not ready to do that.



Bongaree PET FOOD

PH: 0437 080 752

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

FOR ALL
YOUR PET
FOOD
NEEDS

FREE
DELIVERY

Mon to Fri
8am to 4pm
Saturday
8am to 1pm

FRESH FOOD - FROZEN FOOD
- TREATS - DRY FOOD
- WET FOOD

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



Saving Joey

© Anne Matthews

Recently, on a sunny Sunday afternoon walk with Archie, our golden retriever, my husband Michael and son Tim witnessed a four-wheel drive hit a kangaroo. The accident happened on Freshwater Drive before the turn into Dunebean Drive, Banksia Beach. Freshwater Drive is clearly marked with LED flashing lights to indicate that it is a high-risk area for kangaroos, wallabies, and other wildlife.

Tim saw the kangaroo hop out of the bushes onto Freshwater and waved at the car to slow down. Unfortunately, the car hit the kangaroo. The car didn't stop, and the kangaroo hopped off towards the tenth hole of the Golf Course, leaving its joey—which had fallen out of the pouch—on the road.

Tim went out picked the joey up and placed him in a covered seating area to the side of Freshwater Drive. He rang Wildlife Rescue and stayed with the joey, who tried to snuggle under his shirt. Michael came home with a very excited Archie and left him with me. He then returned to Tim and joey with a laundry basket and towels, and they placed the joey inside the basket and settled under the towels. He was too young to be out of his mother's pouch as he couldn't hop.

The wonderful volunteer lady from Wildlife Rescue Moreton Bay, demonstrating their swift and efficient response, arrived very promptly and had a special pouch to put the joey in and get it to experienced carers. After the joey was taken, Tim, showing his dedication, searched the area for the injured mother and went back an hour later to search again but was unable to find her.

Tim sent an email to enquire@wrq.org.au to check on the joey's condition. Katrina Gillian, the Vice President of Wildlife Rescue Queensland, replied that night, thanking Tim for caring. She said, "The little joey has had an initial assessment and is with one of our wonderful, specialised carers, Ashleigh. He will have a full checkover tomorrow. I have passed on your details, and I am sure she will send an update to you."

Very soon after that, Tim received the following text: "Hey Tim, it's Ashleigh here. I'm one of the macropod carers with WRQ. The little Joey you saved tonight is in care with me. He looks good. He will get a full workup tomorrow just to make sure he has no undetected injuries, but he has fed well and seems good. I named him Sonny!" Ashleigh attached the photo of Sonny in his special fleece pouch.

Wildlife Rescue Queensland has a 24-hour hotline and can be contacted on 0478 901 801. Their website is. <https://wrq.org.au/contact>

It is crucial to remember that from May to July, a peak period for wildlife, drivers need to be especially cautious and take extra care. It would be a responsible action for all readers to put the hotline number into their phones, ensuring they are prepared to act in case of an emergency.

In a world filled with war and constant conflict, it was uplifting and heartwarming to experience firsthand the help and kindness of our local Wildlife Rescue Service. As author Mary Lindeen said, "Animals need people, too. They need our care and kindness."

House Sparrow

Passer Domesticus (introduced species)

By: Marj Webber

Several years ago, House Sparrows were a common species on Bribie Island, but their numbers have dwindled, so that now there are very few left. There were reports of some dwellings at Banksia Beach, but I have not seen them so far. This declining trend is being experienced all over Australia, where once their numbers were much higher. House Sparrows are one of the nine finch species introduced to Australia.

House Sparrows, these small, social birds, are a unique part of the finch family. They measure 14-16 cm in length and weigh 24-33 g. The males and females have distinct appearances. Females are primarily brown with a cream eyebrow and streaked wings, while males are more vibrant with grey crowns, chestnut napes, black faces and throats, and white

wing bars and cheeks. Their call, a persistent cheep, is a signature sound of their presence. Usually, they gather in small groups, adding to their social nature. They bear a resemblance to the introduced Tree Sparrow found in the southern states. Their lifespan typically ranges from 4-7 years, making each individual's life a unique journey.

House Sparrows settle in places where there are humans, such as urban areas and inhabited agricultural localities. They have taken up residence in the eastern states of Australia, including Tasmania, South Australia and the Northern Territory. When first introduced from Britain and India in the 1860s, they spread very quickly to pest proportions, in some parts at a rate of over 100 km a year, when the conditions were favourable. Once a colony is established, they

are usually sedentary and do not move more than a couple of kilometres. Recently, their population growth has slowed, so now their numbers are dwindling, not only in Australia but worldwide. This is a mystery that has not yet been solved.

Their main foods are grains, insects and fruit. They also scavenge for scraps in human habitats, even entering restaurants and cafes looking for leftover morsels.

Breeding seasons are long and may take place from July to

April. However, their favoured nesting time is during spring and summer. Nests are very large (20-30cm), untidy domes of grass, lined with feathers and are mostly built in cavities of domestic buildings, and sometimes in tree hollows. Both males and females build the nests and care for the young, while females alone incubate the 4-6 dark-spotted whitish eggs for about 14 days. Males vigorously defend the nesting site during this time. Two to three clutches are usually produced each season. Nesting sites can become a problem for humans by blocking drains and droppings, making a mess on verandas and sheds, etc. They may also carry lice.

House Sparrows were introduced to Australia to control agricultural pests. However, it was quickly

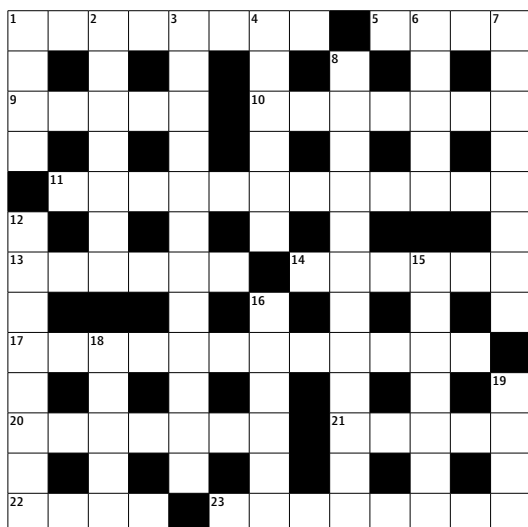
learned that this was a mistake, and very soon, their numbers reached plague proportions. In the 1950s in Brisbane, the council paid a threepenny bounty for each sparrow killed. Even though they are declining they are still one of the main pests in Australia.

On the IUCN red list, House Sparrows have been recorded as "least concern".

IUCN -International Union for Conservation of Nature.



Crosswords - QUICK & CRYPTIC



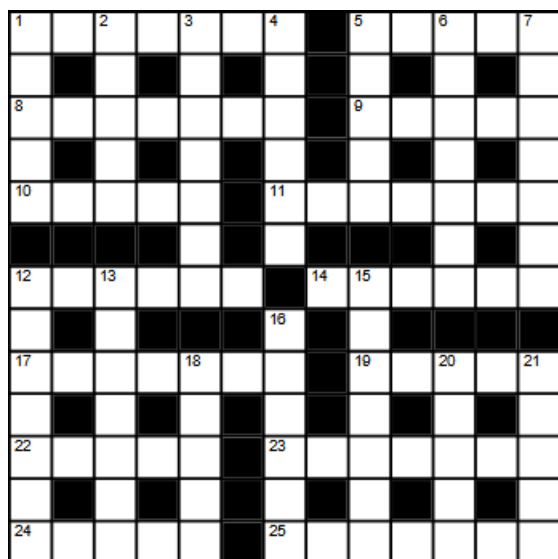
Across

- 1 Speaker of several languages (8)
 5 Transmit or prove (4)
 9 Discern (5)
 10 Sword (7)
 11 Tightwad (5-7)
 13 Blotto (6)
 14 Plant with shoots providing panda food (6)
 17 Mutual affection (12)
 20 Upstart (7)
 21 Confess (5)
 22 Youth (4)
 23 Not long back (8)

Down

- 1 Small bunch of flowers (4)
 2 Flax grain (7)
 3 Gentle sixteenth-century tune (12)
 4 Fill (6)
 6 Moor (5)
 7 Loo (8)
 8 Public school activity (4,4,4)
 12 Soup vessel (8)
 15 Carpet alongside tub (4,3)
 16 13 across - time (6)
 18 Runes (anag.) (5)
 19 Prop (4)

CRYPTIC



Across

- 1 Attendees not as upset as understanding (7)
 5 ..those corrupting standards (5)
 8 Treated out loud.. (7)
 9 Release relative going without capital (5)
 10 The blighter loses the right to marine life (5)
 11 Revel for instance, madly, instead of someone else (7)
 12 The French university head given the nod about growth (6)
 14 A way to readily end lack of emotion (6)
 17 Collier has the French back for some sort of drink (7)
 19 Home help flaunted in the country (5)
 22 Notices alternative form of access (5)
 23 Taxi took a long time carrying a band leader to have heart procedure - or so we hear (7)
 24 Water containers from nasty leaks (5)
 25 Unusual dream about the Spanish - everyone a gem (7)

Down

- 1 Festivity needs Princess's company (5)
 2 Swimmers jog around university head (5)
 3 Unaffected as Darwin, maybe, is cut short (7)
 4 These oldies suited to Church leadership? (6)
 5 Matching uniform.. (5)
 6 Hates to consider uncomfortable position (3,4)
 7 The landscape as a backdrop (7)
 12 Manuel right out of character (8)
 13 Study Gospel in Scandinavia (7)
 15 Quietly inclined to be flexible (7)
 16 Expression that's as old as the hills (6)
 18 Follows court session finale (5)
 20 Serious entertainment? (5)
 21 So be it - dead last - correct (5)

SOLUTIONS

CRYPTIC
SOLUTION 219QUICK
SOLUTION 219

Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

GARDEN Word Search



ANNUALS
ANTHER
APHID
EVERGREEN
FLOWERS
FORK
GREENHOUSE
GROW
HARDY
HOLE
HOSE
LADYBUG
LAWN MOWER
MULCH
PERENNIALS
PICK
PLANTS
POT
PRUNERS

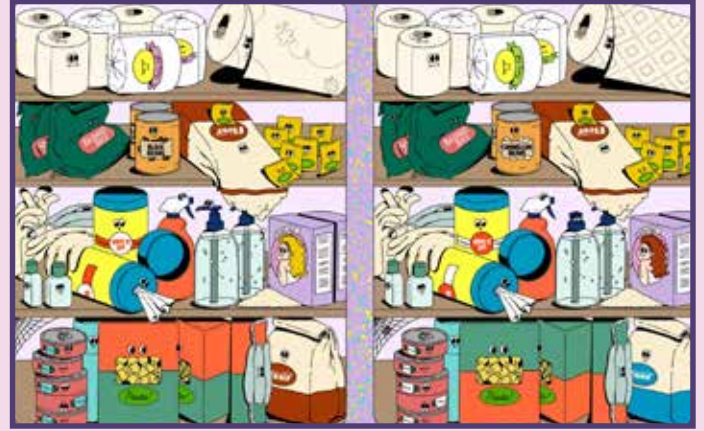
T	A	P	H	I	D	H	O	S	E	V	F	H	R	B	M	M
M	X	S	Q	H	T	N	A	C	G	N	I	R	E	T	A	W
T	K	E	W	H	S	R	S	L	A	I	N	N	E	R	E	P
B	R	E	E	B	L	W	O	R	R	A	B	L	E	E	H	W
T	P	D	E	W	A	Q	L	O	E	P	R	U	N	E	R	S
E	R	S	D	M	U	T	T	L	T	L	L	H	X	Y	T	R
K	V	P	S	F	N	R	O	K	B	K	T	S	J	O	E	C
L	Y	E	L	L	N	H	K	C	Y	L	H	N	P	H	X	E
A	D	D	R	I	A	W	H	Z	I	E	B	G	T	X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

ROOT SEEDLING SEEDS SOIL TILTH WATERING CAN
SEEDLING SHEARS SPADE TROWEL WEEDS

WHEELBARROW



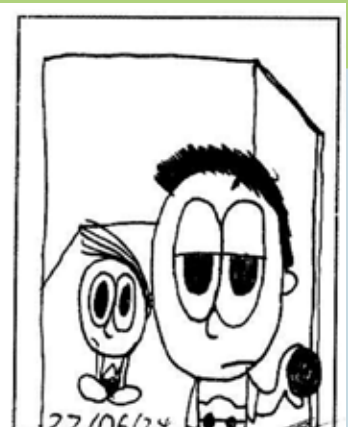
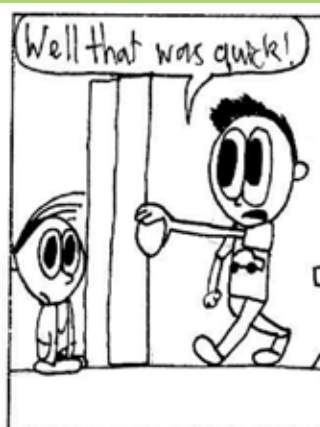
© 2023 WordsAreFun.com. All Rights Reserved.



SPOT THE DIFFERENCE

9	8	3	4		7		2	
	6	1						4
				6				
5				8	3	9		6
1		6		4		2		8
8		9	7	1				3
				9				
6						1	8	
	5		1		2	3	6	9

SUDUKU



By **Joe Bee**

BOWLS RESULTS

**BRIBIE ISLAND BOWLS CLUB**

Self Select Pairs Fri 14 June

Winners: M Andrews, J Oliver

Runners up: M Retchford,
K Smith

Lucky draw: T Marr, R Wood

Lucky draw: W Ebert, P Tonkies

Lucky draw: R Brinton, L Deakins

Lucky draw: K Soens, Wally

Self Select pairs Fri 14 June

Winners: F Grimsey, P Mann,

L De Roule

Runners up: L Tweedle, C Brayley

Lucky draw: Lloyd, Mandy

Lucky draw: N Gray, Brian K,

Andrew W

Random Select Four Sat 15 June

Highest margin: B Smith,

G Geisler, G Eather, M Aubin

Lowest margin: S Lonsdale,

C Eather, T Richardson, J Adams

Out of hat winner: N Gray,

P Lyons, I Smith, J Lonsdale

Out of hat winner: G Frew,

A Pinzger, W Langford, K Lang-

ford

Out of hat winner: T Hudson,

C Watts, C Turner, M Lyons

Out of hat winner: C Brayley,

L Tebbutt, L Williams, L Gilmore

Self Select triples Tue 18 June

Highest winning margin: S Lobo,

W Kelly, C Kelly

Runners up: Packau, P Harrigan,
B Stuart

Lucky draw: B Hosie, V McDer-

mott, J Hosie

Lucky draw: R Ghest, L Kurtz,

M Young

Lucky draw: G Hemphill,

J Warwick, C Hodges

Scroungers Wed 19 June

1st: S Greensill

2nd: T Richardson

3rd: R Eaton

Self Select pairs Wed 19 June

Winners: G McEniery, E Sharp

Runners up: F Ferguson, M James

Lucky draw: D Bishop,

L Tweedle

Lucky draw: I Cooper, M Durham

Lucky draw: T Erfurth, G Teakel

Lucky draw: M Mills, T Bennett

Random Select Triples Thu 20

June

Winners: G Gawron, L Kurtz,

L Gilmore

Runners up: F Grimsey,

G Mulpeter, W Follett

Lucky draw: A Christie, J Neill,

K Brown

Bunny: G Wollett, L Beaven,

B Ward

Self Select pairs Fri 21 June

Winners: P Andrews, E Hookey

Runners up: M Garfield,

L Williams

Lucky draw: G McEniery,

L Murphy Bunny: C Brayley,

L Tweddle

Self select pairs Friday 21 June

Winners: K Laverty, C Perkins

Runners up: G Hazelwood,

R Fowler

Lucky draw: K Smith, K Bell

Lucky draw: V Adams,

I McClelland

Lucky draw: S Lobo, K Piva,

R Avern

Lucky draw: K Soens, T Hudson,

D Beadman

Random select fours Sat 22 June

Highest margin: G Frew,

B Watkins, C Turner, M Aubin

Lowest margin: F Grimsey,

A Pinzger, L Williams, J Teakle

Out of hat winner: M Gittins,

T Phillips, W Langford, K Lang-

ford

Self Select triples Tue 25 June

Winners: P Tonkies, B Castle,

P Patrikeos

Runners up: C Kelly, W Kelly,

F Ferguson

Lucky draw: A Cornett, P Camp-

bell, K Piva

Lucky draw: N Young, B Knight,

R Ghest

Lucky draw: D Frick, R Done,

M Ball

Bunny: J Neill, L Mathers,

N Smith

Scroungers Wed 26 June

1st: T Richardson

2nd: W Ryan

3rd: L Hackwood

4th: E Thean

Self Select pairs Wed 26 June

Winners: W Broad, J James

Runners up: J Oliver, P Gray

Lucky draw: L Tweddle, D Gibson

Lucky draw: D McDougall,

W McDougall

Lucky draw: L Williams,

M Cherry

Bunny: D Bishop, J Wallis

Random select triples Thu 27

June

Winners: L Tweddle, J Lonsdale

Runners up: G Frew, T Phillips,

L Standford

Lucky draw: C Sambaher,

R Bickerton, L Mann

Lucky draw: C Stroud,

G Mulpeter, T Armstrong

SOLANDER LAKE WEEKLY BOWLS WE 30/06/2024

Tuesday: Club Select Triples
Winners: Gavin Hume, Darryl Heilig & John Dann.
R/U: Betty Rudd, Marieke Moore & Ron Boddenburg.
3rd: Jenny Hillem, Bill Taylor & Merv Adams.
Lucky Team: Ann Larsen, Bruce & Wayne Stewart
Wednesday: Self Select Pairs
Winners: Neil Lethlean & Glen McCarthy.
R/U: Alan Lavender & Richard Wales.
3rd: Chris Avenell & Bruce Williams (Visitor)
Jackpot (\$179) – No Winner
Thursday: Self Select Triples
Winners: Darryl Heilig, Geoff Cusbert & Jim McKenzie.
R/U: Mitch Magnussen, Vicki Mitchell & Wayne Mitchell.
3rd: Jacquie Player, Sue Lupi & Bob Stuart.
Jackpot (\$150) – No Winner
Friday: Self Select Pairs
Winners: Pete McCarthy & Ian James.
R/U: Peter Hourigan & Ross Weir.
1st Rnd: Brett Sellars & Lisa Sandling.

2nd Rnd: Bob Stuart & Steve Ross.
Saturday: Club Select Triples
Winners: Mitch Magnusson, Jeff Wall & Chris Cummins.
R/U: Richard Sargeant, Merv Boike & Ricci Harris.

W/E 06/07/2024
Tuesday: Club Select Triples – Washed out
Wednesday: Self Select Pairs – Washed out
Thursday: Self Select Triples
Winners: Lane Neilson, Peter Evans & Ian Carr.
R/U: Mareike Moore, Chris Cummings & Neil Feazy.
3rd: Mike Jones, Robert James & Ross Luscombe.
Jackpot (\$210) – Ian Carr, Peter Evans & Lane Neilson.
Friday: Self Select Pairs
Winners: Ken Laverty & Alex Kinnear.
R/U: Terry Nash & Ross Weir.
1st Rnd: Brian Wrice & Chris Jenkins.
2nd Rnd: Brad Jackson & Allen Lavender.
Saturday: Club Select Triples – Washed Out

BONGAREE LADIES BOWLS

ending 2nd July
Results for a Ladies Section 2-4-2
Friday 21st June 2024
Winners: Diana Stowers, Ian Gillies
R/Up: Mick Falvey, Fred Bingham
Results Ladies Section Tuesday Turkey Pairs 25th June, 2024
Winners: Bob Vonarx, Sandra Scott
R/Up: Col Erhardt, John Park
Bonus Draw: Jackpot
Results for Ladies Division Friday Paddle Pop Draw 28th June 2024
Congratulations to:
Winners: Diana Stowers, Ian Gillies, Graeme Hanlin
R/Up: Richie Ferguson, Dee Morrison, Margaret McGarry
Shopper Docker winner was Richie Ferguson

BONGAREE BOWLS MEN'S

Scroungers June 22nd 1st Di Smith, 2nd Ann Clarke, 3rd Ron Wilson, 4th Gaynor Johnson
Wed 4's June 26th Winners Yuki King, Jaarpung Blundell, Doug Meikle, Tim Carlton Runners Up Col Valentine Gary McCarthy, Ian Paterson, Graham Symonds
Thurs Jackpot pairs June 27th
Winners Arne Jensen, Elna Jensen Runners Up Richie Ferguson, Neil Smith
Scroungers June 27th 1st Peter Caruso, 2nd Yuki King, 3rd Shane Cathart, 4th John Muller
Thurs Jackpot pairs July 4th
Winners Trevor Mallouk, Chris McMillan, Runners Up David Vaughan, Errol Fender



RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF 20 JUNE 2024 TO 27 JUNE

20/6/24 – Single Stroke
Div 1 Winners: Toni Grossmann 73, 2nd Carol McKenzie 74, 3rd Lorna Burns 76 cb
Div 2 Winners: Fitzie Jackson 68, 2nd Yvonne Nicklin 73 cb, 3rd Lyn Cockerell 73
NTP's: Hole 4 Jennifer McKay, Hole 7 Ros Gardiner, Hole 14 Kris Tomalin, Hole 16 Ros Gardiner, Hole 14 (Div 3 2nd shot) Charmaine Price
25/6/24 – Multi Tee Single Stableford
Div 1 Winners: Ailsa Lauchlan 35 cb, 2nd Gwen Clutterbuck 35 cb, 3rd Myra Thomsen 35 cb
Div 2 Winners: Rae Clarke 38, 2nd Vicki Butcher 33 cb, 3rd Gay Burnham 33
NTP's: Hole 4 Helena Winterflood, Hole 7 Angela Roberts, Hole 14 (Div 3 2nd shot) Rae Clarke
27/6/24 – Single Stroke
Div 1 Winners: Di Benghamy 71, 2nd Linda Urquhart 73, 3rd Val Phinn 76 cb
Div 2 Winners: Lyn Cockerell 71, 2nd Leonie Buxton 76, 3rd Maree Bailey 78 cb
Div 3 Winners: Di Croft 74, 2nd Roslyn Crossley 77, 3rd Yvonne Nicklin 78
NTP's: Hole 4 Jo Malone, Hole 7 Magrit Pearce, Hole 14 Myra Thomsen, Hole 16 Lyn Cockerell, Hole 14 (Div 3 2nd shot) Gabrielle Skuse



MORETON BRIBIE BRIDGECLUB

Sat 22 June N/S 1 S Burton & R King
2 S Watson & R Sutton 3 G & D Lock
E/W 1 R Webb & L McLaren 2 M Hardy & J Easey 3 B Fuller & P Breene
Wed 26 June N/S 1 S & C Watson 2 D Scown & J Newton 3 L Carr & J Wright
E/W 1 J Hays & K Cohen 2 R Medhurst & P Breene 3 S Smith & R King
Sat 29 June 1 S Burton & D Brady 2 S Watson & R Sutton 3 L Groves & A Fielding
Wed 3 July N/S 1 J Reiter & B Connell
2 S & C Watson 3 L Carr & J Wright
E/W 1 J Newton & D Scown 2 R King & M O'Reilly 3 R Medhurst & P Breene
BICBC:
Mon 24 June N/S 1 P Edis & C McAlister
2 M Arthur & R King 3 R Deacon & D Quinan
E/W 1 J Brazier & L Wilson 2 I Best & B Moxham 3 J Lawson & A Bronn
Mon 1 July N/S 1 P Edis & C McAlister
2 A Fielding & J Easey 3 T Avena & E Seney
E/W 1 J Lindell & G Lock 2 M Arthur & R King 3 J Brazier & L Wilson



Any size

mattress for the price of a

single*

plus double Qantas Points*

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

FREQUENT
FLYER



Forty Winks Morayfield
250 Morayfield Road
T: (07) 5498 7777
fortywinks.com.au



FortyWinks
Serious about sleep

*Full Terms and Conditions apply, see in store for details. The full Forty Winks terms and conditions can also be found on www.fortywinks.com.au/terms-conditions. You must be a Qantas Frequent Flyer member to earn points. Membership and points are subject to the Qantas Frequent Flyer program terms and conditions, available at qantas.com/terms. A joining fee usually applies however, Forty Winks customers can join for free at www.qantas.com/joinffortywinks. Qantas Frequent Flyer members will earn 2 Qantas Points per \$1 spent (usually 1 point per \$1 spent) on selected mattress purchases made between 08/07/2024 to 28/07/2024 from participating Forty Winks retail or online stores and must present their Qantas Frequent Flyer membership number at the time of purchase. Not valid in conjunction with other Forty Winks promotions which enable members to earn Qantas Points by purchasing products. Qantas Points will be allocated within 14 days of the product delivery date.

S smudging is the burning of bundles of sage or other aromatic herbs. It is traditionally a ceremony for cleansing or purifying a person or place's negative energy.

Today, it's becoming increasingly popular in non-Native populations. While incorporating smudging into your life can be a grounding and cleansing experience, it's crucial to understand its history, honour its cultural significance, and smudge with thoughtful intention.

Burning herbs and other plant material for cleansing purposes dates back many centuries and spans many cultures. A common example is burning incense during religious ceremonies. Ancient Egyptians and Romans burned herbs to treat digestive issues, sore throats, and even memory problems.

Smudging with sage — or saging — is historically a practice among Native Americans, as white sage is endemic to North America. The word "sage" comes from the Latin *salvia*, which means "to feel healthy." While some people burn sage, others choose different types of sacred and medicinal herbs or wood, such as palo santo (*Bursera graveolens*).

Now that smudging is popular outside of non-Native American cultures, how do we incorporate the practice while honouring and respecting its sacred history? Molly Larkin — a writer, teacher and healing practitioner who's spent over 30 years studying with Indigenous elders worldwide — shares in an email interview, "Prayer is the ideal way to work with any herb."

Your prayer, or intention, is an integral part of smudging. It isn't just about pushing out the negative; it can also be about bringing the positive energy you desire into your life.

WHAT ARE THE HEALTH BENEFITS OF BURNING SAGE?

Those who burn sage often use it as a way to banish negativity. However, smudging may offer more benefits than you think. Science is slowly catching up to the spiritual, and studies show

benefits ranging from reduced airborne bacteria to enhanced cognition and improved sleep and mood. Burning a sage bundle may also lower anxiety and stress, which can boost one's mental health.

CONSIDERATIONS WHEN SAGE BURNING

While many cultures burn dry sage, it is mostly associated with traditional medicine and Indigenous people. The increase in non-Native people saging is threatening white sage.

For example, there are groups dedicated to protecting California white sage. This means it's important to purchase sage responsibly (i.e., not from mass-market retailers) or find more abundant alternatives.

The common sage is also deeply tied to spiritual practices, with many Indigenous groups considering it a sacred medicine. Therefore, when burning sage bundles is more of a trend than a spiritual practice, some see it as cultural appropriation.

MATCHING HERBS AND INTENTIONS

"There are several herbs one can use for smudging but use only one herb at a time. Otherwise, you are sending out mixed messages," Larkin says. Sage is one of the best known, but you can use different herbs for different reasons. They each thought of producing different results.

"Smudging with sage or cedar is known to dispel negative energy and bring about feelings of peace; sweetgrass brings in positive energy," Larkin adds. "One can also smudge with other medicinal herbs, such as lavender, rosemary, juniper and others."

A good way to be more responsible when you want to avoid buying dried sage from mass retailers is to grow your own. "Growing your own sage or

What Is Smudging?

Can Burning Sage Purify a Space of Negative Energy?

other herbs is ideal," Larkin explains. "Buying it is the second choice, but make sure you buy from a reputable dealer who harvested the herbs with prayer. If you grow or pick your own, always make an offering and ask permission first. Tobacco or corn meal is a traditional offering."

WHAT SUPPLIES DO YOU NEED TO SMUDGE?

There are four elements involved in a smudge:

The first is the container where you'll catch the ash from the smudging. A traditional choice is to use a shell, representing the water element. You can also use a fireproof bowl. The second element involves the herbs themselves, which are bundled into what's known as a smudge stick. The third element, fire, comes about by lighting the sacred plants. The sage smoke from the fire represents the fourth element, air.

HOW TO SMUDGE

Before you choose any supplies for your smudging ritual, set an intention. Consider what you want to remove from your life and what you want to bring in.

Once you've opened your intention, light the sage stick and blow out the flame after a few seconds to avoid too much smoke filling your space. Trail the smoke down around your body and move it around the space you want to cleanse. Some people leave the smudge stick in the bowl to let the sage burn.

SMUDGING TIPS

There are no set time limits on how long you can smudge; it's up to your judgment and the size of your space. Once you finish, use your container to catch the ashes and extinguish the herbs. Some believe that the ashes hold negative feelings and thoughts that the smudging was removed, so you'll want to dispose of the ashes outdoors on bare dirt.

For many people, smudging brings peace and calm to their lives when done with intention and in a respectful practice. If you're feeling stuck, down, or overwhelmed, smudging or want to cleanse a space, smudging can be a way to alleviate those negative vibes while learning about and connecting with the ancient practices of Indigenous peoples around the globe.





AIR CONDITIONING REPAIR, SERVICE & SANITISE

ABOUT US

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

OUR SERVICES

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



WINTER SPECIAL!!!

\$89.00

SERVICE & HYDROCLEAN/SANITISE
(per Split A/C)

\$129.00

SERVICE DUCTED A/C SYSTEM

All Works Carried Out By a Fully
Qualified & Licenced A/C Technician

This Special applies to bookings made for June or July months only

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

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

Give Brett a call.....

PH: 0401 521 977

www.bgiair.com.au

QBCC Lic. 15314735 ARClick AU57265 ABN 578 7594 0632



WHY CLOSING YOUR BEDROOM DOOR AT NIGHT COULD BE A LIFE-SAVING DECISION

Most of us know fire safety tips like "stop, drop and roll" and "get low and go." However, a decade of fire safety research has shown that closing doors can also have a life-saving effect, especially when getting out in case of fire is not an option.

How Closing Your Door Works

You might think a closed door would not match a house fire. But the difference between how a room with an open door and a room with a closed door survive a fire is dramatic. Smoke moves up and out and fills a room from the top down. So, it reaches the floor last, so it can't seep beneath the door easily. That's why we're taught to stay low in the case of a fire.

Firefighters have long understood the benefit of compartmentalizing a fire. Fire needs oxygen, fuel and heat to survive. Thus, if a fire can be compartmentalised, its spread will slow because it lacks oxygen. The fire may even go out if the oxygen supply is cut off completely.

The more control you can have over the oxygen, the more control you can have over the fire. If you close your bedroom door at night, and a fire starts in the kitchen while you are sleeping, you may have enough time to wake up and figure out what to do. This could give you just enough time to exit the building or to call 000. But it also might give you a safe place to wait for the fire department while the smoke, heat and toxic fumes are just beyond your door.

Also, in a bedroom with a closed door — even when a fire rages outside — the temperature can remain below 37 degrees Celsius with carbon monoxide levels at 100 PPM (parts per million). Compare that to a room with the door open where temperatures can quickly rise above 377 Celsius and carbon monoxide levels become extremely toxic at 10,000 PPM.

You should actually close as many doors as you possibly can throughout your house at night. One reason it's so important is that home fires spread more quickly today than they used to. Forty years ago, we had about 17 minutes to escape a house fire, but today, that's down to three minutes or less. We can thank contemporary building practices and synthetic materials for the change. Of course, if you can get out, get out.

Fire is getting faster - Because many of today's furnishings and case goods are made with synthetic instead of natural fabrics, they burn much faster than those used decades ago.

Close Before You Doze

Other fire safety measures are equally important in the home, especially working smoke alarms. Every home should have smoke alarms on every level and inside and outside of every sleeping room. Be sure they're hardwired together so that if one goes off, they all do, alerting you to a fire anywhere in the home. Ideally, you should check them every month.

It would be best if you also created a fire escape plan. It should include two ways out of every room and a meeting place outside. And it would be best if you practised it. A surprise drill is a great way to teach your children what your smoke alarms actually sound like.

Do more of the things you love.
Let Sully handle the mess.

Cleaning

Organising

Concierge

SPECIAL OFFER

\$120

20% off first visit // 3 hour clean



Great value



Adaptive care



Total confidence



Free consultation

Call **0447238973**

or book online // sullybespokeclean.com.au

HOME BUILDING APPROVALS INCREASE FROM DECADE-LOW LEVELS

“Building approvals for new homes increased by 5.5 per cent in May 2024,” stated HIA Chief Economist Tim Reardon.

The Australian Bureau of Statistics released its monthly building approvals data for May 2024 for detached houses and multi-units covering all states and territories.

“This leaves approvals in the three months to May 2024 down by 1.5 per cent compared to the same period in the previous year,” added Mr Reardon.

“There were 14,180 residential building approvals in May, with 9,260 detached house approvals and 4,920 multi-units.

“Detached house approvals increased by 1.3 per cent in May 2024 and have been slowly strengthening recently. “Detached approvals in the three months to May 2024 are up by 10.0 per cent compared to the same period in the previous year.

“Multi-unit approvals increased by 14.3 per cent in May from very



low levels in recent months. Over the three months to May 2024, multi-unit approvals remain 19.1 per cent lower than in the same period in the previous year.

“There have been 163,760 total dwelling approvals over the most recent 12 months to May 2024. “This is well below the 240,000 new homes needed yearly from 1 July 2024 to achieve the National Cabinet’s goal.

“The low approvals indicate a slow start to building 1.2 million homes over the next five years. “Increasing the number of homes built will be necessary to address longstanding housing shortages. “Addressing tax, planning, land and regulatory constraints will be necessary to increase the supply of homes in Australia,” said Mr Reardon.

In seasonally adjusted terms, approvals in the three months to May 2024 increased by 51.1 per cent in Western Australia compared to the same time in the previous year. This was followed by Victoria (+10.0 per cent). The other jurisdictions recorded declines over the same period, led by New South Wales (-21.6 per cent), followed by South Australia (-6.0 per cent) and Queensland (-4.8 per cent).

In original terms, the Australian Capital Territory recorded a 33.4 per cent increase in approvals in the three months to May 2024 compared to the previous year. Approvals over the same period fell in the Northern Territory (-34.3 per cent) and in Tasmania (-16.3 per cent).



**SECURITY
WINDOWS
DOORS &
SCREENS**

**CUSTOMER-ORIENTED
CERTIFIED PROWLER PROOF DEALER
WORKMANSHIP WARRANTY
COST-EFFECTIVE**

✓ Indoor/Outdoor Blinds ✓ Pet Doors ✓ Repairs

- Leading security screen specialists
- Premium quality security doors and window frames
- Heavy-duty insect screens, roller blinds, and outdoor awnings
- Certified Prowler Proof dealer. We take pride in supplying and installing reliable and modern Prowler Proof products.
- Installations

Locally owned and operated, we are completely committed to 100% customer satisfaction.

Mon-Thu 8am to 4pm Fri 8am - 3pm, Sat-Sun Closed

2/189 FIRST AVE, BONGAREE

 **3408 0500**



admin@bribiescreens.com
www.bribiescreens.com.au

FOCUS ON EROSION AND SEDIMENT CONTROL TO PROTECT OUR ENVIRONMENT

City of Moreton Bay is taking bold steps to minimise environmental harm in waterways from erosion and soil sediment plus other construction by-products.

Mayor Peter Flannery said a pilot project conducted by the Council to improve soil erosion at construction and building sites prevented sediment from releasing into waterways and reduced threats to the wildlife, businesses, and lifestyles that depend on them.

"Up to 50,000 dump trucks worth of pollutant soil particles wash into South East Queensland waterways each year," he said.

"Locally, fourteen residential development areas were initially assessed through this project, consisting of hundreds of dwellings at various stages of construction.

"We continue to work with contractors to improve erosion and sediment control practices that will reduce the environmental impacts and cost-implications of this building by-product,



protecting our waters and all those who use them.

"There is still work to be done, however, and with the risk of environmental harm a concern to Council, we are undertaking enforcement action, including official warnings and penalties, with the minimum penalty amount being \$4,312.50.

"The council will keep working with businesses, industries, and communities to improve environmental protections in any way we can, including on building sites and in new development areas, to ensure we are 'Going Green as We Grow'.

"It is important that homebuilders and buyers adopt the ethos of the Queensland Environmental Protection Act 1994. "Adhering to these legal requirements will help avoid any financial burden of rectifying an issue post-build and prevent fines being issued in the first place."

This compliance project is part of an overall program of work to protect Our Healthy Environments.



helping small family businesses survive and thrive

HOT or COLD we've got you covered



**7kw Reverse Cycle
Air Conditioner-**

\$1499



**2.6kw Reverse Cycle
Air Conditioner-**

\$699

3408 9200

25 Benabrow Ave, Bellara QLD 4507

**Don't leave fitting your air conditioning
to the last minute,
GRAB A BARGAIN NOW!**

BUY ONE GET ONE FREE ONCE A YEAR SALE



U BLINDS PRICE PROMISE
WE WILL BEAT ANY WRITTEN PRICE BY **10%**
*for any comparable product

Plantation Shutters
*INFINITY RANGE

BUY ONE GET ONE FREE



Security Doors & Screens
*SECUREFORCE RANGE

BUY ONE GET ONE FREE



Roller Blinds
*INFINITY RANGE

BUY ONE GET ONE FREE



Curtains
*INFINITY RANGE

BUY ONE GET ONE FREE



Zipscreens
*INFINITY RANGE

BUY ONE GET ONE FREE



Fabric Awnings
*INFINITY RANGE

BUY ONE GET ONE FREE



Roller Shutters
*INFINITY RANGE

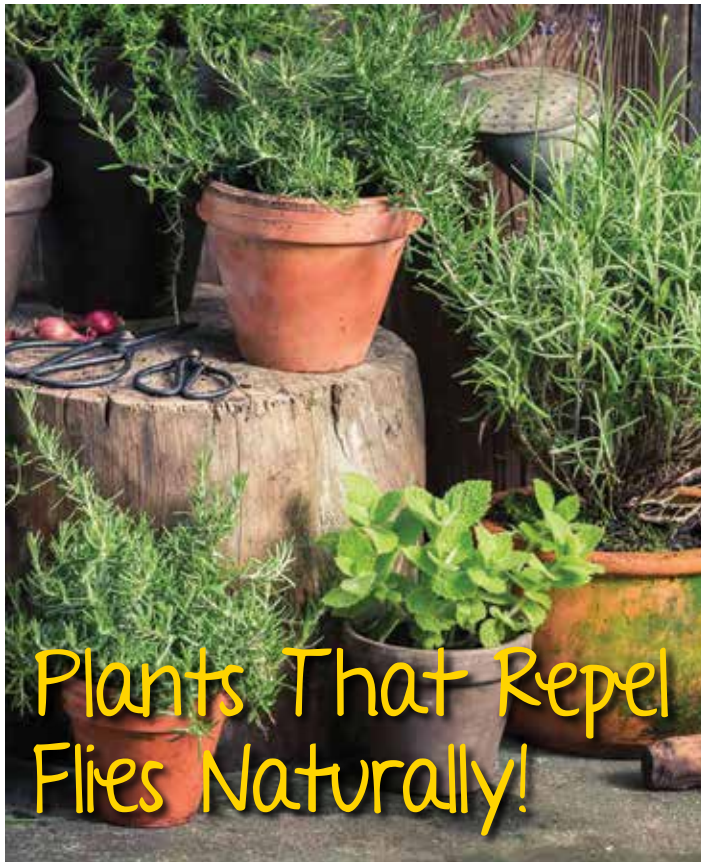
BUY ONE GET ONE FREE

call **1300 303 391** for a complimentary measure and quote

SERVICING BRIBIE ISLAND AND SURROUNDING AREAS

U Blinds Australia
blindsshuttersawnings
www.ublinds.com.au

*Conditions apply, selected materials and fabrics. Offer ends 26/07/2024 or while stocks last. Electrician and Installation not included.



Plants That Repel Flies Naturally!

Some herbs and plants deter flies and other pests. They tend to grow easily, are drought-resistant, and are often dual-purpose. And most importantly, they work. You can trust in their effectiveness.

Herbs seem to be the most affordable, available, and effective of the many options. For peak performance, please make a point of moving them around occasionally. Movement brings the natural oils to the surface of the leaves and releases more of what the pests don't like. Just brushing against a growing plant or stirring up the leaves of a dried one should do it.

BASIL There are about a million kinds of basil, and new varieties are being introduced constantly. Basil is a beautiful, fragrant plant that grows easily in most climates and tolerates dry heat well.

Most people know fresh basil is delicious in pesto, tomato-based dishes, and salads, but did you also know that it is one of the best ways to keep flies out of your house? The versatility of basil is truly inspiring. Plant basil next to the doors, use it as a foundation planting and mix it with your flowers or plant it in containers. The flies will stay far away.

You can grow basil in containers by your picnic table or on your patio and cut a nice-sized bunch to decorate the blanket when you go to a remote picnic spot. As an added bonus, mosquitoes don't like it either.

BAY LEAF—You can grow bay laurel outside in the summer, but you will need to bring it indoors during the winter months. If you cannot grow it, you can buy dried bay leaf at the store; the dried variety you put in stews and soups works, as well as the fresh one for keeping pests away. You can put one bay leaf in white flour, and it will keep the weevils out of it.

It also works for

- Barley
- Cornmeal
- Oatmeal
- Quinoa
- Rice

Most cereal products will be fine for months with the bay leaves to protect them. Scatter a few leaves on the pantry shelves to repel moths, roaches, and mice. Flies seem to hate the smell of bay leaves, too. Who knew they had such sensitive olfactory nerves?

LAVENDER—Lavender smells wonderful, and if you have never used lavender buds in cooking, you should give it a try. In small amounts, lavender adds a wonderful floral and citrus flavour to baked goods, meats, and even vegetables. It also repels moths, mosquitoes, and fleas.

Hang a bundle of it in your closet or lay a few sprigs of it in with the out-of-season clothes you are storing. Grind it to a powder and sprinkle it on your pet's bedding.

Grow it in containers on your patio to

repel mosquitoes, or in your kitchen garden to keep rabbits out of your lettuce and spinach.

Mint—Mint is beloved for its smell, taste, and nutritional properties. But mint plants and other plants from the mint family—catnip, lemon balm, and pennyroyal—are among some of the best fly-repellent plants available. Plant them in a garden bed around the foundation of your home to keep outdoor pests like mice and a range of other insects out. Neither of these pests seems to like the smell, and all but the most determined will head to a better-smelling yard.

Indoors, you can place shallow bowls of dried aromatic plants in your pantry to discourage pests and bugs. Pennyroyal is also repugnant to fleas, ants, and various flying insects, including mosquitoes. Just be careful because large amounts of pennyroyal can be toxic to pets and children.

ROSEMARY—Rosemary is one of my favourite herbs, not only for cooking and grilling but also because it has a number of medicinal uses and is a household herb. As it grows, it repels mosquitoes.

Try planting it around your patio or any area you use in the evenings to keep the air smelling fresh and the mosquitoes on someone else's property.

Rosemary also repels cats, so planting it around the kid's sandbox is a good idea.

You can use rosemary springs under the cushions to keep the cats off the furniture, but beware—the oils in the rosemary can stain the cushions. Be sure they are the one-sided type.

TANSY—Tansy is another

little-known herb that repels flies, ants, fleas, moths, and mice. Its flowers resemble marigolds or yellow Bachelor's Buttons, making a great foundation planting. Churches traditionally used tansy as a strewing herb in the Middle Ages.

Original, Green, and Frugal Herbs were the original household cleaners, disinfectants, and bug repellents. These plants have been relied on for thousands of years to repel flies. It was long before humankind formulated artificial insect repellent spray and put it in a can.

These plants are not only better for the environment; they actually improve it. Herbs continue to work for you even after you have finished with them and discarded them in the compost heap. They enrich the soil and add nutrients, and some attract beneficial earthworms. Next time you are tempted to reach for the fly spray, reach for the basil instead.



grow
plant nursery

PLANTS | POTS | DECOR | GARDEN SUPPLIES

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

OPEN 7 DAYS
EXCEPT SPECIAL PUBLIC HOLIDAYS



www.bongareevillage.com.au

17 First Avenue, Bongaree 0480 160 689



9 Sylvan Beach Esplanade, Bellara

3 BED | 2 BATH | 3 CAR

Experience the epitome of lifestyle living with this exceptional home presented by The Osswald Team. Nestled in a prime location overlooking the breathtaking Pumicestone Passage, this solid brick residence offers a rare opportunity to own a piece of paradise.

For Sale: Contact Agent
Land Size: 607m²

Karl Osswald
Freddi Osswald
0407 836 508



11 Bass Court, Banksia Beach

3 BED | 2 BATH | 2 CAR

The Osswald Team invites you to experience this relaxed canal-front living with this beautiful property. Nestled on a generous 800sqm block, this charming low-set home features 3 spacious bedrooms, 2 bathrooms, a well-appointed kitchen, and a variety of dining and living areas designed for both comfort and elegance.

For Sale: Contact Agent
Land Size: 800m²

Karl Osswald
Freddi Osswald
0407 836 508



36 Adam Street, Beachmere

4 BED | 2 BATH | 2 CAR

Nestled in the picturesque coastal suburb of Beachmere, this exquisite 4 bedroom home epitomizes contemporary living with a touch of coastal charm. From its inviting neutral tones to its spacious interiors, every aspect of this property is designed for comfort and style.

For Sale: Contact Agent
Land Size: 564m²

David Wereszczuk
Aisha Waver
0409 255 255



FOR RENT

45-47 Horace Street, White Patch
\$1500.00 per week - Available Now!

7/17 South Esplanade, Bongaree
\$500.00 per week - Available Now!

2/4 Thornely Close, Bellara
\$450.00 per week - Available Now!

79 Caraway Crescent, Banksia Beach
\$720.00 per week - Available Now!

7 Kelunji Court, Beachmere
\$615.00 per week - Available Late July!

07 3408 4071





How to Prevent Accidental Falls

ACCIDENTAL FALLS, ESPECIALLY BY SENIOR CITIZENS, ARE FAIRLY COMMON. BY MAKING SIMPLE PREPARATIONS, YOU CAN LOWER THE CHANCES OF YOU OR ANOTHER HOUSEHOLD MEMBER FALLING AND BEING INJURED IN YOUR HOME.

Approximately 30 percent of those 65 and older fall each year. Accidental falls, especially around the home, kill more people over 65 than any other single type of injury, and they are the leading cause of accidental death for people over age 85. Those suffering from the residual effects of a stroke are especially susceptible to falling because of visual deficits, weakness, gait problems, and the effects of medication. In addition to breaking bones, falling can injure an older person's self-confidence, causing them to restrict their activities for fear of falling again.

Anyone can fall because of carelessness, stress, poor vision, or a loss of balance due to the side effects of drugs or alcohol. While the actual fall may result in nothing more than a bruise or slight cut, falling against a hot stove or hitting one's head against a hard object can cause a serious injury.

With awareness and preplanning, most of these falls can be avoided. Generally, it would be best if you took care to avoid high-risk situations: Don't jump right out of bed; the sudden change in blood pressure could make you feel dizzy. And never use a chair as a step stool. Try to move more methodically. For example, take your time answering the phone; if you hurry, you could fall.

Here are some prevention tips:

- Install photocell night lights in your hallways, bedrooms, bathrooms, and near the staircase so they light automatically when it is dark.
- If you need glasses for distance, be sure to wear them while walking around the house.

Increase the wattage of lightbulbs lighting all staircases.

- Keep a flashlight on your nightstand so that late night trips are not attempted blind.
 - Remove scatter rugs or be certain they are securely taped to the floor or have a nonskid backing. Air-dry bath mats so the rubber backing doesn't crack.
 - Keep all staircases free from toys, shoes, or other clutter.
 - Wear shoes and slippers with nonslip soles.
 - Don't walk up or down stairs in stocking feet.
 - Wipe up all kitchen spills immediately. A dab of butter, a grape, or a piece of lettuce can turn a kitchen floor into an ice rink, with potentially disastrous results.
 - Relocate or tape down extension cords and telephone cords that might make someone trip.
 - Be sure floor surfaces are not slippery. After washing them, block them off from traffic until they are totally dry.
- Children and the elderly have the greatest risk of experiencing a fall and also of suffering a serious injury as a result. If you have young children or an older person in the house, take these extra precautions:
- Install sturdy handrails on both sides of staircases.
 - Install safety gates at the top and bottom of stairs to prevent toddlers from climbing up and falling down the steps.
 - Open windows from the top, not the bottom, to keep children from falling out; screens are not strong enough to hold even small children.
 - If you suffer from osteoporosis or have an unsteady gait from multiple sclerosis, Parkinson's disease, or any other disorder, use a walker or a cane for added support.
 - Install grab bars in tubs, in showers, and near the toilet. You don't have to be old or pregnant to feel suddenly dizzy or weak.
 - Use nonskid rubber mats or rubber stickers in bathtubs and shower stalls.
 - Mark the bottom step with high-visibility tape, a different colour paint, or some other highly visual marking.

HOME AND GARDEN



BTRIBIE REALTY
QUALITY FIRST



SHERI BINZER
AWARD WINNING TEAM
60 years combined local knowledge & experience.
BTRIBIE ISLAND & SURROUNDS



Unit 1, 40 Melrose Avenue



North East Sun & Fun at Bellara

1/40 Melrose Avenue, Bellara

Here is your chance to live on Bribie Island within walking distance to some of Australia's top entertainment venues. Don't miss your opportunity to own this immaculately presented, secluded, spacious and centrally located 3-bedroom townhouse. Located in a sought after area, minutes' walk to waterfront and parklands, shopping centre and public transport. This small complex of townhouses is private with low body corporate and is pet friendly. Comfortable all year round with ducted reverse cycle air-conditioning with fans in all the king size bedrooms and new solar panels! Comes with 2 sheds and a wrap-around outdoor area with bay window.

Price: Offers over \$549,000



Sheri Binzer
0412 666 779
Lifestyle Realtor



Julie Walton
0438 726 290
Sales & Marketing

Sales & Rentals Office located at
5 Banya Street. Bongaree



BTRIBIE REALTY
QUALITY FIRST

07 3408 3345

www.bribierealty.com.au
email: sales@bribierealty.com.au

Ready For an Apartment Inspection?

Check These 10 Things

Whether you're moving into a new apartment or ending your current lease agreement and exploring new options, you need to make a thoroughly documented inspection of the entire unit. We know you're eager to unpack and start decorating the new place, but an apartment inspection is important.

Here's why: When you move into a new place, and things aren't in proper order, your landlord is responsible for fixing them. If the landlord isn't aware of these problems when you move in, they could take the price of repairs out of your security deposit when you move out. Getting the landlord to fix these issues is probably best before you even sign your lease.

The floor is often the first thing you notice in an apartment. When moving in, ensure the carpets are cleaned without snags or tears. Be certain that the carpeting is everywhere and no pieces are missing. There shouldn't be any carpet stains, either.

Check to see that the floors have been mopped and swept for kitchens and bathrooms. Tiles should not be missing, scraped, scuffed or popping out.

When moving out, ensure the floors and carpets are clean and undamaged. Run the vacuum or steam clean if necessary. You may also want to invest in stain remover.

Check every wall carefully before you move in. First and foremost, the paint should not be chipped and it should be consistent throughout the apartment. Make sure there are no stains on the walls. Also, make sure the paint isn't comprised of poisonous materials. If your walls are wood-panelled, be sure that there aren't any loose or rotten boards.

Look for holes where posters or pictures were once used to decorate the walls. When you're moving out, you'll have to fill in

the holes you've added. You can use caulk or spackle to fill in the holes. Check the baseboards to see if they are damaged as well.

When inspecting the windows, make sure you can actually open them. If the windows do not open properly, you face a huge safety hazard. Every room should have at least one window that can open.

Ensure the windows aren't leaky and the glass isn't chipped or broken. Look out for cracked window seals or broken windows. You don't want any missing panes of glass, either. The windows should operate normally and lock from the inside. In addition, they should all have screens and the glass should be clean and free of mould and mildew.

Check the blinds as well. They should work properly and not be broken in any way. Also, make sure they aren't dirty or stained.

Flick all of the light switches in your apartment. Do they work? Make sure none of them appear damaged or have loose wires hanging out. Each switch should also have a faceplate. If the lights don't go on, check the bulbs. You're usually responsible for replacing them in your apartment if they're burned out. Obviously, the lights shouldn't flicker or throw sparks, either. Also, you'll want to plug a small appliance (or an electricity tester) into each of your outlets to make sure that they all work.

If your unit has a fuse box, open it. It shouldn't seem damaged or look like switches are missing. If the box has more than one 30-amp fuse, it may be overloaded, which could present a fire hazard.

Now it's time to check your apartment's heating and air conditioning unit, also known as the HVAC system.

Make sure that the thermostat works and accurately represents the temperature in the apartment. The unit should also be able to blow both hot and

cold air. Check to make sure that it does. Also, check to see if there are any loose wires or hoses sticking out of the unit itself. It should not be leaking water, either.

Also, ensure the filters have been replaced recently and are not clogged or dirty. The previous tenants may not have put them in at all, so it's going to be your job to put new ones in. Change them out every few months — if they're dirty, they can cause the HVAC to run inefficiently and drive up your energy bill.

Smoke detectors are vitally important to your safety when living in an apartment. Even if you're extremely safe when it comes to fire, your neighbours might not be. Fire can spread quickly through roofs and other shared areas at the complex, so a smoke detector should be on your checklist during a routine inspection.

You should have a smoke alarm in (or at least in the hallway near) every bedroom. The kitchen should have one as well. When you move in, make sure all of your smoke alarms are working properly. Test them out to see if they make noise. It's also not a bad idea to put fresh batteries in them. Be sure and test them every month after moving in, too.

Preferably, the unit should have a carbon monoxide detector installed — and there should be a working fire extinguisher somewhere in the apartment, too. Don't forget about that!

Go into the bathroom and turn on the shower. First, does the water flow, and does it get hot and cold? Does the water look less than clear? Look at the walls of the shower to see if there are any missing or damaged tiles or if mould is present.

Check out the toilets. Are they clean, and do they flush properly? Do they run when they aren't in use?

Make sure the toilet doesn't leak onto the surrounding floor, too. Plumbing repairs can be expensive, and many property managers put off addressing them.

Take a look at the sinks. Check to see if the taps run hot and cold here as well and that water drains properly. Note any damage to the faucets or the porcelain. Also, be sure to check the cabinet under the sink to note any leaky water, mould or strange smells.

Now let's take a look at all the doors in the apartment. All of them should shut tightly and fit properly in the frame. There shouldn't be any problems with the doorknobs or any locks. Check to see if any paint is missing or mismatched as well. Also, make sure that you have two sets of keys to the apartment — the front door should have a normal lock as well as a deadbolt you can secure from within.

In the bedrooms, check out all the closets and make sure the shelves aren't loose. If you haven't checked any of the above items in the bedrooms, now's the time to do so. Doorknobs and locks may seem trivial during routine apartment inspections, but they can present immediate problems once you've moved in.

Most apartments have a kitchen of some sort, and there's a lot to look for here. First, check out the stove. Most stoves and ovens are electric (rather than gas) in apartment complexes. Do all of the switches work, and do all of the burners get hot when you turn them on? Do you see any frayed wiring around the oven?

And if you do happen to have a unit with a gas stove, does it ignite properly? Is there a smell of natural gas when it's put to use? Overlooking these appliances could mean overlooking expensive repairs. If you have a gas stove, definitely invest in a carbon monoxide

FOR SALE
 EXCEPTIONAL VALUE AT OFFERS OVER \$990,000
168 Freshwater Drive, Banksia Beach
 3 bed + large study | 2 bath | 2 car + Van/Boat Secure Parking

Golf Front Living *at its best*

2 Houses | Large Shed | Paddocks
 Contact Agent For Price Guide

5 ACRES
 3000sqm lot
 Beachfront

607m2 | Next Gen Neighbourhood Zone
 Submit Offers

BEACH FRONT LAND
 16 Boyd Street
 Woomin

3 bed | 1 bath | 2 car | Shed
 Offers Over \$745,000

WATERFRONT
 62 Ningi Esplanade
 Ningi

4 bed | 2.5 bath | 2 car | Media | Pontoon
 Submit Offers

CANAL FRONT
 28-30 Penas Drive
 Bongaree

Bribie Island & Surrounds Leading Agent*

**SELL WITH US
 AND SAVE**

1.5%
 + GST

Nothing more to pay
FREE
 Marketing!
 realestate.com.au Domain



PROPERTY PROFESSIONALS

Call us today
 for your free no-obligation
 property market appraisal

*Sally Grant www.realestate.com.au/FindAgent



3517 2406

Shop 1, 33 Benabrow Ave BRIBIE ISLAND
wilsonco.com.au

Key Mistakes to Avoid When Moving Into a New Home



Moving to a new home starts an exciting new life chapter filled with promise and new experiences. Yet, moving comes with challenges that, if not handled carefully, can take away from the joy of this big step. It's important to be well-prepared and aware of common issues.

NOT RESEARCHING MOVING COMPANIES

Choosing a moving company is one of the first hurdles you'll encounter in your journey. This decision can make or break your moving experience. A common mistake many make is not conducting thorough research on potential moving companies. Opting for the first company you come across or choosing based solely on price can lead to disastrous results, including scams, damaged belongings, or hidden fees.

FAILING TO BUDGET PROPERLY -

Budgeting inaccurately for a move is a pitfall that surprises many. However, the costs associated with moving extend beyond the price quoted by your moving company. Account for packing materials, potential overnight stays, eating out, and other unforeseen expenses. Creating a comprehensive budget that covers all possible costs will help avoid financial strain and ensure a smoother transition to your new home.

ALWAYS MEASURE FURNITURE & DOORWAYS

One of the more technical mistakes to avoid is failing to measure large furniture and the doorways of your new home. It's not uncommon for movers to arrive at their new residence only to discover that a key piece of furniture won't fit through the door or in the intended space. To prevent this frustrating scenario, measure your large items and the entry points of your new home in advance. If certain pieces don't fit, you'll have time to sell or donate them rather than deal with the dilemma on a moving day.

NOT UPDATING YOUR ADDRESS

Amid the chaos of moving, updating your address across all necessary accounts and services can slip through the cracks. This mistake can lead to missed bills, important documents, or packages ending up at your old address, potentially leading to financial repercussions or loss of valuable information. Prioritise making a comprehensive list of all institutions, subscriptions, and services that need to be informed of your address change, from your bank and insurance companies to magazines and online shopping sites.



OVERLOOKING INSURANCE OPTIONS

- Many movers overlook the importance of insurance, assuming that their belongings are automatically covered during the move. However, the basic insurance provided by moving companies often covers only a fraction of the value of your items in case of damage or loss. Before moving, it's crucial to understand the coverage options offered by your moving company and to assess whether additional insurance through your own provider is necessary. This step is particularly important for high-value items, providing peace of mind that you're fully protected.

SKIPPING THE PURGE

Moving presents an ideal opportunity to declutter and streamline your possessions. However, many overlook this chance, choosing instead to pack everything they own. Transporting items you no longer need, use, or want increases your moving costs and clutters your new space from the start. Before you begin packing, take time to sort through your belongings, donating, selling, or discarding things that don't serve a purpose in your next chapter.

Moving into a new home is an adventure filled with potential pitfalls. By being aware of and actively avoiding these common mistakes, you can streamline the process, making it as smooth and stress-free as possible. From the importance of professional packing for your valuables to updating your address, each aspect of your move requires careful consideration. Successful moving is not just about getting your belongings from point A to point B; it's about seamlessly transitioning into your new life.

AJ SMART MOVE
REMOVALS & STORAGE

SMALL & LARGE TRUCKS
PACKAGING MATERIAL

- ✓ Pre-Pack & Packing
- ✓ Local & Interstate
- ✓ Insurance
- ✓ Back Loading
- ✓ Office Relocations
- ✓ 7 Days A Week
- ✓ Competitive Affordable Pricing

FREE QUOTES - PHONE JUSTIN NOW...

0410 326 376

www.ajsmartmove.com.au

SERVING THE LOCAL COMMUNITY FOR 23 YEARS

Meet your local gutter cleaning specialists!

Gutter Vacuuming | Solar Panel Cleaning | Bird Proofing | Pressure Cleaning | Mould & Lichen Removal | Gutter Guard Installation, and other services.



- \$20M Insurance Cover
- Before & after photos provided
- 'Working Safely at Heights' certified
- 100% Satisfaction Guarantee

Wesley & Kate



Gutter-Vac Brisbane North-East
1300 654 253 | guttervac.com.au



A local concreter
with a commitment
to quality



- Plain
- Exposed
- Decorative Finishes
- Cover Crete
- Sealing
- Paths
- Driveways
- Sheds
- Pool Surrounds
- Seamless Pool Edge

0447 015 736

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

MORETON BAY SKIP BINS

Local Family-owned skip company on Bribie Island

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

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

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

Moreton Bay
Skip Bins

Call Mike
0414 171 406

moretonbayskiphire.com.au

BEDROCK BROTHERS
PROSPECTING ACCESSORIES

COILS
DETECTORS
PICKS
KITS
SCOOPS
PANS
SLICES
TOOLS
GOLD PROSPECTING
ADVICE

Trading Hours
Tuesday: 9am - 4:30pm
Wednesday: 9am - 4:30pm
Thursday: 9am - 4:30pm
Friday: 9am - 4:30pm
Saturday - Monday CLOSED

219 FIRST AVE, BONGAREE
07 3408 1297



Floorworld
MORE THAN JUST FLOORING

**HERBORN'S
FLOORWORLD**



We are a family owned and run local flooring shop. Shane is the owner and one of our main Installers. We have been running the shop for almost two years and one of our main places we work is Bribie Island and the surrounding suburbs.

We offer Timber, carpet, vinyl planks, hybrid, Laminate and More!

U 1/88 Lear Jet Dr, Caboolture
07 5495 7075
www.floorworld.com.au

ASBESTOS
STRIPPING CO.
PTY LTD

Phone: 0404 960 259

E: david@asbestosstrippingco.com.au
www.asbestosstrippingco.com.au

Licensed Asbestos Removal ABN: 92 646 770 685

CARAVAN CAMPER
REPAIR CENTRE



PRIVATE REPAIRS
INSURANCE REPAIRS
WARRANTY REPAIRS
WATER DAMAGE
HVRAS INSPECTORS

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

5499-1304

34-36 Cessna Dr,
Caboolture QLD 4510

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



@carpetmedicseql



0413 658 177



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

MYLT

MEET YOUR LOCAL TRADIE

TRADES AND SERVICES



Local Handyman Beachmere to Bribie Island
Phil Gibbs
'Fixologist'

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

Call Kerryann 0423 856 529

QBCC 65701 Police checked | Blue Card holder ACN 651028241

winter painting

OKAY IT IS WINTER.

A perfect time to paint
inside and out.

No humidity. Great drying
conditions and beautiful
weather.

So, what are you waiting for? Phil and I can assist you with colour
selection and ideas to bring new life into your rooms, or exterior
of your home.

We will prepare the surfaces, patch any holes or dings,
prime and paint.

We do it all, give us a call and we will pop in have a chat about
the areas you are wanting to address, or your entire house.

Then we will then send you an obligation free quote
outlining ALL the costs involved and time frame that
we could complete your job in. You just need to
say yes, and we will do the rest.

We look forward to hearing from you. Have a look at
our website or call us direct.

Nga mihi nui

Kerryann

handymanmoretonbay.com.au

0423 856 529





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

BUSY FINGERS THANK YOU

Friday 21 st June 2024 – 5PM

62 volunteers and partners from Busy Fingers attended this Thank You Function for one of our major sponsors. They were treated to homemade sausage rolls and quiches, hot finger food and the delights of a grazing platter feast and a prawn cocktail.

The theme of the evening was RED, there were certificates for the best dressed, best 3 Karaoke Singers a Lucky Door Prize.

Surfing Santa made a guest appearance, he took a break from his surfing holiday to come back and be part of the Busy Fingers Party.

The Commodore Ces Luscombe presented Certificates of Appreciation to: -

- Sandra (Busy Fingers Secretary) and Fitzie (Busy Fingers Treasurer).
- Peter McSanta a.k.a. Radio Officer Peter McNamara.
- Mr Music Coxswain, Gary Voss (if you recognised him), for another outstanding job.
- Kelly Langworthy's Kelly Gang (the Social Committee), for another wonderful job in preparation of both the food and Function room.

The Group Photo was followed by everyone one singing WE ARE THE CHAMPIONS by Queen.



The grazing platter was very popular.



More of the guests.



More guests.



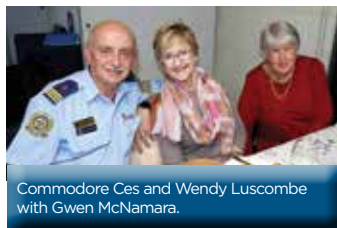
Linda Burdinat and Brenda Allardyce take a short break from the kitchen.



Our membership Secretary and Busy Fingers Volunteer Rosemary Blythe and partner Trevor Plant and guest.



The Red Theme was popular with most!



Commodore Ces and Wendy Luscombe with Gwen McNamara.



Barb and John O'Hagan with Liz Radajewski.



Mike Lucas and Ian Thomas were barmen for the evening.



Mr Music Man a.k.a. Coxswain and Secretary Gary Voss.



There was singing and dancing for all interested.



Santa came back from his surfing Holiday to be at the Busy Fingers Function and wished everyone a safe and happy rest of year and a Good Christmas.



Santa high fived the room!



Fun was had by all



Rock and Roll Liz showing how it is done on the dance floor.



Commodore Ces presents certificates to winners of the best dressed competition Caroline and Jean-Claude.



Commodore Ces presented The Secretary Sandra and Fizzie the Treasurer of Busy Fingers with a Certificate of Appreciation and one of our special bar mats.



Commodore Ces presents a certificate of appreciation to Kelly and the Social Team. Carol Pobar, Robyn Young, Brenda Allardyce, Linda Burdinat, Sheryl Traill, Cheryl Robinson, Kelly Langworthy, and Commodore Ces Luscombe.

ASSIST FROM DECEPTION BAY

Saturday 29 th June 2024 - A 4.5m Runabout with starting issues was retrieved from Deception Bay and towed to Spinnaker Sound Marina. Bribie 2 and White Saturday Crew had rafted the vessel alongside due to the amount of activity in and out of the Marina. So the rafting method gave the skipper much better control of both vessels in the busy and close quarters.

Thanks to off-duty Coxswain Mike Looney who was in the vicinity for the photos and comment. Skipper Liz Radajewski commented it was a "dad and 3 kids on an older model boat - first time it gave up the ghost ever. On the bright side had a good fishing session and the kids reckon the fact that dad broke down was more newsworthy than the ride back to port on Bribie 2.



CONGRATULATIONS RUTH

Congratulations Ruth Trojan on achieving Competent Crew status. Ruth joined us as Trainee Crew in September 2022, was promoted Crew with White Sunday Crew in February 2023, and Competent Crew 30 th June 2024 again with White Sunday Crew.



Coxswain Mike Looney and Skipper White Sunday Wayne Sclater present Ruth Trojan with her second stripe for Competent crew, Well done Ruth.

CONGRATULATIONS MARK

Congratulations Mark Purtell on Achieving Crew Day Coxswain. Mark joined us as Trainee crew in June 2018, he was promoted Crew with White Sunday Crew in August 2018, and Competent Crew in February 2020. Mark also took on the role of Recruitment Officer in April 2021, he was promoted Senior Crew in March 2022 and Crew Day Coxswain 28 th June 2024. Thanks for your service Mark!



White Sunday Skipper Wayne Sclater and Commodore Ces Luscombe present Mark Purtell with his third stripe to Crew Day Coxswain

WHITE SUNDAY CREW

Mike Looney's last day on White Sunday Crew he has moved to Blue Saturday Crew.

Mike joined us as Trainee Crew in April 2019, he was appointed Crew (July 2019), Competent Crew (October 2021), Senior Crew (June 2022), Crew Day Coxswain (March 2023), Coxswain (December 2023), all with White Sunday Crew. Mike now moves to Blue Saturday Crew as of 1 st July 2024. Thanks for your service and dedication Mike!



Mike Lucas, Scott Normile, Skipper Wayne Sclater, Dale Mullins, Ruth Trojan, Mike Looney, and Mark Purtell.

JUNE/JULY VESSEL ASSISTS

WED 19/06 1329PM - 4.5m Tinny member with motor overheating required a tow from entrance to Pacific Harbour to Bellara Boat Ramp. THU 20/06

1445PM - 6m Half Cabin non-member with motor issues required a tow from Sylvan Beach to Bellara Boat Ramp.

FRI 21/06 1248PM - 6m Sports Cruiser non-member hit sand bank and damaged motor required a tow from Toorbul to Spinnaker Sound Marina.

MON 24/06 1538PM - 4.7m Bowrider non-member broken down at Aon Wreck require a tow to Toorbul Boat Ramp.

TUE 25/06 11:52AM - 5.5m Cuddy Cabin member lost steering requires tow from entrance to Pacific Harbour to home pontoon.

WED 26/06 1221PM - 5.8m Runabout member motor not pumping water North of South Cardinal, stood down as pump started working.

THU 27/06 1237PM - 4.6m

Runabout member with motor issues at Ningi Creek required a tow to Spinnaker Sound Marina. THU 27/06 1953PM - 8m Yacht non-member stuck near Deception Bay Red, required a tow to deeper water.

FRI 28/06 1404PM - 4.5m Runabout non-member with motor issues near the entrance to Bribie Gardens, required a tow to Bellara Boat Ramp.

SAT 29/06 1410PM - 4.5m Runabout non-member with motor issues required a tow from West of DBayRed to Spinnaker Sound Marina.

SAT 29/06 1955PM - 8m Shark Cat non-member with motor issues required a tow from South of Passage entrance to Beachmere Boat Ramp. reported by MOP drifting toward Bridge owner on board and reset anchor.

WED 03/07 2105PM - Tasked by Water Police to recover an unmanned 11.5m Yacht hard up against the Bribie Bridge, moored onto VMR emergency mooring at Bongaree.

COMMODORE CES' SAFETY MESSAGE:



Commodore Ces reminds everyone to "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!"

2024 YEAR RADIO ROOM STATISTICS

To Wednesday 3 rd July 2024
9,026 Calls, 2,512 vessels logged on, 196 Vessel Assists, 947 Sitreps, 1,129 Requests, 28 Overdue vessels, 12 Vessel

Tracking, 761 Radio Checks, 7 Weather Forecasts 3 Securite Broadcasts. 1 Pan Pan, 0 Mayday
VHF calls 52.2%, - 27MHz calls 0.2% - Phone 29.6%
GWN 3.0%, OTHER 2.7%

CRABBING

Crabbing is both a commercial business as well as a family fun activity. Crabbing involves the catching and eating of these succulent crustaceans. The crab most commonly caught and eaten along the east coast is known as the blue claw crab. There is nothing better than coming home and having a delicious meal of blue claw crabs with the family.

Crabs are found in saltwater. This also includes brackish water also known as tidal water. These areas include saltwater marshes, bays, inlets and the ocean. Crabs also prefer to be near underwater structures such as pilings (usually from docks), bridges and sunken shipwrecks.

-Crabs have claws and will pinch you. If this happens do not panic. Pull the crab away from you with your other hand until the claw breaks off the crab. The proper way of holding a crab is shown in later steps.

-Crabs have size limits that change annually. Check online or at your local marina to avoid any legal issues that could arise. Check out <http://www.scottsb.com/fishids/regsrecs/regsNJ.htm> for more info.

-There are other crabs local to the East Coast such as green crabs and spider crabs. These crabs are not edible and if caught should be released.

-If the crab has an egg sac it must be released by Law.

HOW TO HOLD A CRAB

1. Put your foot(preferably with a shoe, no flip flops/sandals) on the crab to keep it from moving.
2. With one hand, grab the flipper/last leg of the crab located at its back.
3. Take your foot off the crab and lift it up.
4. It will not be able to pinch you.

If the crab dies before it is cleaned do not eat it! Once dead, a poison is released throughout the crab's body that ruins the meat.

TYPES OF BAIT

Dead Fish-Any type of fish will do as long as it is a reasonable size, usually between 6 inches to 1 foot. A few types of fish commonly used are bunker, snapper blues and sea robins. The fish can be better utilized by cutting it into 2 by 6 inch pieces. Make sure that there are cuts on the fish so that the smell will easily travel through the water.

Hot Dogs-Hot Dogs are not commonly used due to the fact that they are very soft and crabs can easily tear them apart and eat them. The advantage of hotdogs is that they are much cheaper than normal bait so if you are on a budget, hot dogs might be the way to go.

Chicken-Chicken legs are preferred. Chicken is less expensive than fish and is a solid bait. This means that the crabs can't easily break it up and take it away.

Meat-Any meat can be used. The three above are the most affordable meats to buy as well as the easiest to use.

EQUIPMENT

- Cooler
- Fold up chair
- Bag of Ice (sold at local convenience stores)
- Crab trap
- Bait
- Junk Knife (for bait)
- Snacks for yourself
- Thick Gloves(makes holding crabs easier)
- Net(if using a hand line)

TYPES OF TRAPS & HOW TO USE THEM

Weighted Hand lines/drop lines- This is a rope with a weighted hook on the end. The weight keeps the bait from floating up. Tie the end of the string that doesn't have the hook on it to something that is secure so that the crab can't pull the entire line into the water. The bait is securely put on the hook to prevent crabs from taking the bait. Once the bait is on the hook, it is thrown 8 to 12 feet out into the water, usually from a bank. It can also be dropped from the side of a boat in shallow water, as long as the meat reaches them bottom. Wait 5 to 10 minutes or if you see the line begin to move, then very slowly pull in the line. Once the meat comes into view look to see if there is a crab on the meat. If there isn't, pull that meat out of the water and throw it back out. If there is a crab, pull the line a little closer but make sure to leave the crab 1 to 2 feet under the water. Slowly take a net and lower it into the water behind the crab. Scoop the crab out of the water but be quick because crabs are fast and Waalaa, you have caught a crab.

Box Crab Traps-This trap is made out of a wire like mesh. It has four open sides, a top, a bottom, and for flaps that open and seal off the sides. Strings are attached to flaps and all join at a ring that is located above the trap. A longer string is attached to the ring and when it is pulled it causes the flaps to seal off the sides of the trap.

When crabbing, a piece of meat is placed inside the trap in the middle and tied down. When the crab goes to eat, the sides of the trap will be closed trapping the crab inside with no chance of escape.

Pyramid Crab Traps-This trap is made out of a wire like mesh. It is made from four triangles and a square. One triangle is attached to each side of the square. Strings are attached to the ends of the triangles. The strings join at a ring that is located above the trap. A longer string is attached to the ring and when it is pulled it causes the flaps to seal off the sides of the trap.

When crabbing, a piece of meat is placed inside the trap in the middle and tied down. When the crab goes to eat, the sides of the trap will be closed trapping the crab inside with no chance of escape.

Ring Crab Traps-This trap is either made from wire mesh or string. It has a circular shape. When lying on the ground it appears flat but when it is picked up, the bottom drops down trapping the crab inside. The bait is usually put in the center of the trap along with some type of weight.



BRIBIE BAIT TACKLE & BIKES

Family owned since the 90's

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

TRADING HOURS:

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

5/1 Welsby Parade,
Bongaree Qld 4507

3408 1347

TIDE TIMES

Bribie Island
AND
Moreton Bay

FRI 12 Jul 1:31 am 1.77m 8:10 am 0.47m 2:15 pm 1.41m 7:57 pm 0.64m	SAT 13 Jul 2:07 am 1.66m 8:49 am 0.47m 3:11 pm 1.43m 8:54 pm 0.74m	SUN 14 Jul 2:47 am 1.54m 9:32 am 0.48m 4:15 pm 1.46m 10:04 pm 0.82m	MON 15 Jul 3:38 am 1.41m 10:21 am 0.49m 5:22 pm 1.52m 11:20 pm 0.85m	TUE 16 Jul 4:42 am 1.31m 11:14 am 0.48m 6:25 pm 1.62m	WED 17 Jul 12:37 am 0.81m 5:53 am 1.26m 12:07 pm 0.45m 7:19 pm 1.74m	THU 18 Jul 1:45 am 0.72m 7:00 am 1.26m 12:59 pm 0.39m 8:06 pm 1.87m
FRI 19 Jul 2:37 am 0.61m 7:57 am 1.31m 1:47 pm 0.32m 8:49 pm 2m	SAT 20 Jul 3:21 am 0.5m 8:46 am 1.37m 2:33 pm 0.23m 9:31 pm 2.1m	SUN 21 Jul 4:03 am 0.42m 9:33 am 1.42m 3:18 pm 0.17m 10:13 pm 2.18m	MON 22 Jul 4:45 am 0.37m 10:18 am 1.46m 4:02 pm 0.13m 10:54 pm 2.21m	TUE 23 Jul 5:26 am 0.33m 11:03 am 1.5m 4:47 pm 0.14m 11:36 pm 2.18m	WED 24 Jul 6:06 am 0.32m 11:50 am 1.52m 5:32 pm 0.19m	THU 25 Jul 12:16 am 2.09m 6:46 am 0.32m 12:38 pm 1.55m 6:20 pm 0.29m

YALTA CRAFT
- BUILT FOR THE TASK -

Bribie Marine P: 3408 4621



2000 FISHERMAN

Whether it is a day over to Moreton
with the family or offshore fishing
with mates

on water packages
from
\$74,990

- 135hp Honda
- Dunbier Trailer
- 9.5 Garmin Echomap



1800 BOWRIDER

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

- 100hp Honda
- Dunbier Trailer **\$59,990**
- Garmin 6.5 Echomap
Display Model avail now..



454 GETAWAY PRO

Great Runabout... with walk
through windscreen.

SAVE THOUSANDS
- 50hp Honda
- Dunbier Trailer **\$34,990**
- Rear Folding Lounge

Display model now Available

**HONDA
MARINE**

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

**Take The
Hassle Out
Of Selling
Your Boat
SELLING ON
CONSIGNMENT
NOW!**

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

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

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

**HONDA
MARINE**



Dunbier
marine products

GARMIN
MARINE

GME

www.bribiemarine.com.au

143 First Ave, Bongaree, next to Ampol

What shell is that?



**ENVIRONMENT
MATTERS**
Environmental
Sustainability
Rotary Action
Group | ESRAG

Have you ever walked along the beach, picked up a shell, and wondered its name?

ARAGONSKINS
BOAT WRAPS

Banksia Beach

Ph: 3888 1227
aragonskins.com.au

Full & Half Wraps
Decals or Stripes
Stylized Regos
Brag Mats

HERE'S A representative sample of mollusca shells.

Mollusca are animals that have a soft body, no spine, and is often covered with a shell. Marine mollusca such as mud arks, pearl oysters (quampie), razor clams, orange cockles, wedge clams, Venus clams, pipis (eugaries), mud whelks, sand snails and rock oysters may be found along the shoreline of Moreton Bay at low tide. More often than not, the shells are empty.

According to the Department of Agriculture and Fisheries and the Queensland Museum, "Moreton Bay is home to an estimated 350 species of bivalve molluscs and 1023 species of gastropod molluscs. Aside from being a food source for a vast array of other animals (e.g. fish, birds, crustaceans), molluscs play key roles in marine ecosystems ... most bivalves filter their food from the ocean and, by doing so cleanse the water of suspended particles." Many marine gastropods "are predators of other invertebrates, some clean up decomposing organisms and many graze on algae or feed on organic surface deposits." All "are truly vital to the continuing health of Moreton Bay."

In 2022, the Queensland Government published 'A Brief Guide to Molluscs of Moreton Bay'. It is a quick read (mostly pictures and dot points). Even after a cursory look, you should be able to identify most of the shells you pick up.

A brief guide to molluscs of Moreton Bay (July 2022) was compiled by Hayley Parfitt, Fisheries Queensland, and Dr John Healy, Queensland Museum. © State of Queensland, 2022. The Queensland Government supports and encourages the dissemination and exchange of its information.



Dr John Healy is also a member of the Brisbane Shell Club, which has an excellent website — Shells of South East Queensland — with beautiful photographs of the shells of many species taken by the club secretary, Tim Murrell.



Fun Fact: The Netherlands has been participating in Mussel Count Day since 2022. Last year, more than a thousand enthusiastic participants counted and identified almost 35,000 mussels despite the bad weather. People also went to the beaches in Belgium and France on the official shell counting day, where more than 80,000 shells were found along 400 km of the North Sea coast.



Would you be interested in learning more about seashells and perhaps be a part of the Seashell counting and identifying activity – then contact ESRAQ at this QR Code.



CAPE YORK'S HIDDEN TROPICAL PARADISE



- ✓ Grassed Beachfront Camping
- ✓ Waterfront Lodge Rooms
- ✓ Self Contained Beach House
- ✓ Licensed Outdoor Dining
- ✓ Guided Cape York 4WD Tours
- ✓ Guided Fishing Charters
- ✓ Tour Booking & Info Service
- ✓ Wharf Transfers
- ✓ Dj's Restaurant And Bar
- ✓ Beachfront Dining Watch
- ✓ Sunset Over Torres Strait
- ✓ Open Mon To Sat For Breakfast And Dinner
- ✓ Sun Fish And Chips On Beach From 5pm - 8pm

LOYALTY BEACH

CAMPGROUND & FISHING LODGE

PH: 07 4069 3808

www.loyaltybeach.au

NEW MAPOON, CAPE YORK QLD E: fishcapeyork@loyaltybeach.au

Cone Snails

Cone snails are a group of around 1,000 species of venomous, predatory marine snails that live in shallow, tropical waters around the globe. Their cone-shaped shells are intricately patterned and brightly coloured, prized by seashell collectors, and their venom is fascinating to biomedical researchers. It's pretty high profile for a very slow, not particularly aggressive animal that spends its days toddling after worms, fish and other snails for dinner.

But Why So Venomous?

Cone snails are very slow animals that have no means of mechanical prey capture – that is to say, they can't bite or grasp like a shark or a rattlesnake. Despite the lack of teeth and claws, all cone snails are inimitable predators, even though they cannot graze on algae like their non-venomous snail relatives.

"When a slow animal wants to hunt other creatures, it has to evolve potent venom to be successful. Particularly those cone snails that prey on fish have to have toxins that can potentially immobilise the fish prey before it swims away," says Helena Safavi, a professor in the department of biomedical sciences at the University of Copenhagen, who studies cone snails and their venom.

Because their venoms are unique to specific species, some species deliver a very minor sting, and others can kill you.

"There are about 40 known fatalities by cone snails, and nearly all — if not all — were caused by a single species, *Conus geographus*, commonly known as the geography cone," says Safavi. "Some of the toxins in this species can cause acute respiratory failure and potentially heart failure. It's also one of the species that can inject larger quantities of venom compared to most other cone snails. Death from cone snail stings is extremely rare compared to snakes and even scorpions and spiders." The geography (or front-gilled) cone snail (*Conus geographus*) is responsible for most of the known human cone snail fatalities.

Cone snails might not have fangs, but most have a venom-covered harpoon they use to incapacitate their prey. With a tube-like structure at the end of a venom bulb and a modified tooth that can shoot out of the tube at 400 miles per hour (644 kilometres per hour), instantly incapacitating passing prey, it doesn't really matter if cone snails are slowpokes. All the snail has to do is reel its prey into its giant parachute-like mouth and spit the bones out a couple of hours later.

Unique Toxins

One of the most remarkable things about the 1,000-ish cone snail species is that there is almost no overlap in the toxins made by each. "This shows how fast these toxins evolve," says Safavi. "Even closely related species have only around 5 to 10 percent overlap. With each species making several hundreds of toxins, one can estimate that there are around half a million different toxins present in cone snails."

Other cone snails, like the geographer cone, creep up on sleeping fish and shoot out a cloud of chemicals – one of which is insulin — that numbs their prey and sends them into a sort of hypoglycaemic coma before swallowing them whole.

Other cone snails will strike a fish but won't tether it with their harpoon. The fish will swim away but will fall under the influence of the snail's venom pretty quickly. All the snail has to do is follow its prey and gobble it up when it reaches it.

These are just a few strategies, but according to Safavi, with so much diversity in cone snail venom, we have a lot to learn:

"We know very little about how cone snails use their venom in the wild," she says. "A colleague of mine recently showed that some cone snails use toxins that mimic mating pheromones to lure worms out of their burrows. It's really fascinating what these animals are capable of."

According to Safavi, cone snail venom has been used in therapies and drugs for the treatment of diabetes and terminal pain.



DO JELLYFISH HAVE THE DEADLIEST VENOM IN THE WORLD?

There are actually two kinds of toxic animals: poisonous and venomous creatures. While the two terms are often used interchangeably, in the scientific realm, they have different meanings. The difference lies in the way the animal transfers its toxins. Whereas poison is transmitted passively through ingestion or absorption, venom is actively injected. As a general rule, poison is used primarily for defensive purposes (by prey), and venom is used for offensive purposes (by predators). In addition, most venomous animals can produce their own deadly concoction, whereas poisonous creatures usually acquire their toxicity through their diet.

A poisonous animal can only transfer toxins if another animal physically contacts or eats it (a sort of posthumous revenge). Poison dart frogs, for instance, secrete a toxic substance from their skin, potentially fatal to predators that venture too close. Venomous animals, on the other hand, have a device to deliver their lethal cocktail actively. For example, snakes and spiders have fangs, wasps use stingers and scorpions strike with their tails.

In this article, we're not interested in those poisonous creatures waiting for something exciting to happen; we're focused on the venom-producing go-getters. Some venomous animals are well known -- black widows, rattlesnakes and fire ants all come to mind; others tend to lead a more private life. In fact, one of the world's most venomous animals is one you may never even see -- even if it bites you on the nose. Actually, in the case of this particular animal, "bite" isn't quite the right word; the more appropriate term is "sting."

You may have been stung by a jellyfish on a beach trip or an ocean dip. But, while most jellyfish stings do little more than annoy you, the box jellyfish sting can literally scar you for life -- if it doesn't kill you first.

The venom of this pale blue, almost transparent invertebrate is among the most deadly in the world, capable of killing a human in under five minutes. This animal has enough venom to take out 60 adults. Also called sea wasp and marine stinger, the box jellyfish injects its venom by way of the many tentacles dangling from its bell, or body. (The box jelly gets its name from the boxy shape of its bell.) Each tentacle contains about 5,000 stinging nematocysts housed in cells called cnidoblasts. Nematocysts are like little stinging darts that fire whenever the tentacle comes in contact with chemicals on the surface of its prey.

With up to 15 tentacles growing from each corner of the jelly's bell, and each one reaching a possible 10 feet (3 meters), that's a lot of mini

harpoons ready to deliver venom into a victim's body. A single encounter can leave you with thousands of stings, and the powerful venom doesn't waste any time getting to work. Many victims stung at sea go into shock or die of heart failure before they can even reach the shore.

Not only is the box jellyfish venom damaging to the heart and nervous system, but it's also dermo necrotic, meaning it's capable of killing skin cells and underlying tissue, leaving you with dead, blackened skin and potentially permanent scarring. To make matters worse, your initial instinct to shake the offending stingers off makes the tentacles contract and stick tighter to your skin, possibly releasing even more stingers into your already burning flesh.

Thankfully, there's somewhat of a cure if you can get to it fast enough. Acetic acid solutions have been shown to render the stinging cells harmless, preventing them from firing more toxins into your body. (Antivenin is also available.) Or you could do what some savvy Aussies do and wear women's pantyhose when you head out to the beach. Apparently, nylon prevents the jellies from stinging since they can't detect the chemicals on your skin.

Actually, the grand prize winner of the most venomous animal may never be found. Due to the somewhat flimsy nature of testing venom's potency, there's disagreement about which animal comes out on top.

A standard method of measuring the toxicity of a substance is LD50, expressed as the dose that kills half of the test animals the substance

is used on. LD50 is usually represented by the amount of venom (or other chemical) given for every 100 grams or 1 kilogram of the test animal's body weight. The "LD" stands for "lethal dose," and "50" represents 50 per cent of test subjects -- the lower the value, the more potent the chemical. The LD50 of a box jellyfish is 0.04, while the LD50 of a coral snake is 1.3. Researchers are starting to phase out LD50 in favour of alternative methods that reduce the deaths of test animals.

While this standardised measure is a good baseline for comparing the relative strength of different venoms, several things can alter the value. For one thing, the test animals -- usually rats or mice but sometimes rabbits, hamsters and guinea pigs -- don't necessarily have the same response to the venom that other animals, like humans, would. Even when the test animal's weight is considered, one species can have a totally different reaction from another. Other things that can affect the LD50 value include the way the chemical is administered and the age, size and geographic origin of the animal that provided the test venom.

As frightening as they may seem, some venomous creatures could save your life. Scientists have found that many of the chemicals found in venom are also useful in creating drugs for treating a range of illnesses. A component of the cone shell's venom has been developed into a drug targeting chronic pain that's thought to be 10,000 times stronger than morphine, and an ingredient in copperhead venom is being used to fight cancer.

Neighbourhood Watch

BRIBIE ONE NHW - NEWSLETTER

JULY 2024

NEIGHBOURHOOD WATCH....

Just what is it? That is a question I am occasionally asked, along with queries about whether it is a crime fighting cum vigilante type of organisation! The answer is a simple one :- It is a community taking care of its residents: just an informal unwritten arrangement between neighbours to look out for each other. When community members care for each other, it reduces the incidence of crime in a neighbourhood. While we will never totally eliminate crime we can, by being neighbourly, reduce it a little.

And just how does this work? At the household level it is for neighbours to keep their eyes open and if there seems to be any suspicious activity in the neighbour's place, to report it directly to Police Link on 131 444. If the activity is unusual but not suspicious, advise the neighbour about it. The visitor may well be just a tradesman calling in, or a couple of grandchildren who have come by; but perhaps not.

All one needs to do is to know your neighbour - usually the people next door (on both sides), the people opposite

and those who live behind. If you know who they are - and maybe even have their phone numbers - and they know you, you will feel a lot safer in your home. If you can rely on your neighbour in times of need, then you live in a safe environment.

Many people will say "But, I don't want to get involved". You don't need to. Just by being available if you hear a cry for help because someone next door has fallen over, or if there is disfunction in the household and someone needs a sympathetic ear, a neighbour on whom you can rely can be lifesaving. We have all heard true stories about a local who lived on their own being found dead in their home or unit for two years before being found. Even though mail piled up in their letterbox. It is sad that a community could be so uncaring or unaware of those who live nearby.

Neighbourhood Watch came to Australia in the early 1980's. About the middle of that decade it began in Queensland. It operates under the auspices of Queensland Police. Its influence grows and diminishes in accord with local crime rates - plenty of petty crime, and

interest in NHW grows, little that anyone knows about, and interest wanes. All new NHW groups are electronic. The previous model - on which NHW in Bribie Island operates - is for a regular meeting with a guest speaker, a Police report and any general discussion about local issues which are troubling to the community.

The electronic groups began with COVID, as face to face meetings could not be held. Hence Facebook groups began and are now common in newer suburbs. On Bribie we have a Facebook page, which is regularly maintained and updated. Just go to "Bongaree Neighbourhood Watch" and have a look - there is great information and news there. Or come along to our meeting. You just might see your neighbour there!

Our July meeting will be held on Tuesday, 16th in the ANZAC Room of the RSL at 9.30. We have an interesting speaker, and a report from Bribie Island Police.

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

All visitors are invited to attend. Next meeting 16th JULY, 2024 @ 9.30AM in the ANZAC Room Bribie RSL or Contact Peter PH: 0408 841 306.

FB Bongaree Neighbourhood Watch E: bongareehw@outlook.com

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

LETS MAKE CRIME PREVENTION A PRIORITY

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



**Moreton Bay
Security Solutions**

James :0439 015 936 ✉ :james@moretonbayss.com.au

- Fly Screens
- Diamond Grill Security
- Stainless Steel Security
- External Awnings
- Shower Screens
- Sliding Wardrobes
- Mirrors
- Internal Blinds & Shutters

NHW Special Discount

20% OFF



THANKS TO ALL OUR SPONSORS

Australia Post Bongaree
3408 1007

Bribie Doctors
3408 3320

Bribie Garden Centre
0435 007 751

Bribie Island RSL
3400 1300

Bribie Island Taxi Services
3408 9700

Bribie Medical Equipment Hire And Sales
3408 0398

Bribie Sand/Gravel And Landscaping
3408 1037

Bribie Screens And Things
3408 0500

CM Wheeler And Associates
5496 1156

Cornetts IGA Bongaree
3408 1066

Hans Electrical
0458 912 121

Home Assist Secure
3408 0111

Ireland Flooring Solutions
3408 3122

Priceline Pharmacy Bribie Island
3410 1000

The Ink Shop
3408 6421

Victory Press Printing
3408 2334

JB Carts
0401 687 282

IMPORTANT NUMBERS

POLICE LINK 131 444

EMERGENCY 000

CRIME STOPPERS
1800 333 000

SES 132 500

CENTRE AGAINST DOMESTIC ABUSE
5498 9533

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

CRIME REPORT

BRIBIE ISLAND WRAP

JULY 2024



www.mypolice.qld.gov.au/moreton

SCAM WARNING, MORETON DISTRICT

The Petrie Criminal Investigation Branch is investigating reports a scam targeting people in the Moreton area, that results in victim's withdrawing and handing over thousands of dollars in cash.

In all three instances, the victim has reported receiving a phone call from an unknown person to advise that the victim's bank account has fraudulent transactions.

The caller then transfers the call to another person who claims to be from an anti-fraud department of a bank or government agency who advises that a bank employee is suspected of fraud, so they need the victim's assistance to investigate.

The victim is asked to attend their usual bank, withdraw cash, then return home and provide that cash to a courier who attends to their home address.

Victims are advised that the serial numbers on the cash will be traced or fingerprints will be taken from the envelopes in order to identify the bank employee who is committing the frauds.

An example of this incident occurred on May 8 when a 73-year-old Kallangur woman withdrew and handed over \$9,500.

It happened again on June 13 and 18 when an 84-year-old Bray Park woman withdrew \$10,400 and a 81-year-old Lawnton woman withdrew \$11,000 respectively.

Police are working to educate banks in the area about these scams, and are also warning anyone in the Moreton community that may receive a phone call like this one.

Scams are ever-changing, and though this exact scenario may

not be repeated, it's important to be vigilant when engaging with people on the phone or online.

Police will continue to investigate alongside other government agencies.

There are multiple ways you can report a scam, as listed below...

ASD's ACSC ReportCyber: <https://www.cyber.gov.au/report-and-recover/report>

National Anti-Scam Centre – Scamwatch: <https://www.scamwatch.gov.au/report-a-scam>

Make an official complaint to your local police station

If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

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

Located: Missing man, Bribie Island

QPS Media on Jul 2, 2024 @ 4:44pm

Update: The 43-year-old man reported missing from Bongaree has been located safe and well. The below media release has been updated to remove identifying information.



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

Phone (07) 3408 0999 or

email us at info@filesstibbe.com.au

www.filesstibbe.com.au

Horoscope

They say 'actions speak louder than words.' But if our actions are going to make a lasting difference, they need to be noticed. This week as dynamic Mars meets with innovative Uranus, the cosmos provides us with the impetus to instigate practical changes that impact our relationship with our natural resources. And encouraged by the astrological Blue Moon, with a positive attitude we can inspire transformative progress. Which means that talk is anything but cheap!

SAGITTARIUS (Nov 23 - Dec 21)

"If you can't think of anything nice to say, then don't bother saying anything." Probably, you heard this when you were growing up. And in certain circumstances, it's great advice to follow. Yet there are times when it's important to be honest. And as a forthright Sagittarian, you're not afraid to speak the truth (even when you know people don't want to hear it). If you find yourself feeling justifiably critical this week, express your views as sweetly and gently as possible. If you approach a conversation with delicacy, it will be well-received. Change is possible! Get some valuable help. For free audio and video forecasts visit ozfree.cainer.com



CAPRICORN (Dec 22 - Jan 20)

There's no doubt you've got leadership skills. But for some reason, you're holding back from taking charge of a situation. It's clear that the person who's supposed to be leading the way is out of their depth. It seems they're only just realising what they let themselves in for. But you're reticent about stepping in. Yet when something we care about is in jeopardy, don't we have to be prepared to launch ourselves into the fray? This week, the astrological Blue Moon in your sign gives you the power to make a real difference. Don't hold back. You've got so much to look forward to! Be inspired! Check out your free audio and video forecasts. Visit ozfree.cainer.com



AQUARIUS (Jan 21 - Feb 19)

Just because humans and chickens don't, at first glance, seem to have much in common doesn't mean we don't share an important trait. We both like to establish our place in the pecking order. We're constantly assessing our position and comparing ourselves to other people to see how we shape up. With dynamic Mars linking to your ruler, Uranus, this week, stop thinking about how much you're valued and by whom. Your individuality is a gift. And you can use it to fly out of a cage-like situation, and find your freedom. Nothing is hopeless. If you want positive news, check out your free audio and video forecasts. Visit ozfree.cainer.com



PISCES (Feb 20 - Mar 20)

Pisceans famously 'go with the flow'. Like everything in life, this has its positives and negatives. Your natural adaptability means that although you're not contradictory, you're not always consistent. You're not rebellious, but you don't like being told what to do. You're talented, but you've got weaknesses too. The coming astrological Blue Moon encourages you to be more purposeful and direct. Good. If you focus, while keeping all these different attributes in mind, you've got every right to expect this week to be successful. What's in the sky? Helpful planetary alignments! For free audio and video forecasts visit ozfree.cainer.com



ARIES (Mar 21 - Apr 20)

If we've got enough faith, we're supposed to be able to move mountains. But if there's some dynamite available, plus a workforce to help shift those rocks, the mountain's going to be easier to shift. You're right to believe you've found a way to deal with an obstacle. Your hopes are high. But you can't sit back and wait for things to happen. Attaining your objective is going to take effort. This week, with your ruler's link to sparky Uranus giving you extra dynamism, if you put the energy in, you'll get transformational results. Solve problems. Ease troubles. Find solutions! For free audio and video forecasts visit ozfree.cainer.com



TAURUS (Apr 21 - May 21)

We look back, nostalgically, to how things 'used to be'. But back then, what did people do? They looked back, nostalgically to how things used to be! That's what we do! It's not just us that struggle with being in the here and now; it seems we've always found it hard to be 'present' with what's going on in our lives. With Mars in your sign linking with Uranus, make sure you're looking forwards (not backwards). This week, with faith in the future, you'll be able to appreciate what you're doing; it's taking you in the right direction. I've got so much more to tell you. Great news awaits! For free audio and video forecasts visit ozfree.cainer.com



GEMINI (May 22 - Jun 22)

We might need caffeine to get us up in the morning. But too much of the stuff and the nervous energy makes everything edgy; even if nothing's happening, we get jumpy and overreactive. The effects of this week's Mars/Uranus link might make you feel jumpier than usual. But, if you direct your energy towards the problematic situation you've been trying to sort, you can quash the restlessness and gain a sense of control. With focus and determination, you can move past an obstacle. The road beyond looks good. To find out how your life could change for the better, check out your free forecasts. Visit ozfree.cainer.com



CANCER (Jun 23 - Jul 23)

Cancerians are often described as being 'sensitive'. It's a word that implies lots of different things. It can evoke a picture of fragility. Or conjure up a pastel-like image. Yet being truly sensitive is empowering. This week, the coming astrological Blue Moon invites you to develop your natural powers. You need to be tolerant, without closing your mind to the facts. And gentle, without acquiescing to someone's demands. If you achieve this delicate balance you'll come into your strength. And you'll be able to use it to great effect. What does your heart desire and can you achieve it? For free audio and video forecasts visit ozfree.cainer.com



LEO (Jul 24 - Aug 23)

We don't always tell the truth. In the name of social niceness (because we're polite to one another), we sometimes hold back from sharing our true feelings. This week brings the wisdom to work out why someone in your world is saying one thing (but doing another). Have they got a hidden agenda? You've got to find out. It doesn't need to involve a confrontation. By acknowledging, to yourself, what you see, you'll be able to adjust your plans. And by assuming control of your life, a stressful situation will be much easier to deal with. View your challenges in a new light... and sort them! For free audio and video forecasts visit ozfree.cainer.com



VIRGO (Aug 24 - Sept 23)

Speed and stress aren't the same. Having masses of things to do can be enjoyable; even if we've got lots of responsibilities and deadlines, the resulting sense of urgency can be exhilarating. On the other hand, it's perfectly possible to feel anxious and under pressure when there's not much going on. This week's Mars/Uranus connection provides you with energy and inspiration. To make the most of this cosmic gift, you need to focus on doing what you love. Then, even doing what you don't love will bring its rewards. Will the dream you're chasing come true? Find out! For free audio and video forecasts visit ozfree.cainer.com



LIBRA (Sept 24 - Oct 23)

If you don't watch an episode of your favourite TV show, you'll miss what's going on. You'd have to guess at the plot's development, knowing that there was a high risk of you getting it wrong. Because if the storyline was predictable, you wouldn't be interested in watching the show! And even if you checked online to see people's comments, you'd miss out on the complexities of the drama. Think twice before stepping back from a tricky situation this week. If you stay involved, you'll be able to exert your influence on what happens next. For great advice to guide you to a brighter future, check out your free audio and video forecasts. Visit ozfree.cainer.com



SCORPIO (Oct 24 - Nov 22)

How luxurious is the ship of your life? Is it comfortable, with deluxe cabins and great views of a calm ocean? But the reality is that our journeys take us through all sorts of different kinds of weather. And we can't give responsibility for the ship to someone else; we need to maintain and repair it. In one aspect of your life, you've been in survival mode. That will change. The coming astrological Blue Moon signals the end of a time of turbulence. Get ready to get out on deck and relax as you move into some well-deserved calm. Live life to the max! For inspiring advice, check out your free audio and video forecasts. Visit ozfree.cainer.com



LETTERS TO THE EDITOR



Dear Editor,

I am delighted to report that the Federal Government is doing something about the problem of soft plastics. I finally received a reply to my April 19 letter to the Minister for the Environment, and it appears that within 18 months, the \$50 million they are investing should see a return of the recycling scheme after a trial in Melbourne.

So if you have space, you can start saving your soft plastics from landfill again. Your contribution can make a significant difference.

H.Beneke

Dear Editor,

On 2 July 2024, my friend drove me to Ningi Waste to dispose of green waste for me.

I am an elderly lady who does not own a trailer and I rely on family who live far away and friends to help me in the garden and dispose of the green waste for me.

Since 1 July 2024, the Moreton Bay Regional Council has required the driver of the car that is depositing the green waste to show proof that they live on Bribie Island.

This means that people who don't drive and/or don't have a trailer need to pay to dispose of green waste.

Disposing of green waste has been free for years and without this service the cost of keeping a garden neat and under control will increase dramatically. I had to pay \$29 for 2 big bags of waste.

The council advised me that each waste facility's management decides on the charges it will set.

People need to be made aware of this charge so that we can fight against it and have it removed.

Yours sincerely,

Ute Crawford

Dear Editor,

again only scraps of dates were available for camping with all sites booked out not only either side of the holiday break but the two weeks of the break, and yet strangely, upon arrival of sites 37 through 53 on Tuesday 25th, there were three sites occupied that night, on Wednesday, there were five sites occupied, on Thursday night there was only two sites occupied with a further two vehicles camping late that I assume were unpaid for. This section of camping has toilets, showers and dump facilities so PRIME sites and yet hardly a soul to be seen.

Upon our leaving on Friday morning, we were the only ones there when a family arrived to find no one there and no one for their kids to play with. She expected the sites to be occupied and plenty of children for their kids to play with.

Now, I understand there are lots of theories and stories about

the reason for the empty sites that I don't care about, but there has to be some way of stopping people from booking sites and then cancelling them for a refund at the last moment.

The funds not collected due to a selfish and ignorant few could be so well spent on more Rangers to protect the island's integrity and build more facilities.

This is not a new problem; it has been going on for quite a while. Although the right intentions may have been there, the funds lost because of them are a waste and definitely easily avoidable.

Yes, there are wankers that abuse the island hence, the extra rangers; there are so many people who would jump at the chance to camp on the island but are unable to.

Yours, hoping this finds sympathetic ears, Graeme Creed

Dear Editor,

Just a few facts to balance the fanciful claims.

Today, about 440 reactors are operating in 31 countries. Many countries with existing nuclear plants either plan for or are building new reactors. About 60 new reactors are currently being built in 16 countries.

It is true that solar is cheaper per kWh than nuclear, but in a system that requires a mix to supply power 24/7, the system with nuclear power supplies the cheapest power, according to

a report in the USA.

In Germany, wind turbines are being torn down to make way for a new coal mine.

China is said to be building 2 new coal-fired stations per week. A report in the Brussels Signal of March 1, 2024, claimed that Sweden's wind industry was facing total financial collapse, simply because they could not produce electricity below market price, in spite of extensive subsidies.

Geoff Miller.

Dear Editor,

We rented locally for six months from the end of 2023 to mid-May and had trouble renting as we had sold an acreage block. The fans did not work; the dishwasher had problems when it rained; the water stayed around with no drainage, and flies in swarms—those little bugs straight through the screen door—got the picture. The place was a nightmare from the beginning.

The carpet was dirty, and the lawn was not mown. A nightmare managing agent, this was as we walked in, it was never inspected, so we were rented an absolute crap house for \$600 a week, paid on time with a \$2400 bond in advance, no keys until the morning of the rental (no favours there) reported some things needing fixing, an attempt to fix stuff was tried, but nothing about the flies, bugs and absolutely nothing with the stinking bad back yard. The showers were swimming pools, and the water would not drain out the sink to the toilet, laundry—power points, etc. Things did not work one by one.

All the bugs and power

points were messed up. It was making our life in that nightmare house even worse. We moved to vacate that s%&t hole into a bought house (haven) that was normal and spent \$300 on a cleaning lady (not good enough) without asking; the agent paid \$300 of our money to clean again, so that was \$600 on the cleaning. Then they spent \$500 on painting out the garage (not needed), a stitch-up again, tried to get another one days rent of \$85 out of the bond, that was rubbish \$1185, right it does not stop there. Then ok another \$300 to do carpet cleaning after we had already done it with bunnings cleaner, mind you the carpets were dirty when we moved in and not much worked on them. That's \$1485. I was told the agent could do what she wanted with our \$2400 bond, and we had no rights. I paid \$100 to mow the lawn, my family spent two days cleaning, and I ended up at the rental bond tribunal. I took the agent up on all the scams this particular scamming managing agent ran.

I can't say but be told by an insider that all agents try it on. Ultimately, the scamming

agent only got \$466 because you have little rights with the RBA. It's all bullsh*t. You have little right to take a lot of photos. Don't trust any agent. They are all crooks out to knock off your bond, and most of the time, they get your bond by fraudulent means with stacked quotes by their painter/cleaning friends (probably a kickback to the agent here). In the end, you will generally get screwed by all agents in general unless you take them on through the RBA board with plenty of photos and other quotes. The best you can do is assume they will jip you out of your bond. I think it's a sport by agents to screw tenants. The dodgy agent I had may be the worst, but I doubt it. The agents get 8/9 % commission, then probable kickbacks from painters /electricians' plumbers certainly, cleaners, got the picture? Be double and triple suspicious as they will be full-on scamming to get you bond to them, your fair game suckers, you have been told by someone who they tried to screw over big time.

P. White

THE FUTURE OF CAR CARE:

EXPLORING THE BENEFITS OF TOUCHLESS CAR WASH TECHNOLOGY

The Benefits of Opting for a Touchless Car Wash

Gentle Cleaning for Your Vehicle - A touchless car wash eliminates the risk of scratches or swirl marks, which is common in traditional methods. Instead of brushes, it uses high-pressure water jets and special cleaning agents to remove dirt and grime gently, ensuring the safety of your vehicle's exterior.

Preservation of Paintwork - The non-contact approach of touchless car wash keeps your paintwork safe. With no physical contact, there's no chance of damage caused by brushes or mechanical components used in traditional car washes.

Efficient Cleaning in Less Time - Touchless car washes offer quick and efficient cleaning, far superior to manual or brush-based systems. Powerful water jets effectively clean all surfaces, including hard-to-reach spots like wheel wells and undercarriages.

Environmentally Friendly Option - Touchless car wash facilities utilise environmentally safe cleaning solutions that are biodegradable and harmless to the ecosystem. Your vehicle can be cleaned thoroughly without worrying about harmful chemicals polluting water sources or harming aquatic life.

Versatility for All Vehicle Types - A touchless car wash suits various vehicles, from compact sedans to SUVs and larger commercial vehicles. The automated system adjusts itself to ensure thorough cleaning, regardless of your vehicle's size and shape.

Reduced Water Usage - Touchless systems conserve water significantly compared to traditional hose-washing methods.

Conventional hose washing can consume many gallons more, as there are no sensors to monitor water usage, unlike in touchless washes.

24/7 Accessibility & Convenience for Customers - Customers can use touchless systems any day, at any time—the fully automated operation 24-hour service caters to diverse schedules. Fully automated touchless car wash systems provide hassle-free service, ensuring customer satisfaction. Visitors appreciate the ease of operation and the speed advantage of not waiting for an attendant. These systems expand service availability, attracting more customers with diverse schedules.

Minimal Labor Requirements - Touchless systems promote automation, eliminating the need for staff involvement. Customers enjoy a convenient drive-through experience, saving businesses on training and labour costs. These systems operate even when no staff is present, accommodating various schedules and increasing customer satisfaction.

Gentle Treatment of Car Parts - Touchless options minimise wear and tear on car parts like antennas and mirrors. The absence of brushes or rags ensures that the car only encounters high-pressure water and cleaning agents, preserving delicate vehicle components.

Effective Sensor Technology - A touchless car wash near you incorporates sensors that monitor the vehicle's position within the car wash. These sensors guarantee a safe distance from equipment and optimal positioning of water jets, ensuring thorough removal of dirt and grime from the car's surface. Touchless car wash technology represents a game-changing future for car care. Its simplicity, efficiency, and eco-friendly nature make it a clear winner. By choosing touchless car washes, we're keeping our cars clean and being kinder to our planet. It's a win-win for vehicle owners and the environment, pointing toward a simple, effective, and sustainable way ahead in car maintenance.

BOOK A SERVICE WITH US

Suppliers of
Repco
Enerdrive
DOMETIC

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

Valvoline
IRONMAN

BRIBIE CAR CARE
 4 ARMITAGE ST
 BRIBIE ISLAND
 3408 4477

UltraTune **UltraTyres**

BRIBIE ISLAND
 Dedicated to providing you with the service you want

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

OPEN
Monday to Friday 8am to 5.30pm
 Saturday 8am to 12noon for all Servicing & Repairs

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

Ph 3410 1100 Fax 3410 1751
Shed 1-4, 183 First Ave, Bongaree
 E: bribieisland@ultratune.com.au W: www.ultratune.com.au

PAINTING

Plastering

BUSY BRUSHES
— PAINTING & DECORATING —
SINCE 1999

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

Family business
SINCE 1999
Perfection is
our standard!

**CALL WAYNE
FOR A FREE QUOTE
0434 677 476**

✉ busybrushes@bigpond.com QBCC Lic. 67239

**NO STEPS
PAINTING**

RESIDENTIAL & COMMERCIAL
PAINTING
FULLY LICENSED & INSURED

CALL STUART
PH 0403 153 141
Email: nostepspainting@gmail.com
Lic No: 15047313

QBCC 15097374

**MATTS QUALITY
PAINT SERVICE**

- RESIDENTIAL
- COMMERCIAL
- NEW HOMES
- RENOVATIONS
- ROOF RESTORATIONS

PH 0439 343 723
mattsqualitypainting@outlook.com

your ad could be here
Phone Pete
0448 448 457


**Bribie
PAINTING SERVICES**

- Residential & Commercial
- Painting Repairs
- Renovations

**NO JOB TOO SMALL
FREE QUOTE**

Geordan
0408 236 638
bribiepainting@gmail.com
FULLY INSURED

AITKENS PIN POINT PLASTERING

LET'S GET PLASTERED

- Sheeting
- Patching
- Setting/Skimming
- Cornice
- Sanding

QBCC: 15387501
ABN: 46900336518

Jarrod Aitken
Qualified Plasterer

0432 521 204
e: Aitkenspinpointplastering@gmail



OUTDOORS,

Landscaping, Mowing

Pools & Concreting ,roofing

DAN MOWS BEST

Excellence in Gardening

WINTER REDUCED RATE

Pressure Cleaning -

Lawn Weed Control - Spraying

CONTACT DAN 0411 576 389
lawnsandmore@danmowsbest.com



HARDEN UP CONCRETING

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

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



Combines Trades Pty Ltd
QBCC Lic: 15063353

Bringing your projects to life

Bathroom renovations
Kitchen renovation
Full house renovations
Extensions and deck builds
concreting - driveways-shed slabs
Plastering - all aspects - cornice
Painting - internal - external
Rendering
Tiling - walls, floors, patios

FOR A
FREE
QUOTE CALL
0481 273 873
jason@cmbtrades.com.au



EARTH ASPECTS

ABN 89 566 312 756 - QBCC 1145351

JASON WRIGHT
0411 222 349

LANDSCAPING

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

"Creating Excellence Naturally"

ASBESTOS STRIPPING CO. PTY LTD

Phone: 0404 960 259

E: david@asbestosstrippingco.com.au
www.asbestosstrippingco.com.au

Licensed Asbestos Removal ABN: 92 646 770 685



QBCC 1229511

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

Paul Rawleigh 0413 139 133



ELITE FLOW EXTERIOR CLEANING

WINDOW CLEANING

20% OFF FIRST CLEAN

FREE QUOTES

MATT 0458 650 211

ELITEFLOWEXTERIORCLEANING.COM.AU

ABN: 23 141 923 009



TOM THUMBS

TREE WORKS
0439 342 288
tttrees2@gmail.com

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

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



Don't Ignore Restore

NO OBLIGATION FREE QUOTE

High pressure clean
Full Restoration
We use trusted Dulux products

CALL ELVIS
0484 244 435 QBCC 1094638

15 YEAR GUARANTEE
HEAT REFLECTIVE COATINGS



QBCC: 71589

For All Your Concreting Needs

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

Rejuvenate Existing Concrete
HIGH PRESSURE CLEAN AND RE-SEALING AVAILABLE

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



Pool Services
Pool Chemicals
Pool Equipment

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

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

LOCAL LADS

Property Maintenance & Plumbing

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

CALL NOW
0414 656 219

CARPENTERS

Fencing, Decks & Handymen

TTT **TRIPLE T**
HANDYMAN SERVICES
QBCC Lic: 1041878

ALL ASPECTS OF HOME MAINTENANCE

- Painting, Tiling,
- Plastering,
- Carpentry etc

WHATEVER YOU NEED, WE CAN DO IT

0481 049 498

TREVOR HOLMAN
CARPENTERS

- Handyman Work
- Carpentry
- Termite Damage
- Plastering
- Painting
- Fencing
- Pergolas & Decks
- Doors & Locks
- Bathroom Renos
- Flatpack expert
- Minor Tiling
- 27 yrs experience
- Fully Insured
- Pension Discounts

PH: 0414 396 970

QBCC Lic: 1041878
ABN 01483113734

HIRE A HANDYMAN

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

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

0409 123 342


SUNCOAST TILING

- 20 Years Experience
- All Facets Of Tiling
- Attention To Detail
- High Quality Work Is Standard.

PLEASE DON'T HESITATE TO GIVE US A CALL OR SEND A MESSAGE.

Check Out My Facebook Page! 

Call Matt On: 0406-586 980

ALL ASPECTS OF FLOOR AND WALL TILING, RENOVATIONS, NEW BUILDS & WATERPROOFING

ABN 99402292547 | QBCC License 15161304 | Tilog license 201737048

your ad could be here

Phone Pete

0448 448 457

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

PH: 0455 378 439

LOCAL BUILDING SERVICES
QBCC 1508317

CARPENTRY

Servicing Bribie Island & Surrounds

- Extensions
- Bathroom & Kitchen Renovations
- Decks & Pergolas

FREE QUOTES

Contact Henry 0418 325 753
hgraffen@gmail.com

QBCC 15009324

SUNCOAST CARPENTRY 

Paul: 0448 270 312

e: suncoastcarpentry@gmail.com

BRIBIE LOCAL FOR 35 YEARS

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

FAWCETT'S
FLOOR SANDING & POLISHING

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

**10 YEARS EXPERIENCE
FREE QUOTES**

Matthew Fawcett
0425 625 152

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

STENSON'S
FLOOR SANDING & POLISHING

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

LUKE 0428 114 552
MELISSA 0404 304 060

Electricians

Antennas, Airconditioning

SWIFT installations

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

Chris Holdsworth
0403 817 541
"swiftinstallations.com.au"

John THE TV ANTENNA MAN

TV Tuning \$70.00

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

PH 3408 6530
Titab Lic No: T155423
Est 20yrs. 3yrs Warranty.

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

TV Antenna Specialists

FULLY INSTALLED DIGITAL READY

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

10% OFF ON MENTION OF THIS AD

0411 638 122
E: tvantennas4u@gmail.com

ABN 79938505652



CHILOWATT

AIR CONDITIONING & REFRIGERATION

FAMILY OWNED AND OPERATED OUT OF BRIBIE ISLAND

ARC LIC No AU61947

- ❄ Installation & servicing
- ❄ Breakdowns
- ❄ Deep cleans
- ❄ No call out fee from Bribie Island to Ningi

CALL JAKE 0457 051 819
E: jake@chilowatt.com.au

BGI AIR CONDITIONING

Local Family Run Business
AFFORDABLE & RELIABLE

Breakdown Service, Maintenance, Sanitising & Repairs

Fully Qualified Refrigeration Tech with over 30 years experience.

QBCC Licence: 15314735
ARCTick AU 57265

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

ON TIME... EVERY TIME!!!

Bribie Air Conditioning

Domestic Air Conditioning Specialists
QBCC Licence: 152632257

YOUR LOCAL DOMESTIC AIR CONDITIONING SPECIALISTS

Sales, Installations, Servicing & Repairs

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

Call Joel today for a free quote on

AU LIC: 58505
ARCTIC: LT38688
Electrical Lic: 165295
ABN: 41362542234

0409 483 796
E: hello@bribieairconditioning.com.au
W: www.bribieairconditioning.com.au

Southern Stars

AIR CONDITIONING, ELECTRICAL
SOLAR & SMART HOME

FROM \$99 INCL GST

AC SERVICE FOR JUNE & JULY ONLY

PH (07)54 951 827

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

your ad could be here

Phone Pete

0448 448 457

Electricians

Antennas, Airconditioning cont...

LKA ELECTRICAL

Licence No: 90818

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

No job too BIG or Small!

Call LKA
0430 035 577

****Pensioner Discounts****
Email: lucas@lkaelec.com



**Fastsparks
Electrics**

QLD LIC: 88245

**BRIBIE LOCAL.
ELECTRICAL INSTALLATION
& MAINTENANCE.**

CALL PAUL: 0404-757714

**24HR
EMERGENCY SERVICE.**



**D.C. WARWICK
ELECTRICAL**

FAST RELIABLE QUALITY SERVICE
AT VERY COMPETITIVE RATES

CALL DAN
0411 486 886

Pensioner Discounts
FREE QUOTES
Over 20 years Experience
Lic# 76628



**POWERED
ELECTRICIANS
& SOLAR**

YOUR LOCAL SOLAR AND
ELECTRICAL EXPERTS

**CALL US TODAY
0421 901 966**

 www.poweredes.com.au

Find us on   @powered.electriciansandsolar



HANS ELECTRICAL

Security Provider Lic 3733093 Lic 77649

Award Winning Customer Service

Call Hans 0458 912 121

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

www.hanselectrical.com.au

**ASK
ELECTRICAL 24/7**

INSTALLATION AND MAINTENANCE

CALL ALAN
0460662733

NO JOB TOO BIG OR TOO SMALL

Lic Number 86726



your ad could be here

Phone Pete

0448 448 457

PLUMBING + WATER SERVICES

PLUMBING



MPJ
PLUMBING PTY LTD
The first call will fix it all

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

ABN: 16658328191

QBCC Licence: 15036121

Call Jason Holttham

Ph: 0429 986 324

e: Mpi.plumbing@outlook.com



**24 HOUR
Emergency
Services**

AUSTRALIAN PLUMBING AND GAS BRIBIE

BRIBIE'S MOST EXPERIENCED
PLUMBING AND GAS TEAM

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

Call us today 0401 464 673

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

FAST CHANGEOVER SERVICE AND REPAIRS



- Gas • Heat Pump
- Electric • Solar

URGENT HOT WATER SERVICE SPECIALISTS

Phone Shaun
0419 186 192
yanabrac@gmail.com



SAME DAY SERVICE



DOWNUNDER WATER BORES

We solve the hole problem!

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

BRIBIE ISLAND
0467 355 079

dfservices@outlook.com.au



Scan to
save my
number
direct to
your phone
contact
book



BRIBIE ISLAND
**PLUMBING
& DRAINAGE**



0459 920 801

QBCC lic. 1317475

www.bribieislandplumbing.com.au



QBCC 15338221

**RELIABLE,
LOCAL, QUALITY
SERVICE**

- All plumbing works
- All gas works
- Call 24/7

Call Johno 0467 318 397

limitlessgasandplumbing@gmail.com

LOCAL LADS

Property Maintenance & Plumbing

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



CALL NOW

0414 656 219

your ad could be here

Phone Pete

0448 448 457

NPR SERVICES
FAMILY OWNED AND
OPERATED

0419 923 636

**PLUMBING
DRAINAGE
GAS FITTING**

**RESIDENTIAL
COMMERCIAL
CARAVANS**

Facebook icon NPR SERVICES

Envelope icon NPR.SERVICES1@GMAIL.COM

QBCC: 15259948
ABN: 43713466556

AUTOMOTIVE + TOWING + HYDRAULIC + DETAILING + AIR + SUSPENSION & BRAKES

PROFESSIONAL SERVICES



Australia's Detailing Group
Available MON - FRI
We come to you!

MOBILE CAR CLEANING
Professional, Friendly, Reliable
Mobile: 0448 888 948

Senior Pensioner Discounts **Iain Macdonald**
owner/operator

HYDRAULIC HOSE FIXERS
PARTS • REPAIRS • INSTALLS
07 5428 2246
www.hydraulic hosefixers.com

Back To Basics Computer Services

Data Retrieval
Email Setup
Virus Protection
Tuneups
and more...

Design Services

Brochure Design
Logo Design
Menus
Business Cards
Banners

Email for a Free Quote
jybacktobasics@gmail.com

John Young BCD
0412 115 942

Busy Fingers Op Shop
38 Cotterill Ave, Bongaree

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

VOLUNTEERS ALWAYS WELCOME **FREE PICK UP AND LOW COST DELIVERY**

PH 3408 1014
Mon-Fri 8:00-3.00, Sat 8.00-12.00

Sparkle CLEANING Co
IRONING SERVICE
Bribie, Sandstone & Nimgl

Ironing and Steaming ✓
Next day delivery ✓
NDIS approved provider ✓
Free Pick up and delivery On Bribie ✓

\$30 per basket (up to 15 items of clothing)
\$50 per basket (up to 30 items of clothing)

0400138225 - Text preferable

2 dogs
GRAPHICS & DESIGN
imagine... create... design...

- LOGO DESIGN
- SIGNAGE • BANNERS
- TYPESETTING • BUSINESS CARDS
- MENUS • VEHICLE SIGNAGE
- AFFORDABLE WEBSITES

0405 470 630

E: twodogsgraphicsanddesign@yahoo.com
W: www.2dogsgraphicsanddesign.com

ARE YOU TIRED OF CLEANING YOUR HOUSE?
Let us do the work for you.
Bribie Dazzler Cleaning Service has some openings in our roster that just might suit your needs
HURRY our vacancies are filling up fast

CALL.. Cec on 0434 407 222 or Heidi on 0431 231 852
ABN 71 326 381 155

0413 658 177
5 STAR REVIEW RATING

Carpet Medic
INTENSIVE CARE FOR SICK CARPETS

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

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

your ad could be here
Phone Pete
0448 448 457

MASSIVE MEAT SALE

Proudly Independent Your local IGA

CHICKEN DRUMSTICKS 1.2kg min



\$2⁹⁹ kg

SAVE from \$2.50kg

CHICKEN BONE-IN THIGHS 1.2kg min



\$2⁹⁹ kg

SAVE from \$3.00kg

CHICKEN WINGS 1.2kg min



UNDER HALF PRICE

\$2⁹⁹ kg

SAVE from \$3.50kg

CHICKEN BREAST FILLETS 1.2kg min



\$9⁹⁹ kg

SAVE from \$3.00kg

PREMIUM BEEF MINCE 1.2kg min



\$12⁹⁹ kg

SAVE from \$2.00kg

LAMB LOIN CHOPS



\$18⁹⁹ kg

SAVE \$5.00kg

CORNEO SILVERSIDE



GREAT VALUE

\$6⁹⁹ kg

SAVE \$1.00

COMMUNITY CO MARINATED BEEF



WHILE STOCKS LAST

\$6⁹⁹ kg

SAVE \$10.00

PORK LOIN CHOPS 1.2kg min



\$13⁹⁹ kg

SAVE \$5.00

WHOLE BUDGET RUMP



\$9⁹⁹ kg

WHOLE BUDGET RIB FILLET



\$19⁹⁹ kg

WHOLE BUDGET EYE FILLET



\$29⁹⁹ kg

ON SALE Friday 12th July to Tuesday 16th July 2024 ONLY

While stocks last. Retail quantities apply. We reserve the right to correct printing errors or omissions.

Beachmere IGA

Cnr James & Beachmere Rds
BEACHMERE
PHONE: 5496 2111
7am - 8pm 7 DAYS



Shop online:
IGAshop.com.au

Sandstone Point IGA

204 Bestmann Rd East
SANDSTONE POINT
PHONE: 5497 6022
6am - 8pm 7 DAYS