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220

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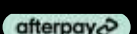
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JULY 26, 2024

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**SPINNAKER SOUND
MARINA**



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Welcome

Dear Readers,

Welcome to edition 220. I don't know about the rest of you, but I am well and truly over winter. I must admit I am looking forward to the longer days and warm breeze that spring brings. Winter has never been a favourite of mine, more washing, less outdoor time and just the fact that it is cold!

The only upside to winter for me is the cooking side of things. A warm, hearty soup, roasts, all the slow cooker recipes. This is also a downer with the weight gain, but you can't have it all!

In this edition, we've curated a diverse range of stories for you. From cooking to lifestyle, there's a bit of everything to cater to your interests! The new hospital has opened, and we are so lucky to have free urgent medical care on our doorstep! You can check that out on pages 16, 17 and 19.

Unfortunately, I recently had to say goodbye to my beloved dog Meg. All I can say is a massive thank you to Rainbow Bridge and My Best Friend's Farewell for the exceptional care they gave us, especially Meg. You can read about that on page 39. I wish that humans received the same level of care as these incredible people provided. But I won't open that can of worms!

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.

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THE Medical Reasons Behind Itchy Noses

While spiritual beliefs and superstitions offer intriguing insights into the meanings behind itchy noses, it is essential to consider the medical reasons behind this common phenomenon. Here are some potential causes for itchy noses:

ALLERGIES

Allergies, such as those triggered by pollen, pet dander, or certain food items, can lead to inflammation

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[#] Am J Sports Med 2007; 35:972
^{*} Int J Surg 2015; 24:113-222
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and itching in the nose. The immune system reacts to these allergens, causing discomfort and irritation. If you suspect allergies cause your itchy nose, consult a healthcare professional for proper diagnosis and treatment options.

DRYNESS

Dryness in the nasal passages can result from various factors, including environmental conditions, frequent nose blowing, or inadequate hydration. When the delicate skin inside the nose lacks moisture, it can become itchy and uncomfortable. Using a humidifier to add moisture to the air or applying a saline nasal spray may help alleviate dryness-related itching.

VIRAL INFECTIONS

Common colds and viral infections can often cause itching sensations in the nose. The body's immune response to these infections can lead to nasal congestion, sneezing, and itchiness. Resting, staying hydrated, and practising good

hygiene can aid in recovery and alleviate symptoms.

SINUSITIS

Sinusitis, an inflammation of the sinuses, can cause nasal congestion, pain, and itching. It often occurs due to bacterial or viral infections, allergies, or structural issues within the nasal passages. Seeking medical advice and treatment may be necessary to address the underlying cause of sinusitis and relieve the associated itchiness.

MIGRAINES

In some cases, migraines can manifest as an itchy sensation in or around the nose. Various symptoms, including nasal itching often accompany migraine attacks. Managing migraines through lifestyle changes, stress reduction techniques and medication can help minimise the frequency and intensity of these episodes.

HOME REMEDIES FOR ITCHY NOSES

If you experience occasional or mild itching in your nose, you can try several home

remedies to alleviate the discomfort. It is important to note that these remedies may not be suitable for everyone, and consulting a healthcare professional is advisable for persistent or severe symptoms. Here are some potential home remedies to consider:

SALINE NASAL RINSE

A saline nasal rinse can help moisturise and soothe the nasal passages, reducing itchiness. A saline solution made from a mixture of warm water and salt can flush out irritants and provide relief. Commercially available nasal saline sprays or neti pots can also be used.

HUMIDIFIER

Using a humidifier in your living space can increase moisture levels in the air, preventing dryness in the nasal passages. This can be particularly helpful during dry seasons or in environments with low humidity. Ensure proper cleaning and maintenance of the humidifier to prevent the growth of

mould or bacteria.

ALLERGY MEDICATION

If allergies are causing your itchy nose, over-the-counter antihistamines or nasal sprays may help alleviate symptoms. These medications reduce inflammation and block histamine, a chemical released during allergic reactions. It is advisable to consult a healthcare professional before starting new medications to ensure appropriate usage and potential interactions with other medications.

AVOIDING IRRITANTS

Identifying and avoiding potential irritants that trigger nasal itching can significantly reduce symptoms. These irritants may include dust, pet dander, certain foods, or environmental pollutants. Taking steps to minimise exposure to these triggers, such as using air purifiers, keeping a clean living environment, and wearing protective masks when necessary, can make a noticeable difference.



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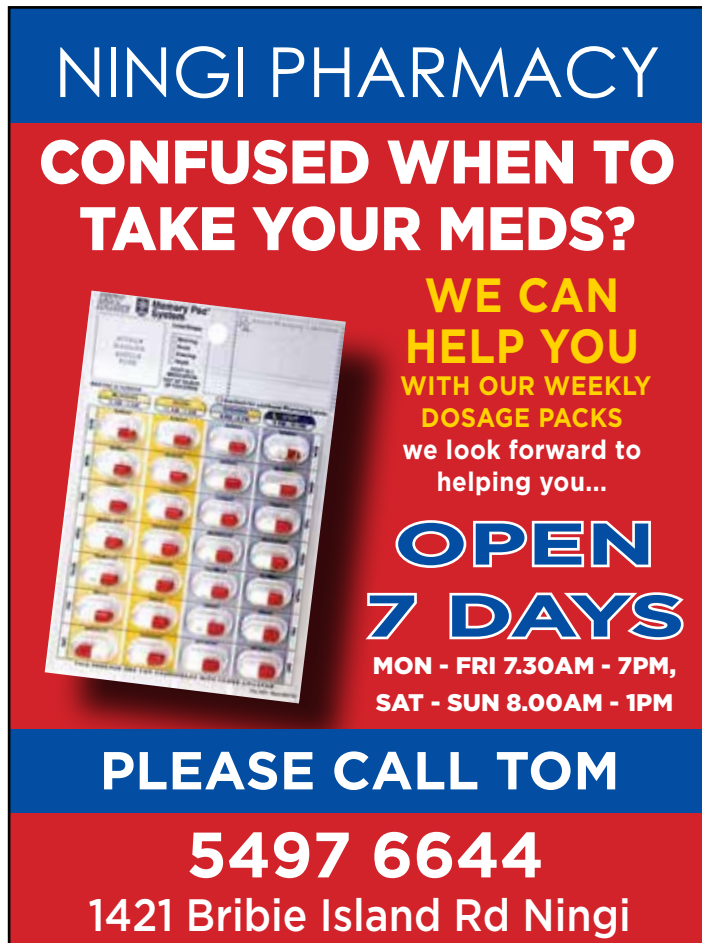
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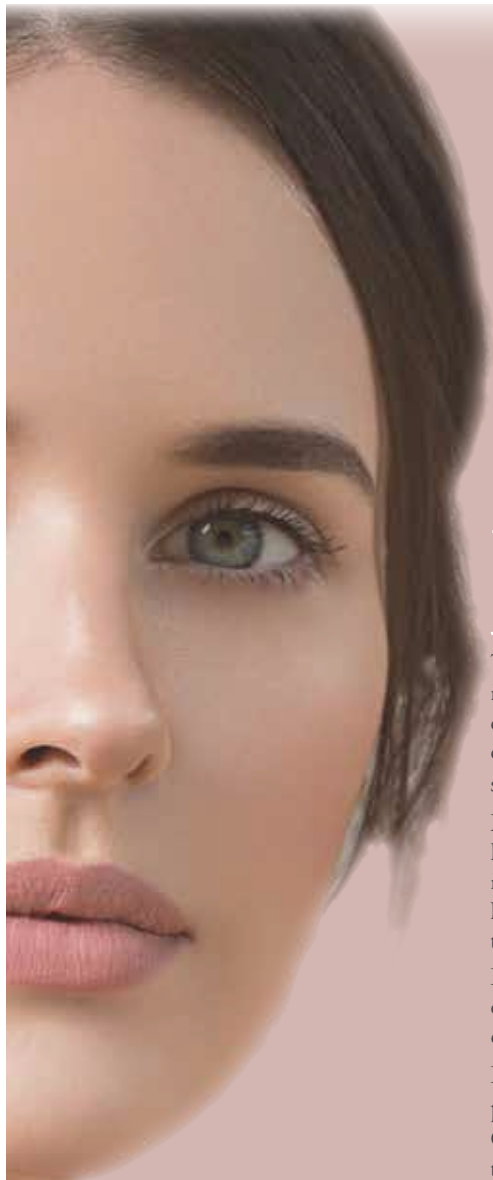
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Hello, my name is Lisa and I am the Founder of LJ Aesthetics. As a Registered/Cosmetic Nurse, Clinical Trainer and Dermal Skin Therapist. I have over 20 years of experience in the Beauty Industry. I operate two clinics, one in Redcliffe and the other is at Bribie on First Ave in Bongaree. I welcome you to schedule a free consultation with me.

My qualifications include an Advanced Diploma of Health Science, a Diploma in Beauty Therapy, a Bachelor of Nursing, Fundamentals Cosmetic Injectables. I have trained alongside industry leaders.

I travel nationally & internationally training other medical practitioners the art of cosmetic treatments.

I bring a holistic approach to my injectable practice, aligning with my Australian Catholic University education. My goal is to empower my clients to achieve natural and subtle-looking beauty through cosmetic

enhancement. I prioritize long-term patient care and affordability, focusing on treating volume loss and correcting asymmetry in the brows, lips, and cheeks. My commitment to my clients is to deliver a natural and subtle enhancement rather than an overdone appearance, providing impeccable care.

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See you soon....Nurse Lisa



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The Art of Saying No:

Embracing Boundaries with Grace

Imagine standing in front of a beautiful, vibrant, lush garden, each flower representing a part of your life. This garden flourishes because of the boundaries to protect it from overgrowing weeds. Similarly, the art of saying “no” is about setting boundaries to protect your inner garden, ensuring it remains a sanctuary of peace, joy, and authenticity.

Saying no can be daunting, as we are often conditioned to please others, fearing rejection or disapproval. Yet, saying no is a profound act of self-love and respect. It is about honouring your time, energy, and well-being. Let's explore how embracing the art of saying no can transform your life.

Understanding Your Worth

At the heart of saying “no” lays an understanding of your worth. You are a unique being with finite energy and time. Every yes should be intentional, reflecting your true desires and values. When you say “no” to things that don't serve you, you make room for what truly matters, nurturing your passions, relationships, and personal growth.

Overcoming the Guilt

Many of us struggle with guilt when we say “no,” fearing we might disappoint others.

Remember, your needs are just as important as anyone else's. Prioritising your well-being is not selfish; it's essential. Shift your perspective from guilt to empowerment. Each “no” declares your commitment to living authentically and maintaining your energy.

Practising Mindful Responses

Saying no doesn't have to be harsh or abrupt. Mindful responses can make this process smoother. For example, if someone asks for your time and you're overwhelmed, try saying,

“I appreciate you thinking of me, but I'm currently overcommitted. Perhaps another time.” This approach is respectful and clear, preserving your boundaries while maintaining harmony in relationships.

Building Confidence

The more you practice saying “no”, the more confident you'll become. Start small – decline minor requests that don't align with your priorities. Gradually, you'll build the courage to say “no” to bigger demands. Remember, every time you

assert your boundaries, you're strengthening your self-respect and reinforcing your inner peace.

Celebrating Your No's

Celebrate each time you honour your boundaries. Reflect on how saying “no” positively impacts your life. You'll notice more time for self-care, improved mental clarity, and deeper connections with those who respect your limits. Saying “no” is a powerful tool in your self-love and personal growth journey. It's about recognising your worth,

overcoming guilt, practising mindful responses, and building confidence. Embrace this art, and watch your life transform as you cultivate a garden of authenticity, peace, and joy. **Remember, saying “no” isn't shutting doors – it's opening the right ones for your soul to thrive.**

Need someone to support you in a time of change?

You can contact me on 0405 361 882.

With love, Maria Christina
xHolistic Counsellor and
Wellness Practitioner



OVERCOMING ABUSE AND RISING WITH RESILIENCE

Life has a way of throwing curveballs, some of which hit harder than others. For those who have endured experiences of abuse, whether sexual, physical, or verbal, the healing journey can feel like an endless, uphill battle. But remember that you are not defined by what happened to you.

Acknowledge and Accept

The first step towards healing is acknowledging the abuse and accepting that it was not your fault. Many survivors grapple with self-blame, thinking they could have done something differently to prevent the abuse. This mindset only perpetuates the pain. Understand that the responsibility lies solely with the abuser. By accepting this truth, you begin to dismantle the power the abuse holds over you.

Embrace Your Emotions

Allow yourself to feel the emotions associated with your experience—anger, sadness, fear, and even relief. Bottling up these emotions only delays the healing process. Journaling can be an incredibly therapeutic way to express your feelings. Write as if no one will ever read it, and let your heart pour out onto the page. This act of releasing your emotions can bring a profound sense of clarity.

Seek Support

You don't have to walk this path alone. Reach out to a trusted friend, family member, or counsellor. There's immense strength in vulnerability and asking for help. Support groups can also offer a safe space to share your experiences with others who understand what you are going through. Remember, seeking help is a sign of strength, not weakness.

Transform Pain into Power

Your experiences have given you unique insights and strengths. Reflect on what you have learnt. These lessons are the gifts hidden within your pain. Embrace them, and let them guide you towards a future where you thrive, not just survive.

Set Healthy Boundaries

As you heal, it is crucial to establish and maintain healthy boundaries. This might mean distancing yourself from toxic relationships or situations that trigger negative emotions. Surround yourself with people who uplift and support you, and remember that your well-being is a priority.

Practice Self-Compassion

There will be good days and bad days, and that is okay. Treat yourself with the kindness and compassion you would offer a dear friend. Celebrate your progress, no matter how small, and show kindness and compassion for yourself the days you struggle.

Visualise a Bright Future

Take time to visualise the future you desire. Imagine yourself free from the shadows of your past, living a life filled with joy, purpose, and love. By focusing on positive outcomes, you align with the reality you wish to create.

Need support in moving on from abuse or need someone to help you transition into a brighter future? Reach out and give me a call at 0405361882.

Always with love, Maria Christina x

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How to Buy the Right Shoes

Believe it or not, one person can have two feet slightly different in size and shape. And even if yours seem identical, they don't necessarily remain a constant size. Your feet can actually be different sizes at different times of the day. There are also more lasting changes: Most feet gradually widen with age, and sometimes women's feet "grow" (because of muscle relaxation during pregnancy) after the birth of a child. When shopping for shoes, it's important to consider the time of day. The late afternoon or evening is ideal, as that's when your feet are the biggest (they swell during the day). A knowledgeable salesperson can be a valuable asset in this process, guiding you in measuring both feet while you're standing up and carefully considering the fit and walking comfort of each pair of shoes you try.

If you have wide feet, there's no need to worry. Always inquire about the availability of wide-width options, even if the salesperson has measured your feet. Comfortable shoes have gained popularity and style, and shoe manufacturers are recognizing that not everyone has a medium-width foot. This diversity of options should instil hope and confidence in your quest for the perfect pair of shoes. There are two other contributors to your shoe "size" as well: The shape of your foot (how the shoe's "upper" conforms to your foot) and the heel height that is best for you. It's important to remember that high heels shift body weight onto the front of your feet, which may not be suitable for everyone. If you have excessively pronated ("flat") feet, Achilles tendinitis, short calf muscles, or knee problems, however, shoes with a moderate heel may be more comfortable for you, because they lessen the pull on already-overstretched tendons and muscles. This knowledge will help you make informed decisions about your shoe purchases.

What To Avoid

- Stiletto heels, or any other heel higher than three inches, redistributes your body weight so that 90 per cent of it is on the front of your feet. This extraordinary pressure can create calluses on the foot ball and increase the pain of bunions, hammertoes, and corns. It also strains the muscles and tendons in the arch of the foot. And because these heels tend to have narrow points on the ground, they make maintaining your balance quite challenging and add to the danger of falling, turning, and spraining your ankle.
- Pointy-toe shoes squeeze the toes together, causing uncomfortable calluses and corns. Pointy shoes can also pressure ingrown toenails and bunions and increase the likelihood of hammertoes.
- Flats can be a problem for people with arch and Achilles tendon problems and anyone who wears them exclusively. Over time, your foot gets used to being pronated (flattened), and you may develop arch pain and tendinitis. Flats can be the staple of your shoe wardrobe but alternate them with shoes with moderate heels.
- Mules generally have a high heel, so you're likely to have all the same problems as those mentioned above when too much pressure is placed on the front of the foot. But what distinguishes this style is the lack of heel support, increasing your chances of injury if your foot turns on the heel or slips out of the shoe.

- Platform shoes, popular in the 1970s, unfortunately come back in style periodically. Like high heels, they are so unstable that you can't help but periodically turn your ankle, possibly causing muscle strain, a sprain, or even a fracture.

- Old shoes with worn-down heels or traction, flattened insoles, stretched-out uppers, or unravelling stitching can cause you to slip, strain your foot muscles, and lead to ankle sprains.

Key Factors

- The toe box, or area around your toes, should be roomy enough for your toes to rest comfortably. Too much room can allow feet to slide inside shoes, causing calluses and irritation. The more common problem is that the toe box is too tight. The toe box is probably your biggest shoe problem if you have wide feet. When standing, there should also be room in front of the toes, at least 3/8" to 1/2" between your longest toe and the front of the shoe. And there should be room above your toes to prevent the shoe from rubbing against them, causing corns. To test the above criteria, ensure you can wiggle your toes inside the toe box when standing.
- A shoe's "upper"—the material on top of it—should conform to the shape of your foot. It should provide support but also "give" when your foot moves. Look for an upper made of a material that is not irritating or porous, allowing air into the shoe. Leather is more likely than vinyl to have these characteristics.
- The shoe should provide ample cushioning to absorb shock on foot bones and muscles each time you take a step. It would be best if you had such cushioning in three key areas: the arch, the front, where the ball of the foot rests, and the heel, which normally supports 25 per cent of your body weight. If the insole material is also absorbent, it will help relieve heat inside shoes and prevent rashes and the spread of infection.
- Soles should provide adequate traction to prevent slipping on any surfaces where you expect to be wearing the shoes.
- Heels should ideally provide slight elevation (between 3/4" and 1") for the foot, whether there's an actual heel or a sole thicker toward the back of the shoe. The counter, the shoe part that curves around the back of your heel—should be stiff enough to prevent ankle strains and sprains. The back of your foot should fit snugly into the heel of the shoe, not slide around inside it.



HERBAL REMEDIES

for Bites and Stings

Insect bites and stings are particularly common during the summer -- luckily, at the same time, your healing garden is at its peak. A herb garden can remove the "ouch" after a bite or sting. A poultice of fresh plantain leaves is the easiest and safest remedy for mosquito bites and wasp stings. Plantain is an extremely common weed in yards and gardens but is an excellent medicine. Chew up a leaf (from a plant not sprayed with chemicals) and apply it to the sting. Lavender oil is indispensable for this purpose. Please keep it on hand to ease the discomfort of insect bites; rub a little onto the affected area. To make lavender oil, cover finely chopped lavender flowers with 1/4-inch vegetable oil; gently heat the lavender and oil together until the mixture is warm and fragrant. Strain and store in a cool, dark place. This mixture retains its healing properties for about six months.

Mosquito bites and wasp stings can also be treated with a lotion made of witch hazel or use a strong infusion of plantain or witch hazel as a soothing wash. A swab of mint tea will put a stop to itching. Both chamomile and goldenrod poultices are very effective in preventing redness and swelling. For bee stings, after the stinger is removed, run cold water over the stung area and then apply a paste made of baking soda or a plantain poultice. Later, use lavender oil to calm the stinging. A marshmallow root or seed poultice soothes the inflammation and irritation accompanying a sting.

A few herbs may help repel insects, possibly preventing bites and stings from occurring in the first place. Applied externally, wormwood, lavender, and citronella will deter some pesky bugs. Wormwood is especially good for fleas, whereas lavender and citronella work well against mosquitoes. Infuse their essences into oils or creams and apply them to the skin.

If you have severe or allergic reactions to bee or wasp stings, seek medical attention immediately. Speaking with your primary healthcare provider before starting any new therapeutic technique is always best.



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THE FASCINATING SUPERSTITION of Itchy Palms and Its Hidden Meanings

When it comes to superstitions, one stands out for its intriguing nature and widespread belief — the superstition of itchy palms. Whether you've experienced the sensation of an itchy palm or heard about it, there's no denying the curiosity it sparks. But what does it really mean when your palms start to itch? Superstitions have always held a special place in human culture. They offer explanations for events that seem random or inexplicable, providing a sense of control over outcomes that would otherwise feel out of our hands. Across cultures and generations, people have turned to superstitions to find meaning in their lives and make sense of their world. Even in today's modern age, where science and logic prevail, superstitions sway our beliefs and actions.

Among the plethora of superstitions, the belief in itchy palms is one of the most intriguing. Several cultures believe itching palms can provide insights into one's financial fortune — whether a windfall of money or an impending loss. The superstition varies based on gender, which hand itches among cultures, giving rise to different interpretations and outcomes.

While itchiness on the left side can signal bad luck, in many cultures, an itchy left palm is a harbinger of good fortune and wealth. It means money will soon come your way through unexpected gains, a raise or a new job opportunity. This belief stems from the idea that the left hand represents receiving and storing wealth. According to Samudrik Shastra, an ancient Indian scripture on body features and their significance, scratching the left hand may lead to a loss of money. Therefore, when your left-hand itches, you should be cautious

with your financial decisions. Conversely, an itchy right palm can mean potential loss of money. According to popular belief, scratching the right hand when it itches can lead to financial setbacks or expenses. However, according to the Samudrik Shastra, itching in the right hand signifies wealth and prosperity. This dichotomy in interpretation highlights the nuanced nature of superstitions and the varying beliefs across different cultures.

The superstition of itchy palms also diverges based on gender. For men, an itchy right palm is a sign of impending financial loss, while an itchy left palm suggests an opportunity for monetary gain. This aligns with the idea that the left hand represents receiving wealth, while the right hand signifies giving it away. On the other hand, women experience a reversal of fortune in this superstition. An itchy left palm is a positive omen, indicating an increase in wealth, while an itchy right palm means a potential financial loss.

Exploring the Origins

It's important to delve into its historical and cultural origins to truly understand the significance of itchy palms in superstition. The roots of this belief trace back to ancient scriptures and practices passed down through generations.

Vedic Astrology and Indian Shastras

In Vedic astrology and Indian shastras, itching palms are auspicious and inauspicious signs. These ancient texts provide detailed explanations of the areas on the hand that relate to good or bad fortune. The interpretations vary based on the specific areas of the hand that itch, shedding light on the potential financial outcomes.

The Goddess Lakshmi and Wealth

In Hindu mythology, the Goddess Lakshmi is a revered figure known as the deity of wealth, fertility and prosperity. The left palm is believed to be associated with the departure of the Goddess, leading to potential loss or expenditure of money. In contrast, the right palm is seen as a symbol of the presence of the Goddess, signifying wealth and abundance. This connection to the divine adds a spiritual dimension to the superstition and reinforces the belief in the power of supernatural forces.

Rational Explanations for Itchy Palms

While superstitions often rely on supernatural explanations, it is also essential to consider rational perspectives. Itchy palms can have physiological causes that are unrelated to financial fortune. Understanding these factors can help separate fact from fiction and provide a more grounded understanding of the phenomenon.

Skin Conditions and Allergies

One of the most common causes of itchy palms is skin conditions such as eczema, psoriasis or allergies. These conditions can lead to inflammation, dryness, and skin itching. Itchy palms may be a symptom of these underlying conditions rather than a mystical sign.

Consulting a dermatologist can help diagnose and treat any skin-related issues.

Superstitions, including those related to itchy palms, continue to captivate our imagination and influence our beliefs. While the origins and interpretations of these superstitions may vary, it is essential to approach them with a balanced perspective. Recognising these beliefs' cultural and historical significance can provide insights into the human desire for meaning and control. However, it is equally important to consider rational explanations and seek professional advice when dealing with any physical discomfort or underlying medical conditions.

Ultimately, whether you embrace the superstition or dismiss it as mere coincidence, the fascination with itchy palms and their hidden meanings will continue to intrigue and spark curiosity. So, the next time your palms start to itch, take a moment to reflect on the centuries-old beliefs and stories they hold—but remember to keep your financial decisions grounded in reality.



FOR THE FIRST TIME, LOCALS ARE RECEIVING 100% FREE PUBLIC HOSPITAL SERVICES AND URGENT WALK-IN CARE IN THE HEART OF OUR BRIBIE COMMUNITY. OUR BRIBIE ISLAND SATELLITE HOSPITAL, A TESTAMENT TO OUR COMMUNITY'S STRENGTH AND RESILIENCE, WILL BE LIFE-CHANGING FOR LOCALS.

The seventh Satellite Hospital opened this month, providing free healthcare to the Bribie Island community. The facility, which opened on 17 July 2024, will be open from 8 a.m. to 10 p.m., seven days a week, ensuring that you can access healthcare when you need it most.

Satellite Hospitals provide a comprehensive range of services, including urgent care for non-life-threatening illnesses and injuries, critical outpatient services like kidney dialysis and mental health support, and soon, in early 2025, cancer care, oral health, and allied health services. The Bribie Island Satellite Hospital is here to ensure your health needs are met.

It's the seventh Satellite Hospital delivered under the government's \$376.9 million election commitment.

The Bribie Island Satellite Hospital Minor Injury and Illness Clinic will be open from 8 a.m. to 10 p.m., seven days a week. It will offer treatment for non-life-threatening

illnesses and injuries, including cuts, abrasions, sprains, and broken bones. In addition, the facility will include an Aboriginal and Torres Strait Islander health hub. Services provided within the hub aim to reduce barriers, improve patient education and empowerment, and assist in care coordination.

The team includes highly trained and experienced professionals who are dedicated to providing the best care possible. It includes Ngarrama Maternal Health, a community-based home midwifery group practice and outpatient care delivered by Aboriginal and Torres Strait Islander maternal and infant health care workers. Also included is a nurse-led community service that supports the emotional health and well-being of individuals and their families during the perinatal period, from conception to a year after the birth of a baby.

There are also kidney dialysis services, a day medical treatment unit, and outpatient

mental health services. As part of the kidney health service, the Royal Brisbane and Women's Hospital Kidney Health team will provide 12 renal dialysis chairs with the capacity to treat approximately 24 patients each week at Bribie Island. The service will be available three days per week and will focus on providing care for existing kidney health service clients.

A second stage of the Satellite Hospital will open in early 2025. It will deliver cancer care services, including chemotherapy, oral health services, and a Healthy Aging Assessment and Rehabilitation Team to provide rehabilitation and care for the senior community.

Visitors will be greeted by the unique artwork incorporated into the facility on windows, along pathways, and adorning various areas throughout the site. Artist Melissa Bond has created four distinctive elements representing the connection between the environment and the Kabi Kabi people, including the surrounding waters

Thanks for having us, Bribie

We're honoured to have built your beautiful new Satellite Hospital

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HUTCHIES

and the distinctive Cypress pines. This artwork is a testament to our community's rich heritage and the unique bond we share with our environment.

Quotes from Premier of Queensland Steven Miles:

"Queenslanders want better healthcare, closer to home – and I am delivering. Here in Bribie Island, our seventh Satellite Hospital will begin providing critical health care to the community.

This will make the lives of locals so much easier, knowing that help for those scary but non-life-threatening situations is right here on the Island. It will also alleviate pressure on busy emergency departments. More than 130,000 Queenslanders have visited a Satellite Hospital, while there has been a 12 per cent reduction in presentations at local hospitals. This is proof that the Satellite Hospital model works, and I will keep doing what works to improve the health and wellbeing of Queenslanders right around the state."

Quotes from Deputy Premier and Treasurer Cameron Dick:

"All Queenslanders deserve the opportunity to receive world-class health care, and our seven satellite hospitals deliver just that.

Quotes from Minister for Health, Mental Health and Ambulance Services Shannon Fentiman:

"We know our satellite hospitals are doing a fantastic job taking pressure off our emergency departments and providing more care for Queenslanders.

They assist people with minor injuries such as sprains and cuts and provide access to vital services such as dialysis and mental health support closer to home. Once cancer care services are available next year, the Bribie community will be able to access potentially life-saving chemotherapy treatment. This milestone furthers the Mile's Government's commitment to delivering world-class healthcare for Queenslanders, no matter where they live."

Quotes attributable to Member for

Pumicestone Ali King:

"I'm so excited our Bribie Island Satellite Hospital doors are opened, delivering hospital services in the heart of our Bribie community. Stage two is coming in 2025 and includes the chemotherapy chairs I fought so hard for. The Miles Government is doing what matters for Queenslanders, delivering more of the health services they need, closer to home."

Parking and access

The Bribie Island Satellite Hospital offers free parking and is located near public transport bus stops.

Opening times

The Minor Injuries and Illness Clinic
Hours: 8:00 am to 10:00 pm 7 days a week

- Walk-ins, no appointments necessary
- Onsite X-ray
- Other services and outpatient clinics

Outpatient clinics and services at the satellite hospitals are typically provided on specified weekdays between 8.30 am and 4.30 pm.

Advertisement

THE NEW BRIBIE ISLAND SATELLITE HOSPITAL

is bringing healthcare closer

Delivering high-quality care, taking pressure off emergency departments. Now open, it features:

- a Minor Injury and Illness Clinic for walk-in, urgent care, such as simple infections, toothache and minor burns
- and medical imaging for assessing minor injuries.

Further services will open throughout 2024 and 2025.

103 First Avenue, Bongaree



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Busy Fingers...



VOLUNTEERS -

In the last edition, I mentioned our wonderful volunteers who assisted us in collecting funds that we use to help the island associations and schools enhance the quality of life for our island residents. I thought I would continue this look at our volunteers by mentioning another donation area within the shop. Out the back of the building is the donations area, where we have between 3 and 5 volunteers who take possession of the donations. People are kindly dropping them off to us. These volunteers sort the donations and put them into the different trolleys such as clothing, linen, bric a brac, and books; larger items get taken into the garage for pricing and placing in the shop. The trolleys are taken to the individual areas where our volunteers sort and price and either put the items out into the shop or pack them into boxes for storage; this could be jumpers in the middle of summer or tank tops in the middle of winter. Quite often, the donation drop-off area is a thankless job; as I am sorry to say, we do get some people who bring us unsaleable, broken items, and they get quite rude when we advise that we cannot take them. They are usually items that should have been placed in bins or taken to the dump; our rubbish collection and trips to the dump cost us thousands of dollars each month, money that could be used on the island, so please do not be offended or rude when we turn your goods away, as we cannot sell your goods due to their condition and therefore cannot accept them.

DONATIONS GIVEN

With the help of our supporters and the many customers that come through the shop, we have assisted many associations on the island this month, including our permanent assistance to VMR and Global Care and also the Hospice for the Palliative Care Suite. We were able to assist the following

groups: BB Garden Club needed folding tables for their meetings, BI Anglers asked for a Defib machine, and BI Police needed a top-up of the DV coasters for our clubs and pubs. Gem & Fossicking group need assistance with Banners, hall hire and advertising for their upcoming Gem Festival. Voices Choral Group needed a new computer, and the Bribie Little Athletics needed training Singlets and Shirts for their ever-increasing numbers. The Bribie Indigenous Education & Employment Council needed a PA system and Video Camera.

RENOVATIONS

Are progressing. All cabling is completed, and the interior walls and ceiling will be completed by the time of this publication. We are looking forward to opening the new medical area and our new Man Cave area, where all the men's items will be on display soon.

REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all not-for-profit associations and sporting clubs and the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@bigpond.com if you wish to give a presentation or apply for a grant of assistance.



When applying for assistance, please ensure to include a contact name and phone number, a current equipment quote (preferably from an island business), and a brief description of your association/club and why you need the equipment you're requesting. Please email this information to busyfingers1@bigpond.com. It's important to note that we only support Bribie Island associations and groups, not individuals. This clear process ensures that your application is considered in a timely and efficient manner.

We have received new guidelines for invoicing the donations we grant. Please note that when you apply for a grant, we require Quotes and Invoices to be in our name - Busy Fingers Fundraisers Inc. but for delivery to your organisation's address. Also, we have to advise that if you purchase the item before we

grant it, we cannot reimburse you as the invoice is not in our name, so you must wait for our decision, and then we will guide you through the process. We do not want to disappoint anyone, so please follow these guidelines; if you have any questions, please email or call us on the number above.

I would like to thank all our supporters and customers, and a very special thank you to the Bribie Islander and staff for their continuing support. I hope to see you in the shop Sandra

TRADING HOURS

HOURS 8 AM TO 3.30 PM Monday to Friday and 8 AM to 12 on Saturday Morning.



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Game Changer for Bribie Locals!

HUGE NEWS -

our Bribie Island Satellite Hospital is now open.

You told me we needed hospital services on Bribie Island so I made it happen.

For the first time ever, locals have access to 100% FREE urgent care 7 days a week, until 10pm at night, right here on Bribie Island.

The Bribie Island Satellite Hospital, located at 103 First Avenue, Bongaree, opened on Wednesday the 17th of July.

What care can I get at our new Satellite Hospital?

The Minor Injury and Illness Centre is open 7 days a week from 8am until 10pm. This offers urgent care for non-life-threatening conditions like simple fractures, wounds needing stitches, fevers, infections, eye injuries, strains, sprains, head injuries without loss of consciousness and much more!

The Bribie Island Satellite Hospital is also providing renal dialysis, intravenous day medical treatments, mental health outpatient appointments, medical imaging and pathology to support the

healthcare services and more, in the heart of our community.

Our Bribie Satellite Hospital is already changing lives!

Last week I met Lenny, who was one of the first patients to get renal dialysis here on Bribie Island. Lenny used to spend three whole days, every week travelling to receive the healthcare she needs. Now Lenny only has to pop 5 minutes down the road for her renal dialysis!

Our Bribie Satellite Hospital has given Lenny her life back. She has more time to focus on staying healthy and doing the things that she enjoys.

I've heard so many heartwarming stories like Lenny's that show

what a difference our Satellite Hospital is making.

I'm proud to be part of our Miles Government that is doing what matters by delivering 100% free public healthcare in the heart of our community.

Every step of the way I've listened to locals and fought for the healthcare we need and deserve!

You told me we need after hours healthcare on Bribie Island and I made it happen. You told me it was challenging to get to your renal dialysis, day medical and mental health appointments, so we brought them closer to home.

You told me we need Chemo on Bribie so I fought so hard to get the cancer care services our community so desperately needs. From early 2025, our Bribie Island Satellite Hospital will provide chemotherapy, as well as geriatric health, rehabilitation services and oral health.

It takes experience to deliver what matters to our community. I'll keep working hard every day for Pumicestone!

If you have any questions or State Government issues that matter to you, please get in touch
pumicestone@parliament.qld.gov.au.

Warmly



Ali King MP
State Member for Pumicestone



**BRIBIE ISLAND
SATELLITE
HOSPITAL**
NOW OPEN!

07 3474 2100 1/43 Benabrow Avenue, Baffins QLD 4507
pumicestone@parliament.qld.gov.au @ali4pumicestone



Martin Luther

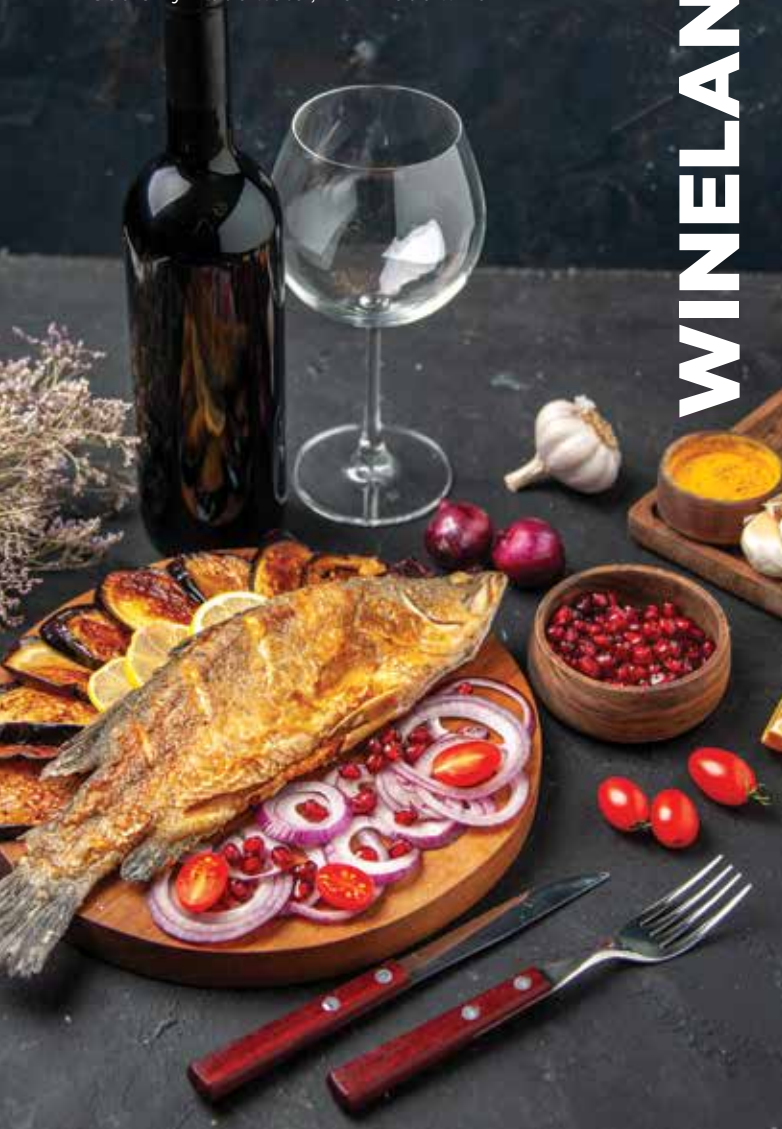
Beer is made by men, wine by god

A contradiction

Victor Hugo

God only made water, man made wine

WINELANDER



young Chardonnay. If you seek out a French Chablis, you can use the same Chardonnay in any sauce to make a great match.

White fish need a more delicate style of wine, such as Pinot Grigio, Albarino, and Australian Sauvignon Blanc. I differentiate this from a New Zealand wine because there is usually far more astringency and aroma in the New Zealand wine. If the sauce is richer, then a weightier Chardonnay should again be used in the making of the sauce and served with a Chenin Blanc. Red wine tends to overpower white fish, but a delicate dry rose would be suitable.

Salmon goes well with Chardonnay or Viognier when prepared with a cream sauce; a bigger, bolder wine will work well with the sweetness of the fish. Smoked Salmon works better with Gruner Veltliner or Semillon because of the bolder flavours; with grilled Salmon, go for a Pinot Noir or deep red Rose. And Tuna is another flavoursome fish that can work well with red wine; try a Cabernet Franc or even a Bordeaux blend of Cabernet Sauvignon, Cabernet Franc and Merlot or even the Australian equivalent a GSM, Grenache, Shiraz, Mouverdre.

For some reason, Turkey is often served on holidays, which is a shame because it pairs well with wine, almost everything from a Riesling to a Shiraz. In fact, one of my favourites is an Australian Sparkling Shiraz from Seppelt; others include Peter Rumball or Bleasdale, but Pinot Noir and Chenin Blanc will also match. The first Sparkling Shiraz was developed by a French winemaker here in Australia in the 1800's using the same techniques as making Champagne, where the whole process takes place in the bottle you buy; making this wine is still uniquely Australian and is well worth a try, especially if Shiraz is your favourite.

Duck is darker, gamey, and richer than chicken and turkey, so it requires a deeply flavoured red wine such as a Barossa Shiraz or McLaren Vale Shiraz, a Coonawarra Cabernet Sauvignon, or a Cabernet Sauvignon from Margaret River. From overseas Tempranillo or Rioja from Spain, from Italy a Barolo, Brunello, Chianti or Nero d'Avola

Pork is the other white meat alongside chicken, and if complemented with an apple sauce, an Australian Riesling from the Clare Valley of the Great Southern district of Western Australia is perfect. If you are thinking of red wines, then reach for a Grenache, a Pinotage from South Africa, or even a Sangiovese from Tuscany. Steak is where most red wine varieties excel, and what would a BBQ be without a red wine? even the humble beefburger with a cheese slice on top can handle a rich Cabernet Sauvignon or Shiraz. However, the biggest meat-eating country in the world produces a style of wine that pairs excellently with beef, and that is an Argentinian Malbec from Mendoza; this is one to try for you red wine drinkers, as with Australian red wines there is an Argentinian Malbec to suit every budget and a great selection is now available especially at outlets such as Dan Murphy's or First Choice, here on the Island both BWS and Liquorland have a selection but look for those made in Mendoza.

Lamb and Venison have classically been paired with Shiraz because of their gaminess; however, a rich Cabernet Sauvignon will work as well, and again, those looking for a change try California, where outstanding Cabernets are made, and it's also worth looking for a Californian Zinfandel as a talking point over dinner, a personal favourite of mine. If in Morayfield, the First Choice store at The Morayfield Hotel stocks a Wente Beyer Ranch Zinfandel, which would be well worth trying.

Asian dishes were once considered better paired with beer due to their spice, but I think a cold glass of Riesling, young Semillon, or Verdelho will do the trick.

With pasta dishes, why not pair with a wine from the homeland? Chianti, Montepulciano d'Abruzzo, Brunello, or any classical Italian red will do the job again. The world is getting smaller, and with climate change upon us, wines from the Mediterranean region handle this change well, which is why we are planting more varieties from this region.

Until next time, *Cheers*, Philip Arlidge.
arlidge@bigpond.com.au

A friend who read the last issue in which we matched wine with various cheese varieties commented he wasn't aware so many existed, so I thought we would look at some of the wine varieties that are now available and try to match food dishes with them which hopefully will live up to one of your favourite meals. This is a chance to experiment with wines on our shelves that have appeared from overseas and offer an alternative to homegrown varieties. Although many resist experimenting with different wine styles, it can be fun; there are those who prefer to drink only white wines with everything as well as those who prefer only red wines but remember it was a chance meeting with a certain wine sometime in the past, maybe a BBQ or simply picking up a glass by mistake that opened up drinking wine as a pleasure, go forth and try something different!

Oysters, Clams and Mussels work well with a dry, fruity white such as a New Zealand Sauvignon Blanc, Riesling, Vermentino or find an Italian Soave. For something a little different try a dry Rose.

Shrimp, Scallops, Crabs, and Lobster go well with a lightly wooded

Gluten Free Macadamia Sticky Date Pudding

You'll love this simple family favourite. For an extra creamy and extra nutty variation, stir in a tablespoon of macadamia nut butter to the caramel. It's a crowd pleaser.

INGREDIENTS

1 cup medjool dates* pitted. *If using dried dates instead of medjool, soak dates in boiling water for 10 minutes to soften, then drain.

2 eggs room temperature

2 tbsp coconut oil melted

1 tsp vanilla extract

1 1/2 cups almond meal

1/3 cup coconut sugar

1 tsp baking powder

3/4 cup macadamia nuts chopped

pinch salt

Caramel sauce

250 ml canned coconut cream

1/4 cup coconut sugar

1 tbsp maple syrup

2 tsp vanilla extract

pinch salt

Extra chopped macadamias to serve

INSTRUCTIONS

Preheat oven to 175°C.

Using a high-speed blender or food processor, blend dates, coconut oil, almond meal, eggs, and vanilla to combine.

Add the wet mixture to a large mixing bowl. Stir through almond meal, coconut sugar, baking powder and salt. Combine well.

Stir through macadamias

Spoon into a lined muffin tray or loaf tin, depending on if you want individual puddings or one large.

Bake in the oven for 30-35 minutes (for an individual) or 35-40 minutes for one large, or until cooked through.

Caramel sauce

In a saucepan, heat coconut cream.

Add coconut sugar, maple syrup, vanilla, and salt and whisk to combine. Continue whisking over medium heat until the coconut sugar dissolves and the sauce thickens to your liking (it will thicken further once it cools).

Serve pudding with warmed caramel sauce and additional chopped macadamias.

NOTES

For extra creamy and nutty variation to your caramel, stir through 1-2 tbsp macadamia nut butter.



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

Local Dining Guide



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



PIGFACE

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

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

(07) 3408 4282



Serenity Cafe

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

We also provide catering for picnics and events
2/83 Welsby Parade, Bongaree, 4507. Phone: 0466 221992.

Email: allan@serenitycafebribie.com
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FREE COFFEE

Present this ad or coupon for your free regular sized coffee with any breakfast over \$15.00



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



EL PIGFACE

Hola Amigos, if you love authentic Mexican cuisine, all freshly made on-site, look no further than our little Mexican Cantina, located next door to Pigface, right beside the beach at Woorim. What better to go with Mexican food than our very own, secret recipe, that goes into our frozen margaritas, which are perfect for our Queensland summer.

OPEN FOR LUNCH: Friday, Saturday & Sunday (11.30am to 2.30pm) OPEN FOR DINNER: Monday, Wednesday, Thursday, Friday, Saturday & Sunday (5.00pm to 8.00pm)
CLOSED TUESDAY

3/4 Rickman Parade, Woorim. (07) 4800 8393



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
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Bribie Gleemen

Present...



Turn Up The Radio!



With guest performers
**U3A Sundown Singers
& The Wondering Minstrels**

**Recreation Hall
First Ave
Bongaree**

1.30pm Sat 10th August

***Bribie's Premier
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**remembering the best days of our youth,
sitting by the wireless listening to the
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***Elvis, Mancini, Beatles, Dino, Beach Boys, Allan
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Kinks, Sting, and of course, The Buggles!***

Concert Tickets \$20

(Includes light refreshment)

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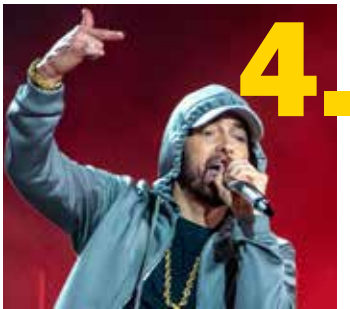


Interesting Facts

About Songs 1

1.

Eminem's song "Lose Yourself" was the first rap song to win an Oscar for Best Original Song, but Eminem did not even watch the awards because he did not think he stood a chance at winning. Instead, he fell asleep watching cartoons with his daughter.



Eminem set the Guinness World Record with "Rap God" for most words in a hit single. The song has a record-breaking of 1560 words in 6 minutes 4 seconds, averaging 4.28 words per second. One section of the song features 97 words in 15 seconds at 6.5 words per second.

The writers of "That 70's Show" theme song gets \$70 each time the show airs. He refers to it as "That \$70 Show".



Mozart disliked performer Adriana Ferrarese del Bene, who was known for nodding her head down on low notes and raising her head on high notes, so much that he wrote a song for her to perform that had lots of jumps from low to high so that he could see her head "bob like a chicken" onstage.



John Lennon received a letter from a student telling him his teacher made them analyse The Beatles' lyrics. Amused by this, he composed "I Am The Walrus" with intentionally confusing and meaningless lyrics to baffle those who tried to analyse the song.



The Beastie Boys won a lawsuit against a company for the unauthorised use of their song "Girls" and had the \$1 Million settlement donated to a charity supporting education for girls.



The USSR had a televised song contest. Since few people had phones, viewers would turn their house lights ON if they liked a certain song (OFF if they didn't). The state Energy Co. recorded the size of each power spike & reported the results to the station to determine points for each contestant.



As the artists showed up to participate in recording "We Are the World", Stevie Wonder informed each of them that if the song were not finished in one take, he and Ray Charles would be driving everyone home.



The group Bloodhound Gang recorded a track called "The Ten Coolest Things About New Jersey". The "song" consists of ten seconds of silence.



"The Guardians of the Galaxy" soundtrack album reached number one on the U.S. Billboard 200 chart, becoming the first soundtrack album in history consisting entirely of previously released songs to top the chart.



SHOWTIME IN THE CITY... AND COUNTRY

By Colin Walker

It's a vital product market for rural producers.

Sure, the Ekka presents a good opportunity, annually, to show city kids where their daily milk really comes from before it hits their fridges at home (in bottles or paper cartons) – and their meat, bread, fruit and vegetables and many other foods too.

And yes, it is also a very convenient (and effective) venue to showcase the latest in services, facilities, and all the luxury trappings of modern city living – most of which never quite make it to most rural areas.

It also highlights that most of these trappings (no longer luxuries but now common in most areas of most cities) began with the digging of a hole somewhere in the rural “boondocks” to extract the natural resources involved in making these products.

But all that aside, the big value and strength of the Ekka comes from its continuing appeal (and its success) in generating pride in where we live and what we do together. Every day is “People’s Day at The Ekka.”

When we constantly hear about divisions within our growing multicultural society, that’s very significant (and welcome).

Our recent Covid crisis, which kept many Aussie tourists at home (instead of abroad) for extended periods, has also delivered an unexpected boost for inland tourism. A growing number of city-based visitors have “discovered” (or rediscovered) what our regional and rural areas have to offer, and this has helped to improve and cement better city/country relations – and to heal divisions.

As in post-WWI2, when migrants played a massive role in major inland national construction projects, many migrants today are taking on jobs “in the bush” that city folk don’t want. This also helps to breathe new life into previously stagnating rural communities and improves contacts with related city-based families in the process.

The old adage “Every cloud has a silver lining” rings true, it seems!.



It's almost time again for our State's biggest annual “family reunion”, Brisbane's renowned Exhibition – The EKKA – which hopefully will, for a long time yet, remain one of the most needed links between city and country Queenslanders.

In a State which is bigger than many European countries, it's a time when city and country folk from all over our big State – and beyond – come together to enjoy all we have in common and showcase some of our lifestyle and “family” differences, too. Once more, we all get the opportunity

to see—and participate in—numerous displays, exhibitions, and events highlighting “how the other half” lives in our very underrated (but very productive) rural and regional areas.

City and country folks' reliance on each other is obvious but often forgotten, and the Ekka helps to remind us of that every year.

Recently published research revealed that people in the greater Brisbane area and environs are the biggest beneficiaries—by a country mile—of the billions of dollars in resource-based wealth generated by Queensland's rural and regional industries.

DRAGONS ABREAST PUMICESTONE- PAYING BACK TO REFILLING THE CUP.

Dragons Abreast Pumicestone's afternoon tea on Saturday, July 13th, was all about being connected and uplifted. And that is what happened.

The afternoon tea was attended by Ali King, State Member for Pumicestone; Michelle Hanton (OAM), President of Dragon Boat Pumicestone; Craig Munce, Vice Pres of Dragon Boat Pumicestone; Wendy Paterson, Co-founder of Breast Cancer Support Charity 'Be Uplifted'; Vivienne Williams, Board Member of Dragons Abreast Australia and member of Sunshine Coast Dragons Abreast; members of Redcliffe Snap Dragons, as well as members of Dragons Abreast Pumicestone, Dragon Boat Pumicestone and the community.

Ali King's attendance was greatly appreciated as a keen supporter of events that support Breast Cancer Survivors. New members, Lyn Heater, Jenni Mitchell and Sandy Bennett were warmly welcomed by Ann Wesener, President of Dragons Abreast Pumicestone. Ann then spoke on how Dragons Abreast Pumicestone is looking to consolidate and expand on the

range of activities that they undertake to ensure members are able to Connect. Move. Live. (especially if members are unable to get into a dragon boat), as well as on the importance of connection with the wider community, while Vivienne spoke about Dragons Abreast Australia and future directions.

Wendy Paterson, co-founder of 'Be Uplifted', like Dragons Abreast Pumicestone, is about connecting people and working with them so they can live a better life. And there was a hum of excitement as Wendy informed attendees of her charitable organisation's work to support those with breast and chest cancer. Wendy spoke about how 'Be Uplifted' is about 'people, not research'. Be Uplifted provides financial, practical and essential support services, including counselling, house cleaning, food delivery and hampers, breast and chest cancer resources and information. Wendy elaborated on how Be Uplifted is a charity that is run by volunteers without any government funding and is totally supported by donations, grants and the proceeds of their 2 Op Shops- 1 at Zillmere and the other at Strathpine. Dragons Abreast Pumicestone is proud to be able to support such a worthwhile charity.

The Refilling the Cup Afternoon tea definitely uplifted, enlightened and connected people.



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

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Air Fryer

RECIPES

INGREDIENTS

- 4 lamb shanks
- 2 tsp olive oil (Amazon)
- 2 tsp garlic, crushed
- 2 tsp salt
- 1/2 tsp pepper
- 1 tsp rosemary leaves
- 2 tsp oregano
- 250 ml (8.5 fl oz) chicken stock

INSTRUCTIONS

Preheat the air fryer to 200°C. It will take roughly five minutes to get to the correct temperature.

Rub the lamb shanks in olive oil, garlic, salt, pepper, rosemary, and oregano.

Place into the air fryer and cook for 20 minutes.

Turn the air fryer down to 150°C and add the chicken stock. Cook for one hour.

Turn the lamb shanks halfway through cooking.

Recipe Tips

Adding more lamb shanks is a great way to feed more people. However, you may need a larger air fryer to be able to fit all the shanks.

Fresh or dried herbs will work fine with this recipe. Personally, I use dried herbs as they are easier to get my hands on. If you use fresh herbs, be sure to double the number of herbs you use.

Add red or white wine to the chicken stock for a bit of extra flavor.

Cooking times may vary depending on the size of your lamb shanks.

The lamb meat should easily come away from the bone. If it doesn't, you may need to extend the cooking time slightly.





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.

MARKETS



As judges Kim Herringe and Richard Blundell said on the **Matthew Flinders Art Prize** Opening Night. The Bribie Island Community Arts Centre, all artists who enter exhibitions are courageous and to be saluted and admired.

The judges praised the high standard of the works entered this year. Their appraisal of all 170 entries was long and thorough and although Richard and Kim were not known to each other before they met on "judgement day", their decisions on the winning works were synchronised.

The results are:

FIRST PRIZE OF \$5000

went to Leonie Shirley for her oil painting "Night Muster at Euthulla"



Second prize of \$2000

went to Arthur Nilsson for his oil painting "Coastal Tides"



The Matty (Hanging team) prize of \$200 went to Tricia Taylor for her oil on linen "Elohim - Maker of the Earth".



The BICAS Members prize of \$500 went to Trudy Brooks for her digital on canvas "Celebrating Life"



Highly Commended prizes of \$500 went to Cheryl Mortimer for her mixed media work "Reflexion" and to Jean Bennett for her wood, fibre and jesmonite sculpture "Me Myself and I".



The Art Prize opened with splendour this year with more than 120 guests enjoying the awards ceremony under the crisp night sky. The tables and setting theme was silver, in keeping with the 25th anniversary of the event.

Opening night guests which included entrants, families and friends, had first look at the entries on display in the Gallery this year.

Come in and feast your eyes on the exhibition before it comes down on August 2.

The Arts Centre is open SEVEN DAYS 9am to 4, during its run.

Cast your vote for your favorite for the People's Choice Prize.

And check out the amazing raffle. There are 36 chances to win a lovely prize in the wonderful art haul.

Meet the talented and engaging artists who are demonstrating in the Gallery every day of the exhibition. They love sharing their techniques and love of their medium with visitors.

WORLD FAMOUS CURSES PART 1

James Dean and the Curse of Little Bastard

Dean owned a few race cars and participated in several road races prior to purchasing Little Bastard.

On Sept. 30, 1955, James Dean was killed when the silver Porsche 550 Spyder he called "Little Bastard" was struck by an oncoming vehicle.

Within about a year of Dean's crash, the car was at least loosely involved in two more fatal accidents and two other injuries. The better-confirmed series of incidents occurred after hot rod designer George Barris purchased the car. While getting a tune-up, Little Bastard fell on a mechanic's legs and broke them. Two doctors supposedly purchased the engine and transmission from the car, of whom one was killed and the other seriously injured in subsequent car accidents (though it hasn't been confirmed that the deaths occurred in cars that contained Little Bastard's parts). Someone else had purchased the tyres -- which blew simultaneously, sending the driver to the hospital.



Dean owned a few race cars and participated in several road races prior to purchasing Little Bastard.

From there, reports get a bit more muddled. We know that Little Bastard's shell disappeared sometime before 1960 while on an exhibition circuit. According to some, a truck carrying it crashed, killing the driver, and Little Bastard was gone by the time the authorities arrived on the scene. By other accounts, it was merely stolen en route. Either way, perhaps it's for the best that Little Bastard is off the roads.

The Curse of Tutankhamen's Tomb

Archaeologist Howard Carter and an assistant examine the coffin of Tutankhamen with little regard for the "curse."

In 1922, English explorer Howard Carter was leading an expedition funded by George Herbert, the Fifth Earl of Carnarvon, when Carter discovered the tomb of ancient Egyptian king Tutankhamen and all the riches it held. After opening the tomb, however, strange and unpleasant events began to take place in the lives of those involved in the expedition. Some believe that there was a foreboding inscription, "Death comes on wings to he

who enters the tomb of a pharaoh," on King Tut's tomb that put a curse on anyone who disturbed his final resting place.

Lord Carnarvon's story in particular is the most bizarre. The adventurous Earl came to Cairo and apparently died from pneumonia following complications from a mosquito bite.



Archaeologist Howard Carter and an assistant examined the coffin of Tutankhamen with little regard for the "curse."

Allegedly, at the exact moment Carnarvon passed away, all the lights in the city mysteriously went out in Cairo and, back in England, Carnarvon's dog fell over dead. In addition, several other people involved with the expedition died, too, including Carter's assistant, his assistant's father and some of Carter's relatives. Carter, however, seemed to escape the curse himself.

The Curse of "Spider-Man: Turn Off the Dark"

It took nine years of rehearsals to get the seemingly cursed Broadway musical Spider-Man: Turn Off the Dark off the ground. Julie Taymor's reinterpretation of the comic book superhero's bid to save New York City was plagued by one delay after another despite an all-star cast and crew that included superstars like Bono and the Edge, both members of the band U2.

The trouble began when the show's budget blossomed uncontrollably, racking up a record \$65 million or more in expenses [source: Swed]. Then, in the musical's third year of rehearsing, producer Tony Adams died of a heart attack at age 52. There were so many injuries to the cast during the rehearsal of high-flying spider stunts that the Occupational Safety and Health Administration stepped in to investigate. Director Julie Taymor was fired and replaced by former Barnum & Bailey director Philip William McKinley. And then the show's opening date was pushed back at least five times.

When the production did finally open in June 2011, good luck seemed to prevail. During the final week of 2011, "Spider-Man: Turn Off the Dark" grossed a record-breaking \$2.9 million from just nine performances. But the show closed in 2014 citing weak ticket sales and the difficulty of getting injury insurance. At the time of closure, it had not made back its money.

BANKSIA BEACH RECENT DEVELOPMENT



Transformation Over 50 Years

My last Bribie history article was “How Banksia Beach got started,” with photos covering 100 years of history from the earliest settlers to the 1970s. I had a good response from Banksia Beach residents and readers, who had many questions. This article covers the development of Banksia Beach over the last 50 years. There has been so much development. I will write about aerial photos spanning the decades, showing Banksia Beach's total transformation over the years.

1967 TITLE PHOTO

The 1967 aerial photo in the Title Header shows the new Bribie Bridge, which was built in 1963 at a far distance, and the new suburb of Bellara on Bribie. The entire area in the foreground is just grassy wooded swampland with the new Sunderland Drive constructed around Dux Creek to Banksia Beach and a track along the beach over Wrights Creek to White Patch

1977 SOLANDER LAKE



1977 Aerial Solander Lake

This 1977 photo is from a newspaper article covering the first stage of the Solander Lake development. It shows the initial natural lake in the center, with some land cleared for housing and road construction.

Another interesting 1977 photo shows the new Bribie Bridge at the bottom leading to the suburb of Bellara, with Bibimulya Wetland in the center and very little else. On the right-hand side of the photo are Moreton Bay and Ocean Beach, north of Woorim.



Aerial Bribie 1977

The wide and wandering Dux Creek is north of Bellara, with Sunderland Drive clearly visible sweeping around the Creek to Pumicestone Passage at Banksia Beach. The initial Solander Lake development is just visible to the north of that, and a track over Wrights Creek to White Patch is at the top left. There is no other visible development at Banksia Beach, just a few isolated houses, with many Dingoes and Emus wandering in the bush.

1982 CANAL SYSTEM



Banksia Beach 1982



1982 Aerial Bellara

This 1982 colour aerial photo shows the original Solander Lake development, which expanded to the north into what became an extensive canal development. The photo shows some houses north of Banksia Beach on Solander Esplanade, with Endeavour Drive under construction near Wrights Creek. The wetland swamps are being progressively dredged to create an extensive tidal canal system with a drain under Endeavour Drive into Wrights Creek on the top right.

Another revealing colour aerial photo from 1982 shows the Bribie Bridge on the right and the suburb of Bellara developed to the edge of the tidal wetland of wandering mangrove-fringed Dux Creek. Also visible are sand banks at Sylvan Beach influenced by the water flow from Dux Creek. At the bottom of the photo, the development of Spinnaker Marina and housing and unit development can be seen on the mainland side of the Bridge.

2010 RECLAIMED LAND



Banksia Beach c 2010

This photo, taken just 14 years ago, shows the significant changes from the Title Header photo taken 43 years earlier. The tidal canal system had been connected to Dux Creek by Skippers Canal, and much of the reclaimed land around the creek is now built on. The Pacific Harbour Marina can be seen on the left, with more canals and land still being constructed beyond that.

2024 PACIFIC HARBOUR



Pacific Harbour Canal dev. 2024

This shows the extent of 8 km. of canal system today. It does not show the extensive development around the Golf Course & Country Club off the top of the photo. Hundreds of homes were built on smaller blocks of land on narrow roads and just one access from the top of Avon Avenue and Endeavour Drive. From a handful of residents back in 1970, the vast suburb of Banksia Beach is now home to many thousands. The first visitor to Banksia Beach was Gustav Dux in the 1890s, who came in a small boat to catch Mud Crabs in DUX Creek, which still bears his name. How things have changed.



Barry Clark,
President
Bribie Island
Historical Society

MORE BRIBIE HISTORY

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



Funny Moments in Australian History

A satirical piece, to be read with a smile, and your tongue in cheek.

By Al Finegan

ONE DAY PEOPLE WILL LOOK BACK ON OUR CURRENT SOCIAL UPHEAVALS AND LAUGH, FOR I FIRMLY BELIEVE, IN RETROSPECT, SOME EVENTS WILL BE JUDGED HILARIOUS.

Australia is currently undergoing not so subtle changes in our society, driven by radicals who are attempting to alter our way of life, our relationships, in the worst ways possible. They are assisted by many politicians who breed on a mass of lies, evasions, folly, and deception. Meanwhile, Political Correctness has become a doctrine, recently fostered by a delusional, illogical minority, and promoted by a sick mainstream media, which holds forth the proposition that it is entirely possible to pick up a doodoo by the clean end. It really is most amusing to those of us who still have a grip on reality.

But the beauty of history as a comedic resource is that it all happened ages ago, so you don't have to pretend to feel sorry for the people I am about to reveal.

THE EMU WAR

Australia cannot lay claim to any great empires or epic conquests, but we do have one distinction that no other nation on Earth can boast, we are the only country in history to lose a war to birds. In 1932, the farmers of Western Australia, fed up with the 20,000 emus that kept dropping in to their farms to eat all their crops, went to defence minister Sir George Pearce to demand he take action to safeguard the precious wheat of the Campion region.

Pearce, a man who knew the value of a show of strength, decided that what the emus needed was a hefty dose of good old-fashioned military might. And so Major Meredith of the Royal Australian Artillery was sent, along with two soldiers, two Lewis guns, and 10,000 bullets, into the scrubland to show the emus just who was the more highly evolved species.

Almost immediately, the expedition ran into trouble. The soldiers attempted to herd the emus into a suitable place in which to mow them down. But the birds, well-trained in guerrilla tactics,



continually split into small groups and ran off in different directions, making it, "...**damnably difficult for the guns to draw a bead on them.**" Also, the guns jammed.

When the guns worked, and an emu stood still long enough to be shot at, they proved resistant to bullets to an unsettling degree. The soldiers retreated, weary and sick of the sight of feathers. On return,

Meredith reported: ***"If we had a military division with the bullet-dodging capacity of these birds it would face any army in the world. They can face machine guns with the invulnerability of tanks."*** He also noted, optimistically, that his men had suffered no casualties. The emus' report noted that humans were slow-moving and stupid.

In a rare period of hilarity, the House of Representatives debated the matter with questions being asked of the minister as to whether medals were to be awarded for survivors of the campaign. To great merriment, he went on, "Why, blessed as we are with a native animal that is essentially a cross between an armoured car and a velociraptor, our military has not taken advantage by training emus for combat duty in the ADF?" It remains unanswered to this day.

HUME AND HOVELL'S FRYPAN FIGHT

Hamilton Hume and William Hovell are two of Australia's most recognized, and amusing, explorers. Why Hovell was chosen by Governor Brisbane for the

expedition remains a mystery. Hovell had little or no sense of direction. As well, the explorers disliked each other with ever increasing intensity. This led to many highly comical moments, including Hume threatening to throw Hovell into the Murray River.

On 24 October 1824, the group needed to cross some mountains. The intrepid two began to argue over the best route to take. It degenerated into a full-blown brawl that seems to have been heavily inspired by an episode of "Monty Python". Hovell declared impetuously that he was sick of Hume constantly making him cross rivers, and Hume retorted that he was tired of Hovell stumbling around aimlessly bumping into trees. Like a married couple in a broken relationship, vitriol spewed forth from both. They decided the only way to move forward was to split up. In a frenzy, they divided up their provisions, which included tearing their tent in half. The fracas came to a climatic moment over the expedition's frying pan, which was apparently of great sentimental value to both these two pioneering misfits. They fought over it, each having hold of one side of the pan, pulling furiously, while exchanging epithets too odious for a gentle ear. They both ended up on their backsides when the pan broke in two. One man had the pan, the other, the handle. The one who got the handle must have thought he had a moral victory. Later on, Hovell rejoined Hume, eventually arriving at Corio Bay. Hovell's poor sense of direction, an excellent quality for an explorer to have, led him to declare that they had arrived at Western Port Bay, a bay located on the opposite side of Port Phillip. This error was not uncovered until 18 months later, when both men were publicly lampooned. Thus, history had been illuminated by the glorious petulance of two of Australia's most irritatingly half-witted explorers, a piece of traditional Aussie culture we've not lost.

MENZIES'S KISCH-OFF

The Egon Kisch affair was one of the jolliest bits of tomfoolery in Australian political history, hilarious mainly for the fact that it involved government policy so mind-blowingly and transparently moronic that one has to admire the sheer audacity of the federal government in being so unafraid of looking like idiots in public that they actually implemented it.

Egon Kisch was a communist and an anti-war activist who, in 1934, had gained widespread popularity for opposing Hitler. To the Lyons government he was seen as a prime example of the dangerous extremism that they wished to keep out of Australia. Kisch planned to visit Australia to speak of his experiences under the Nazi regime, which gave the government a screaming fit. They refused him entry, but Kisch circumvented the ban by the

cunning tactic of leaping off his ship onto Station Pier and breaking his leg.

However, his belief that a broken leg was grounds for entry was ill-founded, and he was returned to his ship. Kisch supporters took his case to the High Court, and attorney-general Robert Menzies, the future Prime Minister, famous mainly for his eyebrows, stated that we would determine who came to this country and the circumstances in which they come. (A sentiment that would later inspire John Howard, and just about every other MP in the country).

The surrealist humour of the government denying entry to a foreign intellectual for being too vehemently anti-Hitler was strange enough, but it got even better when the government, prevented from banning Kisch by the High Court, tried to exclude him via the Immigration Restriction Act, one of the most amusingly lunatic laws any country has ever passed. The act stated that anyone who failed a dictation test in any European language could be excluded. This meant that even if one of those disreputable foreigners were so underhanded as to learn English, the government could prove their unsuitability to enter the country by proving their lack of fluency in, say, Portuguese or Hungarian, or any of the other languages that were totally irrelevant.

Kisch was a particularly difficult case, though, because he happened to be able to speak many European languages, being a widely travelled and well-educated Jewish German Czech. He passed the test in tongue after tongue, and the government was at its wit's end when the solution was found. Kisch was ordered to write the Lord's Prayer in Scottish Gaelic, a language noted for being spoken by almost nobody, including Scottish people such as the Scottish-raised immigration officer who tested him. Kisch failed, and Menzies and Lyons toasted each other with a cold one. Disappointing for them, the High Court rained on their parade by ruling Scottish Gaelic was not covered by the Act, and Kisch was allowed in. If that doesn't give you a good laugh, I don't know what will.

BEN HALL, CLOWN PRINCE OF BUSHRANGERS

A lot of people think Ned Kelly was the funniest bushranger, but any fool can put a bucket on his head and swan about while writing long letters. For bushranging comedy with some real originality and intelligence behind it, you need to look to the conceptual art of Bold Ben Hall, the tragic hero who blamed his life of crime on his wife leaving him after the police burnt down his house.

Unlike most bushrangers, Ben was not all that interested in shooting people. Even robbery under arms took a secondary place in his priorities to the all-important

goal of publicly humiliating the screws. To this end, he conducted a criminal career that was less a reign of terror, than an extended live episode of Candid Camera. Hall never killed anyone and gained a reputation as "the gentleman bushranger". And, unlike the fifty other "gentleman bushrangers", he actually practiced it. On one memorable occasion, Hall's gang bailed up the NSW town of Canowindra. After luring the local police away to another town, they robbed the local stores, then threw a huge party for the rest of the population in the town's pub. On leaving, Hall paid the landlord for all goods consumed and the townspeople for their time, using the money he had robbed from the town.

Hall's bushranging career hit a peak when he was being pursued by the local police near Bathurst. Hall and his mates hid in ambush and bailed up the troopers. Disarming them, the gang proceeded to strip them naked and tie them to trees. Hall then delivered them a long stirring lecture on the pressing problem of police misbehaviour, before riding off into what can be presumed was a beautiful sunset, leaving the long arm of the law to await assistance in their highly embarrassed state. Ben Hall showed that you could make as powerful a statement by taking the mickey out of the coppers as by shooting them.

THE MT KOSCIUSZKO FARCE

In 1840, Polish explorer Pawel Strzelecki discovered a big mountain. To him, it looked like the Kosciuszko Mound in Krakow, so he named it Mount Kosciuszko. It's a nice, craggy peak, and soon dubbed the tallest mountain in mainland Australia. However, there's another mountain just down the road named Mount Townsend. It's a bit rounder and stands out a bit less. Many decades later, the Lands Department was doing a survey. They looked at the figures and scratched their heads in confusion. Mount Townsend is 2228m high. Mount Kosciuszko is 2209m high. Wait, what? But everyone thinks that Mount Kosciuszko is the tallest mountain in Australia. Encyclopaedias, school textbooks, atlases, all name it as the country's highest. What are we to do? Easy, say the Lands Department. Just swap the names around. Problem solved. Kosciuszko remains the tallest mountain in Australia, and nobody has to change any textbooks.

I could go on, but to me it is important that we keep and maintain our unique Ausie humour. We are renowned for taking the mickey out of each other, proof positive of our embedded tradition of mateship.

Oh, I forgot to mention, Australia won its first gold medal at a Winter Olympics by everyone else falling over.

Banksia's Cat Plague

Note: all names in this article have been changed to preserve privacy.

F

eral animals have long been recognised as a danger to Australian wildlife, with cats rated as the worst. It has been estimated that feral cats kill 377 million of our birds every year – that's more than a million a day!

For one Bribie couple though, the problem is close to home – in fact it's right in their back yard.

Paul and Dianne's elderly female neighbour, Mary, started leaving food out for the cats that would occasionally visit her yard. More cats started to visit, so more food was left out – and the number of visiting cats increased. Then litters of kittens arrived. Now it's not unusual for more than thirty to forty cats to visit Mary's yard each day and spread out to surrounding properties. "We live two streets away" says Brian, another affected resident, "and the number of cats invading our place has to be seen to be believed."

"They spray, they poop... the smell is horrendous, and doesn't go away even after heavy rain", said Dianne. "Then there's the noise" she continued, "Screeching, yowling, fighting at all hours, we can hardly sleep". She is also concerned about the health of the kittens, who of course have never been vaccinated or neutered, and seem to be suffering from the effects of living wild.

“

**Screeching,
yowling,
fighting at all
hours, we can
hardly sleep**

Paul and Dianne got to the point where they considered moving. "But who would buy at a fair price if they knew what was going on?" asks Paul "We couldn't, in good conscience, sell to someone knowing the problems, and if we were honest with a buyer we'd probably have to take a steep cut in the sale price, maybe twenty thousand, maybe fifty. Who knows?"

The Council will supply residents with one or two cages for a limited time, but there is then a further problem – removal.

Currently, the only option for someone who has caught one of these cats is to take it to the RSPCA shelter at Dakabin. It's a roughly forty-minute drive each way, and with the price of petrol it's too expensive to do more than once a week. Also, since a cage can only hold one cat at a time, and most people's cars can only take one cage at a time, that adds up to a lot of trips to deal with scores of cats.

"The Moreton City Council have known about this issue for over two years, but have failed to take any meaningful action," says Paul. "At the very beginning they should have stopped Mary feeding the cats, and insisted that those she claims to own get de-sexed and registered."

When asked what she would like to see done, Dianne says "Council should be trapping these cats and taking them to the pound, not leaving it up to us to carry the cost of their failure to take action".

See the Banksia Beach Cat Action Facebook page for more information.



Did you know we have an animal welfare charity on the island?

And even better, our mighty little op shop on Hornsby Road funds all our work with cats and dogs in the region! For over 31 years, the Bribie op shop has supported a network of foster carers and provided subsidised vet care and animal desexing to people experiencing hardship or on a pension.

With a strong network of over 40 volunteers, including animal foster carers, we provide a range of services for cats and dogs in need in the Moreton region.

We are also able to provide funding support to other animal welfare organisations too and have recently made donations to two local charities struggling to care for animals they recently rescued from death row in regional pounds.

On Bribie, we are lucky to have many op shops, each supporting different needs and clientele - by donating items to our op shop, funds raised specifically help us support cats and dogs in need.

There is a growing awareness of the amount of waste we produce, not only in the fast fashion industry but also through the cheap production of items easily accessible online. As a result, op shops not only provide low-cost clothes and household items for those wanting to save money, but they also help support people who want to do their bit for the environment by helping reduce, reuse, and recycle.

We are delighted with the support we get from donations—from deceased estates to moving off the island or into a smaller home to summer/winter wardrobe clearouts or general de-cluttering. We love most donations. We just ask one thing before you donate: Consider if you would buy it yourself. Check—is it clean? Is it too worn?

We are aware of many unwanted cats and dogs in our region, so we are having a special for the month of August. For Moreton City Council residents who have a concession or pension card - all desexing will be FREE! Yes, that's right - all you need to do is pop into the Bribie shop and ask for a desexing voucher for your cat or dog, and you then book the vet at your convenience.

We hope to see you in our op shop soon - either as a donator, or a buyer, or selecting your new furry friend!

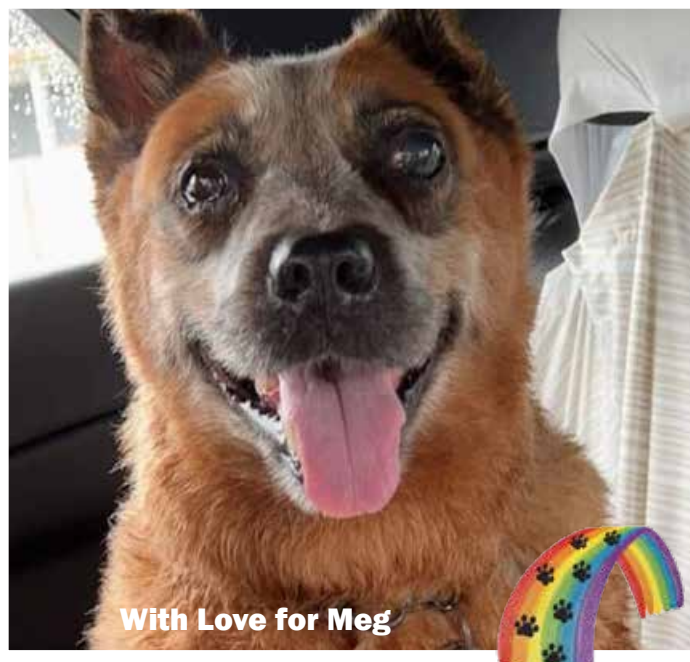
Here are some cats currently in our foster care - check out others here petrescue.com.au





WE LOVE PETS

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



With Love for Meg

'Pawsome Pet Page

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

M.K. Clinton



splash



ruby



murphy



sophia



jazzy



rascal

The saddest goodbye

As we all know, pets bring such joy and fulfilment to our lives like no other. However, the flip side of this is they don't have the same lifespan as we do. I recently had to send my beautiful red cattle dog Meg off to the next world, and it absolutely broke my heart. I must admit that the pain of making the decision best for her was something that hit me harder than I expected. We wanted her to go in her own home surrounded by those she loved. We found a company called Rainbow Bridge who could assist us with this.

Audrey an avid animal lover and Veterinarian of 30 years, noticed the increasing requests for pet owners to have their pets at home or in a special place to transition to Rainbow Bridge. Being at home or in their own garden brings peace to the pet and creates an everlasting memory for pet owners as they farewell their fur babies. It is this very reason that Audrey founded Rainbow Bridge in Home Euthanasia. She is committed to making this difficult process a little easier and creating peaceful memories rather than those of distress. We found Audrey to be kind and empathetic and let us set the pace, no rush and gave us the time we needed to say goodbye to Meg with dignity, peace, and comfort.

Audrey and her devoted team of wonderful nurses supported us through the entire journey of Meg's passing. Audrey assisted us with arrangements, including cremation, and even offered referrals to a grief counsellor, let us know what was happening the whole time and sent us a beautiful card.

Audrey then referred us to My Best Friend's Farewell, a family-owned and operated pet crematorium managed by Dee Taylor and her daughters, Tahlia and Teghan.

It started as a vision of Dee, who, since 1988, has been involved in after-life care. It has been a career spanned over 30+ years and began when Dee started working as a receptionist at a funeral home. Within a couple of years, Dee was trained as a Funeral Director, and this would eventually lead her into the roles of Crematorium and Funeral Home Manager. My Best Friend's Farewell is a locally owned and family-operated pet crematorium located in the Moreton Bay Region, north of Brisbane.

Dee was just as wonderful as Audrey. She understood Meg was a part of our family and treated her with the utmost care and respect from the moment they came into her care until the moment she was back in ours.

I can honestly say that these two women made an incredibly sad time for us much more bearable with their warmth and understanding. I thank them both from the bottom of my heart for the exceptional care they gave our Meg.



Bongaree PET FOOD

PH: 0437 080 752

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

-FRESH FOOD - FROZEN FOOD

- TREATS

- DRY FOOD

- WET FOOD

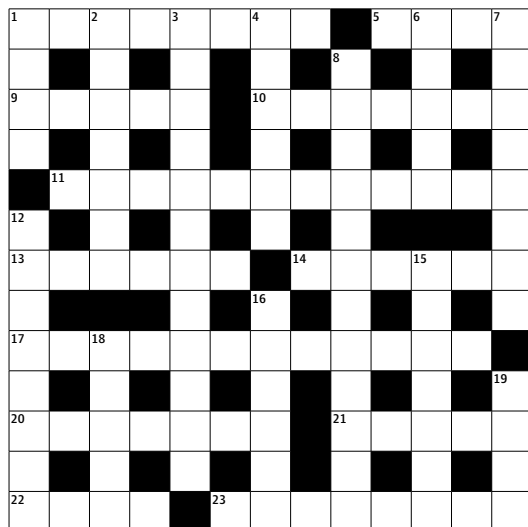


Variety for Every Cat

Explore our Cat Food Selection!

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.

Crosswords - QUICK & CRYPTIC



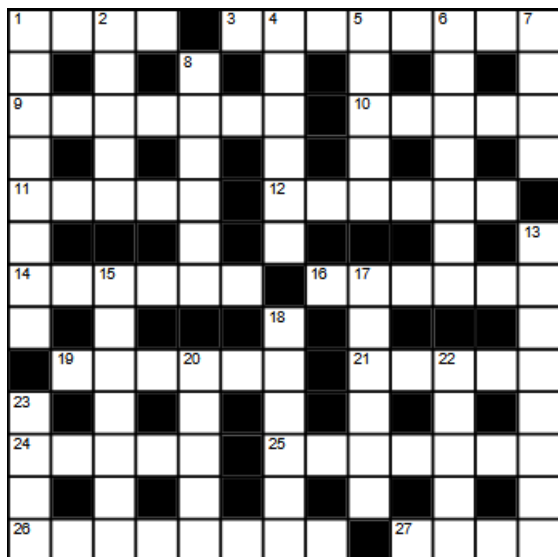
Across

- 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 Boaters lose bet pushing the boat out (4)
 3 Prayers supported by worker are to one's liking (8)
 9 Quiet one left with stern traveller to the new World (7)
 10 It adds up.. (5)
 11 Unloved, maybe, for a pound (5)
 12 Debate Clair with article on culture? (6)
 14 A diatribe from a tired eccentric (6)
 16 Draw a smart fore-end on a boat (6)
 19 One more time, please? (6)
 21 Mother's offering an alternative (5)
 24 Remains at Lord's by convention (5)
 25 Sounds like a bird in hospital - clumsy (7)
 26 Princess stares forlornly facing calamity (8)
 27 11a loses the right to remain (4)

Down

- 1 Contradicting the Pope is to be devious (8)
 2 He dictates with good measure (5) 4 The French carry alcohol back for these tree dwellers (6)
 5 A cat plays with it under the roof (5)
 6 Draw a brochure over the table top (7)
 7 Relate to archer.. (4)
 8 Petitioned when Padre is worried about lawyers heart (6)
 13 Supply yard shut for the day (8)
 15 Managed guerrilla's farms across America (7)
 17 Taps and gets the criticism (6)
 18 Blokes have time for children.. (6)
 20 A comfort stop in the Sahara, maybe (5)
 22 Earthquake evokes sympathy (5)
 23 The length of the garden? (4)

SOLUTIONS

CRYPTIC
SOLUTION 220QUICK
SOLUTION 220

Finding Nemo

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

Angler fish	Sword fish	Jelly fish	Diver Dan	P Sherman
Clown fish	Australia	Squishy	Pelican	Seaweed
Mr Ray	Squirt	Sydney	Surfer	Marlin
Ocean	Whale	Bloat	Bruce	Mine
Dude	Reef	Dory	Blue	Butt
Boat	Flow	Nemo	Ink	Gil

Kids Page

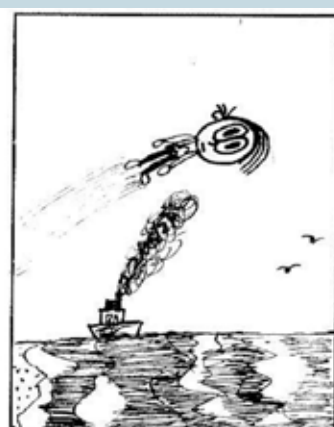
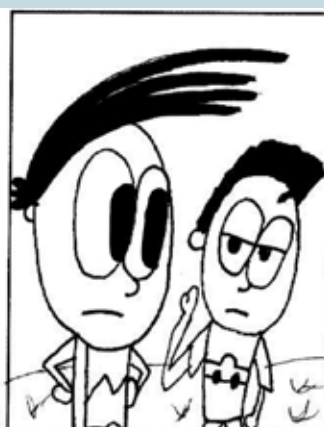
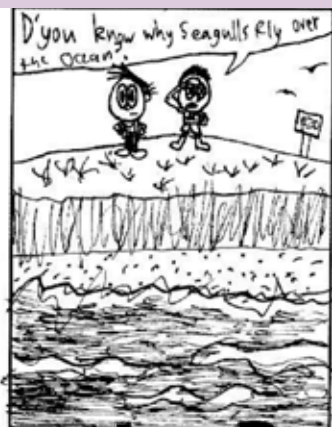
Spot 5 differences in 35 seconds



SPOT THE DIFFERENCE

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

SUDOKU



By **Joe Bee**

BOWLS RESULTS

BRIBIE BOWLS CLUB RESULTS

Self Select Pairs Fri 28 June
Winners: M Garfield, L Williams
Runners up: P Coxhead, D Willmont

Lucky draw: J Hosie, S Cook
Lucky draw: M Lowe, F Grimsey
Bunny: M Thompson, G Gunter
Self Select pairs Fri 28 June 2024

Winners: M Andrews, R Glasser
Runners up: J Leys, T Egan
Lucky draw: T Smith, C Hayes
Lucky draw: B Lamb, F Crockett
Lucky draw: K Taylor, P Hughes
Lucky draw: M Young, R Ghest

Random select fours Sat 29 June
Highest margin: S Lonsdale,
T Phillips, P Neumann,
D Bishop

Lowest margin: B Castle,
P Patrikeos, M Wright, I Teakle
Out of hat winner: D McDougall,
C Thornton, L Tweedle,
BJ Adams

Out of hat winner: L Williams, M
Garfield, J Gray, M James
Out of hat winner: S Hose,
J Herbert, C Kelly, M Gittins
Out of hat winners: M McGregor,
A Shark, F Ferguson

Out of hat winners: J Lonsdale, L
McKay, P Lyons, I Smith

Self Select triples Tue 2 July
Winners: P Gray, E James, J Gray
Runners up: T Erfurth,

C Christensen, S Lobo
Lucky draw: L Godfrey,
H Groves, S Priest
Lucky draw: M Andrews,
R Fitzgerald
Bunny: P Mann, R Leth,

P Campbell
Scroungers Results Wed 3 July
1st: D Heath

2nd: G Jackson
3rd: K Bevan
4th: B Prosser

Self Select pairs Wed July
Winners: M Garfield, E Bateman
Runners up: G Reilly, A Sturm,
E Sharp

Lucky draw: L Tweedle,
M Andrews
Lucky draw: S Chandler,
M Lowe

Lucky draw: S Swain, J Howard
Lucky draw: F Crockett,
C Hayes, T Smith

Random select triples Thu 4 July
Winners: C Christiansen,
C Monk, D Davis
Runners up: F Grimsey,

L Beaven, A Whally
Lucky draw: I De Roule,
L Hackwood, G Packau
Bunny: G Gawron, K Norton,
C Gleeson

Self Select pairs Fri 5 July 2024
Winners: M Griffith, A Griffith
Runners up: S Chandler,
M Lowe

Winner: M McIntyre, M James
Bunny: G McEniery, M Lowry

Self Select pairs Friday 5 July
Winners: D Ackroyd, P Gray
Runners up: S Root, R Burdon
Lucky draw: B Meek, C Chidley
Lucky draw: K Thornton, B
Kinnear

Lucky draw: W Hoelzberger, B
Hoffman
Lucky draw: T Walley, F Grimsey
Random Select fours Sat 6 July 2024

Highest margin: L Beaven,
G Hutchison, W Langford, L
Gilmore

Lowest margin: W Ogrodniczek,
T Whalley, G Geisler
Out of hat winner: S Lonsdale
B Watkins, A Whalley

Self Select triples Tue 9 July
Winners: M Andrews, T Erfurth,
R Fitzgerald

Runners up: T Hudson, B Castle,
P Campbell
Lucky draw: C Gleeson, J McKay,
T Buchanan
Lucky draw: N Gray, G Riley,
S Hose

Scroungers results Wed 10 July
1st: L Patching
2nd: K Bevan
3rd: P Brown

Self Select pairs Wed 10 July
Winners: K Perkins, C Perkins
Runners up: G Teakel, T Erfurth
Lucky draw: J Hosie, S Cook
Lucky draw: D Heath, R Eaton
Lucky draw: M Andrews,
M Prewett

Lucky draw: P Mann, G Bright
Random Select triples Thu 11 July
Winners: K Hiscock, W Follett,
D Clarke
Runners up: Buchanan,
D Davis, J Teakle
Lucky draw: N Gray, P Moloney,
I Hiscock
Bunny: J Murray, G Mellors,
W Wiegand

BONGAREE LADIES SECTION FORTNIGHTLY - 16/7/24

Results for Ladies Section 2-4-2 on
Friday, 5th July 2024
Winners: Bob Vonarx, Pam Walker
R/Up: Frank Levey, Wendy Rollason

Results for Ladies Section Tuesday
Turkey Pairs 9th July 2024
Winners: Bob Vonarx, John Park
R/up: Jenni Mitchell, Billy Moor/
Beryl Moor
Bonus Draw Winners: Maureen and
Richie Furgeson

Results for Ladies Division Friday
2-4-2 Friday 12th July 2024
Winners: Ken Kajewski, Barry
Russell
R/Up: Carol Monk, Hazel Crouch

Results for Ladies Section Tuesday
Turkey Pairs 16th July 2024
Winners: Bob Vonarx, John Park
R/Up: Faye Falvey, Jack Gordon
(Visitor)
Bonus Draw: Diana Stowers, Ian
Gillies.
It's great to see a visitor to the
Island, and our club have a great day
and go away with some dollars in
his pocket. Well done.

SOLANDER LAKE BOWLS^{W/E} 13/07/2024

Tuesday: Club Select Triples
Winners: John Harris, Marieke Moore &
Robert James.
R/U: Des Stewart, Wayne Shackell & Digby
De Grono.

Lucky Team: Cheryl Crawford, Bruce Crawford & Mal Davison.

Wednesday: Self Select Pairs
Winners: Alan Lavender & Richard Wales.

R/U: Peter McCarthy & Ian James.
3rd: Marieke Moore & Neil Feazey.

Jackpot (\$60) – No Winner
Thursday: Self Select Triples
Winners: Scott Towns, Greg Jones & Bruce
Hill.

R/U: Jeff Farmer, Kev Zipf & Ray Griffen.
3rd: Brad Storey, Jan Oakley & Brian Harris.
Jackpot (\$60) – No Winner

Friday: Self Select Pairs
Winners: Rob Henshaw & Declan Dawson.
R/U: Neil Lethlean & Tony Grimmond.

1st Rnd: Barry Curtis & Terri Curtis.
2nd Rnd: Leonie Schmidt & Deb Hill.

Saturday: Club Select Triples
Winners: Alan Clavell-Pearson, Merv Bolke
& Chris Cummins.

R/U: Mitch Magnussen, Bill Taylor & Brian
Craithem.
Lucky Team: n/a

W/E 20/07/2024

Tuesday: Club Select Triples
Winners: Rob Pearson, Ricci Harris & Allan
Matheson.

R/U: Dudley MacKenzie, Dave Bently & Anne
Arger.

Lucky Team: N/A

Wednesday: Self Select Pairs
Winners: Tony Ollier & Pete McIntyre

R/U: Andy Mann & John Prowle
3rd: Pete Neilson & Glenn McCarthy
Jackpot (\$285) – 3 Winners, Andy Mann &
John Prowle, Desley & Rob Reilly, Rob Hors-
fall & Eric Holliday

Thursday: Self Select Triples
Winners: Ann Larsen, Judy & Pursehouse
R/U: Vicki Mitchell, M & J McKenzie
3rd: Michael Whiteside, Val Paul & Merv
Adams

Jackpot (\$117) – Andrew Wilke's team

Friday: Self Select Pairs
Winners: Bill Whitney & Pete Evans
R/U: Terri & Barry Curtis

1st Rnd: Chris Avenell & Paul Ollier
2nd Rnd: Digby De Grono & Wally Schmidt

Saturday: Club Select Triples
Winners: Bill Cameron, Jeff Wall & Trevor
Smith

R/U: Cheryl Crawford, Ross Luscombe & Jeff
Niblett
Lucky Team: n/a

BRIBIE ISLANDER: RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF 4 JULY 2024 TO 16 JULY

4/7/24 – Single Stableford

Overall Winners: Lyn Cockerell
33, 2nd Debra Dunn 32 cb, 3rd
Carol McKenzie 32 cb

NTP's: Hole 4 Lyn Cockerell, Hole
7 Jo McCowan, Hole 14 Margaret
Huxley, Hole 16 Jo McCowan

9/7/24 – 4BBB Stableford

Overall Winners: Lorna Burns
& Tanya Zanow 42, 2nd Myra
Thomsen & Mary Jones 40,
3rd Marg Bailey & Wendy
Washington, 4th Vicki Cronan &
Val Phinn

NTP's: Hole 7 Kathie Smail, Hole
14 Tanya Zanow, Hole 16 Vivi
Lloyd

11/7/24 - Monthly Medal –

Sponsor Churches of Christ Qld
A Grade Winner: Jo Malone 76,
2nd Marg Bailey 78 cb, 3rd Lorna
Burns 78

NTP's: Hole 4 Abby Driver, Hole
7 Abby Driver, Hole 14 Val Phinn,
Hole 16 Yuko Nakamura

Best Gross: Jo Malone 82

B Grade Winner: Lyn Cockerell
74, 2nd Ailsa Lauchlan 75, 3rd
Gay Burnham 78

NTP's: Hole 7 Rosanne Sullivan,

Hole 16 Sue Navie

Best Gross: Ailsa Lauchlan 98
C Grade Winner: Jan Jennings 76,
2nd Penny Brittain 78, 3rd Mary
Jones 80

16/7/24 – 3 Person Ambrose

Overall Winners: Julie Bell,
Robyn Colbran & Di Barker 66.5,
2nd Roslyn Crossley, Leonie
Buxton & Jo McCowan 67.167

NTP's: Hole 4 Ros Gardiner,
Hole 7 Kris Tomalin, Hole 14 Di
Barker, Hole 16 Rae Clarke

NTP's: Hole 4 Roslyn Crossley,
Hole 16 Roslyn Crossley
Best Gross: Penny Brittain 108



Jo Malone



Lyn Cockerell



Jan Jennings



Moreton Bribie Bridge Club held

its 2024 Congress on Saturday 13th and
Sunday 14th July, where they hosted visitors
from surrounding clubs, as well as Gold
Coast and Victoria. The Teams competition
was held on Sunday, with a team from Gold
Coast taking the honours. Second place,
and first among
our own Bribie teams, is pictured. They are
(L - R) Bob King (President)
with Janine Budgeon, Shirley Watson,
Robert Sutton and Chris Watson.

RESULTS:

Sat 6 July N/S 1 L Carr & J Wright 2 T & N
Nadebaum 3 D Quinan & F
Barkwith E/W 1 S Watson & R
Schwabegger 2 B Fuller & P Breene 3 L
Groves & L McLaren Wed 10 July N/S 1
J Newton & D Scown 2 S & C Watson 3
H Tyler & J Medhurst E/W 1 J Reiter & B
Connell 2 J Wright & L McLaren 3 R King &
M O'Reilly
Wed 17 July N/S 1 H Tyler & J Medhurst 2 J
Kinross & R Floquet 3 A

Fielding & L Groves E/W 1 J Reiter & B
Connell =2 P Edis & M Arthur =2
A Bronn & L McLaren BICBC: Mon 8
July N/S 1 B King & G Lock 2 P Edis & C
McAlister 3 H Browne & U Maffey E/W J
Brazier & L Wilson 2 J Lawson & A Bronn
3 D Dowling & C Browne Mon 15 July
N/S 1 M Arthur & R King 2 M Peterson
& D Quinan 3 L Wilson & J Brazier E/W
1 B Moxham & N Denvir 2 S Smith & M
O'Reilly 3 J Day & S
McCulloch





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AMTA WARNS AUSSIES TO ACT NOW AS 3G NETWORK CLOSURES EDGE NEAR

With just six weeks to go before Telstra and Optus begin to turn off their national 3G Networks, the Australian Mobile Telecommunications Association (AMTA) today warned all Australians to act now and upgrade their 3G mobile device if they have not yet done so.

Once all three Australian network mobile operators shut down their 3G networks, 3G devices and some older model 4G devices will not be supported and won't be able to make emergency voice calls to Triple 0 on any Australian mobile network.

The 3G network has been in operation in Australia since the early 2000s but the vast majority of mobile network usage now is on the 4G and 5G networks, where data speeds are much faster. 3G networks across the globe are closing as customers move to these newer networks, and Australia is no different. Once the 3G network closes in Australia, the mobile network operators will reallocate the spectrum currently used by 3G to boost 4G and 5G experiences across the country.

Australia's 3G networks have been shutting down in stages. TPG Telecom-owned Vodafone network closed its 3G network in January 2024. Telstra will close its 3G network on 31st August 2024, and Optus will commence its 3G closure from September 2024.

AMTA's CEO, Louise Hyland, said it is important that Australians act now and not delay; "With just six weeks before Telstra closes and Optus begins to close its 3G network, it's crucial to replace your device if you still have an older mobile that connects to a 3G network."

"There are also certain 4G devices that will not be able to make emergency calls to Triple 0 after all 3G networks close. Whether it's your day-to-day mobile or one you keep in the drawer for an emergency, we encourage you to check all of your devices to ensure they will be supported once Australia's 3G networks are switched off."

AMTA recommends that the "Check my Device" tool be used prior to making a device purchase. Ask the seller for the IMEI number of the device you are considering purchasing. The organisation also recommends that consumers check that a device isn't lost or stolen through the additional "Check the IMEI Status of your Device" tool to ensure that the device isn't blocked before purchasing.

AMTA also warns consumers against buying devices from retailers that are sourcing handsets made for other markets, otherwise known as "grey-market devices". These devices may not allow emergency calling once the 3G networks are closed. This is because they are not designed to support all Australian mobile frequency bands and may not support features like 4G and 5G (VoLTE) emergency calling.

Hyland said, "We strongly advise consumers who need to upgrade their handsets to purchase their device from reputable outlets or speak to their

Australians can check their device in a number of ways:

- Customers on any Australian network can now text '3' to 3498 to check if their device is supported after 3G closes.
- Visit Check my Device at www.3Gclosure.com.au, which identifies the make and model of the mobile device to determine if it will be supported once 3G closes. The site is available to all Australians, on any mobile network and is available in 11 different languages including Arabic, Greek, Hindi and Mandarin.
- Get in touch with your service provider to find an upgrade solution that suits your circumstances.

Mobile phone users should not call Triple 0 to check their device.

mobile service provider to discuss the best mobile option to suit their circumstances. If someone has already purchased a phone from overseas, they should use the Check My Device tool to ensure it will be fully supported once the 3G networks close down or contact their service provider immediately."

"It is important to note that while 3G networks are still in operation, those affected mobile devices will continue to connect to any available 3G network while in coverage, to make emergency calls to Triple 0. However, once the 3G networks are fully closed, these phones will not be able to make emergency calls. It is crucial to act now if you know you have an older mobile device and you haven't already upgraded," continued Hyland.

AMTA encourages individuals with affected or old devices to properly dispose of them through MobileMuster, the official recycling scheme of the Australian mobile industry, promoting responsible product stewardship and sustainability.

For more information about the closure of the 3G networks and MobileMuster recycling scheme, please visit www.3Gclosure.com.au, or the website of your mobile network operator.

"It's crucial to replace your device if you still have an older mobile that connects to a 3G network"



Scuff Mark Eraser

Clean off shoe scuff marks from vinyl flooring with a clean, dry tennis ball. A light rub will erase heel marks.



Floor Swiffer for Walls

A Swiffer Sweeper floor mop is useful for more than just cleaning hard floors. You can also use it to dust interior walls and trim! Attach a dry cloth to the rectangle end and press it along walls and trim. You can pick up dust, cobwebs, and dirt safely without having to step on a ladder.

Remove Hard-Water Buildup with a Lemon

Remove hard-water buildup on your faucet with this simple, natural solution: Place half of a fresh lemon on the end, wrap a small plastic bag around the lemon and secure it to the faucet with a rubber band. After a few hours, remove the lemon and wipe the faucet clean.

Cut Grease With a Hot Rag

Grease and dirt build up on kitchen cabinets over time. To clean your cabinets, first, heat a slightly damp sponge or cloth in the microwave for 20 to 30 seconds until it's hot. Put on a pair of rubber gloves, spray the cabinets with an all-purpose cleaner containing orange oil, and then wipe off the cleaner with the hot sponge. For stubborn spots, let the cleaner sit for five minutes first. Wipe in the direction of the wood grain. Rinse and reheat the sponge as it becomes saturated. Then, wipe the cabinets with a cool, damp cloth. The orange oil leaves a shiny coating. This works for any wood or metal surface.



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Now that discount and dollar stores carry cheap electric toothbrushes; you can add a modern twist to routine cleaning. Rapid vibration will quickly scrub out stubborn dirt, while the long handle can reach hard-to-reach places without all the elbow grease.

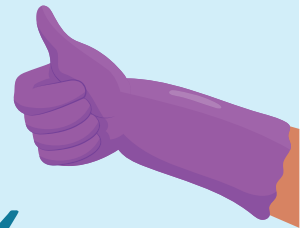


Marker Cleanup

When the permanent marker ends up in the wrong hands, vegetable oil can clean it off many surfaces—even skin! Then just wipe up with a damp cloth, and you're done.

Burned-On Foods

Getting burnt food off cookware is no easy feat. But here's a clever trick: Put a new dryer sheet at the bottom of the dirty pan, add water, and let it soak overnight. The next day, wipe out the pan, and you're good to go.



Ditch Your Carpeting

In most homes, carpet is by far the biggest dust reservoir. It's a huge source of fibres and absorbs dust like a giant sponge. Even the padding underneath holds dust, which goes airborne with each footstep. Although ripping out your wall-to-wall carpet may sound radical, it's the best thing you can do if you suffer from serious allergies. For removing dust from the air, the best thing you can do is replace carpeting with hard floorings like laminate, wood, or tile, and wet mop it regularly (with a microfiber cloth) instead of sweeping. Sweeping is more likely to stir up dust than to remove it.



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Rhubarb: The Poisonous Veggie You Can Totally Eat

Is it a fruit? Is it a vegetable? Most people don't seem to know, but they know one thing: They've never tasted anything quite like it. You'd be forgiven for thinking we're referring to a tomato, but there's another red-hued plant on our mind: rhubarb.

Rhubarb is a plant known for its frilly green leaves (more on those later) and its sour—and vividly red—stalks, which resemble celery in shape and texture. The popularity of rhubarb has fallen in recent decades since its heyday in the 1960s and '70s. With so much international produce, it can be hard for the hearty red plant to compete in the global market. Plus, most recipes require the rhubarb to be cooked, making it less appealing than ready-to-eat produce.

So, Is Rhubarb a Fruit or a Vegetable? Due to its frequent use in sweet treats, it's no surprise that home cooks might think that rhubarb is a fruit. And in 1947, a U.S. Customs court in Buffalo, New York, even deemed rhubarb a fruit, because cooks primarily use it that way. By legally classifying rhubarb as a fruit, the court made it so that rhubarb could be taxed with smaller import fees — even though rhubarb wasn't really a fruit.

Wait, what? Despite the legal classification, rhubarb is a vegetable in botanical terms. The rhubarb's stalk can be defined as a petiole connecting a leaf to a stem. In botanical terms, the edible petiole officially marks rhubarb as a vegetable.

IS RHUBARB POISONOUS?

Typically, you would only eat the stalk of a rhubarb plant. The stalk is safe to eat both raw and uncooked, contains no poisons, and you will normally not get sick eating it. However, you'll likely want to sweeten or cook the stalk before eating it to make it more palatable. Rhubarb leaves, however, are a different story and should **NOT** be consumed unless you are looking for a nasty bout of food poisoning. Rhubarb leaves contain a lethal toxin known as oxalic acid. Although other plants contain oxalic acid in small amounts, rhubarb leaves contain a more potent dose, making them more toxic to humans.

True, you're unlikely to eat a lethal dose of oxalic acid in one sitting of crazy rhubarb leaf consumption, but the risk is definitely still there. You may also suffer from nausea or vomiting even when

consuming lower doses of oxalic acid. So, to be safe, do not consume rhubarb leaves. But rhubarb stalks are perfectly fine to eat.

HOW DO YOU COOK RHUBARB?

There are endless ways that you can prepare rhubarb. The most common would be in a pie. Rhubarb is so closely associated with pie-making that it's earned a common nickname. Any rhubarb cookbook worth its salt will feature strawberry rhubarb pie, pairing the sweet flavour of the strawberry with the slightly tart flavour of the rhubarb. It's also common to combine apples with rhubarbs.

But what if you're hankering for some other creative ways to use your new favourite vegetable? suggests a rhubarb crisp, much like an apple crisp. Or you can try one of my favourite methods of preparing rhubarb: cooking it down in a pan, combining it with sugar to taste, and cooling it down before spooning it over vanilla ice cream.

Other popular sweet rhubarb recipes include rhubarb cobbler, rhubarb bread, rhubarb cake, and rhubarb cookies. For savoury rhubarb meals, you can try baked Brie with rhubarb chutney, rhubarb chicken, rhubarb fish and rhubarb soup. And if you're looking to test out your brewing chops, you can even make a fine rhubarb mead.

But if you're not up for cooking, you can always grab a raw rhubarb stalk and dip it in sugar for a crunchy snack.

HEALTH BENEFITS OF RHUBARB

While we may argue over whether rhubarb is a fruit or a vegetable today, the ancient Chinese considered it a practical purgative medicine; Marco Polo reportedly stumbled across it on his travels to China in 1271. The Romans also commonly used rhubarb as a bowel-cleansing medicine.

Trade brought rhubarb to Europe, and the plant became sought after as a medicinal plant in Britain. In 1771, Benjamin Franklin introduced Chinese rhubarb to his friend, John Bartram, who worked as a botanist for the king of England in the American colonies. It wasn't until the early 19th century that rhubarb shifted from primarily a medicinal plant to a dessert plant used in pies in North America and the United Kingdom.

Rhubarb's medicinal properties have long been known in America, and it has a reputation for aiding digestion, though it's unclear to what extent science supports these claims.

Today, scientists study rhubarb for its numerous purported health benefits, including treatment for heatstroke, kidney failure, wound healing and cancer and its anti-inflammatory and antioxidant properties.





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Meet Jack Martin, Bribie Islands Area Manager for Coochie Hydrogreen. If you see Jack around the area, be sure to say hello and give him a wave! Feel free to contact Jack & the Coochie Hydrogreen team by calling 1800 245 955. Follow "Coochie Hydrogreen Bribie Island" on Facebook to stay informed with the latest information.



LAWN CARE PROGRAM

The Coochie Hydrogreen Lawn Care Program (LCP) is a year-round schedule of lawn care treatments. These are positioned throughout the year to ensure optimum lawn results. Keeping your lawns a lush green and weed, disease and pest free from summer through to spring.

As the weather cools down and you spend more time under the blanket than out on your deckchair you may ask yourself, "why am I still getting my lawn looked after?"

Well here is why.....

1. The LCP is scheduled for 6 treatments each calendar year. These treatments are spread out slightly more during winter and occur more often during spring and summer. We know what your lawn needs and when it needs it.
2. Autumn and winter treatments are packed with pre-emergent herbicides which helps to reduce outbreaks of pesky weeds like bindii.
3. Damp, colder conditions are the perfect environment for fungal diseases to thrive. To avoid dollar spot and moss taking over your lawn, regular treatments are advised but outbreaks can also be treated on the spot.
4. The LCP comes with a warranty, which means if you have all 6 treatments during a calendar year and something in your lawn doesn't look quite right or you're not 100% satisfied then your local Coochie technician will come and spray free-of-charge.

Preparation For Winter

Keeping your lawn healthy throughout winter starts with good preparation in autumn and there's no better way to prepare than with Coochie HydroGreen.

In many other countries, winter is when lawn care takes a break, for Australian's this is not the

case. Australian lawn owners truly have their work cut out for them during this season. Due to the comparably warm temperatures year-round, with the majority of Australia experiencing a mild winter, lawn care is essential year-round.

It may be tempting to stop lawn care due to the slowed growth and lack lustre look of your lawn, but if you put in the hard work this winter you can have your lawn looking lush and green ready for next Spring.

Follow these 6 tips to have your lawn looking the best it can right through until Spring!

1. Get on top of weeds

Weeds take advantage of the low growth rate of your grass during winter and overrun your lawn. Winter weeds germinate at lower soil temperatures and weeds such as Bindi and broad-leaved weeds can be relatively easily controlled with the help of some pre-emergent herbicides.

2. Mow higher

During winter set your mower blade to be around 50mm, and never cut lower than 30mm. repeated scalping will weaken your lawn and make it more vulnerable to diseases and weeds. Your grass will also be growing at a slower pace, so now is the time to be more relaxed with your mowing regime, and only mow when the turf needs it. Depending on the type of lawn you have you may only need to mow once a month!

3. Be wary of frost

It's important to try to keep off your lawn whilst it's covered in frost as walking on the frozen grass blades can cause them to snap and the lawn becomes damaged. Frost occurs when low

temperatures cause morning dew to freeze, this, in turn, can lead to leaf discolouration, stunted growth and sometimes the leaf to snap or break.

4. Aerate

Soils often compact during the winter so it is important to aerate as the soil warms up. Compacted soil is more susceptible to diseases, weeds and brown patches due to the lack of nutrients that are able to penetrate the soil.

5. Fertilise

Your lawn can and should be fertilised during winter to ensure it has all the appropriate nutrients to keep it green and healthy throughout the colder months. This being said, a different type of fertiliser should be used at this time of year, winter fertilisers typically contain higher levels of iron and calcium which will strengthen your lawn and keep the leaves healthy and happy.

6. Less water

Overwatering in winter can leave your lawn vulnerable to fungi and diseases. Only water when the lawn is visibly dry, and only water in the early morning until the frost is removed from the leaf. Having too much water in your soil can also lead to compaction, meaning you may need to aerate more frequently.

Jack says "At the end of the day winter lawn care isn't any harder than any other seasons, small adjustments just need to be made to cater for the changing conditions".

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Oil Diffusers

Make Your House Smell Great, But Are They Safe?

Reed diffusers usually use rattan sticks with small channels to allow the essential oil to travel up the stick and spread the aroma around the room.

Although incense and candles are still around, there's no denying essential oils' stronghold on today's aromatically inclined society. Whether they're used to "treat" an ailment or make a room smell nice, they seem just about everywhere.

Although essential oils date back to ancient Egypt, their modern surge started in the 1970s when more people became interested in natural medicine. Today, mega-manufacturers like Young Living and doTERRA offer a variety of oils rumoured to cure just about every ailment.

But the million-dollar question is, are oils and the diffusers used to emit them safe?

First, it's important to know that oils can be applied directly to the skin or via a diffuser to perfume the surrounding air. If you're going the latter route, there are many types of diffusers, including ceramic, reed, electric and ultrasonic diffusers. They all function differently, but the end result is that they aerosolise the oils, meaning that they're turned into a fine spray in the air.

Here's where the question of safety gets sticky – the effect of essential oils varies from person to person. In general, oil diffusers are safe. Their risk of harm is mostly limited to superficial things related to device function, such as burns and minor allergic reactions.

There is potential for a diffusing device to malfunction or burn the user through incorrect handling, so many people choose to avoid styles that involve using an open flame for

safety reasons. Not surprisingly, these tend to be the least expensive type of diffuser.

Still, that doesn't mean the other types are perfectly safe.

However, Ultrasonic diffusers employ a water reservoir to function. Like other water-containing home machines (like a CPAP), they can be difficult to clean and encourage the growth of microbes.

Diffusers can also be risky for people who are sensitive to smells or who have respiratory issues. In some hospitals where aromatherapy has been permitted, whole-room diffusers have been associated with sensitivity reactions—staff and other patients have been affected. In healthcare spaces, there are lots of different patients, and some may be suffering from respiratory conditions worsened by essential oils.

Another side risk of essential oil use is that although the oils might not cause any actual harm, their use could delay evidence-based treatment, as some people wait to see if the oils alleviate the illness in question. So, a simple case of croup that could have been handled via a regular doctor's visit suddenly morphs into an ambulance ride to the nearest emergency room.

It's not surprising that people would delay treatment because so many essential oils have been touted to relieve a host of symptoms of many debilitating ailments, like depression, anxiety, nausea, and insomnia. Studies have shown that some varieties of oils are effective antimicrobials, and oils from plants like garlic and thyme can even kill the Lyme disease bacterium better than the standard antibiotic. But human trials have yet to confirm that last claim.

Essential oils are not subjected to the same rigorous standards as medical drugs because they're classified as botanical products. As such, they are not regulated as pharmaceuticals and do not need laboratory testing to verify their contents or concentrations. This has led to essential oil producers providing false 'certifications' on their labels, such as ultra-pure, authentic and distilled. Don't fall for the labelling hype, though. None have meaning.

Test a new oil by dabbing a drop on your wrist. Wait to see if there is a negative reaction on the skin. When diffused, an oil someone is allergic to can cause serious complications if inhaled.

Avoid low-quality oils. Some companies use synthetic oils and ingredients as fillers to save on costs and enhance the scent. Make certain the oils you're using are natural and 100 percent pure. When diffused and inhaled, synthetic oils and chemical fillers can pose a serious health risk.

Consult with a doctor if you have asthma. Diffusing natural oils can exacerbate asthmatic symptoms, so seek medical expertise before doing this.

Stay away from oil diffusers when pregnant. There is insufficient data to draw from when weighing the risks of diffusing a natural oil as a pregnant woman. It is best to avoid doing so until the scientific community establishes it as a safe practice.

Certain essential oils may benefit your pets, but some can be extremely harmful, uncomfortable, and even fatal to them. Some oils known to be toxic to dogs and cats include mustard, tea tree, eucalyptus, pine and wintergreen, ylang-ylang, cinnamon, thyme, and anise, though this list is not exhaustive. Talk to your vet if you have specific questions.

Many claim that essential oils have had significant health-related benefits and relieved many symptoms. However, there's a lack of large-scale research to back that up. Essential oils are not subjected to the same rigorous standards as medical drugs because they're classified as botanical products. While it's fine to use them, don't delay medical treatment because you're banking on them curing whatever is ailing you.



Top 10 Bathroom Sets to Elevate Your Home Decor

Your bathroom should serve more than just its purpose; it should be a place where you can go and relax and feel good about yourself. Nothing achieves this more than enlisting a bright and harmonised bathroom set when it comes to updating the physical appearance of the bathroom. Some products that fall under this grouping are soap dispensers, toothbrush cups, soap plates, drinking glasses and wastepaper baskets.

Classic White Porcelain Bathroom Set

A white bathroom set made of porcelain is the best option for this and other rooms because it will look elegant and cool for years. White porcelain has a fresh look; it does not clash with any colour on the walls and gives the bathroom that touch of elegance. Besides being water resistant and hygienically easy to clean, porcelain will suit any household.

Modern Marble Bathroom Set

A modern marble bathroom set should be ideal for getting that upscale look. Many of these sets include accessories made from real or artificial marble, giving your bathroom a glamorous feel. An antique marble bath set comprises almost all the furnishing gadgets essential in the bathroom. The grain and the smooth, polished look of marble lead to a great overreaction to the natural outlook of your terrace.

Rustic Wooden Bathroom Set

If you want to add warmth and a homely feel to your bathroom, a wooden bathroom set is just what you need. Such sets usually consist of items created from natural wood material or wooden resin products. The warm and natural appeal of woods is

invigorating, creating the warm and natural feel you desire in your bathroom.

Elegant Glass Bathroom Set

A nice glass bathroom set will definitely breathe new life into the bathroom and any other area where it is installed. Tiny pieces of glass, if clear or tinted, will give off a great reflection of light, so your bathroom will look bigger and brighter. Also, glass can be easily cleaned and maintained to ensure the bathroom looks highly clean.

Contemporary Stainless Steel Bathroom Set

To give your bathroom a modern touch, you can opt for a modern stainless-steel bathroom set. These sets are excellent for a classy look; their edges are smooth, and the overall appearance is professional. Stainless steel is not a bad material since it is both fashionable and incredibly long-lasting, as well as resistant to rust, which would surely make the bathroom a whole lot better.

Colourful Ceramic Bathroom Set

A colourful ceramic bathroom set should do the trick. These sets are produced in various tones and prints so that people can complete their closets and individuality. The accessories to be mounted on a wall in a ceramic finish might include the various parts of a bathroom set. Ceramic pieces have splendid colours and incredible patterns that will make your bathroom lively.

Luxurious Brass Bathroom Set

A brass bathroom set adds the perfect touch for those who want to go all-out and have

that perfect extravagant look. Brass gives the bathroom warmth and class, making it appear more and more like a spa. Also, brass is a material that is more resistant to rusting and other factors that may make your bathroom set deteriorate; hence, your set will always look beautiful.

Eco-Friendly Bamboo Bathroom Set

Want an environmental type that is sustainable? You can get a bamboo bathroom set. This substance is renewable; it grows once cut, and bamboo is a specific example of this product. Bamboo has a beautiful texture and natural colours, providing a calming atmosphere in the bathroom like a spa.

Chic Acrylic Bathroom Set

The contemporary design brings a new, trendy, modern touch to your bathroom with a chic acrylic set. Acrylic accessories can and are relatively light but strong and can be made in a plethora of configurations and colours. One advantage of using acrylic pieces is that they have a smooth and shiny surface; hence, they can create a more modern flair in rooms such as the bathroom.

Vintage-Inspired Bathroom Set

If you want your bathroom to have some personality, nothing brings more personality than using a vintage bathroom set. These sets are created in a design depicting past epochs, often floral patterns, the presence of details, and an antique finish. Antique elements in the furniture design for a bathroom can give warmth to the interior, which will look like a separate world.



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RENTING VS BUYING:

Making a Right Choice for Your Lifestyle

Deciding between buying a home or renting impacts your lifestyle, finances, and future. Renting offers flexibility, lower upfront costs, and maintenance-free living but lacks stability and equity growth. Buying a house involves higher expenses but provides equity growth, stability, and customisation options. When it comes to finding a place to call home, the decision between renting and buying a house can be tough. Both options have pros and cons, and what might be right for one person might not be the best choice for another.

Understanding the Basics of Renting vs Buying House

Deciding between renting and buying a house is a big life decision that impacts your budget, plans for the future, and lifestyle. Every choice has advantages and disadvantages, and what suits one individual may not suit another. Knowing the main differences, benefits, and drawbacks between buying a house and renting a house is important. With this information, you can make an educated choice supporting your financial and personal objectives. Let's carefully look at these factors to help you choose the best course of action for your particular circumstance.

BENEFITS OF RENTING A HOUSE

Flexibility and Mobility - One of the biggest benefits of renting a house is flexibility. If you have a job requiring frequent relocation or enjoy moving to new places, renting provides the freedom to do so without the long-term commitment of owning a home.

You can easily move when your lease ends or even break your lease, if necessary, though this might come with a fee.

Lower Starting Costs - Renting a house typically requires a security deposit and the first month's rent, which is significantly less than the down payment and closing costs associated with buying a house. This makes renting a more accessible option for those who may not have much savings.

Maintenance-Free Living—When you rent, your landlord is responsible for the maintenance and repairs. If something breaks or needs fixing, you can call your landlord or property manager, and they will take care of it. This can save you time and money compared to homeownership, where you are responsible for all maintenance costs.

Amenities - Many rental properties include swimming pools, fitness centres, and communal areas. If you own a home, these amenities can be expensive to install and maintain. As a renter, you can enjoy these perks without the additional cost and responsibility.

Financial Predictability - Renting offers more predictable monthly expenses.

You don't have to worry about property taxes, homeowners insurance, or unexpected repair costs. Your rent is often fixed for the term of your rent, which makes budgeting easier.

Drawbacks of renting a house

No Equity Building—One major drawback of renting a house is that you do not build equity. Your monthly rent payments go to your landlord and do not contribute to your property ownership. This means you are not investing in an asset that could increase over time.

Rent Increases - Landlords can increase rent when your rent is up for renewal, making budgeting difficult. Depending on the rental market, these increases can significantly impact your financial stability.

Limited Control - You don't have much authority over the property as a renter. You may be unable to make significant changes or renovations without your landlord's approval. This can be frustrating if you want to personalise your living space to suit your needs and tastes better.

Temporary Feeling - Renting can sometimes feel temporary or less stable than owning a home. Knowing that you may have to move when your rental period ends can prevent you from feeling fully settled. Consider your lifestyle and career plans when deciding between renting vs buying a house. cont p57

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RENTING VS BUYING:

Making a Right Choice for Your Lifestyle...cont

BENEFITS OF BUYING A HOUSE

Building Equity - One of the primary benefits of buying a house is building equity. As you pay down the loan of your home, your equity in the house grows over time. This can be a valuable financial asset, especially if the property's value appreciates.

Stability - Homeownership provides stability and a sense of permanence. You don't have to worry about a landlord selling the property or not renewing your lease. This can be especially important for families or individuals who value long-term stability.

Customisation - When you own a home, you can customise it to your liking. Whether painting the walls, remodelling the kitchen, or landscaping the yard, you can make changes without anyone's approval. This allows you to design a living area that suits your style and demands.

If you're considering renting out your space, a guide to prepare your house for Airbnb can help you make the necessary adjustments to attract guests and enhance their experience. Possibility of Recognition - Real estate can appreciate over time, meaning your home could be worth more. This potential for appreciation can provide a significant return on your investment, making homeownership a good long-term financial decision.

Drawbacks of buying a house

High Starting Costs - Buying a property involves considerable initial costs such as a down payment, closing costs, and moving

expenses. Many people may find these prices costly; therefore, careful financial planning is necessary.

Maintenance Costs— As a homeowner, you are responsible for all repairs and maintenance. These expenses may add up quickly and come with a financial and time penalty. Maintaining your home regularly will keep it in good shape and increase its value.

Less Flexibility - Selling a home can be lengthy and costly, making it harder to move quickly if circumstances change. If you need to relocate for a job or personal reasons, it can take time to sell your home and find a new one.

Market Risk - Your home's worth may change depending on the real estate market situation. If the market declines, the value of your property could decrease, potentially leaving you with an asset worth less than what you paid for it. This market risk can impact your financial security.

FACTORS TO CONSIDER

Lifestyle and Career - Consider your lifestyle and career plans when deciding between renting and buying a house.

Buying might be a good option if your job is stable and you plan to stay in the same area for several years. However, renting provides more flexibility if you expect job changes or relocations.

Financial Situation - Assess your financial situation carefully. Do you have enough savings for a down payment and can cover

monthly mortgage payments, property taxes, and maintenance costs? Renting might be more suitable if you prefer lower upfront costs and predictable monthly expenses.

Market Conditions— Research the real estate market in your area. Due to high property prices, renting a house can be more affordable than buying one in some places. In other areas, buying might be a better investment if property values are expected to rise. Understanding the local market might help you make an informed decision.

Long-Term Goals - Think about your long-term goals. Are you looking to build equity and invest in property, or do you prioritise flexibility and lower maintenance responsibilities?

Your long-term goals will guide your decision between renting and buying a house. Consider these factors when buying or renting your house.

The Perfect Fit for Your Lifestyle

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QPS MEET & GREET

State Member for Morayfield. Queensland Minister for Police and Community Safety Mark Ryan MP along with Commissioner of the Queensland Police Service (QPS) Steve Gollschewski APM hosted a meet and greet breakfast for our local police, other services and community organisations who were gathered for the Moreton Bay Community Cabinet scheduled to be held on Bribie Island on Wednesday, July 3.

A breakfast of bacon & egg rolls, fruit juice, tea and coffee were available at VMR Bribie Island along with a great chance to have an informal chat with those present. Recently appointed as Commissioner, Steve Gollschewski has more than 44 years of experience in policing, disaster management, governance and reform.

Thanks to Snr Sgt Mel Bicanic (Moreton District Office, QPS) for organising the event and the VMR Social Committee Sheryl Traill, Kaye Hammond, Barb Gillmore, and Linda Burdinat, along with VMR BBQ Chefs Dave Smith, Mike Pobar, Charles Williams and Mike Coles for making it happen.



Our BBQ Chefs had an early start, Charles Williams, Mike Pobar, Mike Coles, and Dave Smith.



Snr Sgt Andrew McAlister shares a laugh with Radio Officer Peter McNamara.



Coxswain Allan Tranter, Snr Radio Operator Graham Gibb, Deputy Radio Officer John O'Hagan catch up with Snr Sgt Andy McAlister (also a former VMR Bribie Coxswain)



Acting Moreton District Officer Chief Superintendent Adam Guild with Vice Commodore Wayne Slater and Liz Radajewski.



Commodore Ces Luscombe, Gary Parsons with Commissioner Steve Gollschewski.



QPS Commissioner Steve Gollschewski with Busy Finger President Pauline Hindle.



Snr Sgt Andy McAlister, Senior Radio Operator Graham Gibb and Ali King MP.



Queensland Parks and Wildlife Service also dropped in.



QPS Constables Cameron Gibson and Nate Schroder take time out for breakfast and a chat!



Linda Burdinat, Sheryl Traill, Ali King MP, and Olivia D'Rosario.



Coxswain Allan Tranter, Qld Corrective Services Commissioner Paul Stewart, Minister Mark Ryan, and Deputy Radio Officer John Rice.

NIGHT CALLOUT

Around 9pm last night Wednesday 3rd July 2024 Queensland Water Police tasked VMR Bribie Island to attend to a yacht which was hard up against the Bribie Bridge. The 11.5m yacht had broken it's mooring and was pinned against the Bribie Bridge. Police were on the bridge directing traffic around the section where the yacht mast was potentially going to break over onto the bridge. Skipper Mike Looney using Bribie 2, put a crewman aboard the yacht and towed the yacht to the VMR Emergency Mooring, securing her there for the night. Retrieved our crewman and arrived back at base

after midnight.

The swell was considerable and choppy, wind was high and gusting higher. Bribie 2 was taking quite a lot of seawater over her and did unfortunately suffer some electrical issues in the port engine whilst performing the assist and will be out of action awaiting repair. All crew were safe, albeit wet & cold.

Thursday 4th July 2024 the yacht was moved using Bribie 1 to the MSQ mooring as further adverse weather being coming and our mooring may be required in the next 24-48 hours.



The 11.5m yacht in difficult conditions last night.



Bribie 1 tows the 11.5m yacht to the MSQ Mooring.



The yacht on the MSG Mooring.s.



Port engine on B2 won't trim/tilt, wires & electronics that control this got fried.



Bribie 2 will be out of service until further notice.

SANDSTONE POINT HOTEL PARKING

Bonfire Night Saturday 6th July 2024. For the Parking Team it was wet, windy, sunshine, very cold, and dark when the team finished. Thanks to all that gave up their Saturday to raise much needed funds for our squadron.



Above and below: - The Parking Team receive their instructions at the start of the afternoon.



Mark Paterson, Mike Looney, Sharyn Giles, Barb Gillmore, Tom Buckley, and Cheryl Robinson.



The Pay Point was relatively dry at the start - but that soon deteriorated.



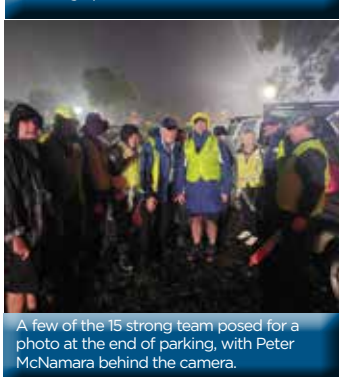
Sheryl Traill, Barb and Paul Gillmore shelter at the Pay Point with our Martin Jonkers Motors sponsored HiLux 4x4.



Cheryl Robinson with Barb and Paul Gillmore.



Very dark and wet at The Pay Point when finishing up.



A few of the 15 strong team posed for a photo at the end of parking, with Peter McNamara behind the camera.

JULY VESSEL ASSISTS

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.
FRI 05/07 1556PM - 12m Crab Boat non-member drifting near Turners Camp, investigated and found skipper had just arrived Bribie 1 stood down.
SAT 06/07 0735AM – 15m Trawler required a tow closer to shore at Turners camp to fit a heavier anchor.
SAT 06/07 1156AM – 5m Runabout member boat won't start required a tow from North of Mission Point to Donnybrook.
SAT 06/07 1311PM – 11m Sports Cruiser member has drifted onto beach at White Patch, requested a tow to deeper water. Investigated and considered that it would cause damage to tow, advised to wait for high tide, and then call if required.
TUE 09/07 1325PM – MOP reported a 4.3m Tinny floating in Ningi Creek, identified location, has no motor but unable to reach due to

low water levels, reported to Water Police.
THU 11/07 1526PM – 8m Cabin Cruiser non-member broken down at Skirmish Banks required a tow to Bellara Boat Ramp.
SUN 14/07 1023AM – MOP reported a poorly anchored boat at Turners Camp, investigated vessel is secure.
SUN 14/07 1211PM – 8.6m Cruiser member with gearbox issues required a tow from South Point to Spinnaker Sound Marina.
SUN 14/07 1227PM – 4.5m Side Console member with motor issues required a tow from Mission Point to Donnybrook.
SUN 14/07 1615PM – 4.7m Runabout member with motor issues and flat battery required a tow from jetty in Marina Boulevard to Bellara Boat Ramp.
TUE 16/07 1407PM – 16m Houseboat member required assistance to relocate vessel near Kal—Ma-Kuta Boat Ramp to more sheltered area nearer mainland.

COMMODORE CES' SAFETY MESSAGE:



now the school holiday period is over and you're considering boating again, please check your LIFE JACKETS:

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

2024 YTD RADIO ROOM STATISTICS

To Wednesday 17th July 2024
9,523 Calls, 2,655 vessels logged on,
207 Vessel Assists, 994 Sitreps,
1,168 Requests,
31 Overdue vessels, 12 Vessel

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

"PLEASE WEAR YOUR LIFE JACKETS!"

"BUT importantly – Always remember if you are heading out on the water LOG ON with your local VMR or Coast Guard, it's a free service for everyone, so why wouldn't you! – IT JUST MAY SAVE YOUR LIFE!"

Tracking,
761 Radio Checks, 7 Weather Forecasts
3 Securite Broadcasts. 1 Pan Pan, 0 Mayday
VHF calls 52.3%, - 27MHz calls 0.2% - Phone 29.4% GWN 2.9%, OTHER 2.7%

FISHING REPORT

By Robyn - Bribie Island
Boat Charters

There have been plenty of chilly starts in the last half of July. Lots of little black cormorants are chasing the bait fish, and pelicans are chasing the cormorants for their catches! It's all great fun to watch while we try our luck fishing. Of course, it's good news, too – those bait fish are also being chased by the bigger fish, and that's what we're after. Reports of good tailor catches remain, especially along the beach well north of Woorim. One mate has said he's catching them every time he goes out to the last green marker at the south end of the Passage. Probably the best spot for them right now is Cook's Rocks, which is sometimes tricky to get to. If you go from the green marker straight towards Redcliffe, then turn west when you're off Pebble Beach, taking it slowly going in, you should get over the top of the rocks - hopefully without stranding on the sandbank on either side or denting your prop! Flathead and whiting are still the mainstays of Passage fishing this month.



Harley had a 55cm flattie, caught on the rising tide near the Avon shipwreck, using prawns. Reece reeled in a good-sized flathead in the same area on a falling tide. He used worms, saying the flathead surprised him because "there was no fight in it at all!" Kaan and his friends sat north of Shag Island over the top of the tide, catching flathead. The biggest, 65cm, was caught on prawns; the smallest, 41cm, took a white minnow soft plastic. They also caught several whiting at the green marker near Pacific Harbour but put them all back in because they didn't know the difference between summer and winter whiting. Apparently, most of them measured close to

This pic was taken during a heated discussion with Kaan's mates, who didn't want the flathead to go into a green curry. Kaan figured it could feed him every night of the week, but his mates wanted to toss it straight onto the barbie!

TIDE TIMES

Bribie Island
AND
Moreton Bay

FRI 26 Jul 12:57 am 1.96m 7:24 am 0.33m 1:28 pm 1.59m 7:12 pm 0.41m	SAT 27 Jul 1:38 am 1.78m 8:01 am 0.34m 2:22 pm 1.62m 8:11 pm 0.54m	SUN 28 Jul 2:21 am 1.6m 8:43 am 0.35m 3:23 pm 1.66m 9:24 pm 0.66m	MON 29 Jul 3:13 am 1.42m 9:30 am 0.38m 4:32 pm 1.71m 10:51 pm 0.72m	TUE 30 Jul 4:19 am 1.27m 10:30 am 0.4m 5:46 pm 1.77m	WED 31 Jul 12:24 am 0.7m 5:44 am 1.2m 11:39 am 0.4m 6:58 pm 1.85m	THU 1 Aug 1:45 am 0.61m 7:09 am 1.22m 12:49 pm 0.37m 8:00 pm 1.94m
FRI 2 Aug 2:45 am 0.51m 8:16 am 1.3m 1:55 pm 0.32m 8:55 pm 2.01m	SAT 3 Aug 3:32 am 0.44m 9:10 am 1.38m 2:50 pm 0.26m 9:42 pm 2.04m	SUN 4 Aug 4:13 am 0.39m 9:55 am 1.44m 3:35 pm 0.23m 10:22 pm 2.04m	MON 5 Aug 4:50 am 0.38m 10:35 am 1.47m 4:15 pm 0.23m 10:58 pm 2m	TUE 6 Aug 5:23 am 0.39m 11:11 am 1.48m 4:51 pm 0.27m 11:29 pm 1.94m	WED 7 Aug 5:53 am 0.4m 11:44 am 1.47m 5:26 pm 0.32m 11:56 pm 1.87m	THU 8 Aug 6:20 am 0.4m 12:15 pm 1.47m 6:00 pm 0.4m

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A couple of Alec's winter whiting.

23cm, but the photos they took showed winter whiting, which doesn't need to be measured anyway. It's a good idea to use the QLD Fisheries I.D. app – all the information you need "at your fingertips".

Alec and Laurie have been fishing the passage while on holiday from Victoria (escaping the chill) and had a great time drifting through Ned's Gutter – flathead on pillies, whiting with squid, flounder. And, of course, slimy grinders – there is no shortage of slimy grinders!

I've heard the summer whiting have been sitting off Buckley's Hole. There haven't been any reports of good whiting catches along the beach. As the EKKA westerlies get stronger, they should head around Bribie and north, so fishing the beach at Woorim might fire up soon.

Bream are harder to get hold of at this time of year, but there are posts on the Pumicestone Pirates Facebook page showing nice hauls of good-sized bream, mostly caught on bread. It's a favourite bream bait and can also be used as berley by mixing with wet sand and pressing into bombs.

Speaking of the Pumicestone Pirates, there is a Father's Day fishing event coming up, on September 1st, from 8 am till 12 pm at Sylvan Beach. There is also a raffle for a BBQ Boat to use on the day. "All you need to do is tag your Nominated Dad and Share the Father's Day link on your page. Once this is done and the nominated person is a part of the group, then you will be in the Draw once you see the ". Check it out on their Facebook page.

Lastly, remember that the SNAPPER CLOSED SEASON is in place UNTIL AUG 15 – it's ok to catch one, but THROW IT BACK!

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SPINNAKER SOUND MARINA

SANDSTONE POINT



Multi-million-dollar upgrade for Sandstone Point Marina

PLANS FOR A MULTI-MILLION UPGRADE TO SPINNAKER SOUND MARINA HAVE BEEN UNVEILED, INCLUDING EXCITING NEW COMMUNITY FACILITIES TO CREATE A MORE APPEALING WATERFRONT SETTING.

Established more than 40 years ago, the marina is also being renamed sandstone point marina to reflect the region's growing recognition and popularity.

On saturday, local community members and boat owners were given a first look at the draft upgrade plans and asked to contribute their ideas for improving the marina precinct.

The proposed upgrade will provide new and refreshed amenities for both locals and visitors. It is likely to include an expansive waterside deck, lush new landscaping, and additional outdoor seating. Other options are being explored in consultation with the community.

The upgrade will also coincide with the development of a new waterfront apartment complex that will offer sweeping Pumicestone Passage views and provide much-needed new housing options for the region.

Development group Ignite Projects is in the process of acquiring the marina, which comprises a marine lease covering more than 150 berths and associated landholdings.

Ignite Projects Director Josh Foote said the proposed upgrade would breathe new life into the marina precinct, creating a more appealing waterfront entertainment area and new facilities

for the local community.

"The Sandstone Point marina is the perfect gateway to Moreton Bay with all-weather protection for boats and less than one hour's drive from Brisbane," Mr Foote said.

"This upgrade is a natural progression for the area, alongside other new developments and planned infrastructure improvements, such as the duplication of the Bribie bridge and Caboolture-Bribie Island Road. "We're excited at the opportunity to enhance the marina experience for the whole community while also providing an attractive new apartment offering in such a beautiful setting.

Around 180 people attended a free event at Steakout Pizzeria on Saturday, July 13, to learn more about the marina plans, which include many welcoming plans to upgrade the waterfront areas.

"We were very grateful for the opportunity to speak to the local community and hear their ideas, and we're already making changes to our plans in response to this feedback," Mr Foote said.

City of Moreton Bay Division 1 Councillor Brooke Savige also attended the information session and urged community members to have their say.

"This is the first time I've seen a developer front end their

development," she said.

"I've never seen a developer come to the community prior to lodging a DA (Development Application) so I commend them for doing this and wanting to hear your thoughts front and centre."

A Development Application for the new residential project, to be called Anchorage Sandstone Point, is expected to be lodged with the Moreton Bay Regional Council soon.

Anchorage will offer 66 apartments across two buildings, with 112 resident car parks and 42 secure car spaces for visitors and marina users. It will also provide more than 250 square metres of exclusive recreation areas, a swimming pool, bicycle parking, and watercraft storage.

Apartments will feature of 2, 3 or 4 bedrooms, some with a study and butler's pantry, plus spacious balconies with water views and high-quality fixtures and finishes. Future plans include a boutique selection of townhomes.

Ignite Projects has a strong track record of delivering successful residential projects in southeast Queensland.

To find out more, visit www.sandstonepointmarina.com.au.



DEVASTATING NEWS FOR MANY BRIBIE BOAT OWNERS !!!

PLEASE HAVE A LOOK AT THE PROPOSED REDEVELOPMENT OF SPINNAKER SOUND MARINA ON ITS FACEBOOK PAGE, NOW CALLED SANDSTONE POINT MARINA.

It is such a negative retrograde step. Bribie is boats! Boating is an integral part of the very essence of Bribie. Basically, the proposed development will build over 60 units, do away with the marine facilities, and beautify the waterfront area.

No more dry storage stacks for boats, no more launching and retrieval of boats by the large forklift and no more hauling out of larger boats with the crane for anti-fouling and repairs. These facilities have been a wonderful asset for boat owners especially older ones who can't use boat ramps anymore as well as for the larger boats in the wet berths in the marina. It is also not just the Spinnaker Sound boats that will be affected. Many of the boats at the Pacific Harbour marina would use the haul-out facilities.

This development would remove any marine services capability from Bribie, leading to a significant loss of services. The nearest similar facilities are at Scarborough, an hour's drive and there is no guarantee they could absorb all the Bribie boats which are affected.

And all for \$\$\$\$. Building more units will also drastically impact the current unit owners, create a huge amount of extra traffic issues, and disrupt the local community. Hopefully the Council will recognise the importance of keeping the only marine services near Bribie and not approve the land rezoning from marine to residential. There are no marine haul out facilities at the Pacific harbour marina so all those boats will also be impacted. An important consideration is the fantastic staff that run the marine office and do the boat storage and haul out. What happens to them? For those who think a "prettier" boardwalk area and 60+ extra units are wonderful, think again about those affected.

Please contact Councillor Brooke Savge if you are impacted by or concerned about the implications for Bribie boating. Also, watch out for the rezoning application, which will require objections.

BOAT WRAP DEMONSTRATION BY MATT OF ARAGON SKINS AT THE BRISBANE YAMAHA BOAT SHOW.

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- Berkley Fishing Kit



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10:00 a.m. to witness the magic of boat wraps with a live
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Vital Tips Every First-Time Car Owner Should Know

Regular maintenance checks are the bedrock of responsible car ownership. Familiarise yourself with your car's owner's manual to understand the manufacturer's recommended maintenance schedule. Key areas to monitor include oil changes, tyre pressure, fluid levels (such as coolant and brake fluid), and the condition of belts and hoses. These routine inspections can pre-emptively identify potential issues and ensure your vehicle operates efficiently and safely.

Maintaining a clean car isn't just about aesthetics—it's also crucial for preserving its value and protecting its surfaces from environmental damage. Regularly washing and waxing your car shields the paint from dirt, debris, and harmful UV rays. Vacuuming carpets and upholstery, wiping down surfaces, and conditioning leather or vinyl enhance your driving experience and extend the lifespan of interior components. A well-maintained interior contributes to a comfortable and enjoyable ride.

Your car's tyres are its direct connection to the road, making their upkeep vital for safety and fuel efficiency. Check tyre pressure at

least once a month and before long trips, as underinflated tyres can decrease fuel mileage and compromise handling. Additionally, inspect tyres for signs of wear and rotate them as your car's manual recommends ensuring even wear and prolonging their lifespan. Proper tyre maintenance enhances both performance and safety on the road.

Regularly monitoring and replenishing fluids such as engine oil, coolant, transmission fluid, and brake fluid are essential for maintaining your car's optimal performance. Over time, these fluids degrade or deplete, potentially causing damage to your engine or other critical components if not addressed promptly. Follow the manufacturer's guidelines for fluid changes and top-ups to keep your car running smoothly and efficiently throughout its lifespan.

Brake maintenance is non-negotiable to ensure your safety on the road. Pay close attention to signs of brake wear, such as squealing noises or increased stopping distances. Have your brakes inspected regularly by a qualified mechanic and replace brake pads and rotors as necessary. Keeping your brakes in top condition enhances your vehicle's




stopping power, prevents costly repairs, and ensures reliable performance in emergencies.

One of the most important aspects of car ownership is understanding the various dashboard warning lights. These lights are your car's way of communicating potential issues that need immediate attention or routine maintenance. Familiarize yourself with the symbols and what they indicate by referring to your owner's manual. Standard warning lights include the check engine light, oil pressure warning, brake system warning, and tyre pressure monitor. Knowing what each light means can help you take timely action, whether pulling over to prevent engine damage, scheduling a service appointment, or simply topping off a low fluid level.



Mastering the art of car care as a first-time owner requires diligence, attention to detail, and a commitment to regular maintenance. By incorporating these essential tips into your routine—from proactive maintenance checks to prompt issue resolution—you can ensure your vehicle remains dependable, safe, and efficient for years to come.


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Uniforms 4 Kids - Moreton



Last week, Inspector Julia Cook from Moreton Support Services and Senior Constable Jo Arthur from the Prevention unit dropped in to see the dedicated ladies who are a part of the Moreton group of Uniforms 4 Kids.

Uniforms 4 Kids is a non-profit organisation that recycles emergency services' old uniforms into unique pieces of clothing for children in our communities.

Opal and the team meet every second Wednesday at the Burpengary Men's shed, where they drop off their creations, pick up new supplies, and swap patterns and ideas.

Inspector Cook, who recently returned to Moreton after four years at Longreach, wanted to meet the people behind this great community project and say "thank you" for all they do.

"Not only is this recycling old uniforms, but it is also an opportunity for our emergency services organisations to connect and build trust with our community and for people to get involved in a charity and create social networks", Inspector Cook said.

Senior Constable Arthur regularly attends the get-together to inform the group about where their clothing, bags, and toys are being distributed.

"It is important that the ladies know where their creations are going, that they are making a difference. The community are very appreciative, and they need to know that," she said.

Meeting with the ladies and sharing stories of the smiles the items bring to the kids' faces, especially once they realise that their one-of-a-kind is made from a police uniform, is a very big part of why our Moreton group is so successful.

The clothing is distributed to many different areas, including schools, Neighbourhood Centres, Chaplains, and the Centre Against Domestic Abuse.

Opal, the local coordinator for the Moreton group, also spends many hours removing badges from our old jumpers, which then

go to those in need, including the homeless, during our colder months.

Residents from Narangba Community

Aged Care joined the group earlier this year and now have a designated area at the Narangba facility where they meet and sew all sorts of clothes and toys.

They also took the time to come down to the Mens shed to meet the rest of the group and share stories.

Since its beginnings, Uniform 4 Kids has distributed over 63000 items – that is a lot of uniforms and a lot of smiling faces.

Regular gatherings are held at the Burpengary Men's Shed on Maitland Road in Burpengary East every second Wednesday from 12 to 3 p.m. (dates below).

These gatherings offer opportunities to contribute, even just for a brief visit.

All supplies are provided, and no sewing experience is necessary, so you can come along and help pick badges off shirts or cut-out items or to meet and greet new people.

Meeting dates:

- July 17 and 31
- September 11 and 25
- October 9 and 23
- November 6 and 20
- December 4 and 18

We hope that you can join us. Those interested in joining the cause or inspiring others to do so are encouraged to reach out via email: DCPC.Moreton@police.qld.gov.au



CRIME REPORT

BRIBIE ISLAND WRAP

JULY 2024



www.mypolice.qld.gov.au/moreton

PROPERTY OFFENDER ARREST, MORETON

Police from Moreton have arrested a man in relation to a series of break-and-enters, targeting cafes and shops between June 19 and July 7, 2024.

It is alleged that the break-and-enter offences occurred in the Scarborough, Newport, Bongaree, Narangba, Beachmere, Clontarf, Murrumba Downs, North Lakes, Caboolture, and Burpengary areas, with other related offences allegedly committed in the North Brisbane area as well.

It will be alleged that between June 28 and

July 2, a property along Strong Road, Rush Creek, was broken into, with a vehicle being stolen to make multiple trips to and from the property, removing saddlery, tools and two quad bikes.

On July 4, police executed a search warrant at a Creek Road, Burpengary East address, where they located clothing and property alleged to have been connected to the offences.

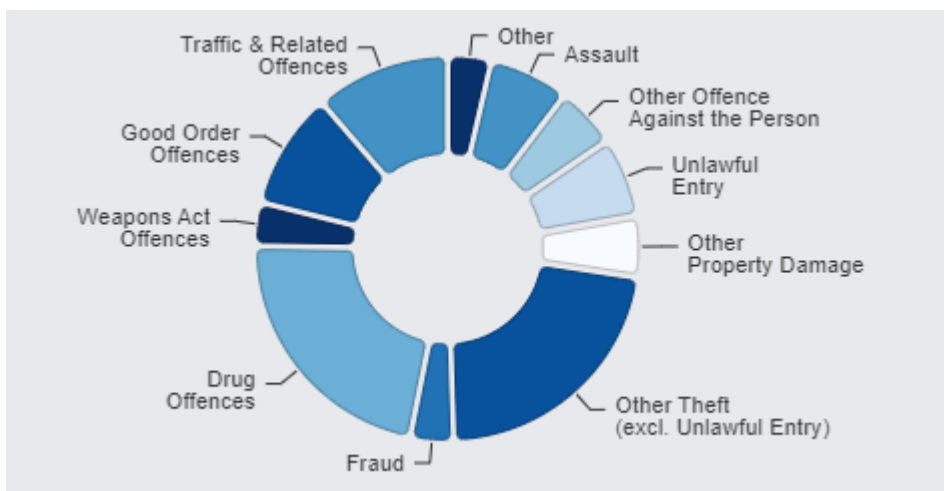
On July 7, a second warrant was executed at a Clarence Close, Narangba address where further items of interest were located, including methamphetamine.

A 26-year-old man from Ningi was charged

with 25 offences of break and enter, wilful damage, unlawful use of a motor vehicle, possession of a dangerous drug, possession of tainted property, and possession of drug utensils.

He was remanded in custody to appear in the Caboolture Magistrates Court on August 7.

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.



Other 2
Assault 4
Other Offence Against the Person 3
Unlawful Entry 4
Other Property Damage 3
Other Theft (excl. Unlawful Entry) 14
Fraud 2
Drug Offences 14
Weapons Act Offences 2
Good Order Offences 6
Traffic & Related Offences 7

61 Offences

23 JUN 2024 — 22 JUL 2024

LETTERS TO THE EDITOR



Dear Editor,
Regarding Geoff Miller's letter on nuclear energy, I'd have to say that "facts" in isolation don't always present a clear picture of any situation.
In Germany, it's true that wind turbines are being disassembled (not "torn down") to make way for the expansion of an existing (not "new") coal mine. Economics drove this decision because the ban on Russian gas has made coal more profitable... for now. And those turbines will be re-erected elsewhere.
Sweden's wind farms are facing closure, but again, it's because of market forces—an agreement for the low-cost, long-term supply of hydroelectricity (another renewable) severely undercut the wind sector's prices. That's the raw brutality of capitalism at work, folks—they eat their own.
The Coalition's proposal for seven nukes is a recipe for financial disaster. Considering they couldn't even deliver a single promised carpark, should taxpayers commit many billions of dollars to a scheme that will deliver less than 5% of our power needs, some twenty years (maybe) down the track, when renewables with back-up storage could be built for a tiny fraction of the cost?
Let other countries decide how they get their power – nuclear is not the answer for Australia.
Tony Longland

Dear Editor,
I read our Mayor's comment in last month's Bribie Islander about Erosion and Sediment Control with disbelief. The ratepayers on Bribie Gardens canal have been asking the Council for years to do something about installing rubbish and sediment barriers on the 34 stormwater inlets that discharge into the canal. Our requests have been ignored, and rubbish from the streets and shopping centres of

Bongaree enters the canal unhindered and obviously to the detriment of the environment he says the Council is protecting. To make matters worse, the Council then charges the ratepayers on the canal for the cost of dredging necessary to remove this debris. Does our Mayor think his ratepayers cannot recognise blatant hypocrisy when they see it?

Carol Wood

To the Editor

I complained to the Executive Director, Office of Fair Trading, on 15 Feb 2024 regarding up to seven (7) breaches of the Law.
My complaint was delegated to subordinate officers, who decided that "there are no offences identified." The latter officer falsely claimed his right to "interpret" the controlling legislation. I corrected his error and advised that the "right of interpretation rested solely with the Courts." There was no response.
I reported these matters to the Chief Executive on 8 May 2024. THERE WAS NO REPLY. I again wrote to the Chief Executive on 20 June 2024 requesting advice on when the OFT will prosecute

the offences and referring to Section 200 of the Criminal Code, which provides penalties for 'REFUSAL BY PUBLIC OFFICER TO PERFORM DUTY.' A complaint was made to the Attorney General c 22 May 2024 and a copy of the above letter on 20 June 2024. Apart from an Automated Response email from the Attorney General dated 24 May 2024, there has been no advice as to action taken.

How can anyone respect our Laws when the First Legal Officer of the State fails to reply to reports of breaches of the law, let alone prosecute such breaches?

Thomas J Mahon JP. Bcs.

WORDS CAN BE LETHAL, TOO

How often have we heard the old saying, so often applied to politics and other areas of public endeavour, "If you can't take the heat, get out of the kitchen"?

Well, there's another old adage that perhaps can be applied more pertinently to life in the public spotlight, as the recent attempted political assassination in the U.S.A. illustrated. This second old adage declares "The pen can be mightier than the sword!"

Words – and the language that we use in either advocating for or against anything affecting us or the society in which we live, can have either good or seriously bad consequences.

This is a big and very timely message (from the recent U.S. incident) to ALL of us, not just our politicians or other people involved in politics and other areas of public life.

Words DO count – even when electronic wizardry has replaced the written word in many areas.

As a couple of notable Australian public figures have already pointed out, there has been a noticeable shift in the political "climate" in OZ in recent times, as well as in the heated and aggressive responses to controversial political issues (at home and abroad), both inside and outside our Parliaments.

Some of the "heated" rhetoric from people of differing viewpoints has (noticeably) influ-

enced significant protests and some violent physical encounters in our big-city streets, the likes of which we have seldom seen in our freedom-loving communities for a very long time.

If the "united as one" dream of most Aussies is ever to become a reality, to replace the growing level of divisions taking over in several sections of our society, then the words (and language) we use – even at the local levels – to advocate either for or against any changes proposed, must be temperate, measured, and – at least – polite....if not accurate !.

We all owe ourselves, our Australia, and the democratic processes we claim to support, that much – at least – don't we?

Eons ago, when I was involved in the State's political processes of government, a very senior and wise old Public Service "owl" advised me that "courtesy costs nothing". He added further that a smile – and a friendly, positive and factual response to aggression – would always "turn away wrath"largely because those who dealt with aggression didn't know how to handle the opposite approach.

Events proved him right on numerous occasions....and I believe this applies to local community differences as much as it does to State and/or national affairs. t



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