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# 231

JAN 24, 2025



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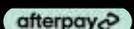
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JAN 24, 2025

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# Welcome

Dear Readers,

Happy New Year! I hope you all had a fantastic holiday, possibly filled with laughter, love, and a dessert table that looked like a scene from a food-induced coma. The Christmas break was the perfect time to recharge, and I hope you made some wonderful memories with your family and friends.

As we leap into a fresh year, I'm going to tackle those home projects that have been haunting my to-do list like ghosts of procrastination past. You know, the ones you promise yourself you'll tackle... right after binge-watching just one more episode of that show you're pretending you're not obsessed with.

With Australia Day fast approaching, let's remember that everyone has their own take on this day—kind of like how everyone has their own way of spreading Vegemite (a little, or a lot, or not at all!). So, let's celebrate with a spirit of kindness and understanding and maybe give a shout-out to whoever's brave enough to attempt a barbecue in the summer heat.

Here's to a year packed with wild adventures, questionable decisions, and moments that make for great stories—like trying to fix a leaky tap and ended up creating a water feature instead!

I hope you have a year bursting with fun adventures, meaningful moments, and all the joy you can soak up! Let's make it the best one yet!

With all the cheerful vibes (and a sprinkle of mischief), Take care, stay safe, and let's make this year unforgettable!

# 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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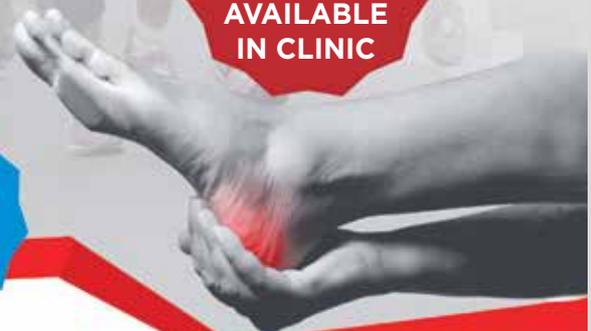
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# Am J Sports Med 2007; 35:992  
\* Int J Surg 2015; 24:113-222  
^ Int J Surgery 2015; 24:207-9



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Imagine inhaling the invigorating aroma of mint—it's like a refreshing breeze for your senses! Now, picture your skin being pampered with this delightful herb. How fabulous would that feel? Mint isn't just a flavour for your favourite gum or tea; it's a hidden gem in the world of health and beauty!

For centuries, mint has been revered for its remarkable properties. From the ancient Egyptians to the Romans, this herb was valued not just for its scent but for its incredible benefits. Fast-forward to today, and you'll find mint featured in a plethora of beauty products, from shampoos to luxurious moisturizers. Dive into the rich history of mint and discover how it connects us to a potent force for enhancing health and beauty.

When browsing beauty product labels, keep an eye out for "Mentha piperita" or "Mentha spicata"—the scientific names for peppermint and spearmint, respectively. These varieties are among the stars of the mint family, and their benefits are nothing short of amazing. With over 30 species in this family, choosing the right skincare with mint is like picking the best treasure in a bounty!

Mint is not just a pretty face in skincare; it's a powerhouse! You'll find it in creams, toners, body lotions, and invigorating face masks. From mint juice to mint oil, this herb can be transformed into various beauty treatments when combined with other natural wonders like lavender, chamomile, and aloe vera.

But wait, there's more! Mint's refreshing properties make it a favourite ingredient in shampoos, lip balms, and mouth rinses, giving you that exhilarating burst of freshness. Yet, its true magic unfolds when it comes to skincare. Mint acts as a soothing anti-pruritic agent, calming itchy or irritated skin. Do you have pesky mosquito bites? Mint can help heal those, too! Just remember, as with any ingredient, always perform a patch test since some may be allergic.

*Did you know that mint oil is another secret weapon against bothersome blemishes? With its natural astringent qualities and high salicylic acid content, it helps fend off acne by unclogging pores and allowing your skin to breathe. Imagine a world with fewer pimples and clearer skin—mint could be your ticket!*

The benefits don't stop there—mint may even have cancer-fighting properties! Rich in perillyl alcohol, studies suggest it could help prevent skin cancer cells from forming. Talk about an amazing ally for your skin and health!

## HEALTH, WEALTH & COMMUNITY

### MINTY FRESH SKIN TREATMENTS YOU CAN'T MISS!

Not only does mint smell delightful, but its versatility in skincare is absolutely captivating! Whether you prefer commercial products or the DIY route, incorporating mint into your routine is a game-changer. There are a variety of skin cleanser products that contain mint, or you can make your own using fresh mint leaves.

Why not whip up your own mint facial mask at home? They're especially great for oily skin and can be made by mixing two tablespoons of fresh mint with oatmeal and yogurt. Slather it on your face, relax for 10 minutes, and rinse off with warm water to unveil a revitalised complexion.

Cleanser products infused with mint are also a fantastic choice. They work wonders as astringents, shrinking skin tissue and reducing oiliness. The options are endless, and the benefits are undeniable!

If you visit a spa, you'll likely find that many treatments include mint. Despite its health benefits, spas mostly use mint for its scent, which many people find relaxing and soothing. It's often combined with other natural scents, such as lemon or lavender, for body and face treatments.

So go ahead! Dive into the wonderful world of mint and let it transform your skincare routine into an exciting adventure toward healthy, glowing skin!

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# WHAT'S THE BEST WAY TO WASH YOUR EYES IF YOU HAVE AN EYE ALLERGY?



Eye allergies are prevalent and can cause uncomfortable symptoms. An allergic reaction called allergic conjunctivitis occurs when the eye comes into contact with an allergen in the air. Mast cells in the eye release a chemical called histamine, which causes blood vessels in the eye to swell and causes symptoms such as tearing, itching, and redness. Allergens can be found indoors or outdoors, all year round. The seasonal outdoor allergens are found in trees, weeds and grass pollen. Springtime allergies can also cause sneezing and runny or stuffy nose. The indoor perennial allergies are most commonly caused by pet dander, dust, or mould. It's reassuring to know that you can be tested to identify the cause of your allergies, which is the best way to try and prevent them. This proactive approach can help you manage your allergies more effectively. Prescription or over-the-counter oral medications, nasal sprays and eye drops soothe and relieve allergy symptoms.

Washing off allergens from your clothes and body can significantly reduce and alleviate your allergic symptoms. Since pollen tends to collect in your hair, daily hair washing is important if you are prone to seasonal allergies. Instead of rubbing your itchy eyes, gently clean your eyelids and face with a washcloth. Rinse your eyes with a little warm water, allowing the tears to wash away the allergen. Over-the-counter medications for eye allergies, such as artificial tears, are crucial in managing symptoms. These tears not only soothe itching but also dilute the allergens, washing them out of the eye along with the histamine.



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Promises of younger-looking skin have been around for as long as women and men have been concerned about ageing. However, contrary to popular belief, lotions or creams are simply unable to fully penetrate the skin's surface. And since much of the ageing process occurs in the deeper layers of the skin, these products are ineffective at reversing the signs of ageing. But there is a solution - Forever Young BBL™ from Sciton, a revolutionary treatment that transmits light energy deep into the layers of the skin, boosting your body's natural ability to rejuvenate. This results in skin that's visibly younger looking, year after year! Forever Young BBL is ideal for women and men who have experienced sun damage over the course of their life, as well as it's PREJUVENTATION™ benefits to keep young skin looking young.

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#### **WHAT WILL HAPPEN DURING THE PROCEDURE?**

Your eyes will be protected with safety shields or glasses. You may briefly feel a warm or "rubber band snap" sensation as the light is absorbed by the targeted areas. Your procedure may take a few minutes to half an hour depending on the size of the area to be treated and the type of procedure performed. Your physician will discuss all of your options with you including the benefits, risks and what to expect.

#### **WHAT SHOULD I EXPECT AFTER THE TREATMENT?**

You may experience some redness that should resolve within a few hours. Consult

your physician if it does not. For some spots, you will see a darkening of the treated areas followed by fading and flaking off at a later stage. Results depend on your skin type, the number of treatments, and the area treated. Your physician will provide you with complete information about the post treatment care and results.

#### **HOW LONG WILL IT TAKE TO RECOVER?**

This is a non-invasive and typically gentle procedure with virtually no downtime. In most cases, you are able to return to work, and resume most of your activities immediately.

#### **WHAT AFTERCARE DO I NEED?**

It is important to follow your physician's instructions. You may be given some skin care products and instructions on how to use them. You will be sensitive to ultraviolet light, and you must avoid direct sun exposure until completely healed. Fully cover your skin or use a good sunscreen whenever you go outdoors.

# NEW SHOP

## Clothing and Accessories Supporting a Worthy Cause

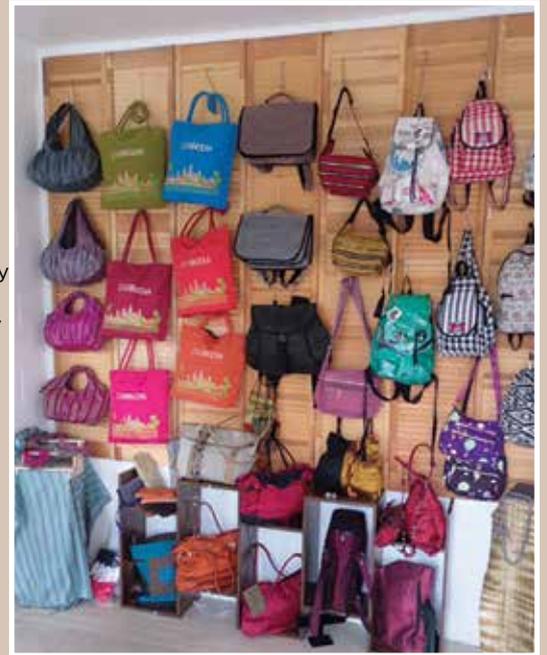
© Anne Matthews D9560 Passport Rotary Club

A new Bribie Island business, 'Ravy's Bags and Scarves', opened in Woorim on 4 December 2024. The shop is operated by Ravy and Wayne Slattery and is backed by the Bribie Region Disability Advice Group. The group, which was formed by Wayne Slattery in 2023, provides connections and support for those in our local community who are living with a disability.

At the shop, they are not seeking charity or donations—they are offering affordable, quality clothing to support a worthwhile cause. The German proverb "Charity sees the need, not the cause" sums up what Ravy and Wayne are so selflessly doing.

All profits from the shop go to support the Dreams Come True Community Education Centre in Cambodia. The Centre provides learning opportunities to people living in Ansaong Village, a remote area in Cambodia. It teaches English and Information Technology skills to village children and focuses on helping those with disabilities. There are 230 children enrolled at the school, and even its wonderful, dedicated teacher is a disabled young man.

Ravy and Wayne established and own the Community Education Centre, which is registered as an NGO with the Cambodian Ministry of Education.



All the products sold are made in Cambodia or on Bribie Island. The bags and scarves are sourced directly from:

1. Kravan House, which is owned and run by a disabled woman who only employs people with disabilities.
  2. Yodfee is a youth with disabilities foundation that educates and employs disabled children and teaches disabled adults to obtain employment skills.
  3. Smarteria, an organisation that teaches and employs women from isolated villages to make bags and backpacks; and
  4. National Centre for Disabled Persons Cambodia, which employs disabled persons as outworkers.
- Ravy and Wayne have been on the Island for over 6 years and have held stalls at most of the local community markets. Opening the Woorim shop is a big step up for them, and

they certainly deserve our support.

The shop sells clothing for kids and adults, as well as bags, scarves, and jewellery. Nothing is priced over \$30, so the clothing and accessories are certainly reasonably priced. Ravy and Wayne, both polio survivors, have been married for over ten years. They met in Cambodia on International Day for People with Disabilities. They have seven-year-old twins, Malis and Pitou, who attend Banksia Beach State School. Wayne is a member of the D9560 Passport Rotary Club, Chair of the Bribie Region Disability Advice group, President of the Mekong Disability Employment and Mobility Trust (Ravy is Vice President), and Board Director of Dreams Come True Community Education Centre (Ravy is the Executive Director).

Terry Young MP visited the shop soon after it opened and was very impressed with what Ravy and Wayne are doing for the community. He posted on his social media pages, saying, "Recently, I visited Ravy's Bags and Scarves in Woorim. I must say it is so great to see (despite their disabilities) people doing great work within their community and afar. The shop sells low-cost, high-quality clothes (adults and kids), silk/cotton bags, scarves, and jewellery. Products sourced from Cambodia from organisations employing disabled and/or disadvantaged persons -all Fair Trade".

Ariana Dolan MP, our recently elected member for Pumicestone, said, "Polio survivors and Bribie locals Ravy and Wayne run Ravy's Bags and Scarves in Woorim right next to the Post Office. They offer affordable, Fair-Trade clothing,

bags, scarves, and jewellery sourced from Cambodian originations supporting disabled and disadvantaged people. I picked up a lovely dress there myself! Stop by and support their mission and make a difference."

Call in, say hello, find yourself something special, and support a very worthy cause as well. Ravy's Bags and Scarves is next to the Woorim Post Office on Jacana Avenue, Woorim. It is open Monday to Friday from 9.00 am to 2.30 pm and on Saturday and Sunday from 9.00 am to 4.00 pm

As the man said - do yourself a favour, AND, help those less fortunate - visit Ravy's Bags and Scarves, buy something, and it's a win/win! We often whinge about those seeking handouts; well here we have someone who is putting themselves on the line and working for that money. All we need to do is support them.



# Tips for Taking Care of Your SHOES

**W**here are your shoes when they're not on your feet? Where you keep them is a factor in how long they will last. Instead of the occasional overhaul and frenzy of last-minute polishing, good shoe management involves regular maintenance and consistent care.

## WHERE TO PUT THEM WHEN THEY'RE NOT ON YOUR FEET

If you get your shoes wet, let them dry slowly in an area with good airflow. Never put your shoes on a heater to dry. This will shrink the leather, loosen the bonding material, and put it at risk for cracking, peeling, and discolouration.

When you're not

wearing them, keep shoes out of sunlight and away from heat sources.

## KEEP SHOES SEPARATE.

If your shoes are a mad jumble at the bottom of the closet or under the bed, they probably rub against one another, causing scratches and scuffs. Protect your investment by keeping shoes in a shoe cubby or in individual boxes where they'll be protected.

Provide shoe trees for your best shoes. These wooden mannequins help your shoes resume their original shape after a leather-stretching workout. As shoes cool and dry, they contract, and having a nice solid form inserted in the interior of each shoe after a hard day's work will keep them looking and feeling good longer.

## R & R AND TLC

Shoes hug your feet, which can get sweaty and smelly. Avoid wearing shoes for two days of running or more. A little R&R will allow them to dry out, dissipate lingering odour, and

regain shape.

## CLEAN AND POLISH YOUR SHOES REGULARLY.

The cleaning materials and methods will vary depending on the type of shoe. Still, regular maintenance to remove marks and repair the ravages of friction and moisture will extend the life of your shoes and keep them feeling supple and comfortable. If your shoes see a lot of action in wet weather, consider waterproofing them. It'll protect the finish and cut down on shoe maintenance and polishing.

## THINK QUALITY

One important shoe tip we haven't mentioned yet is that quality shoes typically last longer and fit better than cheap ones. When you're looking for longevity and resistance to wear, pay more. Don't stop there, though. Insist on a great fit, too. Expect to try on several shoes before you discover a pair that works for you. A superior shoe will support your feet and look great doing it. You may not be able to afford a closet full of quality shoes, but if you stick to a few classic styles and treat them well, your core collection will look great for years.



# wow

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# Do men and women feel pain differently?



In the world of pain, women hold the ultimate trump card: childbirth. It's like the ultimate boss battle in the game of life, and men are left standing in the delivery room, clutching their injuries and grumbling about stubbing a toe. While they might bravely tackle a nasty paper cut, they can't quite fathom the exquisite agony of pushing a watermelon through a garden hose!

And let's talk about the last few weeks of pregnancy—those last 18 days must feel like training for the Olympics! Pregnant women are basically the superheroes of pain tolerance, with their bodies cranking up the pain threshold. Their bodies say, "Hey, time to elevate that pain tolerance because you're about to go for the gold in



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labour!" While pain-mitigating opioid receptors are on red alert, men are still trying to figure out how to assemble a crib without consulting a YouTube tutorial.

So, let's be honest: the next time a guy complains about a hangnail, remind him there are women out there who could have their own pain Olympics—and the prize? A lifetime supply of sympathy for just getting through the day!

Pain is one of those peculiar aspects of life that every individual seems to navigate in their own distinct and often hilariously unpredictable manner. It's akin to a signature dish, where each chef adds their own unique ingredients—some opt for a pinch of salt to enhance the flavour, while others douse the dish in an audacious amount of hot sauce, declaring it a gourmet masterpiece!

LET'S DELVE INTO THE BIOLOGICAL UNDERPINNINGS OF PAIN. Hormones, those mischievous little biochemicals, wield a

significant influence over our pain experiences. For instance, women may find themselves contending with intense discomfort during their menstrual cycles, often describing it as feeling like they've been steamrolled by a freight train. Meanwhile, men might breeze through the day oblivious to a minor scrape until they notice a paper cut. At that point, it transforms into a dramatic affair, complete with a self-declared emergency. Honestly, when a man sustains a paper cut, you might as well present him with a medal for valour, given the theatricality with which he tends to the "injury." In contrast, women face chronic conditions like fibromyalgia and migraines with a sort of Olympian spirit, as if they're engaged in a relentless competition. "Oh, you injured your back? How quaint. I'm here battling through the pain of the Olympics daily!"

Communication about pain varies dramatically between genders as well. Women

often wear their discomfort like a badge of honour, ready to share the full narrative of their experience. "Well, it began as a dull ache localised in my lower back and then transitioned to this sharp stab radiating down my leg—would you like the extended version complete with all the dramatic details, or shall I provide a succinct highlight reel?" In stark contrast, men might regard their pain with an air of secrecy, as if it's classified information. "Pain? What pain are you referring to? I'm perfectly fine! Just engaging in my own private pain poker night over here." Good luck coaxing a man into admitting he needs assistance without resorting to a full-blown intervention!

Cultural and societal influences also add layers of complexity to our experience of pain. Society frequently imposes a narrative on men that champions bravery and stoicism. As a result, when confronted with a paper cut, a man might feel compelled to bandage it using duct tape, down a beer for

fortitude, and mutter under his breath about how "real men" simply tough it out. Conversely, women tend to adopt a more communal approach to their pain; they're likely to reach out to a close friend, prepare a cozy cup of tea, and embark on a cathartic pain-sharing session, complete with discussions about remedies and the appropriate snacks—who's bringing the cookies for this therapeutic gathering?

In conclusion, while men and women approach the experience and expression of pain from vastly different perspectives, this divergence is merely a part of the beautifully unpredictable rollercoaster of life. By acknowledging and understanding these differences, we can enhance our communication skills and develop more effective strategies for supporting one another. Perhaps we can even exchange some ingenious distractions along the way. After all, it's widely recognised that laughter truly is one of the best medicines available to humanity!

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# bribie acupuncture



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

## ACUPUNCTURE FOR PLANTAR FASCIITIS

Plantar fasciitis is a common condition that affects the heel and bottom of the foot, causing significant pain and discomfort. It often develops from overuse, improper footwear, or biomechanical issues such as flat feet or high arches. The primary symptom is heel pain, particularly after long periods of rest or during the first steps in the morning. The pain can range from mild discomfort to severe, sharp pain that makes walking difficult.

In addition to conventional treatment options such as physical therapy, orthotic supports, and in some cases, surgery, acupuncture can significantly reduce pain, improve function, and speed healing for those suffering with plantar fasciitis.

### HOW ACUPUNCTURE CAN HELP PLANTAR FASCIITIS

**1. Pain Relief:** One of the most immediate benefits of acupuncture is pain relief. The insertion of needles stimulates the nervous system to release endorphins, the body's natural painkillers. This can reduce the intensity of heel pain associated with plantar fasciitis.

**2. Reducing Inflammation:** Acupuncture has been shown to reduce inflammation by promoting blood circulation and stimulating the release of anti-inflammatory substances. This is particularly beneficial for plantar fasciitis, where inflammation of the

plantar fascia is a primary concern.

**3. Improving Flexibility and Mobility:** Regular acupuncture sessions can help improve the flexibility of the plantar fascia and surrounding muscles (including the calf muscle), reducing stiffness and improving overall foot mobility. This increased flexibility can prevent further injury and aid in quicker recovery. Patients often report improved ease of movement and a reduction in morning stiffness after consistent acupuncture treatment.

**4. Addressing Underlying Causes:** Acupuncture doesn't just treat symptoms; it also addresses underlying imbalances in the body that may contribute to plantar fasciitis. For instance, acupuncture can help correct biomechanical issues or improve posture, thereby reducing the strain on the plantar fascia. By targeting these root causes, acupuncture provides a holistic approach to managing and preventing recurrence of plantar fasciitis.

Several studies have demonstrated the efficacy of acupuncture in treating plantar fasciitis. A 2018 study published in the Journal of Pain Research found that patients who received acupuncture experienced significant pain relief compared to those who received standard care. In addition to these findings, research suggests that acupuncture may also improve patient outcomes when used in conjunction with other therapies. For example, combining acupuncture with physical therapy has been shown to enhance overall effectiveness, reducing recovery time and improving long-term results.



### WHAT TO EXPECT

Acupuncture for plantar fasciitis begins with a consultation, during which we will assess your symptoms, lifestyle, and medical history. Based on this information, we will create a customised treatment plan. We will then insert thin, single-use, sterile needles into specific acupuncture



points. These points may be located around the foot, leg, or even distal points on the body (such as the hand or wrist - which surprises many people!) that influences the foot. Once the needles are inserted, you will rest for about 20 to 30 minutes. During this time, you may experience a tingling sensation, warmth, or relaxation - many people fall asleep. Most people notice an immediate reduction in pain, however a series of treatments is typically recommended for plantar fasciitis.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact us - Jessica, Wendy, and Katherine - via our [website www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au) or call **0423 160 228**. You can also find us on Facebook and Instagram @ [bribieacupuncture](https://www.facebook.com/bribieacupuncture). HICAPS is available onsite. Pensioner discounts available.

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



The BreastScreen Queensland mobile service will be back on Bribie Island in February offering free breast screening for women 40 years and over. The service is popular with Bribie women, with almost 60% of women in the 50 to 74 age group having a breast screen in the last two years.

Health Promotion Officer with BreastScreen Queensland, Gillian Duffy, said "Bribie Island has the highest participation rate on the Sunshine Coast. Even so, we would like to see more women attending for breast screening, particularly those in their fifties."

On the Sunshine Coast, only 44% of women aged 50 - 54 years have had a breast screen in the last two years. Research

shows that regular breast screening is the best way of finding breast cancer early, and this means more treatment options and better outcomes.

"We know women are busy with work and family commitments, so we try to offer a range of appointment times to suit everyone." Ms Duffy said. "If you've turned 50, take us up on our offer of a free breast screen. It could save your life."

Appointments are available from 7.30am to 5.30pm on the mobile service. Saturday appointments are available at Caboolture. No doctor's referral is needed and appointments take less than 30 minutes.

The BreastScreen mobile service will be at Bribie Island Library from 3 February

to 7 March 2025. For more information or to book visit [www.breastscreen.qld.gov.au](http://www.breastscreen.qld.gov.au) or call 13 20 50

### THE FACTS:

- 75% of women diagnosed with breast cancer are over 50. Younger women do get breast cancer, but the risk of breast cancer increases significantly after the age of 50.
- 9 out of 10 women diagnosed with breast cancer have NO family history of the disease. While women with a family history of breast cancer are more at risk, most women diagnosed have no family history of the disease at all.
- A breast screen every two years is the best way to detect breast cancer early, well before you or your doctor can feel anything.



Sunshine Coast Hospital and Health Service

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# “DO YOU HAVE PLANTAR FASCIITIS, HEEL PAIN OR FOOT PAIN?”

“DID YOUR DOCTOR, SPECIALIST OR  
PHYSIOTHERAPIST RECOMMEND STEROID/  
CORTISONE SHOTS, ADDICTIVE PAIN PILLS,  
ENDLESS EXERCISES OR RISKY SURGERY?”

*These Are Bad Ideas!*

## THESE TYPES OF TREATMENTS CAN LEAD TO ...

- High incidence of bone, joint and soft tissue damage.
- Potential infections in joints with cortisone shots.
- Further damage to the tissue of the plantar fascia and foot.

**WHILST STEROID/CORTISONE, ADDICTIVE PAIN PILLS  
DO PROVIDE TEMPORARY RELIEF FROM PAIN AND  
INFLAMMATION AT BEST. || TYPICALLY SEE, ESPECIALLY  
WITH REPEATED STEROIDS/CORTISONE SHOTS AND  
PAIN PILLS, ...**

- Disruption of the collagen structure in tissues and joints that make them weaker.
- Increase risk of tissue and plantar fascia rupture.
- Slowed healing due to immune suppression effects of steroid/cortisone.
- Changes in metabolism of soft tissues.
- Changes to hormone responses in your body, reduced altered hormones that help with healing.
- Can cause increase in blood sugar levels which is not good for diabetics.
- Plantar fascia rupture
- Progressive Accelerated Osteoarthritis of the joints.

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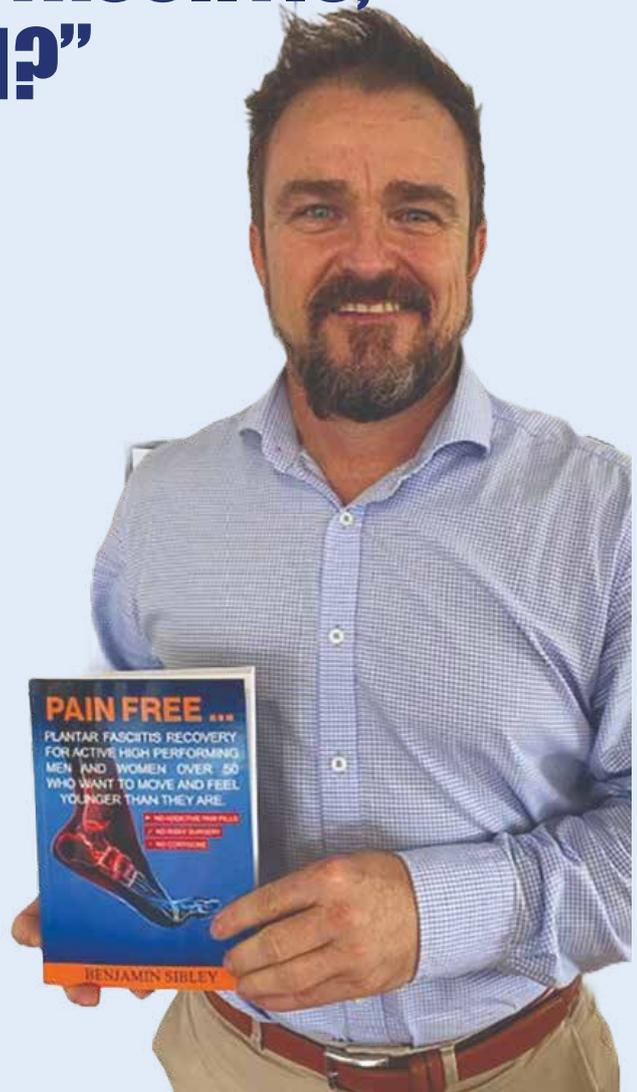
## SO IF YOU ARE INTERESTED IN AVOIDING ...

- The addictive pain pills, anti-inflammatory merry go round.
- Damaging cortisone shots.
- Endless sessions of exercises and Physical Therapy.
- Risky surgery

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SCAN ME



## Hi I'm Doctor Ben Sibley Board Certified Podiatrist in Australia

I have had 30 years in the trenches of treating plantar fasciitis, heel pain, joint pain and arthritis of the feet ankles, knee and hips. And am the author of "PAIN FREE ... Plantar Fasciitis Recovery for Active High Performing Men and Woman Over 50 Who Want To Move and Feel Younger Than they Are."

I've seen the worse of steroid/cortisone injections.

- Infections
- Further tissue damage
- Plantar fascia rupture
- Progressive Accelerated Osteoarthritis of the joints.

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# Advocacy: A COMMITMENT TO EMPOWERMENT & RIGHTS

Advocacy is a powerful tool for creating change, raising awareness, and ensuring justice. Over the past 15 years, I have had the privilege of assisting individuals and organisations in achieving lawful outcomes, advocating for fairness, and amplifying voices that might otherwise go unheard. Recently, I was deeply honoured to be shortlisted for Advocate in the Unsung Hero Award as part of the Carers Foundation 2024 Josh Arieni Legacy Awards. This recognition is a humbling affirmation of my dedication to advocacy, particularly in the realm of disability rights and care.

Advocacy is an essential part of ensuring that every individual, especially those with disabilities, has access to the same rights, protections, and opportunities as everyone else. It serves as a mechanism to promote, protect, and support a person's or a group's full and equal human rights. In the case of disability advocacy, it goes beyond just ensuring that legal rights are upheld—it's about empowering individuals to speak up, make informed decisions, and lead their lives with dignity.

## WHAT IS ADVOCACY?

At its core, advocacy is about supporting and representing individuals or groups to help them defend their rights and interests. This can take many forms and can be executed by a variety of advocates—from professionals working in the disability sector to family members and community leaders.

Effective advocacy works to:

- Ensure the rights of the individual or group are respected
- Provide assistance in navigating complex systems (such as healthcare, legal, or social services)
- Empower individuals to have

their voices heard in decisions that impact their lives

In the context of disability, advocates play a critical role in helping individuals understand their rights, overcome barriers, and take action to address injustices they may face. Six Main Models of Advocacy Advocacy is not a one-size-fits-all approach. There are various models through which advocacy is delivered, and each model has unique characteristics suited to different needs. These include:

1. Self Advocacy
2. Family Advocacy
3. Citizen Advocacy
4. Individual Advocacy
5. Legal Advocacy
6. Systemic Advocacy

## KEY ASPECTS OF ADVOCACY

Regardless of the model, there are fundamental principles that all advocates follow in their work. These principles ensure that advocacy is always client-centred, empowering, and effective:

- **Listening attentively:** An advocate must take the time to understand the individual's needs, desires, and concerns. Effective advocacy begins with good listening, ensuring that the person's voice is heard and their needs are clearly understood.
- **Identifying the issues:** Advocacy often begins with pinpointing the exact issue at hand—whether it's access to healthcare, education, or employment, or broader systemic barriers. Advocates must have a clear understanding of what the person wants to achieve.
- **Providing information:** An advocate must help individuals understand their options for addressing the issues they face. This often means breaking down complex systems and explaining processes in a way that is accessible and comprehensible.



- **Expressing views and wishes:** Advocates assist in giving individuals the confidence to express their views, whether it's through formal written communications, meetings, or public speaking. Advocacy isn't just about defending someone's rights—it's about enabling them to speak for themselves.

- **Defending rights:** Advocates are essential in helping individuals understand and assert their legal rights. Whether it's ensuring someone's access to accommodations at work or advocating for proper medical treatment, advocates ensure that people can live freely and with dignity.

- **Independence:** An effective advocate is always independent, acting solely in the interests of the individual they support. They must not be swayed by external pressures and should always prioritise the best interests of the person with disabilities.

## THE IMPORTANCE OF ADVOCACY IN DISABILITY RIGHTS

Advocacy plays a crucial role in disability rights because people with disabilities face unique challenges that often require external support to overcome. From barriers to employment and education to social isolation and discrimination, people with disabilities are more likely to encounter systemic obstacles than others. Effective advocacy can help dismantle these barriers by:

- **Creating awareness:** Advocacy raises public awareness about the challenges faced by people with disabilities, promoting a culture of inclusion and equality.
- **Securing legal protections:** Advocates work to ensure that laws and policies protect



the rights of people with disabilities, ensuring they have access to the same opportunities as everyone else.

- **Providing empowerment:** Advocacy empowers individuals by giving them a voice in decisions that affect their lives, helping them regain control and self-determination. Being shortlisted for Advocate in the Carers Foundation 2024 Josh Arieni Legacy Award is not just a personal honour; it's a recognition of the broader work of advocates who dedicate themselves to changing lives. As someone who has spent 15 years assisting individuals and organisations in achieving lawful outcomes, I am reminded daily of the importance of advocacy in ensuring that no one is left behind.

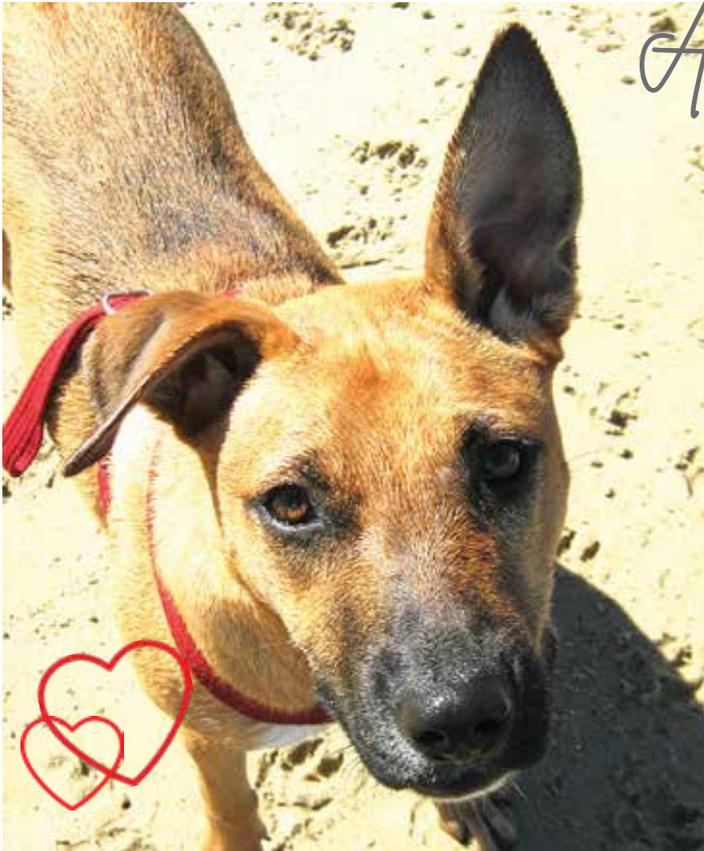
Advocacy is not simply about providing support—it's about creating lasting, meaningful change. It's about standing up for what's right, challenging injustices, and working towards a more inclusive society where everyone's rights are recognised and respected. Whether working on behalf of a single individual or challenging systemic inequalities, the power of advocacy lies in its ability to create a world that is more just, compassionate, and equal for all.

As I continue my work and advocate for those who need it most, I am more committed than ever to promoting and defending the rights of people with disabilities. It is a privilege and an honour to contribute to this vital cause.

**Yours in Health Wellness,  
Tracey Blinco  
Law and Access Consultant  
Health Coach**

# A TRIBUTE TO MOLLY:

*A Light of Love and Joy*



For 14 ½ beautiful years, Molly graced my life with a presence that was far beyond words. She was not “just a dog”—she was my teacher, shadow, best friend, and radiant soul who illuminated the lives of everyone she encountered.

Molly taught me some of life’s greatest lessons: how to love unconditionally, how to be present, how to communicate without words, and how to find joy in the simplest of things. Molly had a way of melting hearts. Her spirit reminded me

that love is an action, a way of being, and a connection that transcends words. She embodied unconditional love, greeting me every day with enthusiasm and teaching me the power of living in the moment. Whether it was a walk, a shared gaze, or a moment of quiet companionship, Molly had an innate wisdom that showed me how to simply be.

She was my shadow—always by my side as if we were extensions of one another. We communicated in a way that felt telepathic; words were unnecessary when our hearts were so attuned. Her loss is a deep reminder of how much I loved and was loved. It is this depth of love that makes the grief so profound. Though in the grief, I find gratitude—a gratitude for the time we had, for the lessons she taught me, and for the light she brought into my world.

Grieving the loss of a beloved companion like Molly is not something to “get over” but something to honour. Her passing has reminded me of the impermanence of life and the gift of every moment

we share with those we love. Molly’s light lives on in me and in everyone who had the privilege of knowing her. In her life, Molly revealed the profound beauty of a soul connection that needed no words, the joy to be found in life’s smallest moments, and the boundless power of unconditional love. Even in her passing, she guides me to honour her legacy by embracing the light and love she so effortlessly shared, carrying it forward in my own journey.

As a holistic counsellor, I understand that grief is deeply personal and can feel isolating, especially after losing a pet. Grief reflects the love shared, and you do not have to face it alone, if you need support, reach out at 0405 361 882. Together, we can honour your grief and celebrate the love and connection you shared. This article is dedicated to Molly—my best friend, my light, and my eternal reminder of the power of unconditional love.

Always with love,  
Maria Christina x

## Holy Cross Funerals

*In our 25th year we are proudly continuing our Ageing Wisely Program and Dementia Presentations - these free events are part of our contribution to the local community.*

*The Ageing Wisely Program includes discussions around funerals and estate planning, delivered by diverse groups including lawyers, funeral directors and others to help remove some of the mystery and answer your questions.*

*The Dementia Presentation covers topics including dementia versus normal ageing, modifiable risk factors, caring for those with dementia, communication strategies and how to support your loved ones with this disease.*

*Please contact our office for more information.*

*Our staff will be happy to assist you.*



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# BICAS Showcase Will Whet Your Creative Urges

BRIBIE COMMUNITY ARTS CENTRE SHOWCASE IS THE ANNUAL BRIBIE CREATIVES' BRAG WRIT LARGE, ANTICIPATED BY ALL.



It opens January 28 and promises to be a stunning display of the many mediums that artists and craftspeople employ at the Centre.

COME SEE THE MANY FACETS AND TALENTS THAT ARE NOURISHED AND GROWN AT THIS WONDERFUL UNIQUE PRECINCT.

BICAS members proudly present their works for public perusal and purchase. The scope of the exhibition is also a measure of how their works grow and change with each year.

## SHOWCASE 2025

January 28th - February 23rd

There are 18 Working Together Groups participating this year. As the name suggests, this exhibition showcases what each group has worked on, their talents, innovations and acquired skills throughout the year. It is a window for onlookers into each group's make up and activity and perhaps a prompt for them to join.



191 Sunderland Drive, Banksia Beach



Come visit and enjoy a cuppa and something delicious at Cafe 191 in a break.

# It is one not to be missed.

Opens January 28 and runs til February 23.

### GALLERY HOURS

Tuesday to Saturday 9am to 4pm; Sunday 9am to 1pm

# Happy Birthday *Nola*

"50 enthusiasts joined keen Ukulele player and composer Nola Strawbridge to celebrate her 80th birthday. There were service friends from the Army, RAAF, Police, Softball teammates, Drafting Associates, and Writing Class members from U3A." Among her gifts and presentations was a magnificently crafted quilt depicting "Women at War", handsewn by Lorraine Hunter, a friend of 25 years who initially met her on a Computer Drafting course.

After a challenging childhood, Nola joined the Women's Royal Australian Army Corps in the sixties as a Cartographer/Draftswoman attached to Survey in Bandiana. Her role there was complex

and meticulous in converting the old French colonial maps to English, confirming and redrawing details to reflect current topographical changes from aerial photography and ground surveys. This conversion and renaming in the local language earmarked them for use by Australian troops in Phuoc Tuy province in South Vietnam. In this capacity, she gained respect for her talent and application in what had previously been a male-dominated environment.

Nola continued an interesting career after her Army discharge, working in several government Departments of Planning in Victoria, Qld, and the

UK.

She worked for Shell Roadmaps, Energex, and Engineering departments until her final position, before retirement in 2010, with Caboolture Shire Council.

Here on Bribie Island, she actively participates in Musical events, which is not surprising as she had her own band in 1984, known as "Six of One"! Her positive outlook and gentle manner give no indication of her compelling past.

Ex-Service Women on the island meet every fourth Monday of each month for lunch at the Social in the RSL. We would welcome new members.

For further contact: - check with Anita on FB.



## BRIBIE ISLAND VOLUNTARY COMMUNITY HELP ASSOC. INC.

### POSITION AVAILABLE

We are seeking a mutual minded person to join our small call centre team to provide direct telephone support for Transport and Home Maintenance services to our clients, providing tens of thousands of services per year. You must have experience in providing telephone support, logistical support and very good skills in Microsoft Office products, especially demonstrating past experience working and writing small visual basis applications. We operate in a very dynamic environment, especially in transport logistics, therefore the

successful candidate must be able to adapt quickly to changing circumstances to ensure a minimal impact to our clients on a daily basis.

We are a very regulated environment; therefore the ideal person must be able to interpret policy and procedures into their every action and have great interpersonal skills that complement our existing workforce. Previous experience in the aged care or disability sector would be a great advantage.

This is a permanent position for the right candidate and a great job for someone to live locally and work locally. Please send a resume outlining your experience.

If you wish to apply or seek further information, you can email your details to [apply@bivchai.org.au](mailto:apply@bivchai.org.au)



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

# Local Dining Guide



## 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!

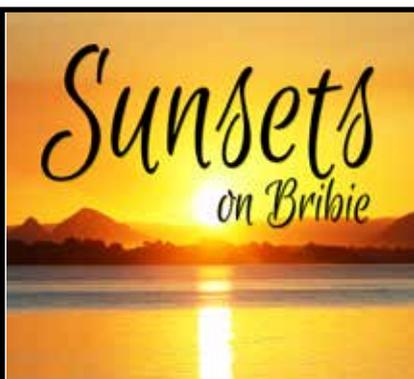
First Avenue, Woorim PH: (07) 3408 2141  
[www.thesurfclubbribieisland.com.au](http://www.thesurfclubbribieisland.com.au)



## THE DECK RESTAURANT

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

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



## Sunsets on Bribie at Bribie Island Bowls Club

11-23 Welsby Parade, Bongaree.  
[www.bribiebowls.com](http://www.bribiebowls.com)

Experience our delicious dining options while overlooking some of the best waterfront views on Bribie. Open 7 days for lunch and dinner with seniors' meal specials and kids menu. With something to suit all appetites make sure you don't miss this amazing dining experience. Book your table now by calling 3408 1018.

Lunch: 12pm -- 2pm, Dinner: 5pm -- 8pm



# Sandstone Point Carols



Congratulations and compliments flowed at the end of the Sandstone Point Carols on Saturday night, 14th December. Despite the morning torrential rain that flooded the oval, the event went ahead with 270 people crowding into the hall and outside under the awning and marquees. Sound and video were relayed outside via a large LED Screen.

Pastor John Gollan welcomed everyone, including Terry Young MP, Ariana Doolan MP and invited Councillor Brooke Savige to bring a greeting from sponsor, City of Moreton Bay.

The volunteer band and singers from Glasshouse Country Baptist Church set toes tapping, and there was a great sense of community spirit as people sang along to their favourite Christmas songs & carols, such as Aussie Jingle Bells and Hark the Herald Angels Sing.

Vocalist Tammy Mathieson captivated the audience with her powerful performances of Noel (He is Born), It's the Most Wonderful Time of the Year and her goose-bumping rendition of O Holy Night.

International children's entertainer Sean W Smith got the children up and dancing and entertained young and old alike with

fun songs such as "Stop and Listen to Your Mum" and "Veges Rock" while simply and powerfully explaining God's free gift of love, ready for us to accept - Saviour Jesus whose birth we celebrate at Christmas.



The "Surprise Finale" with confetti cannons and smoke bubbles had everyone laughing as they left the venue with their free homemade biscuits.

Thank you, City of Moreton Bay Local Community Support Grant, IGA Sandstone Point, Sandstone Pt Community Assoc,

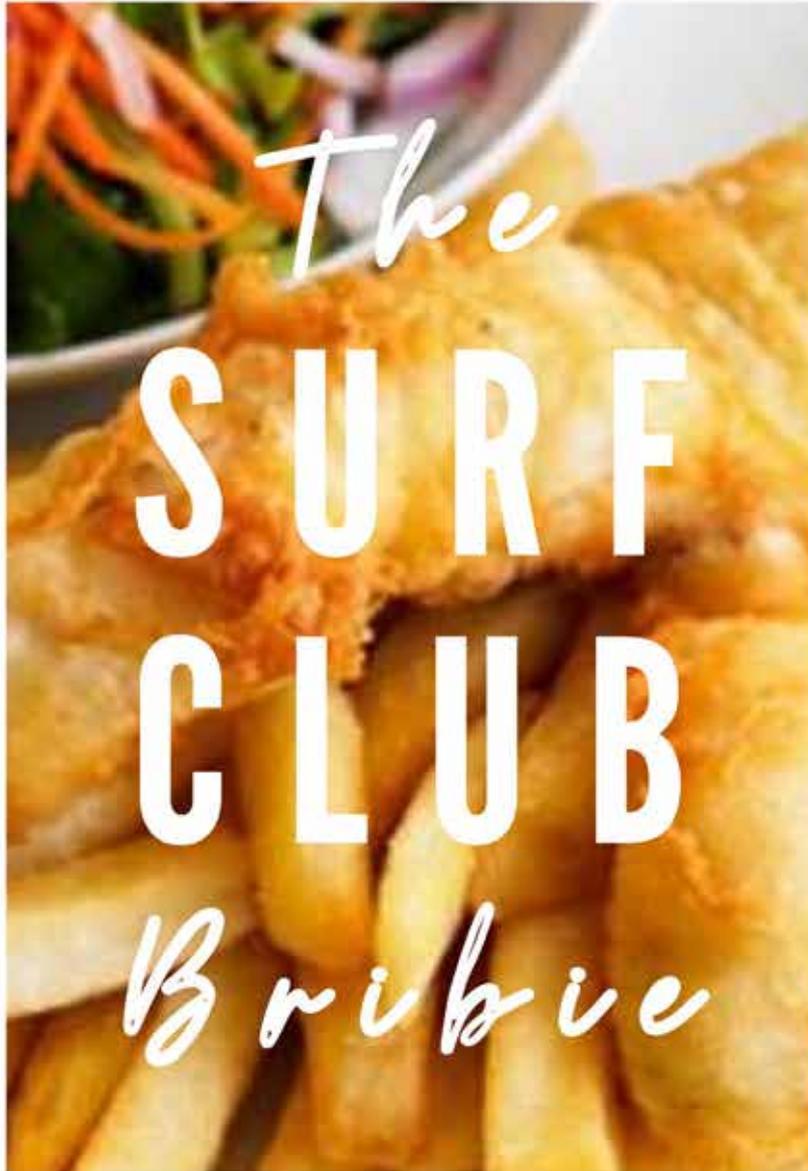
Bribie Island Community Nursery, Healthsave Pebble Beach Pharmacy, Terry Young MP, Ariana Doolan MP, Victory Press, Bribie Island Little Athletics, and local papers for your sponsorship and support. Special thanks go to sponsors Nathan's Sound and Lighting and Hans Electrical, who were on site all day and went above and beyond to pivot the original plans so the event could go ahead.

Some comments included: A wonderful night! Great band and wonderful entertainment! It was excellent, really well done. Very welcoming A beautiful night. Thank you for going ahead. I think the event was just wonderful and felt like Christmas with community spirit Tammy was incredible! What a voice! Sean was so amazing with the children. He's a great communicator. The bubbles were so much fun!

Sandstone Community Church meets each Sunday at 3pm in the Ningi Community Hall, 1320 Bribie Island Road. There will be a special Carols Service on 22nd December at 3pm, Christmas Day Worship at 8:30am, and a Café Church at 3pm on 29th December. All are welcome.

**For further information, contact Pastor John Gollan Ph 0493 267 654.**

BOOKINGS SUGGESTED - AVAILABLE ONLINE



BISTRO | BAR | GAMING | OCEAN VIEWS



2 FIRST AVE, WOORIM, Q 4507  
PHONE: 07 3408 2141  
THESURFCLUBBRIBIE.COM.AU

# BRIBIE SEVENTH-DAY ADVENTIST CHURCH: *Our Joyful Christmas Celebration 2024*



was such a joy to see faces light up as we shared good food and even better company. For those who preferred a bit of fresh air, the cozy courtyard offered a perfect spot for alfresco dining, complete

**W**hat a fantastic time we had at our Christmas program for 2024 at Bribie Seventh-day Adventist Church! This wasn't just any celebration; it was a wonderful community event that brought everyone together in the season's spirit. We shared a simple, heartwarming retelling of the Christmas story straight from the Bible, and it really struck a chord with our audience. So many people commented on

how much they appreciated its simplicity and its heartfelt message. Our cast comprised over 20 enthusiastic church members, all dressed in delightful Bible-time costumes. We had Mary and Joseph, of course, and the adorable baby Jesus, along with a host of angels, shepherds, and wise men who brought the story to life. They reenacted the scene beautifully, accompanied by lovely narration from the Bible, topped off with musical

performances from our talented guest musicians who played our favourite carols. The singing truly filled our hearts and our church, which was packed to the brim. Everyone joined in, belting out those beloved carols with such joy and enthusiasm, creating an atmosphere of pure celebration. After the performance, we all gathered for a delicious feast that everyone raved about. The festive dining room was beautifully decorated, and it

with twinkling lights and the cheerful chatter of friends catching up. Everyone involved had a fantastic time, sharing smiles and laughter while bringing our community's Christmas spirit to life. We hope this is just the beginning of many more joyful gatherings to come! Looking ahead, we're already excited about our future events, and we can't wait to see you all there!

# BRISBANE CRUISES

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BRIBIE ISLAND LUNCH CRUISE 2025

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

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Price Includes BBQ lunch and cruise

Prices: Adults \$55, Children \$26 (5 - 14yrs).

2025 DATES:

Thu 30 Jan, Fri 28 Feb, Fri 14 Mar,  
Tue 29 Apr, Wed 28 May, Thu 26 Jun

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

T: 07 3630 2666

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










# Horoscope

February kick-starts with a pile of planets in visionary Aquarius and sensitive Pisces. It's perfect energy for getting in touch with our dreams and finding creative ways to manifest them. With Uranus, the change-maker, moving forwards at the start of the month, out-of-the-box strategies stand a real chance of success. By the time power planet Mars, which has been travelling backwards for nearly three months, changes direction towards the end of February, we'll be well on the way towards realising goals.

## SAGITTARIUS (Nov 23 - Dec 21)

With your charm, charisma, and enthusiasm, you're not the kind of person who likes to 'fit in'. It's not in your nature to conform to the norm. You can't help but question convention and seek alternatives. Thank goodness! The world needs Sagittarians! But your refusal to accept what everyone else accepts can cause problems with people who like things to be predictable. To maximise February's cosmic energy, try to be patient with others, and explain yourself. Which doesn't (by the way) mean compromising your integrity.

Be ready for February! It's going to be action-packed! Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## CAPRICORN (Dec 22 - Jan 20)

Although 'money makes the world go round', 'all we need is love'. Whichever one of these drives our planet, there's another force that obliges us to keep moving; it's fear. Our worries and concerns motivate us to make decisions and take action. So, a small amount of fear is healthy and necessary. But a big amount, is harmful and unhelpful. February brings developments that will challenge you. But you're a resilient Capricorn; not only will you cope, you'll learn. And with the experience you gain you'll be able to shake off a big worry.

It's February! For uplifting news on the opportunities ahead, visit [ozfree.cainer.com](http://ozfree.cainer.com)



## AQUARIUS (Jan 21 - Feb 19)

If some things are 'meant to be', what about the other things that come into our lives? Are they meant 'not to be'? When things feel 'right' we don't question them. We don't bother thinking that they might be 'wrong' things in disguise. Even when they turn out to be accompanied by setbacks, we tend to accept these as being necessary challenges along the way to success. In February, which starts with the Sun, Mercury, and Pluto in your sign, what feels right, is right. If you trust your instincts and your luck, it's going to be special.

For inspiring predictions to take you through the coming month, visit [ozfree.cainer.com](http://ozfree.cainer.com)



## PISCES (Feb 20 - Mar 20)

People who are powerful and successful aren't necessarily happy. If there are problems in their domestic/relationship world, all the power and money on the planet won't bring them joy or satisfaction. Yet, we all find it easy to overlook the things that matter most. We tend to focus more on what we 'don't have', than what we do. In February, with Jupiter, your traditional ruler, turning direct, you can expect to do well on almost every level. But, if you prioritise the people and situations closest to your heart, the benefits will last.

February brings potential for positive change. Find out more! Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## ARIES (Mar 21 - Apr 20)

Being a dynamic, energetic Aries, if everything in your world was sailing along at a reasonable speed, you'd do something to rock the boat! We all need occasional waves of excitement to liven things up. And there are times when we all have to work against the current. A bit of unpredictability and challenge brings colour, contrast, and depth to our lives. But that doesn't mean you don't appreciate moments of calm and order in between the dramas. In February, if that's what you're looking for, that's what you'll find.

Make February special! For inspiring forecasts and great news, visit [ozfree.cainer.com](http://ozfree.cainer.com)



## TAURUS (Apr 21 - May 21)

In order to deliberately deceive someone, the trick (apparently) is to stick as close to the truth as possible. Rather than creating an intricate web of deceit, it's best to modify our story so that we end up with a slightly altered version of actual events. But you'll be glad to hear that you won't need to do that in February. Just because Uranus, the change-maker, turns direct in your sign at the start of the month, and you find yourself full of surprisingly unconventional ideas, you'll gain power and influence by being true... to yourself and to others.

Take full advantage of February's opportunities! Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## GEMINI (May 22 - Jun 22)

Skillful salespeople know how to make defects desirable. So, if they've got a pack of toothbrushes with shorter than normal handles, they'll promote them as 'eco-friendly, pocket-sized' products. They make drawbacks sound like advantages. In February, with your ruler, Mercury, moving from innovative Aquarius to creative Pisces, your ability to find positives (even in challenging circumstances) will enable you to work any situations to your advantage. Refuse to be disheartened, and you'll make heart-warming progress.

February is going to be amazing! For inspiring insight, visit: [ozfree.cainer.com](http://ozfree.cainer.com)



## CANCER (Jun 23 - Jul 23)

You might want an easy life. But life without challenges would be dull; any activities that involve an element of adventure come hand-in-hand with a few difficulties. February brings situations which oblige you to take the kind of action you'd never contemplate if things were rolling smoothly along. Even though power planet Mars is retrograde in your sign, there will be moments when things seem 'too much'. But they're creating opportunities for you to plan for the positive, innovative changes that are possible when it turns direct.

For uplifting news about February, check out your forecasts at [ozfree.cainer.com](http://ozfree.cainer.com)



## LEO (Jul 24 - Aug 23)

Society used to be divided into classes and groups that were nigh on impossible to move between. These days, in theory, we have the freedom to chop and change more easily. We can climb up the social ladder. We can be wealthy through our own making. And we're less-easily defined by our sexuality and our ethnicity. Hooray! February calls you to question your sense of identity and the restrictions you're placing on yourself. With greater awareness of who you are, you'll be able to take steps that take you to where you want to be.

You're going to enjoy February. Find out why! Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## VIRGO (Aug 24 - Sept 23)

Suppose you voice, aloud, what you really want to happen in February? Suppose you express your intentions, and set out to do everything in your power to reach your objectives? What kind of month would you have? Although there's no guarantee you'll get what you want, when you want it, surely there's no point in not aiming high and reaching for the stars? With your ruling planet moving, mid-month, from visionary Aquarius to creative Pisces, you can find ways to action innovative ideas that lead towards a happier future.

For news you need to hear about February, visit: [ozfree.cainer.com](http://ozfree.cainer.com)



## LIBRA (Sept 24 - Oct 23)

No wonder you feel like you're stuck between a rock and a hard place. With so many demands being made on your time, you haven't got room to think for yourself, let alone make a move that frees you to focus on your needs and dreams. You need some wriggle room. And the good news is that's what February brings your way. With your ruler, Venus, moving into Aries at the start of the month, you'll find it easier to feel less responsible for others. Feeling more positive, you can trust that everything's working out for the best.

February's cosmic events could transform your life! Find out how! Visit [ozfree.cainer.com](http://ozfree.cainer.com)



## SCORPIO (Oct 24 - Nov 22)

To keep on top of what the cosmos is bringing your way this month, do you need to do a course on deciphering smoke signals? Should you be wary of the obvious, and focus on trying to figure out what's going on behind the scenes? Not if you want to make the progress you're being offered in February! Your intuitive skills are being highlighted. Your task is to direct them in the best possible way. So, rather than concerning yourself with irrelevancies, or overcomplicating scenarios, keep things simple. You'll love what unfolds.

Make February a month to remember! For valuable news, visit [ozfree.cainer.com](http://ozfree.cainer.com)





## ART TARTS 2024

1 DECEMBER 2024 SAW THE CLOSE OF ANOTHER VERY SUCCESSFUL ART TARTS EXHIBITION.

Thank you to everyone who came, looked and purchased our pieces of Art. We will be back at the Bribie Community Arts Centre around the same time in 2025

This year, our raffle raised \$1250 for the Bribie Pink Dragons. The photo shows our 'Citris' Tart, Bev Porter, with Pink Dragons Gill Jennings (VP), Leonie Dyer (Team Manager) and Bev Sowter.

# MARKETS

### Beachmere District Community

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

### Bribie Island BIDCA Markets

The Bribie Island BICA Markets are held at Brennan Park, Bongaree, the 3rd Sunday of each month from 6am -12pm

### Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second Sunday of each month from 6.30am – 12 noon

### Queensland Cancer Council

The Cancer Council Markets are held at Brennan Park, Bongaree on the first Sunday of each month from 7am to 12 noon.

### The Sylvan Beach Munch Markets

(Farmers Market)

The Munch Markets are held in the park opposite the Bribie Island Hotel on the 1st Saturday of each month from 9am to 2pm

### Banksia Beach Market

Bribie Harbour Shopping Village is held on the last Saturday of each month 8am to 12pm

### The Bribie Island Comm Plant Nursery

The Bribie Island Community Plant Nursery is open

Tues to Sat 8 am to 12 pm

### The Bribie Island Lions Market

2nd Sat of the month at Tintookie Park Woorim 7am - 1pm.

### Bribie Woodcrafters & Bribie Island Gem Club

Open day, Demonstrations & Sales - last Sunday of each month

8am to 12noon Held at Bribie Art Centre 191 Sunderland Dr, Banksia Beach

### The Bribie Bowls Euchre Club

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

# ANCHORAGE

SANDSTONE POINT



## DISPLAY SUITE NOW OPEN

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13-19 Spinnaker Drive, Sandstone Point  
[www.anchoragesandstonepoint.com.au](http://www.anchoragesandstonepoint.com.au)

**IGNITE**  
PROJECTS

On Friday, February 14th, 2025, at 5 p.m., members, supporters, and the general public are invited to attend a memorial service to honour the 287,000 Australian National Servicemen who served their country. The date signifies the day the last National Serviceman completed his training obligations. The service will be held on the grounds of the National Servicemen's Memorial Park on the grounds of the Bribie Island R.S.L.



# WHY THAT BRIBIE STREET NAME ?



## BARRY CLARK

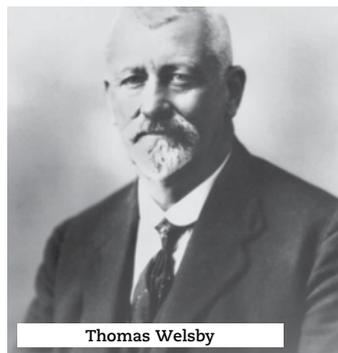
President  
Bribie Island Historical Society

**M**ost readers know the major street names on Bribie but may not know how or when they were named. Everyone knows **FIRST AVENUE**, which was built in 1923 as a sand track for basic visitor transport from the Jetty to Ocean Beach 110 years ago. Bribie was developed as a Company Town, and the first road was originally named Campbell Avenue after the Director who paid for a Toll Road to be built. It was later renamed First Avenue.

## WELSBY PARADE

This Bongaree foreshore street is named after Moreton Bay historian, politician, sportsman, and author who had a long association with Bribie and a holiday home here

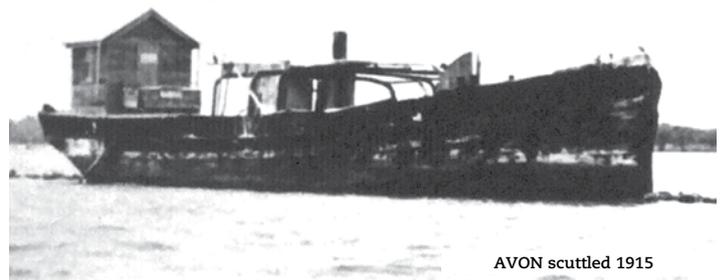
in his later years. He was a renowned fisherman, President of the Amateur Fisherman's Association, and author of seven books on Fish and History. His last book, written in 1934, was about a fictitious character, "Bribie the Basket Maker", a convict who he said lived with an Indigenous woman on Bribie .....but he later agreed it was not true.



Thomas Welsby

## AVON AVENUE

The main road at Banksia Beach is named after an old coal-carrying hulk named **AVON**, which was deliberately scuttled in Pumicestone Passage opposite Dux Creek in 1915 to protect Oyster leases from southerly weather. Many Oyster leases in the passage belonged to James Clark, who owned the whole of what is now Sandstone Point. Mud worms wiped out the Oyster industry, but the rusted Avon wreck is still visible at low tide as a reminder.



AVON scuttled 1915

## BANYA STREET

When the new settlement of Bongaree was surveyed in 1912, it was suggested that it be named **BANYA** after a nearby aboriginal Oyster Camp. The Lands Dept. did not adopt this name, but it decided to call it Bongaree to honour the Sydney aboriginal who first came to Bribie with Matthew Flinders in 1799.

## FOSTER STREET

It was named in the first Bongaree subdivision for Fred Foster, a Dugong fisherman

who camped on the nearby creek in the 1880s. There, he processed Turtles and Dugong for oil and blubber.

## GOODWIN DRIVE

The road from the main shopping centre to the new Satellite Hospital. After the Bongaree Jetty was built in 1912, it was twelve years before the first road was built to Woorim. The only place to buy alcohol for the first 27 years was at the restricted Bowls Club license or on the Steamship Koopa when it came to Bribie. The Hotel Bribie was built by brothers John & Patrick Goodwin in 1939, which is where Goodwin Drive comes from. The architect designed a modern Hotel with its own Powerhouse and water supply. When Bribie became a military base in World War 2, the Hotel was occupied by the Women's Army Service, and the liquor license was moved to a small cottage named ASCOT on the corner of Banya and Foster Streets, which is no longer



ASCOT Cnr of Banya & Foster Streets

there. John Goodwin was later appointed Caboolture Councilor and worked hard to get town water and electricity to the island. When the Tug Co. stopped running the Koopa to Bribie in 1952, John formed the Moreton Bay Development Co. to keep the Koopa operational, but it soon failed. The Hotel was later renamed Blue Pacific



John GOODWIN Councilor

## RICKMAN PARADE

This runs behind the sand dunes north of Woorim and was named after Joe and Doreen Rickman, who bought land in 1957 and came to live in 1960.

Joe Rickman was an airman who had flown the skies over Bribie calibrating aircraft instruments and went on to run an electrical contracting business in Melbourne. In 1960, the Rickman's moved to what was then "The Esplanade" at Woorim. In those days, there were major problems with shifting sand dunes blocking the road and the house. The Rickman family home was raised up to escape the encroaching sand using salvaged telegraph poles after the phone line had been put underground. Doreen sponsored many aboriginal children to enjoy a holiday with them and spent 15 years on the School Committee and the Ratepayers Association campaigning to stop sand mining on Bribie. Joe Rickman became a member of the Shire Council, and the Esplanade was renamed Rickman Parade to honour their service and achievements.



JOE RICKMAN

## SOLANDER ESPLANADE

Several streets at Banksia Beach foreshore relate to the voyage of James Cook on the Endeavour in 1770. However, Cook did not come anywhere near Bribie Island and was way out to sea when he sailed past here. A developer chose the street names, and Daniel Solander was an assistant botanist working for Joseph Banks, who had many things named after him. Daniel Solander was born in 1733 in

Sweden, the son of Rev. Carl and Magdalena Solander.

## COTTERILL AVENUE

Lilly Cotterill was Alfred Hall's niece, a Grocer in Brisbane who opened the first shop at Bongaree in 1918 with Artie Bestman. Hall and Bestman both have streets named for them. Wilfred and Lilly Cotterill and their daughter Muriel, aged 8, came from Nottingham, England, in 1924 and initially set up a small shop at Woorim. Wilf then managed Hall and Bestman's farm on what is now Cotterill Avenue. He was known as the Melon King, growing vegetables and raising fowls and ducks for sale and eggs.



WILF COTTERILL & A. Hall

The family turned to dairy and pig farming, which proved very successful. They thrived and supplied the island with milk, meat, fruit and vegetables. A lot of produce helped stock the Hall & Bestman store. Wilfred eventually purchased Hall's share of the land and ran the property with up to 50 cows, but Dingoes were a big problem, and calves had to be penned when firstborn. Wilfred delivered fresh milk by horse and cart. By 1930, Hall and Cotterill held the lease, and Wilf cleared more land and erected buildings. During World War 2, he supplied fresh milk to the military forces stationed on Bribie Island and Toorbul Point. By 1950, the lease was converted to freehold, and Wilf Cotterill became the sole owner. The remaining land was subdivided and became the Cotterill Estate. The original Cotterill farmhouse remained on a block of land between Cotterill Avenue and Hall Avenue until 2008, when it was demolished to make way for units.

## BOYD STREET

Boyd Street at Woorim is named for Geoff Boyd, a shareholder in the Brisbane Tug & Steamship Co., a prominent citizen and owner of Motel Bribie. The new Motel idea involved several small houses on land bordered by First Avenue, Blaik Street, Oxley Way and Boyd Street. A large weatherboard house and several fibro huts, with typical prewar cladding. Geoff Boyd was active in the Ratepayers Association, Chamber of Commerce, Bribie Succession Movement and Chairman of the Appeals Committee. Television transmission started in Brisbane in 1959, and Bribie

got excellent reception, so Geoff Boyd bought two TV sets to hire for his Motel guests. Soon after, he was summoned to appear in Caboolture court for not having TV viewing licenses. Boyd, with the support of Shire Chairman Frank Unwin, fought and won the case on the basis that the Federal Government had no such rights, and soon after, the Government discontinued TV viewers' licenses.

## 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. The first meeting for 2025 will be on Wednesday, 12 February. See more stories & photos of Bribie's history on the website [Bribiehistoricalsociety.org.au](http://Bribiehistoricalsociety.org.au) and Blog <http://bribieislandhistory.blogspot.com>. Or contact us at [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)



# AUSTRALIA DAY

*Australians, all let us rejoice, for we are one and free.*

By Al Finegan

**A**USTRALIA DAY IS IMPORTANT. THE NATION WOULD BE UNWISE AND SEEN BY LATER GENERATIONS AS FOOLISH IF IT DID NOT PROCLAIM ITS LEGITIMACY, SUCCESSES, AND FAILURES ON ONE SPECIAL DAY. THIS CENTURY, IT IS OBSERVED ANNUALLY ON 26 JANUARY. IT MARKS THE ARRIVAL OF THE FIRST FLEET AND THE RAISING OF THE UNION JACK OF GREAT BRITAIN BY CAPTAIN ARTHUR PHILLIP AT A SMALL BAY ON THE SOUTHERN SHORE OF SYDNEY HARBOUR IN 1788.

It is an official public holiday in every state and territory. It is the biggest annual civic event in Australia. The presentation of community awards and citizenship ceremonies are held on this day, with addresses by the Governor-General and Prime Minister. The government's "Australia Day Council" organises events that seek to recognise the contributions of all

Australians to the nation while encouraging reflection on past wrongs, including those of our Indigenous Australians. We remember and give thanks for the diversity of achievements of our society, past and present. These include the introduction of democracy, a written language, brick making, musical instruments, buildings, irrigation, shipping, sustainable farming, schools, pottery, mathematics, astronomy, glass making, weaving, cotton growing, cooking, and not to forget a scientific medical profession. We should also raise a glass to the English who gave us cricket, the Northern English who gave us Rugby League, and the Southern English who gave us Rugby Union, while the Scots gave us bridges, iron making, heavy industry and engineering...and of course whisky and Jimmy Barnes. And I never forget my ancestors who gave us so much humour, and of course, Irish Pubs.

The meaning and significance of Australia Day have evolved since the first record of a celebration in 1808. In the nineteenth century, the colonies celebrated on different days to acknowledge their founding. It was Regatta Day in Tasmania, Queensland Day in Queensland, or Foundation Day in Western Australia and NSW. Following the Federation in 1901, moves for a national holiday gained pace,

with the name Australia Day and the date of 26th January finally being selected in 1935. In 1994, the date was fixed in all jurisdictions on 26th January when the practice by some states of holding the holiday on a Friday in late January for a long weekend was dropped.

Just what really happened on that first special day? After detailed research of the numerous original reports, articles and books, I discovered that rarely did any two agree on the sequence and various events on this important day. I present what I believe did occur, particularly between the 21st and 26th of January 1788. The actual reports written at the time had me bemused at the antics of the various events. Reading the official reports and perusing the paintings and comments by historians made it obvious that much lipstick was being applied to the proverbial pig that would raise many a cynical smile.

It started on 13th May 1787 when a fleet of 11 ships, which came to be known as the First Fleet, was sent by the British Admiralty from England to New Holland. Under the command of Naval Captain Arthur Phillip, the fleet sought to establish a penal colony at Botany Bay on the coast of NSW, which had been explored and claimed by James Cook in 1770. The settlement was seen as necessary due

to the loss of the Thirteen Colonies in North America while denying the French ambitions. The Fleet straggled into Botany Bay between the 18th and 20th of January 1788. A disappointed pall slowly enveloped the fleet as it became obvious that Botany Bay was not suitable for a new and growing colony.

Thus, on 21st January, Captain Phillip and a few officers travelled to Port Jackson, 12 km to the north, to see if it would be a better location for a settlement. Captain James Cook had mapped the opening of Port Jackson as he sailed past The Heads in 1770, missing the discovery of the best harbour in the world. Phillip and his party surveyed the harbour until they selected the site for their colony, naming it Sydney Cove, after the Home Secretary, Thomas Townshend, 1st Viscount Sydney. On going ashore, Phillip made friendly contact with the local Aboriginal people. *Supply* returned to Botany Bay, arriving on the evening of 23rd January.

An excited Captain Phillip immediately called a meeting of all ships' Captains and issued orders for the fleet to sail to Sydney Cove the next morning. At daybreak, more disappointment overcame the 1,400 souls pleading to get to shore as gale force winds howled through the multitude of ships' riggings. Phillip decided to postpone departure until the next day, the 25th of January. But new excitement was to break the pall of disappointment hovering over the fleet when they spotted the ships *Astrolabe* and *Boussole*, flying the French flag, tacking back and forth outside the entrance to Botany Bay. They were having as much trouble getting into the bay as the First Fleet was having getting out.

The next day, 25th January, the entire British fleet, while attempting to depart, was being blown wildly around the Bay until all but one of the ships had to abandon their efforts. The ship that succeeded was the nimble little *Supply*. It got out at midday carrying Phillip, a number of officers including Gidley King, some Marines, and about 40 convicts. She sailed up to Port Jackson, where she anchored for the night. King recorded the event as follows, "*The wind blowing strong from the NNE prevented our getting out. Eventually, we were obliged to wait for the ebb tide, and at noon, we weighed and managed to get out of the harbour.*" It seems that Captain Phillip ignored the French as *Supply* successfully navigated her way out of Botany Bay, deciding that dealing with them could wait until after the fleet was settled at Sydney Cove. Early on the morning of the 26th, Phillip and his party were rowed ashore to the spot he had chosen a few days earlier.

Meanwhile, *Sirius* was the first of the remaining ships to successfully clear the Bay. But before she set off north, Captain

John Hunter made brief contact with one of the Captains of the French ships. He was told that the French ships were under command of Comte de Jean Francois de Galaup de la Pérouse. He asked the Frenchman to pass on a message to la Pérouse (my interpretation), "*Sorry about that old chap, we beat you to it and have claimed this land. So there's a good fellow, now off you go*". Meanwhile, the remaining English ships were still having great difficulty getting away as the wind was blowing hard and in the words of Ralph Clark on *Friendship*, "*There was a great sea rolling onto the Bay. Charlotte was blown off course, dangerously close to the rocks. Friendship and Prince of Wales could not keep in their stays and became entangled. This resulted in Friendship losing her jib boom and Prince of Wales her mainstay and topsail.*" According to Clark, "*it was only good luck that we were not blown onto the rocks and the whole on board drowned. For we should have gone to pieces. Thank God we've got clear out, as have all the ships.*" Later, Charlotte collided with *Friendship*, and the surgeon Smith claimed that his ship, the *Lady Penrhyn*, also nearly ran aground. Both Smith and Clark damned Arthur Phillip for insisting the fleet had to head immediately for Sydney Cove when it was dangerous to do so. Every sailor was blaming the near calamity on the rashness of Phillip in insisting that the fleet sail out in such weather and all agreed it was next to a miracle that some of the ships were not lost, the danger being so great.

By 3 pm, the fleet had finally cleared Botany Bay, and by 4 pm, it had entered Port Jackson for the 8km run up to Sydney Cove, with the last to arrive at 5 pm. There, according to Lieutenant Bradley of *Sirius*, they anchored at the entrance to the Cove in which *Supply* was laying and where the marines and convicts from the ship were camped. Finally, on a fine summer Saturday evening that was to become Australia Day, the 26th of January, the entire fleet had anchored in and around Sydney Cove, more than eight months after leaving England.

While the fleet had been playing dodgem cars in Botany Bay until eventually making their way up to Port Jackson, Captain Phillip and those who had arrived on *Supply* spent the day clearing the ground for an encampment. As the last ship dropped anchor, Captain Phillip sat on the shore and looked on with some contentment as he counted the anchored ships, realising that, at last, he had achieved his mission. As "an uncommonly fine evening" unfolded, he rounded up a few Officers and a couple of men and, after hoisting a banner on a newly raised flagpole, he led them in a toast to the King, the Royal Family and

the success of the colony. The flag would actually have been the old Union Jack or Queen Anne flag rather than the darker, newer Union Jack commonly depicted in paintings and historical accounts of the day. From Phillip's notes, "*In the evening of the 26th, the colours were displayed on shore, and, with a few of my principal officers and others, assembled round the flag-staff, drank the king's health, and success to the settlement, with all that display of form which on such occasions is esteemed propitious, because it enlivens the spirits, and fills the imagination with pleasing presages.*" Arthur Phillip makes no mention of this ceremony in his report to England.

For the next 10 days, an advance party worked hard to prepare a landing site and temporary accommodation for the 1,000 still on ships. At dawn on the 6th February, the disembarking began. All day, ships' boats rowed back and forth, ferrying hundreds of soldiers, convicts, and stores ashore. In the confusion, convicts soon located the rum supplies, and many cartons were hidden away. The soldiers had no chance of controlling the landed drunken convicts and withdrew, also with armloads of rum. By late afternoon, despite a threatening thunderstorm, the relieved women were the last convicts to be ferried ashore. After over 8 months of close confinement at sea, all the convicts were at last toasting solid ground. Their relief was short-lived. They cringed in fright as lightning flashes, deafening thunder, and pouring rain welcomed them.

The next day, the 7th of February, the whole hungover colony was assembled in Port Jackson to hear and be witness to the formal proclamation of the colony and Arthur Phillip's governorship. The official record, vesting all land to the reigning monarch King George III, dates from that day, the 7th of February, 1788.

As a footnote, la Pérouse had been given orders to investigate the new British colony aspirations in New Holland, arriving a day late only to witness the beginning of English settlement of the continent. After the English departed, the French camped for six weeks on the northern shores of the Bay, the area now home to a Sydney suburb bearing his name.

La Pérouse planned to leave the Pacific Ocean via Torres Strait and be back in France by June 1789. Concern mounted when they did not arrive as expected. In 1791, the French sent an expedition to search for the overdue navigator without success. It is said that King Louis XVI, on his way to the guillotine in 1793, enquired of his captors, "*Is there news of La Pérouse?*"

**Happy Australia Day to all my readers.**  
Al Finegan



# Pawgome Pet Pages



Buddy



Buster and Sunny



Winnie and Bear



Astro





As summer heats up, one important responsibility dog owners must remember is the impact of hot pavement on their furry friends' well-being. While taking our dogs out for their regular walks during sunny days may be tempting, we must consider the potential harm caused by high temperatures on asphalt and concrete surfaces.

The truth is that pavement can reach dangerously high temperatures that can burn a dog's sensitive paw pads in just a matter of minutes. This extreme heat poses serious risks, including burns, blistering, and long-term damage to your dog's feet. Moreover, dogs cannot intuitively know when they should avoid walking on hot surfaces. As their caretakers, we must advocate for their safety.

Understanding this, it's crucial to adjust our walking routines during the warm months. Early mornings or late evenings are optimal times for walks when the pavement is cooler. If you must walk during the heat of the day, consider choosing grassy areas or trails that provide natural shade. Remember to frequently check the temperature of the pavement by placing the back of your hand on it for seven seconds — if it's too hot for you, it's too hot for your dog.

Additionally, staying informed about your dog's behaviour is vital. Signs of overheating include excessive panting, lethargy, or reluctance to continue walking. If you notice any of these signs, it's essential to immediately find a shaded area, offer water, and cool them down.

Educating other dog owners in your community about the risks of hot pavement can help reinforce this message. By promoting responsible walking habits and advocating for our four-legged companions, we can foster a safer environment for everyone's pets.

In conclusion, protecting our pets from the dangers of hot pavement is fundamental to being a dog owner. We can ensure our dogs remain happy, healthy, and safe throughout the summer months by remaining vigilant and making minor adjustments to our daily routines. After all, our dogs rely on us to make the best choices for their well-being. Let's take the necessary steps to keep their paws safe from the heat.



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## SPORTS PAGES

**BRIBIE BOWLS CLUB RESULTS****Self Select Fours Fri 20 Dec**

Winners: D Gibson, M Andrews, G Kirby, I McClelland  
Runners up: P Hughes, A Hughes, K Taylor, R Elmore  
Lucky draw: B Hosie, C Barclay, G Teakle, E James

**Random select fours Saturday 21 December 2024**

Highest margin: L Savige, C Turner, R Bickerton, R Follett  
Lowest margin: L Williams, A Sturm, T Phillips, T Richardson

Out of hat winner: B Castle, K Brown, L Kurtz, I Teakle  
Out of hat winner: F Grimsey, T Raynham, J Shore

**Random select triples results Thursday 2 January 2025**

Winners: I Gillard, M Gittens, G Coleman

Runners up: P Mann, A Whalley

Out of hat winner: D Neumann, I Teakle, E Fender

Out of hat winner: G Olsen, S Brown, K Henry

**Self Select pairs****Friday 3 January 2025 (AM)**

Winners: M Thompson, G Joyce  
Runners up: N Gray, F Grimsey  
Lucky draw: M Lowe, S Chandler

Bunny: A Eyles, P Eyles  
Self Select Fours Fri 3 Jan 2025 (PM)

Winners: C Smith, K Burdon, S Root

Runners up: R Elmore, M Taylor, A Hughes, P Hughes  
Lucky draw: K Laverty, Wally O,

L Savige, K Thornton  
Lucky draw: P Gray, D Ackroyd, C Wilkie, P Wachmer

**Random Select Fours results Saturday 4 January 2025**

Highest margin: T Whalley, J Wallis, P Neumann, T

Raynham

Lowest margin: K Muller, K Brown, M Gittens, A Whalley  
Out of hat winner: L Savige, J Adams, W Langford, A Pinzger

Out of hat winner: G Frew, C Turner, L Hackwood, J Coleman

**Self select triples results Tuesday 7 January 2025**

Winners: P Mann, W Kelly, C Kelly

Runners up: B Kinnear, B Doe, P Doe

Lucky draw: M Garfield, L Williams, A Cornett, B Garfield

Lucky draw: G Ghest, R McDermott, M Young, B Skerton

Bunny: N Smith, A Riley, J Neill, L Hackwood

**Scroungers Results****Wednesday 8 January 2025**

1st: R Avern  
2nd: W Ryan

3rd: J Falvey  
4th: K Brown

**Self Select pairs results Wednesday 8 January 2025**

Winners: C Smith, M Algte, I McClelland, G Kirby  
Runners up: P Maloney, N Gray, S Hose, J Proule

Runners up: A Sharpe, P Dickson, P Cook, E Sharpe  
Lucky draw: G Sparke, J Oliver, D Beadman, P Gry

Lucky draw: J Hosie, K Perkins, S Cook, C Perkins

**Random select triples results Thursday 9 January 2025**

Highest score: P Mann, L Williams, An Whalley  
Runners up: P Conn, J Neill, S Muller

Out of hat winner: P Gee, W Manson, D Clarke  
Out of hat winner: T Brain, L De-Roule, P Neumann, J Murry

**LADIES DIVISION BONGAREE BOWLS**

Results of Ladies division Friday 3/1/2025

Winners: Elna and Arne Jensen  
R/Up: Carol Oates, Frank Levy

Results of Ladies Division Turkey Pairs Tuesday 7/1/2025  
Winners: Don Somerville, Paul Hill

R/Up: Maureen and Richie Ferguson

Bonus draw: Jackpot  
Results of Men's Division Thursday Pairs 9/1/25

Winners: Dave Dixon, Colin Sweet

R/Up: Greg Hemphill, Jacque Murdoch

Results of Ladies Division Friday 2-4-2 10/1/25

Winners: Peter Caruso, Graeme Hanlin

R/Up: Peter Vlajic, Ross Bryant

Results of Ladies Division Tuesday Turkey Pairs 14/1/2025

Winners: Sue Francis, Elna Jensen

R/Up: Jaarpung Blundell, Tim Carlton

Bonus draw: Marilyn Weston, Jenni Mitchell

Results of Mens Division of Wed 4's 15/1/2025

Winners: Ross Bryant, Dee Morrison, Brendon Jones, John Morrison

R/Up: Gordon O'Halloran, Don Pascoe, Peter Furlong, Flash Farley

Results of Men's Division Thurs Jackpot pairs 16/1/2025

Winners: Ian Paterson, Graham Symonds

R/Up: Peter McQueen, Darryl Rowlingson

**MORETON BRIBIE:**

Sat 4 Jan N/S 1 L Carr & J Wright 2 H Tyler & L Heap 3 Y Nakamura & M Bailey E/W 1 R King & L Groves 2 D Scown & J Easey 3 R Webb & L McLaren

Wed 8 Jan N/S 1 H Standfast & J Budgeon 2 J Kinross & R Floquet 3 H Tyler & J Medhurst E/W 1 L Heap & B Connell 2 J Hays & K Connell 3 R Medhurst & P Breene

Sat 11 Jan N/S H Tyler & L Heap 2 E Hutton & Y Nakamura 3 M O'Reilly & R King E/W R Webb & L McLaren 2 B Fuller & P Breene 2 C & S Wagg

Wed 15 Jan N/S 1 C & S Watson 2 J Kinross & R Floquet 3 L Carr & J Wright E/W 1 J Hays & K Connell 2 D & G Gibbards 3 M Bailey & P Edis

BICBC: Mon 6 Jan N/S C Page & J Kennedy 2 R King & C McAlister 2 J Easey & M Courtney E/W 1 L Groves & R Deacon 2 C Frankcom & P Swan 3 R & C Perrott

Mon 13 Jan N/S 1 M Peterson & M Peart 2 P Edis & C McAlister 3 A Fielding & J Easey E/W 1 D Dowling & G Lock 2 R King & M O'Reilly 3 I Best & B Moxham



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**SOLANDER LAKE  
BOWLS RESULTS**

W/E 15/12/2024.

Tuesday: Club Select Triples.

Winners: Gavin Dunlop, Merv Boike &amp; Ron Schultz.

R/U: Des Stewart, Mike Jones &amp; Andy Ives.

3rd: Brian Wrice, Ray Zahl &amp; Jan Oakley.

Wednesday: Club Select Pairs.

Winners: Ray Zahl, John Gemmell &amp; Vicki Mitchell.

R/U: Glen McCarthy, Andy Ives &amp; Peter Neilson.

Thursday: Self Select Fours.

Winners: Geoff Cusbert, Jenni Cummins, Chris Cummins &amp; Graham Hubbard.

R/U: Des Stuart, Brad Storey, Brian Harris &amp; Jan Oakley.

Friday and Saturday: Cancelled due to rain.

W/E 22/12/2024.

Tuesday: Club Select Triples.

Winners: Cliff Everson, Trevor Rennick &amp; Allan Matheson.

R/U: Dianne Nock, Leonie Schmidt, Raie Stuart &amp; Ross Luscombe.

Lucky Team: Kev Zipf, Merv Boike &amp; Ron Boddenberg.

Wednesday: Club Select Pairs.

Winners: Ross Luscombe, Greg Jones &amp; Bruce Hill.

R/U: Vicki Mitchell &amp; Glenn McCarthy.

Thursday: Self Select Fours.

Winners: Anne Ager, Julie Watson, Nerelle Andersen &amp; Stuart Ager.

R/U: Val Folley, Val Paul, Michael Whiteside &amp; Bruce Hill.

3rd: Trish Kling, Steve Jameson, Cheryl Dann &amp; John Dann.

Jackpot (\$160) – Jan Oakley team.

Friday: Self Select Pairs.

Winners: Brian Harris &amp; Pete Evans.

R/U: Ron Bull &amp; Ray Zahl.

Lucky team: Andy Ives, Rod Townsend &amp; Graham Hubbard.

Saturday: Club Select Triples.

Winners: Jenni Cummins &amp; Ron Boddenberg.

2nd: Julie Watson, Ross Luscombe &amp; Ron Schulz

W/E 29/12/2024.

Tuesday to Thursday: – Bowls greens closed.

Friday: Self Select Pairs.

Winners: Eric Holliday &amp; Steve Ross.

R/U: Brian Harris &amp; Ian James.

3rd: Greg Caplick &amp; Wally Schmidt.

Lucky team: Rob Henshaw &amp; Declan Dawson.

Saturday: Club Select Triples.

Winners: Julie Sergeant &amp; Ted Parker.

2nd: Julie Watson, Raie Stuart &amp; Robert James.

Lucky team: Dianne Nock &amp; Michael Whiteside.

W/E 05/01/2025.

Tuesday: Club Select Triples.

Winners: Cheryl Crawford, Brad Storey &amp; Neil Feazey.

R/U: Jenny Cummins &amp; Ted Parker.

Wednesday and Thursday:

Cancelled due to rain

Friday: Self Select Pairs.

Winners: Wally Schmidt &amp; Digby De Grono.

R/U: Marieke Moore &amp; Neil Feazey.

1st round: Richard Strawbridge &amp; Ian Carr.

2nd round: Peter Neilson &amp; Glenn McCarthy.

Lucky team: Ron Boddenberg &amp; Rod Reilly.

Saturday: Club Select Triples.

Winners: Ray O'Brien, Rosa McLeod &amp; Ricci Harris.

2nd: Des Stewart, Beryl

Cowperthwaite &amp; Brian Craitem.

Lucky team: Dianne Nock, Dave Bentley &amp; Julie Kent.

O'Reilly

Wed 18 Dec N/S 1 S &amp; C

Watson 3 J Wright &amp; L Carr 3 H Standfast &amp; J Budgeon E/W 1 J

Hays &amp; K Cohen 2 J Kinross &amp; J Reiter 3 R Sutton &amp; Y Nakamura

BICBC: Mon 9 Dec N/S 1 M Arthur &amp; R King 2 M Peterson

&amp; D Quinan 3 M O'Reilly &amp; S Smith E/W 1 I Best &amp; B Moxham

2 D Dowling &amp; C Browne 3 C Frankcom &amp; P Swan

Mon 16 Dec N/S 1 D Quinan &amp; M

Peart 2 A Fielding &amp; L Groves 3 C Page &amp; J Kennedy E/W 1 R King

&amp; B Moxham 2 C Frankcom &amp; P Swan 3 D Dowling &amp; C Browne

**BRIBIE ISLANDER:  
RESULTS FOR  
BRIBIE ISLAND  
WOMEN'S GOLF**

5 December 2024 to 14 January 2025

**5/12/24 – Break Up & AGM - 3  
Club & Putter Team Aggregate  
Stableford**

Front 9 Winners: Louise

Keleher, Heather Tanner, Sue

Navie &amp; Julie Thackeray 67,



Runners Up: Sandra Power, Angela Jordan, Vivi Lloyd &amp; Jody Bedson 63

Back 9 Winners: Judy Umlauf, Heather Creedy, Judy Graham

&amp; Margaret McDonald 64,

Runners Up: Val Phinn, Paula Mckenzie, Sue Graham &amp; Lesley

Heap 63

**10/12/24 – Single Stableford**

Div 1 Winner: Magrit Pearce 42, 2nd Leonie Buxton 39, 3rd

Sylvia White 38 cb

Div 2 Winner: Kate Brown 42,

2nd Tanya Zanow 38, 3rd Carol Lobegeiger 37

NTP's: Hole 4 Gill Lee, Hole

7 Suzanne Valley, Hole 14

Pauline Grooby, Hole 16 Julie

Bell, Hole 4 (Div 3 2nd shot)

Roslyn Crossley

**12/12/24 – Single Stableford**

Div 1 Winner: Gaby Bennett 39

cb, 2nd Kate Wesener 39, 3rd

Vicki Jones 37

Div 2 Winner: Jennifer

Warburton 40, 2nd Judy

Umlauf 39, 3rd Jennifer

Stafford 38cb

NTP's: Hole 4 Kate Wesener,

Hole 7 Sandra Power, Hole 14

Pauline Grooby, Hole 16 Jo

McCowan

**17/12/24 – Single Stableford**

Overall Winner: Gwen

Clutterbuck 37 cb, 2nd Gay

Burnham 37

NTP's: Hole 4 Carol Lobegeiger, Hole 14 Kate Wesener, Hole 16 Kate Wesener

19/12/24 – Single Stableford

Overall Winner: Kate Wesener 39, 2nd Vivienne Learoyd 36,

3rd Barbara Newcomb 35 cb, BRD: 32 cb

NTP's: Hole 4 Christine Pronk,

Hole 7 Kate Wesener, Hole 14

Julie Bell, Hole 16 Julie Bell

7/1/25 – Single Stableford  
Div 1 Winner: Val Phinn 38, 2nd Carole Watson 36cb, 3rd Vicki Jones 36cb  
Div 2 Winner: Nadia Aylott 36cb, 2nd Wendy Robinson 36, 3rd Judith L'Estrange 34cb  
NTP's: Hole 4 Charmaine Price, Hole 7 Nadia Aylott, Hole 14 Carole Watson, Hole 16 Joanne McCoombes

**9/1/25 – Single Stableford**

Div 1 Winner: Kate Wesener 42, 2nd Magrit Pearce 38cb, 3rd

Vicki Jones 38

Div 2 Winner: Leonie Buxton

39, 2nd Jennifer Warburton 36,

3rd Roslyn Crossley 34

NTP's: Hole 4 Di Binghamy,

Hole 7 Julie Bell, Hole 14

Leonie Buxton, Hole 16 Gwen

Clutterbuck

**14/1/25 – Single Stableford**

Div 1 Winner: Kate Wilson 40, 2nd Sandra Power 39, 3rd

Christine Pronk 38

Div 2 Winner: Fitzie Jackson

38, 2nd Ailsa Lauchlan 37, 3rd

Gay Burnham 35

Div 3 Winner: Roslyn Crossley

42, 2nd Jude Dorhauer 37, 3rd

Wendy Robinson 34

NTP's: Hole 4 Judith

L'Estrange, Hole 7 Julie Bell,

Hole 14 Suzanne Valley, Hole

16 Lorna Burns

**MORETON  
BRIBIEBRIDGECLUB:**

Sat 7 Dec N/S 1 L Carr &amp; J Wright 2 A Johnson &amp; P Roberts

3 S Watson &amp; R Sutton E/W

1 R Webb &amp; L McLaren 2 S

McCulloch &amp; J Easey 3 I Best &amp; L Wilson

Wed 11 Dec N/S 1 J Kinross &amp; J

Reiter 2 D Scown &amp; J Kennedy

3 S Watson &amp; H Tyler E/W 1 J

Jones &amp; K Cohen 2 L Groves &amp; A

Fielding 3 R King &amp; M O'Reilly

Sat 14 Dec N/S 1 L Carr &amp; J

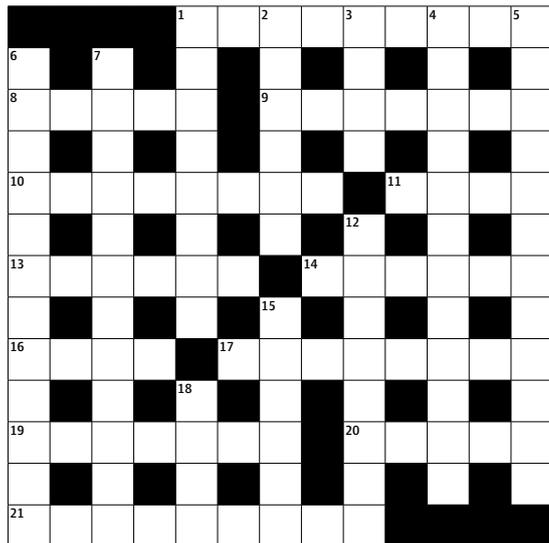
Wright 2 L Heap &amp; B Connell 3

D Quinan &amp; C Watson E/W 1

L Groves &amp; A Fielding 2 G &amp;

S Barnulf 3 R Medhurst &amp; M

# Crosswords - QUICK & CRYPTIC



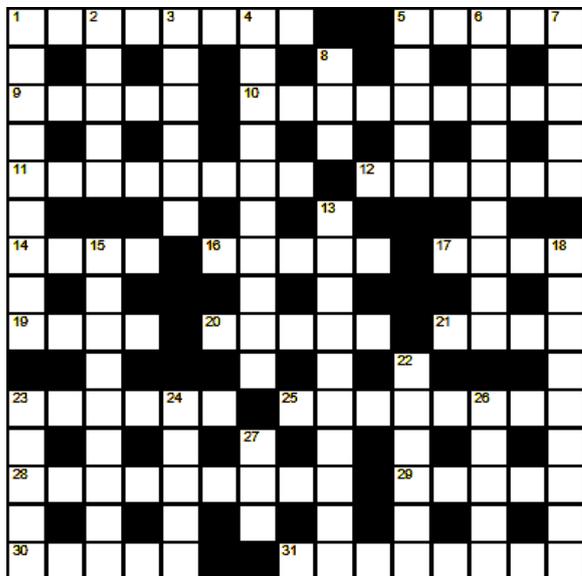
### Across

- 1 Idiot (9)
- 8 Perch (5)
- 9 Delicacy and skill (7)
- 10 Police vehicle (5,3)
- 11 Rabbit tail (4)
- 13 'Born is the king of \_\_\_' (6)
- 14 Hot stuff (6)
- 16 Went (anag) (5)
- 17 Leftover (8)
- 19 Decamp (7)
- 20 Greek character (5)
- 21 Former name of St Petersburg (9)

### Down

- 1 Online network for authorised users (8)
- 2 Over my dead body! (2,4)
- 3 Weak piglet (4)
- 4 Children's party game (7,5)
- 5 Dianthus (5,7)
- 6 Comic-strip-style book (7,5)
- 7 Female from a rural place (12)
- 12 Southeast Asian land (8)
- 15 Thin decorative covering (6)
- 18 Blown instrument (4)

## CRYPTIC



### Across

- 1 Return to the capital (8)
- 5 Had too much to drink - and mean (5)
- 9 Complains about terrible liars (5)
- 10 Actress on stage for those going before (9)
- 11 Band job has worker in charge - Great (8)
- 12 Treasures from Israel with the Spanish involved (6)
- 14 The edges of a slip, embroidered (4)
- 16 Relative holding pledge also called on in submission (5)
- 17 Support a change for Libyan (4)
- 19 Takes what's Roberts' short version (4)
- 20 Candour displayed by lady following heart treatment (5)
- 21 Heard - on reflection (4)
- 23 Some rudeness (6)
- 25 Country to act on LSD preparation (8)
- 28 Their woes are addressed as another option (9)
- 29 A wee drink ordered for theatrics (5)
- 30 It's always the present to enjoy (5)
- 31 At home with no money - Naive? (8)

### Down

- 1 Tax office correct - or - unconventional (9)
- 2 The object of a stormy night (5)
- 3 Begrudge not opening gift (6)
- 4 Not to be moved but try it on as a challenge (10)
- 5 South London Gallery visited with relish (5)
- 6 Mortice, for example, forming a pattern (9)
- 7 Tory leader solicits assignments (5)
- 8 The execution of a wild cat (3)
- 13 Lacking emotion, sort out something for entertainment (4-6)
- 15 Pushed Peter Dutton's colours into print (9)
- 18 Bad actors replaced on air (9)
- 22 Artists have us do it, creatively, for work (6)
- 23 Not long for this world? (5)
- 24 Pester the Prince? (5)
- 26 Au fait and conscious of the fact (5)
- 27 Just beat the seed? (3)

## SOLUTIONS

CRYPTIC SOLUTION 231



QUICK SOLUTION 231



# VEGIE PIZZA ROLL UPS



Prep Time: 5 mins. Cook Time: 15 mins. Yield: 8 1x  
Description

Super easy to make and packed with mixed vegetables, these Veggie Pizza Puff Pastry Roll Ups are sure to go down a treat with the whole family!

**Ingredients**

- 150g / 5oz mixed frozen veg
- 320g puff pastry (1 sheet)
- 75g / 2.5oz tomato pizza sauce
- 100g / 1.5 cups grated cheddar cheese
- 1 egg, beaten
- 1/2 tsp dried oregano

**Instructions**

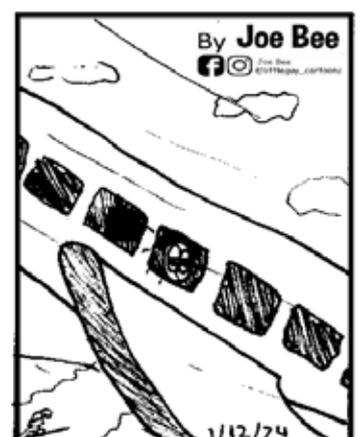
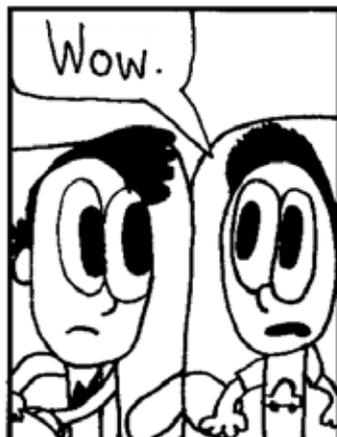
Preheat the oven to 200c / 400f and line two baking trays with parchment paper.  
Place the frozen veg into a large bowl or jug, cover with boiling water and cook for 1 minute in the microwave. Drain completely and allow it to dry on some kitchen roll to absorb as much water as possible.  
Roll out the pastry and spread the tomato pizza sauce on top. Sprinkle on the cheese and finally add the vegetables.  
Starting with the shorter side of the pastry, start to roll the pastry up, keeping it as tight and compact as possible. Once it has all been rolled up, cut it into 8 and divide them between the trays.  
Brush with a little egg wash, sprinkle on the

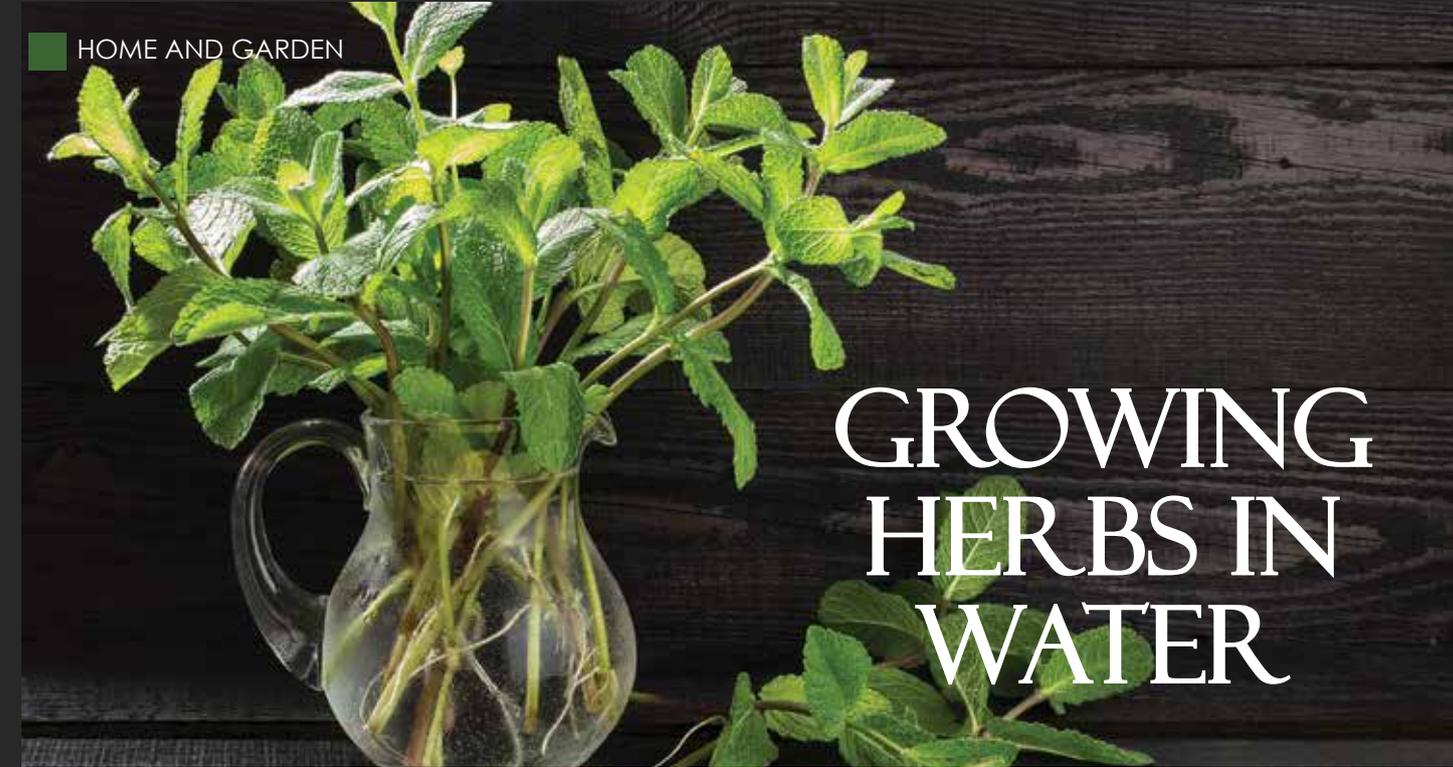
# FIND A WORD

A	N	Y	H	D	I	S	M	K	V	B	V	S	E
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|------------|------------|------------|----------|
| FRED JONES | VILLIANS   | MYSTERY IN | ZOMBIES  |
| SHERIFF    | YABBA DOO  | VELMA      | DUSK     |
| BRONSON    | CRUSH      | DAPHNE     | VAMPIRES |
| SCOOBY DEE | SCOOBY DOO | BLAKE      | TRAPS    |
| THORN      | MYSTERY    | MUMMIES    | SCARED   |
| DAPPY DOO  | MACHINE    | BATS       | LUNA     |

## SPOT 10 DIFFERENCES





# GROWING HERBS IN WATER

**C**ultivating herbs in water offers a simple, space-efficient option for indoor gardeners or those with limited outdoor areas. This technique keeps your kitchen stocked with fresh herbs throughout the year and reduces the need for soil and frequent watering. Below are seven herbs that grow well in water and tips on cultivating them at home.

## BASIL

Basil is among the most favoured herbs for propagation in water. Its aromatic leaves are a kitchen staple, ideal for sauces, salads, and garnishes. Begin by taking a cutting of basil that is approximately 4-6 inches long from a healthy plant, ensuring it has at least two sets of leaves. Place the stem in a glass filled with water, ensuring no leaves touch the water to avoid decay. Refresh the water every few days, and roots should begin to emerge within 2-3 weeks. Once the roots reach about 2 inches in length, you can either move the plant to soil or continue nurturing it in water.

## MINT

Mint is remarkably simple to grow in water and can rapidly spread if planted in soil, making it an excellent choice for water cultivation. It's great for teas, desserts, and refreshing beverages like mojitos.

Take a cutting from a healthy mint plant and remove the leaves from the lower half of the stem. Place the stem in a glass jar or bottle filled with water, changing the water every 3-4 days. Roots will start to develop within 1-2 weeks. Mint thrives in indirect sunlight, making it perfect for indoor environments.

## OREGANO

Oregano is a robust herb that thrives in water. This Mediterranean essential is perfect for flavouring pizzas, soups, and pasta dishes. Cut a sprig of oregano around 5-6 inches long from an existing plant. Position the cutting in a glass of water on a sunny windowsill. Change the water every few days to ensure it remains fresh. Once roots form (typically within 2-3 weeks), you can pot the plant or keep it growing in water.

## THYME

Thyme is a hardy herb that adjusts well to water-based growing. It is often used for seasoning meats, soups, and stews and has notable medicinal benefits.

Snip a fresh thyme cutting about 3-4 inches long. Place the stem in a water container, changing the water every 2-3 days for freshness. Roots will begin to develop in approximately 2-4 weeks, after which the plant can remain in water or be potted.

## ROSEMARY

Rosemary may take longer to root in water compared to other herbs, but the wait is worthwhile. This fragrant herb is excellent for roasting meats and vegetables and can also be used in homemade skincare. Cut a 6-8 inch stem from a mature rosemary plant. Remove the lower leaves and place the stem in a glass of water. Keep the rosemary in a sunny area and change the water every few days. Roots may take up to 6-8 weeks to develop, but once they do, rosemary can be grown in water indefinitely.

## SAGE

Sage has a strong flavour and is a primary ingredient in numerous savoury dishes, especially in the fall and winter seasons. It also adapts well to water cultivation. Take a cutting of sage around 4-5 inches long from a healthy plant and place it in a water container. Sage prefers indirect sunlight, so it's best positioned in a well-lit place without direct sun exposure. Change the water regularly, and roots should start to form in about 3 weeks.

## LEMON BALM

Lemon balm is a lemon-scented herb from the mint family known for its calming effects. It can be used in teas, desserts, and as a garnish.

Take a 5-6 inch cutting from a lemon balm plant, remove the lower leaves, and place it in a jar of water. Lemon balm thrives in indirect sunlight, and the water should be changed every few days. Roots will typically grow in about 2-3 weeks, after which you can continue nurturing it in water.

## Care Tips for Herbs Growing in Water

- **Water Quality:** Use filtered or rainwater to eliminate chemicals that may be present in tap water.
- **Regular Water Changes:** Refresh the water every 3-4 days to prevent algae buildup and decay.
- **Light:** Most herbs require 4-6 hours of indirect sunlight daily. If natural light is insufficient, consider using a grow light.
- **Pruning:** Regularly trim the herbs to promote healthy growth and avoid legginess.

## FINAL THOUGHTS

Cultivating herbs in water is a simple and environmentally friendly method to enjoy fresh herbs throughout the year, even in compact spaces. The seven herbs mentioned thrive in water and are highly versatile in the kitchen. Whether you want to enhance your dishes or add greenery to your indoor area, growing herbs in water is an excellent option for any gardener.

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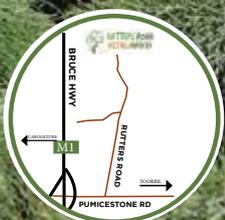


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# AIR CON

Air conditioners have become a must-have in many Australian homes, providing a refreshing escape from the sweltering summer heat that can sometimes feel overwhelming. With Australia's unique climate—featuring long, hot summers and, in certain areas, high humidity—air conditioning has truly become essential.

As temperatures rise due to climate change, many people find that air conditioning is not just a luxury but a necessity. In cities like Melbourne, Sydney, and Brisbane, extreme heat can push temperatures over 40 degrees Celsius, making it vital for comfort and health, especially for those more vulnerable, like the elderly or individuals with respiratory issues.

That said, while air conditioning keeps us cool, it's essential to consider its impact. Traditional air conditioners use quite a bit of electricity, which can lead to higher greenhouse gas emissions. Many Australian homes still depend on fossil fuels, intensifying the challenges we face with climate change. So, promoting energy-efficient models or exploring

other cooling options, like evaporative coolers, can really help us be kinder to the planet.

We should also consider the financial side of using air conditioning. During those hot summer months, the increased demand for cooling can lead to steeper electricity bills, sparking important conversations about energy use and sustainability. As everyone seeks relief from the heat, investing in renewable energy sources, like solar power, becomes a bright idea. Transitioning to these sustainable options enables us to lower our carbon footprint while keeping cooling solutions affordable and accessible.

Plus, there's exciting progress in smart technology for air conditioning systems! With features like programmable thermostats and smart home integration, we can use energy more efficiently, ensuring we stay comfortable without wasting power.

While air conditioning is a lifesaver during Australia's hot summers, it's great to use it thoughtfully. By choosing energy-efficient models, exploring sustainable energy sources, and embracing smart technology, we can enjoy cool comfort while being mindful of our environmental impact.



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# The Importance Of Regular ELECTRICAL MAINTENANCE *in Your Home*

## Preventing Costly Repairs

Over time, electrical components can wear down, connections may loosen, and systems can become outdated. If these minor issues are left unchecked, they can escalate into serious problems, such as circuit failures or power outages. By scheduling routine inspections with a qualified electrician, you can identify and address potential issues before they evolve into costly emergencies. Taking care of minor repairs early can minimise damage and reduce the hassle of system failures, ultimately saving money and ensuring your electrical setup remains efficient and dependable.

## Enhancing Energy Efficiency

If your wiring is faulty, appliances are outdated, or circuits are poorly maintained, you could face unnecessary energy bills. Electricians can optimise your electrical system for peak efficiency by conducting scheduled check-ups. They can also pinpoint areas of energy waste and suggest improvements, such as upgrading to energy-efficient lighting or integrating smart home technology. Keeping your system in top shape not only lowers your carbon footprint but also helps you save on energy costs while promoting a greener lifestyle.

## Ensuring Safety for Your Family

Faulty electrical systems pose numerous dangers, including electrical shocks, fires, and power surges. These risks may stem from outdated wiring, overloaded circuits, or malfunctioning outlets. Ongoing upkeep allows electricians to identify and



rectify such issues through thorough inspections. For instance, they can replace frayed wires or install surge protectors to enhance your home's safety. Investing in reliable electrical services is essential for safeguarding your family and property from potential hazards, ensuring that your electrical system can meet modern power demands without compromising safety.

## Prolonging the Lifespan of Systems

Regular upkeep significantly extends the lifespan of your electrical systems by keeping components clean and ensuring they are free from wear and tear. A proactive approach can prevent the premature failure of critical elements like circuit breakers, outlets, or wiring. Proper

maintenance will reduce the risk of sudden malfunctions, minimising disruptions to your daily activities. This lessens the frequency of expensive replacements, helps secure your investment, and keeps your infrastructure reliable for years.

## Maintaining Compliance with Codes

These codes are periodically updated to reflect advancements in technology and safety standards. Routine maintenance helps keep your home's electrical system compliant with these evolving regulations. Failing to stay in line with the latest codes can result in fines, complications with insurance, or issues when selling your home. Being proactive protects you legally and provides peace of mind,

knowing your system meets current safety standards and operates efficiently.

## Supporting Home Value and Marketability

A well-maintained electrical system can be a significant advantage for homeowners looking to sell. It reflects the overall care taken in maintaining the property. Prospective buyers often feel more confident purchasing a home with a modern, functioning electrical system. On the other hand, faulty systems can lead to price negotiations and deter potential buyers during inspections. A reliable and modern electrical system builds trust in the safety and dependability of the property, making it more attractive to buyers.

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## Recognising bullying

Bullying is behaviour that causes harm and is done deliberately and repeatedly – more than once. It is characterised by inequality and an abuse of power.

### Bullying can be:

- physical – such as hitting, shoving, tripping or kicking.
- verbal – such as insults, threats, or nasty teasing.
- social – such as spreading ugly rumours or telling people not to be friends with someone.
- cyber – such as spreading nasty gossip about someone online or posting embarrassing pics without their permission.

### What to do if a child is bullied?

- Children sometimes don't want to tell parents that they're being bullied because the parent might take their device away or the parent might go down to the school.
- If your child says they're being bullied, it's important to stay calm and let them know they've done the right thing by telling you.
- Ask them for the full story and explain that bullying is never ok and that's it's normal to feel upset.
- Do your best not to respond to the bullying by becoming aggressive yourself, as this is likely to make things worse.

### What if the bullying is happening at school?

- If the bullying is taking place at your child's school, reach out to meet and discuss the situation.
- If possible, make an appointment to meet in person and bring any relevant information or examples of the behaviour.
- Know the questions you want to ask ahead of time.
- Bring a support person if you're feeling overwhelmed.
- Make a time to follow up with the school later to check how things are progressing.
- Every school in Australia should have an anti-bullying policy which you can often find on the school's website. Prepare yourself by reading the document before your meeting.
- The school and teachers will also want the bullying to stop so remember that you're on the same team.

### What if bullying is happening online?

A step-by-step guide to reporting cyberbullying

#### Step 1: Document the incident

Capture screenshots of abusive messages, comments, or posts, and save any relevant emails or direct messages. Note the dates, times, and details of each incident. Save them in a secure place.

(Note: DO NOT capture or share screenshots or explicit images of people under 18. This can result in serious legal consequences, including charges related to child pornography.)

#### Step 2: Report to the social media platform

Most social media platforms have built-in tools to report abuse or harassment. Look for options like "Report," "Flag," or "Block" on the platform. When making a report, be as detailed as possible. Where possible, include screenshots and a description of the harassment.

#### Step 3: Inform the eSafety Commissioner

File a report to Australia's independent regulator for online safety, the Australian eSafety Commissioner at [esafety.gov.au](http://esafety.gov.au), and use their online reporting form. They will review your complaint within two business days and take down the content or offer guidance on further steps.

#### Step 4 : Seek support

Seek support from friends, family, or professional counsellors. Talking to someone you trust can help you cope with the emotional impact and provide additional guidance. You are not alone, Dolly's Dream is here to support Australian families.

#### Step 5 : Monitor and follow up

Keep an eye on the situation even after reporting it. Ensure that the platform or authorities are taking appropriate action. Strengthen your account security by changing passwords, enabling two-factor authentication, and regularly reviewing your privacy settings to prevent further bullying. Check in with your child and continue to have ongoing open conversations about the situation, making sure that they feel safe.

#### What parents & carers can do to support their child

- Teach our kids to recognise when they need help – when they can't solve a problem, or are feeling stressed, upset, scared, sleepless, or overwhelmed.
- Help them make a list of trusted adults they could talk to.
- Teach them the key steps to asking for help, including deciding who to ask, thinking about what to say beforehand, finding a quiet time and place to talk, and telling other people if the first person can't help them.
- Remind them that everyone needs help sometimes – including parents.

### DOLLY'S DREAM SUPPORT SERVICES & RESOURCES

#### Dolly's Dream Support Line

Australia wide, free 24-hour telephone and webchat service with qualified counsellors available to help by calling 0488 881 033.

#### Dolly's Dream Parent Hub

Trusted information about online safety and bullying in one place.

#### Beacon Cyber Safety app

Free app that provides families with trustworthy, practical resources to help them confidently navigate their children's technology use and reduce associated harms.

beacon

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For more information and resources please visit [dollysdream.org.au](http://dollysdream.org.au)

# Benefits of Custom Kitchen Cabinetry: *Elevate Style and Functionality*



## PERFECT FIT FOR YOUR SPACE

Every kitchen is unique, and traditional stock cabinets come in standard sizes that may not suit your needs. Custom cabinets can be tailored precisely to your kitchen's dimensions, whether it's an open-layout space or a galley-style kitchen with specific architectural features. This means no more awkward gaps and optimal use of every corner, even in challenging areas or under sloped ceilings.

## TAILORED TO YOUR STYLE

With custom cabinets, you have the freedom to express your personal taste by selecting materials, finishes, colours, and hardware that align with your vision. Whether you're dreaming of a sleek, modern kitchen or a cozy, rustic farmhouse feel, custom cabinetry allows you to create a space that reflects your unique personality. You can even incorporate intricate features like custom carvings, decorative moulding, or elegant glass-panelled doors to enhance your design.

## ENHANCED FUNCTIONALITY

A well-organized kitchen makes cooking, cleaning, and entertaining much more enjoyable. Custom cabinetry provides the opportunity to integrate features that cater specifically to your needs, such as:

- Pull-out shelves for easy access to pots and pans
- Lazy Susans for maximising corner storage
- Built-in spice racks to keep seasonings handy
- Customized drawers for utensils and small appliances
- Pantry organisers for efficient food storage

## HIGH-QUALITY CRAFTSMANSHIP

Unlike mass-produced options, custom cabinets are crafted by skilled artisans who use high-quality materials. This precision craftsmanship provides longevity and stability that factory-made products can't match. Features like dovetail joints and solid wood construction, coupled with premium hardware, result in cabinets that stand the test of time without warping, peeling, or sagging.

## INCREASED HOME VALUE

Investing in custom cabinetry not only enhances your kitchen but also boosts your home's overall value. Prospective buyers often see custom cabinets as a sign of an upgraded kitchen, particularly when constructed from high-quality materials and designed with functionality in mind. A beautifully crafted kitchen with custom cabinets can significantly raise your home's resale value, making it a smart choice for future homeowners.

## Optimised Storage Solutions

If your kitchen is lacking in space, custom cabinetry provides tailored solutions to address your storage needs. You can choose deep drawers for pots and pans, vertical dividers for baking sheets, or even a dedicated spice rack. With custom cabinets, every item can have its own designated space, and you can even include hidden storage for smaller appliances, trash cans, or wine racks.

## SEAMLESS INTEGRATION WITH APPLIANCES

One often overlooked advantage of custom cabinetry is its ability to integrate seamlessly with kitchen appliances. By designing cabinets around oversized ovens and built-in refrigerators, you create a cohesive look that enhances both aesthetic appeal and functionality while eliminating awkward gaps. Personalised Design Process Choosing custom cabinetry means you're not limited to what's available in showrooms. You'll work closely with a designer or craftsman to create cabinets that perfectly fit your needs. This collaborative process ensures that every detail, from layout to finish, reflects your preferences and contributes to a harmonious kitchen environment.



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# TOP PEST CONTROL MEASURES EVERY HOMEOWNER SHOULD KNOW

Keeping pests out of your home isn't just about comfort; it's about safeguarding your health, property, and peace of mind. A pest-free home is healthier, safer, and easier to enjoy. Whether it's the small ants in your pantry or the lurking danger of termites, pests can cause significant harm. This guide will walk you through common pests, effective control measures, and tips for long-term prevention.

## Why Pest Control is Crucial for Your Home

Pests can cause many problems, from spreading diseases to causing structural damage. Ants contaminate food supplies, termites silently destroy wooden structures, and rodents pose fire risks by chewing through electrical wiring. Investing in pest control is more than a preventative measure; preserving your home's value and ensuring a healthy living environment is necessary.

## Common Household Pests and Their Challenges

- **Ants:** Ants are notorious for infiltrating kitchens and storage areas. They are particularly drawn to sugary and greasy substances. While most ants are harmless,

they contaminate food supplies and can be challenging to eliminate once a colony is established.

- **Termites:** Known as "silent destroyers," termites cause billions of dollars in damage annually. They can hollow out wooden structures undetected, weakening the integrity of your home. Spotting signs of termites early is crucial to minimising damage.

- **Rodents:** Rodents like rats and mice are more than just a nuisance. They spread diseases like Hantavirus and can chew through wiring, potentially causing fires. Their rapid reproduction makes infestations challenging to control without quick action.

## Essential Pest Control Preventative Measures

- **Seal entry points:** Inspect your home for cracks, crevices, and gaps around doors or windows. Use caulk or weather stripping to seal these areas.
- **Store food properly:** Keep food in airtight containers and immediately clean up crumbs and spills.
- **Manage waste:** Regularly dispose of garbage and close bins tightly to avoid attracting pests.

## Chemical Treatments

Chemical insecticides and rodenticides are effective when used correctly. However, they should be applied cautiously, following all safety guidelines to protect pets and children. Professional-grade treatments are recommended for severe infestations or hard-to-reach areas.

## Natural Remedies

- **Essential oils:** Peppermint and tea tree oils act as natural repellents for ants and spiders. Mix a few drops with water and spray in the problem areas.
- **Diatomaceous earth:** This natural powder dehydrates and kills insects like ants, cockroaches, and fleas. Sprinkle it in areas where pests are likely to travel.

- **Homemade traps:** To handle minor infestations, use vinegar traps for fruit flies or peanut butter bait for rodents.

- **Hiring Professional Pest Control Services**

Sometimes, DIY efforts aren't enough. If you're dealing with a severe or recurring pest problem, it may be time to call in the pros. When to hire: Look for professional help if pests persist despite your efforts or if you face dangerous pests like termites or wasps.

How to choose a provider: Research reputable companies, read reviews, and ask for certifications to ensure you're hiring experts. Costs and benefits: While professional services might seem pricey, they often save you money in the long run by preventing extensive damage.

## DIY Pest Control Tips

If you prefer a hands-on approach, here are some simple and effective DIY pest control tips:

- **Homemade remedies:** To deter ants, create a spray using water, dish soap, and vinegar. For rodents, bait traps with peanut butter and place them near entry points.
- **Monitor and maintain:** Regularly check areas like basements, attics, and garages for signs of pests.
- **Routine cleaning:** Vacuum carpets and dust shelves, and clean under appliances to eliminate potential hiding spots and food sources.

A pest-free home is achievable with a combination of preventative measures, proper maintenance, and timely action. Whether you choose DIY remedies or professional help, the key is to stay vigilant and proactive. By implementing these pest control measures, you'll protect your home and enjoy a healthier and safer living environment.

## FAQS ON PEST CONTROL

**Q: What are the most effective natural remedies for pest control?**

Essential oils like peppermint, diatomaceous earth, and homemade traps using vinegar or peanut butter are effective and eco-friendly.

**Q: How often should pest control be done in a home?**

Routine checks every three to six months are ideal. For professional services, an annual inspection is recommended.

**Q: Are pest control treatments safe for pets and children?**

Yes, when used as directed. Always inform your pest control provider about pets and children to ensure the safest options are chosen.

**Q: What should I do if I find termites in my home?**

Contact a professional pest control service immediately. Early intervention can prevent costly damage.

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# pool tips

Proper pool maintenance is essential for ensuring a safe and enjoyable swimming environment. Following a systematic approach can keep your pool crystal clear and inviting throughout the season. Here are some important steps to help you maintain your pool effectively.

## Skim Debris and Clean Out Baskets

Every few days, use a hand skimmer to remove leaves, bugs, and other debris from the pool surface. This simple task enhances water circulation and prevents unwanted contaminants from sinking. Additionally, remember to clean the strainer baskets on a weekly basis. Maintaining clear baskets improves water flow to the filter, which can lead to lower chlorine usage and overall better pool health.

## Vacuum the Pool and Brush Walls and Tiles

Weekly vacuuming is crucial to keep the water clean and clear of dirt and debris. After vacuuming, check the filter to ensure it is functioning optimally. Don't forget to brush the walls and tiles to discourage algae growth.

Use a stiff brush for concrete surfaces, a softer brush for vinyl, and a gentle, soft brush for tiled areas to effectively remove any build-up.

## Clean the Pool Filter

How often you clean your filter will depend on your pool's usage. Regular maintenance is vital for cartridge, sand, or diatomaceous earth filters. Keep an eye on the pressure gauge; a difference of 10 to 15 psi from the normal reading indicates it's time for a cleaning.

## Professionally Service the Heater

If you have a gas or electric heater, it's prudent to hire a professional for servicing as required. During maintenance, check for any calcium build-up and ensure that you're adhering to the manufacturer's instructions to maximise efficiency and lifespan.

## Check and Maintain Water Level

Keep an eye on the water level—you want it to stay above the skimmer to prevent damage to the pump. If needed, refill using a garden hose. This is particularly important in winter months when evaporation can increase.

## Maintain the pH Level

Consistent pH testing is essential. Aim to keep levels between 7.2 and 7.8 to ensure effective sanitization. You can use reagent kits or test strips for precise measurements.

## Super chlorinate Water

Regularly "shocking" the pool helps to eliminate chloramines and combat unpleasant odours. Follow the manufacturer's instructions regarding how often this should be done for optimal sanitation.

## Find and Repair Leaks

Leaks can significantly affect your pool's water level. A simple bucket test can help you identify leaks. If the water level in the pool drops more than that in the bucket, it's time to seek professional assistance.

By integrating these practices into your pool care routine, you'll not only ensure a safer swimming experience but also extend the lifespan of your pool equipment. Regular maintenance can save you from costly repairs and enhance your overall enjoyment of your pool.



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*Happy New Year  
Bribie Islanders  
& Beach-Merians!*



2025...well it is here, now let us embrace it. 2025 a wonderful year to ...

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**What are you waiting for?? Get to it for the New Year is HERE!**

*Kerryann*

ASSISTANT FIXOLOGIST



DECEMBER

# QLD KIDS

## Fishing Classic

### KIDS FROM ALL OVER QUEENSLAND COMPETED IN THE DECEMBER QLD KIDS FISHING CLASSIC.

A kids-only fishing comp where kids are vying for bragging rights and to win their share of over \$6000 in prizes every holiday. The majority of the winners receive a Shimano reel as part of their prize. The major prize is a kayak, which is a random draw, so it doesn't matter if you don't catch a fish, you're still in with a chance.

With 12 species categories, there should be at least 1 fish that kids can catch in their area. One of the good things about the comp is the kids can fish anywhere that is legal to do so in Queensland, apart from offshore fishing. All skill levels are welcome, and beginners are encouraged. I always add invasive species such as carp and tilapia. I like to encourage everyone to learn about the detrimental effects they have on our native species and the damage they do to our waterways. In this comp, the kids caught over 240 carp and tilapia. It's great to see them getting these pests out of the environment.

In total, the kids entered over 1700 fish.

There are 3 age groups: 3-7, 8-12 and 13-17yrs. Random nightly draws to help keep the interest, especially for those kids who may not be catching too many fish.

Event organizer Samantha Beckmann from 2 Bent Rods said, "She started the comp 18 months ago to encourage kids to spend more time away from their devices and enjoy our outdoors. It was going to be a yearly competition, but the feedback from parents and children has been so positive that it now runs every school holiday.

It's been fantastic watching some of the kids improve; they send me messages saying how proud they

are of themselves because they caught a particular species or beat their PB.

With species categories and 3 age groups, there are plenty of winners. There is even a category for collecting rubbish while fishing. Unfortunately, it also means picking up after others. To put a positive spin on it, we offer a decent prize for this category."

We limit all entrants to 2 species wins. They can also win the most species and fish categories, up to a maximum of 4 categories.

It's fantastic that our entrants and supporters can see the benefits of competitions like the QKFC.

Shimano Australia, Wynnum Marine, Klik Sinkers & Australian Worm Farms are major partners. Anaconda, Bayside Bait & Tackle, Rod Armour, Tilapia Mafia, Hookeze, Alvey Reels, Tackle Tactics, Fresh Promotions Australia, Madmics Fishing Tackle, Ultimate Pro Crab Pots & Lilly & the Tilly all support the event.

The competition is run through the 2 Bent Rods app. We have been working with 3 teams from QUT's Capstone Project to bring this initiative to market.

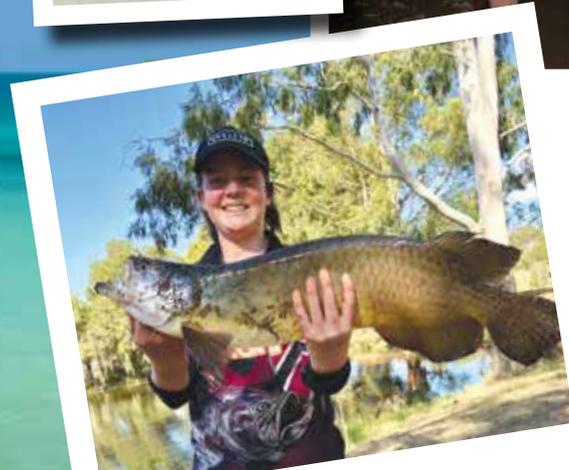
Kids and parents upload their catches to the app, where they can check their progress and view the leaderboards.

**The January comp runs from 11th - 27th January 2025. - Download the app to enter.**

Entrants should join the Qld Kids Fishing Classic Facebook group to stay updated on any changes or messages.

[www.facebook.com/groups/814699003347033](https://www.facebook.com/groups/814699003347033)

For further information or photos, please contact Samantha Beckmann  
2 Bent Rods -sam@2bentrods.com.au  
0403 713 820



# welcome



A few of the members after Clean Up Australia Day



Keith Kable and John Casey with a couple of local flathead.



Ron Winnett, with the new club record flathead just under 75 cm

## WELCOME TO THE BRIBIE IS RSL FISHING CLUB!

Dive into over 33 years of fishing adventures, camaraderie, and thrilling competitions! Our club kicked off when a passionate group of anglers decided to unite their love for fishing and socialising, and what a journey it has been! Today, we boast a vibrant community of over 70 members—men, women, and juniors—coming together to celebrate our shared passion for fishing, crabbing, and building lasting friendships.

Our club is a hive of activity, with an array of competitions and social events designed for everyone's enjoyment! From targeting whiting and wahoo to freshwater species like Bass and Barra, there's no shortage of excitement! We kick off the month with an engaging general meeting every second Monday at 7:00 pm in the Garden Room of the RSL, and we wrap it up with our epic club barbecue at TOC H (Coungeau House) Bongaree on the last Sunday of the month. This event not only fills bellies but also features our thrilling fishing awards presentations!

Thanks to the incredible support from Bribie RSL and Sub Branch clubs, we bring you exciting raffles every Thursday night from 5:00 pm leading up to our draws at 7:15 pm! Join us for a chance to win meat vouchers from Avondale Meats and seafood delights from Savages Seafoods in Bongaree. What a catch! But that's not all! Get ready for a calendar packed with amazing events—like our Christmas in July at the Woorim Golf Club, the Melbourne Cup Carnival Day, and our glamorous Gala Trophy Night in the RSL

Auditorium to close out the year in style! Our fishing competitions are where the excitement truly shines! Not only do they challenge our members, but we also emphasise responsible fishing practices—releasing a significant number of fish back into the wild to protect our precious marine ecosystems.

We enjoy thrilling away adventures as well! We meticulously plan exciting trips throughout the year, including the Maroochy River Comp at the picturesque Maroochy River Bungalows, the Rainbow Beach Comp at the Carlo Point Big 4 Cabins, and two fantastic two-day freshwater competitions at stunning Lake Somerset! Staying in the beautiful cabins overlooking the lake or in caravans nearby in the park.

Locally, we're all about community too! Join us for our Veterans Day at Pebble Beach and our whiting competition at Woorim. Don't forget our popular boat comps in the Pumicestone Passage, where you can swap a deckie for the day and enjoy the thrill!

We're also dedicated to giving back to the community, engaging in meaningful events like Clean Up Australia Day, and generously donating to local community centres and clubs. By joining our ranks, you'll be part of a proactive group committed to making a difference beyond just fishing!

We are always eager to welcome new prospective members! If you're interested in becoming part of our electrifying fishing family, reach out anytime—we're just a phone call away! Come join the adventure with us!

**President. Mob. 0419644709**



# GO SLOW FOR THOSE BELOW



05/03/2023 (2 - Live)  
 Transported to Australia Zoo Wildlife Hospital by Wildlife Rescue Qld  
 Died en route from asphyxiation due to punctured lung  
 Green/Male/Stranding/Boat-propeller strike  
 Main boat ramp, south of VMR, Marine Pde Bellara Bribie Island  
 GPS: 27.06348; 153.14297  
 Carapace: 102cm  
 Head: 14cm  
 Tail: 32cm



2024/02/05, 7:00am  
 Stranding - Healthy Adult male green turtle  
 Carapace: 102.5cm  
 Head: 14 cm  
 Tail: 36cm  
 Boat/propeller strike  
 Died of asphyxiation; lung punctured  
 8 slices each 7.5 - 8 cm apart  
 GPS: 27.07802; 153.15711  
 Beached, Pumicestone Passage, Bribie Island  
 opposite Cottrell Ave and Walshy Pde, Bongaree

Many of the residents of beautiful Bribie Island enjoy a daily walk along the shores of the Pumicestone Passage at Bongaree and often catch a glimpse of the elusive dugongs, dolphins and turtles in the Passage. For thousands of years, the Pumicestone Passage has been a natural feeding, breeding, and resting area for all marine life. It is a very special part of the Queensland Coast and has many legal protections. Unfortunately, these legal protections are not being adequately enforced, and marine wildlife is facing threats to its very existence.

Given the huge increase in recreational boating in the Passage in recent times, I ask the question: What do Bribie Island residents want for the future preservation of this marine wildlife? Do they want speeding watercraft carving through the shells of our precious turtles or slashing the skins of our resident dolphins and dugongs? The graphic photos below will be very disturbing for many people to view. However, seeing the damage being done is necessary to appreciate

the carnage to wildlife that has become the norm. Unfortunately, marine wildlife rescuers have many more such photos.

To their credit, Maritime Services and the Department of Environment, who control the speed zones in the Passage, have seen fit to lower the speed limit in the northern end of the Passage at Caloundra from 40 knots (76kph) to 20 knots (37 kph). This reduction in speed has been very beneficial for a number of reasons, but mainly it will assist these marine animals and their offspring by giving them more time to take avoiding action when watercraft are approaching. This will help to prevent boat strike injuries. When accidents do occur, the Moreton Bay City Council workers, if needed, are always very willing to assist the local marine wildlife volunteers. The Council oversees a turtle cemetery on the Island, and the bodies are returned to the country in accordance with cultural practices. If the turtles are injured but still alive, they are transported by volunteers to Australia Zoo where the

experts will endeavour to rehabilitate the animal and then return it to its natural environment. Southern Bribie Island residents are, therefore, petitioning the Queensland State Government to lower the present 40-knot speed limit to 20 knots to conform with that at the northern end of the Passage. Your signature on this Petition will hopefully help to convince the Queensland State Government that lowering this speed limit, combined with strict enforcement, is crucial for the survival of these critically endangered marine species.

Go to this link to open the ePetition <https://www.parliament.qld.gov.au/Work-of-the-Assembly/Petitions/Petition-Details?id=4189>

This E-Petition closes on 28/2/2025 and will then be presented to the Parliament and the appropriate Government Departments for their consideration.

**Contact numbers for Marine Wildlife Rescuers are:**  
 Locally on Bribie Island  
 Diane 0438 111 163 or 0405 695 113 Wildlife Rescue Qld  
 0478 901 801

# Clean up

## for the Hatchlings

THIS EVENT AIMS TO REMOVE MARINE DEBRIS FROM OUR BEACHES, WHERE TURTLES HAVE NESTED OVER THE SUMMER, TO GIVE OUR LOGGERHEAD TURTLE HATCHLINGS THE SAFEST JOURNEY TO THE OCEAN POSSIBLE. MEMBERS OF THE PUBLIC ARE VERY WELCOME.

### ABOUT THE EVENT

Public members are invited to participate in Bribie Island's first "Clean up for Hatchlings" event, to be held between 6 AM and 7:30 AM on Saturday, February 1st, 2025. Over many years, this annual event has been conducted on beaches throughout the Sunshine Coast Council region, and BIEPA is proud to promote it here on the ocean beaches of Bribie Island.

The event aims to remove marine debris from our beaches, where turtles have nested over the summer, to give our loggerhead turtle hatchlings the safest journey to the ocean possible. Members from BIEPA, Bribie Island National Park Turtle Conservation volunteers and Bribie Island Turtle Trackers (BITTS) will coordinate the cleanup. Participant sign-in sheets will be available at two registration/information marquees located at:

#### BLUEY PIVA PARK

Cnr North Street and First Ave, Woorim

Beach Access 19  
Lowry Street, Woorim

Volunteers are encouraged to wear appropriate footwear, sun-safe clothing, a hat, and sunscreen. If you have garden-type gloves and collection bags, please bring them. Pre-registration on the BIEPA website will assist coordinators in planning for the event. Help Protect Bribie's Turtles Every summer, loggerhead and green turtles return to Bribie Island to lay their eggs.

### HELP PROTECT BRIBIE'S TURTLES

Every summer, loggerhead and green turtles return to Bribie Island to lay their eggs.

Around 30-40 loggerhead turtle nests are laid on the Bribie Island's coast each year. Each female will lay around 120 eggs per nest and produce 3-4 nests over the summer. She then returns to her feeding grounds up to 2700 km away.

When the nesting turtle tracks appear each year in mid-November, trained and accredited citizen scientist volunteers swing into action, including the Bribie Island National Park Turtle Conservation Team -who care for the nests stretching from Welsby Lagoon to Bribie's Northern tip. Their activities include:

- search and identify nests from the tracks of the turtles
- relocate eggs laid in vulnerable locations (e.g. due to flooding risk at high tide, impact from 4wd traffic, foot traffic or in erosion-prone areas)
- install predator exclusion devices to improve hatching rates
- barrier-fence some nesting sites
- daily monitoring and maintenance of nest sites

From February to April, the tiny turtles hatch and confront a dangerous world. Native and introduced predators and vehicle tyre ruts on the beach increase the peril of their crawl to the sea. Each obstacle faced increases their risk of death by exhaustion, dehydration, or predation.

### BUT WHY DO THESE TURTLES MATTER?

The dunes of Bribie Island are not just any nesting site; they are habitats critical to survival for the Critically Endangered South Pacific population of loggerhead turtles (Source: International Union for Conservation of Nature). The surrounding waters of Moreton Bay Marine Park also serve as a crucial foraging haven for Vulnerable green turtles and loggerhead turtles. Laying in a designated National Park should afford protection for nature, but for Bribie's turtles, human intervention to protect the eggs and hatchlings is essential for their survival.

Volunteers invest vast amounts of time and resources and need financial support to cover transport and operational costs. Bribie Island Environment Protection Association (BIEPA) supports volunteers monitoring the northern end of Bribie Island through this fundraising campaign and by undertaking events and activities to raise awareness and help ensure a future for Bribie's turtles.

**\$250** will cover the cost of protecting a nest for the season

**\$40** will cover one day of monitoring the Bribie Island north nests

**\$10** will contribute to the survival of the eggs.

You can donate via direct credit using our bank details on our Donate page: <https://chuffed.org/project/help-protect-bribies-turtles>. Please put the word "TURTLES" in the transaction description to tell us what it's for.

Feel free to call Libby Anstis on 0408 066 820 if you have any queries. Every contribution helps protect Bribie's marine turtles.





There will be **NO PUBLIC ACCESS** to the VMR base while building works are underway so **we will not be accepting out-of-date Flares or EPIRBs until March 2025**

Memberships payments will only be accepted by phone or online.

This **will not affect** our Rescue Coverage, and the Radio Room will be operating as normal.

**PROMOTION MICHAEL BOOTH**

Michael Booth joined VMR Bribe as a Trainee Crew 1st July 2024 and was assigned to Green Saturday he qualified for Crew 12th November 2024 also with Green Saturday Crew – Congratulations Michael.



Green Saturday Skipper Ian Grimes and Crew Day Coxswain Stephen Parry button on Michael Booth's Crew epaulettes.

**SAREX OFFSHORE WOODY POINT**

Saturday 30th November 2024 – Bribe 2 took part in a SAREX which was offshore from Woody Point and involved vessels from both Coast Guard & Volunteer Marine Rescue.

Skipper of Bribe 2 was Mike Looney and crewed by Garry

Beros, Stephen Parry, Steve Williams, and Scott Normile. All performed admirably and found the target - a small fender that was anchored and difficult to spot in the swell, congratulations guys on a great job in not so great conditions.



Garry Beros and Scott Normile keep watch.



Steve Williams and Stephen Parry keep a keen lookout.

**PARKING SANDSTONE PT**

VMR Bribe once again provided parking for the concert at the Sandstone Point Hotel featuring Tina Arena, Richard Marx, Daryl Braithwaite, Kate Cebrano and others. With a thorough soaking overnight and early morning and expectant rain all day/night the grounds filled up with cars relatively quickly.

With Graham Parker OIC Parking, Tim Amourous Leader Parking Team and Kelly Langworthy Leader Funds Collection the day ran smoothly and the rain holding off until the last minute. Thanks to the above plus Tom Buckley, Aamir Cao, David Dodsworth, Sharyn Giles, Barb Gillmore, Eric Holliday, David Logie, Leona & Graham Patrick, Mark Purtell, Cheryl Robinson, Ashley Scott, Wayne Schultz,

Rob Taylor, and John & Sheryl Traill.



Tom Buckley directs drivers once inside the gate.



Leona Patrick divides the incoming cars into 2 lanes for payment & checking pre-paid parking.



David Dodsworth directs traffic to the parking area.



Pato learning "the ropes" from Graham Parker for taking over as Team Leader for next weekend!

**BREAKDOWN MORETON ISLAND**

Monday 2nd December 2024 – a 6.7m half cabin couldn't start in the East Shipping Channel

North of Tangalooma. With 2 people on board, they had phoned in to the VMR base for assistance. Skipped by Liz Radajewski Bribe 1 located and towed them back to just outside Spinnaker Sound Marina where they rafted the vessel alongside and took them into the marina.



The crew on Bribe 1 rafts up the vessel alongside Bribe 1 outside the marina for increased manoeuvrability once inside the marina.

**ASSIST NORTH OF COMBOYURO POINT**

Friday 6th December 2024 - Bribe 1 skippered by Restricted Coxswain Garry Bunker supervised by Commercial Coxswain Jim Brown and crewed by Crew Day Coxswain Dale Mullins and Competent Crew Rob Taylor attended a 5.8m centre console non-member broken down at Venus Banks near Comboyuro Point on Moreton Island.

Bribe1 towed the stricken vessel to Spinnaker Sound Marina where Bribe 1 pulled up on the beach next to the Spinnaker boat ramp and hauled the tow line to bring the centre console alongside onto the beach also.

**COMMODORE CES' SAFETY MESSAGE:**



"With the weather improving check that your boat is in good order, check that you

have all your safety gear and everyone on board knows its location, ensure it is easy to get at in an emergency, ensure your flares are in date, that your torch works, check your battery and your fuel.

Ensure you let someone know of your plans, who is with you, where you are leaving from, where you are going, what time you are returning.

Make sure you have either a fully charged mobile phone, a VHF or a 27Mhz marine radio on board, and that it works."



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

**"PLEASE WEAR YOUR LIFE JACKETS!"**

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



Bribie 1 slows to the required speed for entering the marina.

**FIRST AID/CPR TRAINING**

Annual CPR refresher and triennial First Aid courses were held on Thursday and Friday nights 5/6 December 2024.

Keeping our Active Volunteers up to date with their mandatory qualifications in order to service our public and keep them safe. Thank you very much to our in-house Registered Nurse Educator Karen Llewellyn for volunteering her time to keep us all current.



Nurse Educator Karen Llewellyn presents the First Aid component of the course.



**BLUE SATURDAY JET SKI ASSIST**

Saturday morning 7<sup>th</sup> December 2024 – Blue Saturday Crew were already aboard Bribie 1 when a call came through for a jet ski which couldn't start near White Patch. Bribie 1 performed an assist of this disabled Jet Ski which was halfway to Toorbul with 3 POB. We transferred 2 POB to Bribie 1 and towed them back to Bellara. onto shore.



**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!"**

**2024 YTD RADIO ROOM STATISTICS**  
 To Wednesday 18th December 2024  
 15,769 Calls, 4,506 vessels logged on, 309 Vessel Assists, 1,543 Sitreps,  
 1,734 Requests, 38 Overdue vessels, 18 Vessel Tracking, 1,405 Radio Checks,  
 10 Weather Forecasts 4 Securite Broadcasts. 1 Pan Pan, 0 Mayday  
 VHF calls 52.8%, - 27MHz calls 0.2% - Phone 29.0% GWN 2.8%, OTHER 2.1%T

**DECEMBER VESSEL ASSISTS:**

FRI 06/12 0756AM – 5.1m Runabout non-member with 2 POB cannot start at Cape Moreton. Managed to start before B1 arrived – stood down.

FRI 06/12 1243PM – 5.8m Centre Console Non-member with 2 POB broken down at Venus Banks required a tow to Spinnaker Sound Marina.

SAT 07/12 0912AM – 3m Jet Ski non-member with 3 POB and motor problems required a tow from Toorbul to Bellara Boat Ramp.

SUN 08/12 0735AM – 10m Sports Cruiser member with 2 POB and engine overheating in Pacific Harbour canals required a tow back to his home pontoon,  
 SUN 08/12 0905AM – Request from Water Police to attend an overturned Catamaran at Cowan Cowan, stood down after B1 ready to leave.

SUN 08/12 1217PM – 3m Jet Ski non-

member with 1 POB required a tow from Pacific Harbour canals to Bellara Boat Ramp.

WED 11/12 1556PM – Tender to Houseboat member with 1 POB and motor problems drifting North from Kal-Ma-Kuta Boat Ramp, required a tow back to ramp.

SUN 15/12 0906AM - 4m Tinny non-member with 1 POB overturned at Bellara and person in the water, recover both person and Tinny to Bellara Boat Ramp.  
 SUN 15/12 0908AM – MOP reported drifting 50' Yacht at Beachmere after search nothing found.

SUN 15/12 1159AM – MOP reported 9m Yacht non-member off Bongaree Boat Ramp is not adequately secured – investigated.

SUN 15/12 1353PM – MOP Reported 2 x paddle boarders in difficulty 300m South of the Bongaree Jetty – investigated.

MON 16/12 1032AM – 7m Centre Console

non-member with 2 POB lost power off Woorim, required a tow to Spinnaker Sound Marina.

MON 16/12 1922PM – 13.5m Cruiser non-member with no-one aboard aground on mud flats near White Patch, investigated and deployed another anchor to secure until morning.

TUE 17/12 1048AM – 13.5m Cruiser non-member with 1 POB required towing and secure anchoring near White Patch.

TUE 17/12 2029PM – 6.8m Half Cabin member with 5 POB with motor issues required a tow from entrance to Pacific Harbour onto pontoon in Pacific Harbour canals.

WED 18/12 1631PM – 12m Yacht non-member with no-one on board has grounded on rocks near entrance to Bribie Gardens – investigated Water Police advised and will contact owner.

# FISHING REPORT

By: Robyn from Bribie Island Charter Boats

We've seen fairly standard summer fishing so far this year. There has been a big variety of fish caught, lots of them just a little too small to keep but enough really nice ones to keep us interested. Great for families on school holidays, when it's all about the fishing and everything is going back in anyway.

The weather bureau is still talking about the "possible onset of La Nina," which brings frequent rains and stormy weather. Well, it looks like La Nina weather already—only six days of the first twenty in January have been rain-free, almost all have been fairly overcast, and most of our strongest winds are coming from the north.

The rains have been regular but not often heavy enough to flush out the creeks, so the flathead has gone off the radar

a little. We have still been getting the very occasional biggie, but they've been hard to find lately, although there has been some luck using lures. The water being very warm (more than 27 degrees), fishing for flathead on the sandflats hasn't always been successful, although that's where you'll find them on the cloudy days. It was a miserable, wet, windy day when Dave and Charlie caught a 60cm flathead just north of Turner's Camp. They also brought in three 30+cm bream. Further up the Passage, there have been some good flathead catches around the mouths of both Elimbah and Bullock Creeks, but there haven't been many reports from further north. Reggie and Levi had a couple of trips to Bribie over January and spent most of their time fishing. They'd scoot up to Mission Point to get a bucket of

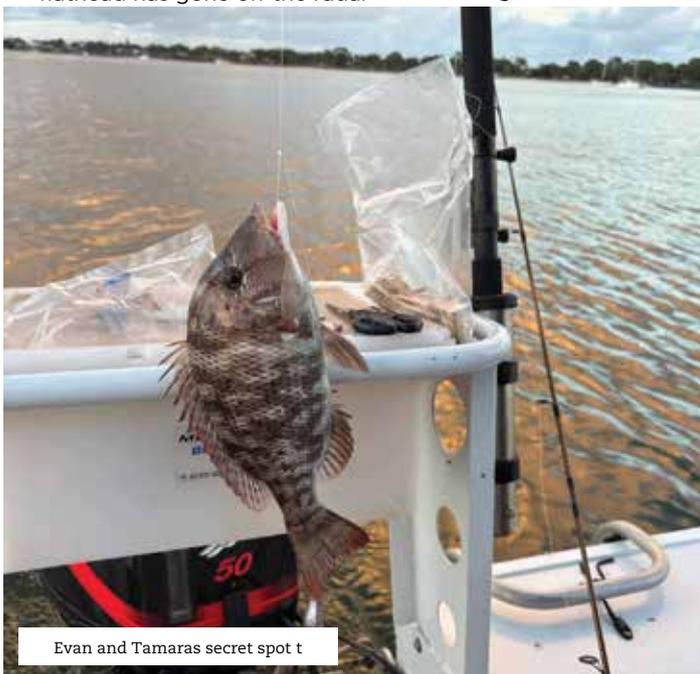
yabbies, but they weren't having much fun up there, so they'd then come down south of the bridge for a better time of it. The best baits for flathead have been small prawns, squid and pilchards. Try to buy small bait prawns - the quality of the larger prawns hasn't been great, and small ones are definitely working better.

**A word of warning - it is illegal to use supermarket prawns as bait. You must buy prawns from a bait shop (or cast for them yourself) and use them locally - to protect our wild crustaceans from**

## introduced diseases.

There have been good catches of bream near the oyster leases at the mouth of Ningi Creek as well as up among the mangroves - silver bream, grunters and tarwhine all tend to hang around there. Jeff and a mate had a few bream to take home recently after spending an afternoon between the Avon wreck and Ningi Creek. Jeff said that prawns were the only bait that was working for them.

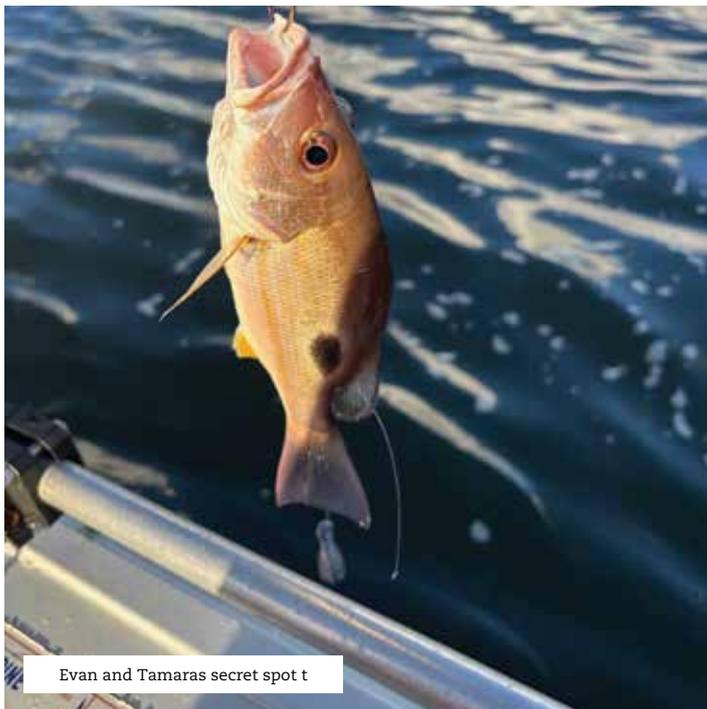
Squid has probably been the most reliable bait through the



Evan and Tamaras secret spot t



Evan and Tamaras secret spot has lots of fish, big and small



Evan and Tamaras secret spot t

summer - perhaps because there are so many youngsters flinging the rods around and squid stays on the longest! Guy and his family caught six very big bream (and lots of undersized ones too) up at White Patch, as well as a 70cm longtom and an 80cm shovelnose - all on squid.

White Patch is nicely protected from the north/easterly winds and there's been plenty of undersized fish there, as well as keeper snapper, bream, grassy sweetlip and the occasional trevally, but be wary - the Wright's Creek marker is still missing, and you can find yourselves sitting out the low tide if you go in too far.

The deeper water in the middle of the Passage and around the

bridge is holding lots of grassy sweetlip and Moses perch, as is usual over the summer. The tidal run through that part of the Passage is strong, so try to choose a period of time over the change of tide if you want to anchor up. There has also been some good snapper around the bridge, as well as around the ripples at Pacific Harbour.

South of the bridge has been fishing really well. Try drifting from the bridge on a falling tide towards IGA supermarket, about 100 metres off the shore of Bribie, or use the rising tide to sneak over the weed beds west of the second green marker. Evan and Tamara found a spot they liked - "on the line between the second green and the IGA, in 34 ft of



85cm cobia, taken by Richard near the second green marker.

water". Tamara said pilchards were the only bait working for them - mullet, prawns and even fresh yabbies failed to bring in the fish. They had a great time with a variety of fish - most of them undersized but enough keepers to feed the family; then "the catfish came in, slimed up our gear, ruined the fishing", so they gave it

up. Richard, too, was at the second green marker earlier in the month, during a spot of lovely weather and just after the high tide, when he hooked up an 85cm cobia! If you're land-based, Airforce Park on a falling tide and Buckley's Hole on a rising tide - always worth a try!

TIDE TIMES		Bribie Island AND Moreton Bay						
Fri 24 Jan	Sat 25 Jan	Sun 26 Jan	Mon 27 Jan	Tue 28 Jan	Wed 29 Jan	Thu 30 Jan		
6:12 am	7:11 am	12:45 am	1:36 am	2:21 am	3:03 am	3:45 am		
1.62m	1.72m	0.5m	0.42m	0.33m	0.25m	0.19m		
12:33 pm	1:48 pm	7:59 am	8:40 am	9:18 am	9:57 am	10:34 am		
0.86m	0.78m	1.83m	1.95m	2.06m	2.16m	2.21m		
5:39 pm	6:52 pm	2:37 pm	3:15 pm	3:50 pm	4:26 pm	5:03 pm		
1.21m	1.22m	0.67m	0.58m	0.49m	0.43m	0.38m		
11:50 pm		7:49 pm	8:36 pm	9:18 pm	10:00 pm	10:42 pm		
0.55m		1.28m	1.36m	1.44m	1.51m	1.56m		
Fri 31 Jan	Sat 1 Feb	Sun 2 Feb	Mon 3 Feb	Tue 4 Feb	Wed 5 Feb	Thu 6 Feb		
4:27 am	5:10 am	12:11 am	12:57 am	1:47 am	2:44 am	3:48 am		
0.18m	0.21m	1.64m	1.68m	1.71m	1.73m	1.76m		
11:13 am	11:51 am	5:55 am	6:43 am	7:37 am	8:44 am	10:09 am		
2.21m	2.14m	0.29m	0.41m	0.55m	0.68m	0.77m		
5:41 pm	6:17 pm	12:29 pm	1:07 pm	1:47 pm	2:35 pm	3:37 pm		
0.35m	0.34m	2.02m	1.86m	1.67m	1.48m	1.32m		
11:26 pm		6:53 pm	7:28 pm	8:04 pm	8:48 pm	9:46 pm		
1.6m		0.35m	0.36m	0.39m	0.43m	0.47m		

# Letters to the editor



Dear Editor

I was talking to a friend recently that uses her mobile scooter to get around the island and was amazed to discover that there are NO charging points on the island for them! With the Islands demographics I would of thought we would have at least a couple of places where they could recharge should their batteries get low? Maybe a letter to Moreton Bay Council is needed.

Bet there are power connections for electric cars though!  
Debbie - Bongaree

Dear Editor,  
I want to send a big 'thank you' via your Magazine to the person/s who found a shopping bag I left on a shopping trolley at the Woolworths shopping centre on 28 December. The bag contained, among other items, two pieces of mail addressed to my PO Box and was handed into the Bribie PO. I was contacted by the PO and was able to retrieve the bag this week. The finders could have been locals or visitors to the Island. Irrespective, it is heart-warming to know that there are such honest and considerate people within our community.  
Ian  
Kakadu

Dear Editor,  
What in God's name has happened to Bribie Island and its pristine, well-cared-for surroundings?  
The other day, we took some lunch to sit in the park at Turners Camp Road, only to find it, once again, overrun by campers, including one who had been there for months. Added to this was an unregistered car, the grass overgrown, potholes everywhere, and park benches clearly taken possession of for the campers' use only. It looks like a shantytown and has turned a hidden gem into a real dump.  
Woorim Lookout regularly houses overnight campers, leaving their urine smells and rubbish behind the next day, to say nothing of the condition of the toilets on the northern end of the beach sometimes. It clearly says Camping is Prohibited in these areas, yet they all see ongoing 'transients', who sometimes get moved on, only to have others come in and fill their places.  
All these people enjoy water views during their stays, and I daresay pay nothing. Who is policing this?  
P Robinson

Dear Editor,  
I would like to take this opportunity to thank all those lovely people who put up lights for Christmas, no matter how few or large. It did brighten

up the island and put a smile on many faces. It's good to see people still keeping the Christmas spirit. God Bless each and every one of you, and may you continue to brighten up the neighbourhood.  
Thanking you.  
Carl J.

Dear Editor,  
We really enjoy the Pumicestone Passage. Hundreds of people come here over the summer break, all ages, to play and relax along the banks of the passage. Every day, these hundreds of people have to listen to and watch jet skis screaming, spinning in circles, and threading their way fast among paddle boarders, kayakers, swimmers, moored boats, and fishing dinghies. Families go out for a quiet, relaxing day at the beach with their loved ones. It can be scary, noisy and dangerous. Could an area be kept separate for everyday beachgoers so we don't have to share the beach with these jet ski machines? Or could there be some policing of their use?  
From a concerned Bongaree resident.

Dear Editor,  
For those who enjoyed reading about the phases of the moon, here are some extra tips which might help you enjoy our unique satellite.  
If you wonder where and when to look to find it, without depending on luck, you need to know that it doesn't orbit in line with the equator, but wanders north and south. So you may find the full moon rising around 6pm is not directly east towards the Pacific Ocean. By midnight it will be overhead, and each following night it will rise about an hour later.  
If it is time for a new moon, then there is only a rare occasion when you can actually see it - a total eclipse of the sun. But normally, it will be somewhere near the sun in the daylight sky. A few days after a new moon, you can discern the lit crescent, with most of the moon invisible against the sky. But the easiest place to see a new crescent is by looking

west soon after sunset. I will be higher in the sky each night until it reaches its first quarter phase.  
The gibbous moon will rise late afternoon for a few days before the full moon, and then afterwards, later into the night each day. If the moon doesn't rise until 10 pm, it is a good time to look out for the great constellations and planets like Jupiter and Saturn.  
If you are an early riser, you will sometimes see the old crescent moon setting in the west opposite the sunrise. So it is not so much where you live, but which way you look and at what time? All you need is clear skies, and a good horizon.  
H.Beneke

Dear Editor,  
I recently woke up with a very weepy eye. Then, although I was very happy with my local doctor, I thought that since it was not an emergency, I would visit the Bribie Satellite Hospital for treatment.  
An impressive place with plenty of staff, I thought upon entering.  
After 20 minutes or so in the waiting room, I had my blood pressure taken and was asked to wait again until I was seen by a doctor.  
This was all going how I thought it would, so far. During my examination, the doctor commented that my regular doctor and others keep a few spots available for cases such as mine.  
I was content as I left after a couple of hours, with a script for drops, & a cleaning solution provided, along with a few sanitary wipes by a very helpful attendant/nurse. However, I was left wondering what the satellite hospital was actually there for since we were told it was not for emergency treatment—go to a hospital! It was also clearly not for a case like mine or anything vaguely resembling something that my doctor or a medical centre could easily attend to. Given the sheer size of the place, I know much more must be going on there, but I do wonder what that is and what the cost to taxpayers will be. I think the public deserves more information on the

purpose of these hospitals, as well as a change of name.  
Chris Harris

Dear Editor,  
What's your global general knowledge like?

1. Which country is the only one in the world to enjoy inflation below 3%, a jobless rate below 4% and a median wealth per adult above US\$250,000? AUSTRALIA
  2. Which two countries in the world have survived the last two years without any negative quarters of GDP growth and kept average wealth per adult above US\$540,000? AUSTRALIA and the USA
  3. Which country in the world has generated consecutive surpluses - in 2022-23 and 2023-24 - after nine consecutive deficits? AUSTRALIA
  4. Which two countries in the world are in budget surplus, have a triple-A credit rating, and have reduced debt to GDP for two years? AUSTRALIA and DENMARK
- So global conditions must be very difficult if all the other countries, out of a total of 196, haven't performed as well. The Albanese government must be doing something right after all.  
Lyn Rushby

Dear Editor,  
The article in your magazine, the Bribie Islander, dated November 15th, regarding horse racing was very upsetting. Thank you for exposing such horror. I was shocked at the damage, the suffering, the agony those magnificent animals are subject to. I am so angry and frustrated.  
I quote Mark Twain:  
"Of all the animal's man is the only one that is cruel. He is the only one that inflicts pain for the pleasure of doing it."  
Is it too much to hope that one day, we will achieve a more caring world for all creatures?  
Thank you,  
A.B



### MESSAGE OF THANKS FOR THE NEW YEAR FROM BRIBIE ISLAND AND DISTRICT NEIGHBOURHOOD CENTRE

Just a quick letter to say a huge, heartfelt "Thank You so much" to the many kind people and groups who donated food and Christmas goodies to the Bribie Island Neighbourhood Centre over the festive season. Special mentions to the wonderful folks of the Wallum Action Group (Community Plant Nursery), the Uniting Church BI and the Anglican Church BI, who supported people needing food consistently throughout 2024 and helping at Christmastime - you are all awesome! A big thank you to Vicky, who organised the GemLife collection of lots of bags of essential and festive food, The Good People for a Santa-load of toys, Rotary Bribie Island (more much-needed food bags!), Waminda staff and clients, whose Waminda Shoebox Appeal gave us beautifully wrapped festive shoebox gifts, and the wonderful Ladies, families and individuals who just walked through our door with a donation - thank you all for your thoughtfulness, generosity and caring. Throughout November, Prices Plus Bribie Island again ran their very successful Gift of Essentials campaign to support local people in need (huge thanks, staff and shoppers), and lastly, the Bribie Island RSL's Christmas lunch, for lonely people referred by local helping agencies, was the absolute highlight of the year for many people - thank you RSL staff and management, especially organiser-extraordinaire, Samantha!  
We are always amazed and thankful for the outpouring of community support and caring, and we hope that everyone had a wonderful festive season.

With best wishes for a happy and peaceful 2025,  
Cecelia Taylor  
Bribie Island Neighbourhood Centre Manager

### OUT WITH THE OLD AND IN WITH THE NEW

Kathy Vincent.

**Out with the old year** - No, that's not what I mean. The Croquet Club had its annual meeting, saying farewell to the old committee and electing a new President and Committee. Brooke Savage chaired the meeting to welcome the new.

Jan Rees was the retiring president, and she worked tirelessly for the club. Jan made her project to improve the courts, which was a huge undertaking. She has done a fabulous job, and the courts are superb now.

Joan Gleeson is the new president, and she is looking forward to improving the standard of play and encouraging new members.

It was also an opportunity to present the Brae Shield trophy to Lesley Kavanagh.

**Out with the old year** A celebration was held at the RSL, where everyone had a great time with lots of laughter. The main event was announcing the player of the year. This year, it was Libby Keene, who has tried other disciplines of croquet and has really improved her play. Well done, Libby.

**Out with the old year** It's time for a New Year's resolution. Was your Resolution to get more exercise, make new friends, try a new sport, or just have some fun? Well, croquet could be the thing for you. The Bribie Island Croquet Club will provide free croquet lessons for six weeks starting Thursday, February 6th, at 3.15 p.m. Numbers are limited, so register quickly.

**To enrol, or for more info Jan Rees on 0437008042**



## Road & Work Injury Experts

Turn to Turner Freeman.

You may be able to claim a TPD (Total and Permanent Disablement) payment

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LAWYERS

# Neighbourhood Watch

## BRIBIE ONE NHW - NEWSLETTER

### JANUARY 2025

#### JANUARY MEETING

Tuesday, 21st in the ANZAC Room of the RSL, at 9.30. Our guest speaker will be Margaret Warren from "Inspired Outcomes", an organisation which specialises in helping seniors transition from independent living to a resort, retirement home or nursing home. We will also have our usual Police Report.

#### FEBRUARY MEETING

Tuesday, 25th at 7.00pm, in the ANZAC Room of the RSL. We are trialling an evening meeting to see if that is more suitable for attendees.

#### MANAGING YOUR REPUTATION

In this digital age it is very easy to lose control over a most important aspect of your life - namely, your reputation. When you send something over the phone, or the internet, you have no control over who sees it, and what they might do with it. Even "liking" someone or something on Facebook leaves your digital footprint out there in the ether, forever! Once done, it cannot be undone. No matter how much you think your conversations are private, think twice before you post, and even more before you "like" and even more again if you decide to "share".

Nothing on your computer, or your phone is ever "lost". We all get messages suggesting our machine is slow (and well it might be) and that to clean it up, we need to delete stuff, empty our "deleted" files, etc. Where do you imagine that material goes? It doesn't go out into never-never land - it stays on your

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

machine, and those with expertise can find it all. Sometimes that expertise may have mal-intent, so never allow those who may wish to gain remote access to your computer, to do so.

I had a scam email the other day - one of many which say something along the lines of "Due to a technical issue, your current email account needs to be closed for a short period. To prevent loss of data during this downtime, please click on the attached link to ensure continuation of service." The person sending the message, had inadvertently clicked on "cc", rather than "bcc" so I now have the email addresses of everyone (there were several hundred) to whom that email was sent! Even scammers make mistakes.

For those who think that because they do not use the internet, or any digital devices, that information about them is not out there. If you have had your name mentioned by someone else, or appeared in any photo that might have been put up by anyone else, you are there. If you are there, do a bit of checking to see what is being said about you. Just type your name, or even your phone number, into any search engine and see if there is anything out there to identify you. Don't just use Google - there are several hundred different ones. There's even one which will search most of them for you, but it may be a subscription service. You can be researched online, so make sure that you approve of all that is there about you.

Your reputation is on the line!



### LET'S MAKE CRIME PREVENTION A PRIORITY

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



### THANKS TO ALL OUR SPONSORS

- Australia Post Bongaree**  
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- Bribie Doctors**  
3408 3320
- Bribie Fast Parcels**  
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- Bribie Garden Centre**  
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- CRIME STOPPERS  
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- CENTRE AGAINST  
DOMESTIC ABUSE  
5498 9533**
- B.I.D.N.C.  
3408 8440**



# CRIME REPORT BRIBIE ISLAND WRAP NOVEMBER 2024

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



Moreton Police District has welcomed seven new First Year Constables (FYCs), after they were sworn in on December 11, at the Oxley Police Academy. Constables Kristen Holliday, Jack Masters, Brooke Kingdom, Sasikanth Baddam, Raymond Shephard, Alexander Stephens and Matthew Sammut were amongst the 122 recent graduates and will be stationed at Bribie Island, Burpengary, Caboolture, Mango Hill, Redcliffe and Woodford. Moreton currently has 75 FYCs stationed across the District, working across Highway Patrol, Plain Clothes, Tactical Crime Squad, Watchhouse duties and Prosecutions in their first 12 months. The officers come from a variety of backgrounds including a truck sales

representative, electrician, accounting and retail, while one new officer also brings prior policing experience from New Zealand. Constable Masters is looking forward to working with the different sections while using and expanding on what he has learnt at the academy. "I always wanted to join the Queensland Police Service," Constable Masters said. "I finished off my apprenticeship as an electrician and got my qualification first which has helped me develop my communications skills. "I then went on the Wall2Wall ride down to Canberra which put me in contact with a lot of serving and former officers. "Talking with them made my itch bigger and pushed me to apply."

Moreton District Acting Superintendent Adam Guild welcomed the officers during their first shift.

"This is an exciting moment for these officers who now begin their careers with the Queensland Police Service," Acting Superintendent Guild said.

"We are a service made up of invaluable individuals whose knowledge, culture and experiences continue to shape our organisation.

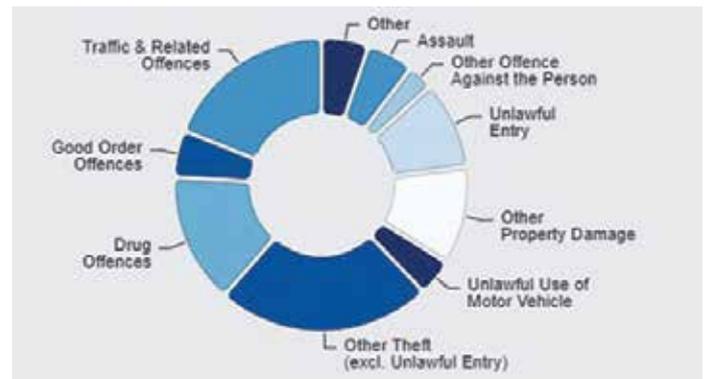
"I know they are all looking forward to serving the Moreton Community and keeping our community safe.

"We wish them all the best,

stay safe out there and welcome to Moreton."

A career within the Queensland Police Service is like no other. From protecting, responding, and investigating, to supporting, rescuing and learning – the sheer variety of roles make it both a challenging and rewarding career.

As a police officer, you can have one career that has endless possibilities. Now really is the best time to join. Visit [PoliceRecruit.qld.gov.au](http://PoliceRecruit.qld.gov.au) to kickstart your policing career and make a positive impact in your community.



**82 Offences**

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# Benefits of Hand Washing YOUR CAR AT HOME

**Cost Effective** - Washing your car at home saves money. Instead of paying someone else to clean it, you do it yourself using things you have. You save on the cost of professional services or car washes. You can make your car shine without spending a lot with simple tools like soap, water, and a sponge. Buying basic cleaning supplies like soaps, sponges, and towels is usually more budget-friendly than paying for professional services. Plus, you can reuse these supplies for multiple washes. Additionally, you can control how it's done, focusing on areas that need extra attention.

**Environmentally Friendly**— Environmental friendliness is becoming a bigger issue for more people as climate change affects more areas worldwide. If you're looking for more sustainable practices, washing your car at home may be able to provide that for you. Car washes use a massive amount of water, amounting

to thousands of litres per day, and many of these will be used on your car if you go there. The chemicals used in the cleaning process may also be toxic to the environment.

**Personalised Touch** - Every car is unique and needs different kinds of care. No one will be more interested in the proper care of your car than you. Suppose you're interested in making it truly shine and look brand new. In that case, the only way is to hand wash your car on your own since you'll be aware of every nook and cranny and all the scratches and dirt accumulation on the car, and once you've completed them, you'll be able to revel in your hard work. Using the right car washing supplies, like gentle soaps and soft materials, lets you carefully take care of stains, marks, and delicate parts.

**Protecting Car's Paint and Appearance** - Washing your car by hand is gentle, keeps its paint, and looks nice. Some car wash

machines use rough brushes and strong chemicals that can be harsh on your car's paint and appearance. If, instead, you wash your car at home, you'll be able to use a softer source of water and a cloth that prevents scratches from forming, and the paint on your car will thank you for it.

**Regular inspection** - Regular inspection is one of the most important things you can do as a car owner, and hand washing your car will give you a great opportunity to do just that. When you wash your car, you'll be able to test its different functions, such as checking the lights, the function of the brakes, the level of the brake fluid, hydraulic fluid, and engine oil, and making sure the suspension and alignment are perfect. This thorough inspection won't increase the time it takes to clean your car, and you'll be able to maintain your car's health better over time.

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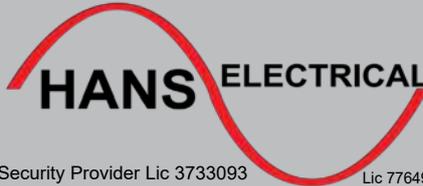
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