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**233**  
**FEB 21, 2025**



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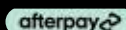
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FEB 21, 2025

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# Welcome

Dear Readers,

Welcome to edition 233. I have been working for the magazine for the past 5 years and have gotten to know our community and those who work in it well. Lyn and David Wearne from the Bribie Community Nursery are two of those with whom I have been blessed to work with. (Yes, Dave, I did say blessed). Dynamic Dave, as we lovingly refer to him, and his long-suffering and beautiful wife Lyn, have been a godsend for the Island. Their hard work and dedication to the nursery, which in turn helps out so many of our community groups and residents, is truly appreciated by all. There are so many people out there who are incredibly grateful for all the help they have received, and we are among them.

Dynamic Dave and Lovely Lyn have decided to retire now and actually have a life outside of the nursery. We would like to wish them the very best for the future. I personally would like to say it has been a pleasure working with you, and I am fortunate enough to have gained lifelong friends from this. Lyn and Dave, your presence and contributions will always be remembered. With much love, enjoy your well-deserved retirement.

Until next time,

Take care, Stay safe,

Cherrie

## 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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**A**romatherapy is a versatile remedy for a range of digestive issues, from belching to intestinal gas. The application of massage oil on the stomach is particularly effective for fussy children or those averse to swallowing medicine, empowering you with a natural solution.

Don't overlook the role that stress plays in impairing digestion. Stress can restrict the flow of digestive juices and constrict muscles in the digestive tract. No wonder so many people get a queasy stomach when encountering stressful situations. Tension is also thought to contribute to digestive complaints such as colitis and ulcers—and most other digestive tract problems.

Aromatics initiate their work at the very onset of digestion, signalling the brain about the incoming food. The body's response is almost immediate: Digestive juices are released in the mouth, stomach, and small intestine, paving the way for proper assimilation. This reassures you of the immediate and effective response of aromatherapy in aiding digestion.

Even though many herb books describe these herbs as digestive stimulants, researchers have found that most of them actually relax intestinal muscles

and relieve cramping. This slower pace gives food more time to be adequately digested and, therefore, prevents gas. Thus, the same essential oils that improve poor appetite also relieve intestinal gas. These include peppermint, ginger, fennel, coriander, and dill.

Some oils have specialties: Rosemary improves poor food absorption, and peppermint treats irritable bowel syndrome. Basil overcomes nausea from chemotherapy or radiation treatments (even when conventional antinausea drugs have little effect). Lemongrass is used in Brazil, the Caribbean, and much of Southeast Asia to relieve nervous digestion. This soothing massage oil can help quell some of the aches and cramps associated with an upset stomach. Essential oils for improved digestion and to eliminate gas: black pepper, clary sage, juniper berry, lemongrass, peppermint, rosemary, thyme  
Essential oil to ease heartburn and stomach pain: chamomile  
Digestive Aromatherapy - Tummy Oil

- 2 drops lemongrass oil
- 1 drop of fennel oil
- 2 drops chamomile oil
- 2 ounces vegetable oil

Combine the ingredients and gently massage over the abdominal area. This all-purpose formula is a comforting solution for indigestion, including nausea, gas, appetite loss, and motion sickness. It also aids in improving appetite and digestion, providing a sense of relief. You can also add 1 to 2 teaspoons to bathwater for an extra soothing effect. Use as needed, and feel free to customize the formula with other oils but be cautious of 'hot' oils like thyme, peppermint, and black pepper, especially in a bath, as they can cause skin irritation.



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## TRILOGY CARE ON TOUR

In 2025, Trilogy Care is hitting the road, bringing free information sessions to both metropolitan and regional areas across Australia. With a range of towns and locations on the agenda, we're making it easier than ever for older Australians and their families to access the information they need about aged care.

What is involved in Trilogy Care's information sessions? Our information sessions offer a valuable opportunity for older Australians and their loved ones to learn more about aged care—specifically, the benefits of Home Care Packages and the advantages of self-managing your package.

Each session features a presentation from Trilogy Care representatives, guiding attendees through the aged care process, from starting the journey to receiving a Home Care Package, selecting a provider, and more. Following the presentation, there will be a dedicated Q&A session, giving attendees the chance to have their questions answered.

Why are we hosting these sessions?

Since becoming a Home Care Package provider in 2020, Trilogy Care has helped thousands of older Australians access the care and support they need. However, clear and accessible information on Home Care

Packages remains limited, making it challenging for those seeking guidance.

To bridge this gap, we're hosting these sessions to provide essential insights and help Australians make informed decisions about their care options.

What will you learn?

Each session may vary slightly, but some key topics include:

- An overview of My Aged Care
- Understanding Home Care Packages and providers
- What Home Care Packages can and cannot cover
- The difference between fully managed and self-managed providers
- An introduction to Support at Home
- Plus much more!

Where is the event being held?

The Trilogy Care information session will take place at Bribie Island RSL on 18 March 2025, with two sessions available at 10:00 AM and 12:00 noon.

How can I get tickets?

Our information sessions are completely free—no cost, no obligation. If you would like to know more, please contact

[events@trilogycare.com.au](mailto:events@trilogycare.com.au) or visit [trilogycare.com.au/roadshow](https://trilogycare.com.au/roadshow). Don't miss this opportunity to gain valuable insights into aged care and Home Care Packages. We look forward to seeing you there!



### Information session: Home Care Package options

Discover how a Home Care Package can help you maintain independence, health, and happiness at home.

Whether you're researching in-home care options, want more information on Home Care Packages, or considering switching providers, we are here to help.

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## THE ANGLICAN MOTHERS UNION OF AUSTRALIA AND THE RED ROSE FOUNDATION COME TOGETHER FOR A WORTHY CAUSE



On Saturday, February 1st, 2025, the Anglican Mothers Union of Australia (AMUA) Bribie Island Branch hosted a Dedication Service at the Cooinda facility on the grounds of the Anglican Parish. The event featured The Right Rev. Sarah Plowman, Assistant Bishop of the Northern Region, as a special guest, along with various members of the community. A key highlight of the service was the installation of the Red Rose Foundation Red Bench, which has been placed beside the Church Hall. This bench serves as a tribute to individuals affected by Domestic and Family Violence, symbolising the community's support for victims and its commitment to combating violence. It promotes a message of change, healing, and understanding. The gathering reinforced the community's dedication to the motto, "Change the Ending. Let's Stop Domestic Violence." Local representatives participated to emphasise the importance of

raising awareness and providing essential resources for those affected by domestic violence. Overall, the event fostered a sense of unity and compassion within the community, highlighting the collective responsibility to address this urgent issue.

The Red Rose Foundation works to eliminate domestic / family violence related deaths by:

- Monitoring the outcomes and recommendations of all Domestic Violence Death Review Boards across Australia to ensure responses to domestic violence protect potential victims and are as safe as possible.

### Highlighting the deaths of victims of domestic violence through:

- Organising Red Rose rallies to honour and remember those killed.
- Engaging with families of those killed to offer support or referral where possible.
- Engaging with and informing the media about domestic violence related deaths.
- Ensuring survivors and families have a voice within Red Rose Foundation including speaking with media.
- Establishing partnerships with government and community agencies to advocate, inform and enhance understanding of the reasons, nature and pattern of lethal domestic violence.
- Developing research partnerships for the purpose of participating in research opportunities that build knowledge of and develop strategies to reduce domestic violence homicide.
- Undertaking public education, community activities and events to provide awareness and training on the factors surrounding lethal domestic violence.
- Undertaking fundraising activities to support the work of the Foundation

For those experiencing Domestic Violence or knowing someone who is, support is available. Individuals can contact DV Connect at 1800 811 811 for confidential assistance. It is crucial to remember that help is accessible, and your safety and well-being are a priority.

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



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# can lettuce water really help you sleep?



If you've ever struggled with the frustrating cycle of insomnia, you're not alone; countless individuals face similar challenges in their pursuit of restorative sleep. Many turn to a wide array of remedies ranging from over-the-counter melatonin supplements and prescription sleep aids to techniques involving earplugs, white noise machines, and even weighted blankets. In light of this quest for effective solutions, could the answer be as simple as steeping fresh iceberg lettuce leaves in hot water?

One appealing aspect of this remedy is its low-risk nature; consuming lettuce water in moderate amounts is unlikely to lead to adverse effects. However, the prospect of using lettuce water as a sleep aid is arguably overstated and lacks solid scientific validation, leaving much to be desired in terms of effective evidence.

The idea of using lettuce

tea as a potential insomnia remedy appears to have gained popularity more through social media and anecdotal accounts than from rigorous scientific research. While certain wild varieties of lettuce, such as *Lactuca virosa*, are known to produce a milky latex called lactucarium, which has been recognized for its mild sedative properties, common lunchbox staples like iceberg and romaine lettuce contain this compound in such minimal quantities that it is unlikely to provide any significant calming effects.

Historically, folk remedies across various European cultures have capitalized on the sedative qualities of lactucarium. In the 19th century, it was not unusual for physicians to integrate lactucarium into sedative formulations, often combining it with other potent ingredients, including opium, which is renowned for its strong sleep-inducing properties.

These historical practices highlight the potential of lactucarium, but they also underscore the herbal complexity and the necessity for supportive active compounds to achieve notable effects. While a limited number of studies have explored the effects of lettuce seed extracts on both human and animal subjects, the likelihood that merely pouring hot water over a few fresh lettuce leaves will create a brew effective enough to induce sleep is quite low. Therefore, while it's perfectly safe for you to try this unconventional approach out of curiosity, it's essential to remember that its effectiveness is not backed by comprehensive scientific evidence. If you're seeking reliable solutions for sleep, it might be more beneficial to consider methods that are supported by extensive research and clinical validation.

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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 SCIATICA

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

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

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

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

## TIGHT MUSCLES & MUSCLE SPASMS

Though the source of pain can sometimes be obvious, often more subtle



dysfunctions in the nervous system result in neuropathic pain (nerve pain) which cannot be seen on x-rays or ultrasound scans. Oftentimes this pain involves the nerve to muscle connection where affected muscles that have become shortened/

tightened or overstretched/ loosened, physically compounds the pain due to reduced blood flow. A classic example is someone who suffers back pain after long periods of sitting: though their back muscles may of course be affected, often the muscles in their buttocks become overstretched and the muscles at the top of their thigh become overly tight (simply due to the body position while seated), and the muscles become inhibited or "switch off", causing pain to refer to the back. Or, in the case of sciatica, the tight muscles could be pushing on the sciatic nerve.

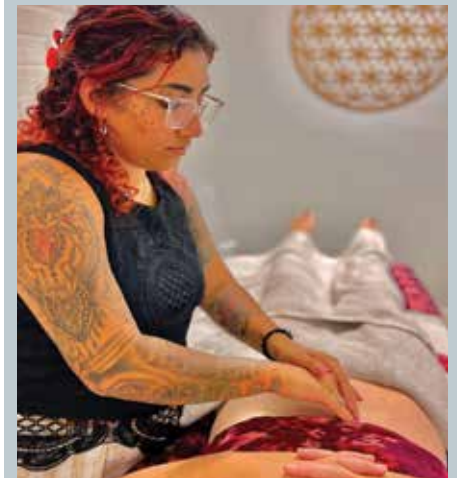
The first step to treatment with acupuncture is an assessment of which muscles may be contributing to the condition. Once this is determined, we are able to find the points in which nerves meet those muscles, known as motor points. When an acupuncture needle is used on a motor point with an electric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

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

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

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. HICAPS is available onsite. Pensioner discounts available

## WOMB HARA MASSAGE



Tamika is deeply passionate about helping women in transformative ways, bringing them healing and joy in a way they may never have known they needed. She is graciously offering her treatments from our clinic.

Womb Hara Massage is a gentle healing massage that focuses on detoxing sacred body work and combining it with breath work and energy work to focus on your heart/womb connection. This divine feminine external massage is a fusion of modalities from Chinese Chi Nei Tsang abdominal massage, fertility massage, Mayan abdominal massage techniques, and Womb Awakening.

Womb Hara focuses on clearing trauma or stagnant energy that lies within our bodies. The technique involves working through the back/ sacrum and coccyx areas, then over to the hara (belly) and along the pelvic line to induce blood flow and detoxing of those surrounding organs. It is a beautiful offering that every woman must experience at least once in her life. You will have such a better connection to yourself and your sacred womb, the portal to all life's creations.

## Who may benefit from Womb Hara Massage?

Womb Hara can assist with menstrual cycle concerns, fertility and conception support, postpartum care, perimenopause and menopause symptoms, digestive health, healing after miscarriage, full or partial hysterectomy, connection to self, and more.

Bookings can be made at [www.bribieacupuncture.com.au](http://www.bribieacupuncture.com.au) or [www.elementfertility.com.au](http://www.elementfertility.com.au)

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# The Fascinating World of Human Body Hair:

## A CLOSER LOOK

**H**ave you ever thought of grooming your body hair as akin to mowing the lawn in the summer? You spend hours getting everything just right, only for the grass (or in this case, your hair) to grow back quicker than you can say “razor.” For many, managing body hair is a daily routine that feels never-ending. Just think about it: men can spend over a month of their lives shaving their beards, while women may dedicate hundreds of hours to meticulously removing hair from their legs.

But what’s really going on beneath our skin? The magic happens deep within our hair follicles, where cells are in a constant state of division and growth. As these cells multiply and fill up space, they push older cells out, forming what we recognize as hair shafts. Interestingly, these shafts consist mainly of dead cells reinforced by a tough protein called keratin.

Despite the continuous appearance of hair growth, each strand has its own life cycle. Hair goes through active and resting phases; the active phase is known as the anagen phase, where the real growth happens thanks to cellular division. Depending on what type of body hair we’re talking about, the anagen phase can last just a few months (as with body hair) or several years (like the hair on your head). When a hair enters the resting phase, or telogen phase, it eventually sheds, which explains why scalp hair becomes much longer than hair on your arms.

In total, the average person boasts about 5 million hairs! Can you imagine how much easier it would be if we were all completely hairless?

When you compare humans to other mammals, we come out on the less-hairy side of the spectrum. Among primates, we are the least

furry species. While elephants and rhinoceroses also sport minimal body hair, they have adapted to their environments differently, developing thicker skin to maintain body heat, especially since they often wade through water to keep cool.

Picture this: side by side with a chimpanzee, our closest genetic relative, and you’ll notice just how exposed our bodies look. But the difference isn’t in the number of hairs. In fact, the density of hair follicles on humans is quite similar to that of our primate cousins. Sure, we both have hairless patches—lips, palms, and soles—but humans flaunt finer, shorter hair than our chimpanzee friends.

So, what caused us to lose our thicker, primate-style fur as we evolved? Some intriguing theories abound. One posits that early humans were aquatic apes, where less hair made swimming easier. Another suggests that reduced body hair helped limit the spread of pesky parasites that like to infest dense fur. And let’s not forget the amazing leap to bipedalism about two million years ago; standing upright meant only a third of the body was exposed to sunlight, diminishing the need for a full coat of fur to shield us.

No matter what drove these shifts in our evolution, we ended up with a unique pattern of body hair. The thicker patches grace our heads, underarms, and genitals, while areas like our backs are significantly less populated. At first glance, this may appear random, but there’s a fascinating logic behind our hair distribution.

So, the next time you pick up a razor or a pair of scissors, remember that your body hair tells a story—a tale woven into the fabric of our evolutionary journey!





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In the fast pace of modern life, it is easy to move through the days on autopilot—rushing from one task to the next, preoccupied with thoughts of the past or worries about the future. But true joy is not found in yesterday or tomorrow; it exists in the present moment. Mindfulness is the key to unlocking this joy, helping us to slow down, connect deeply, and appreciate the beauty in everyday life.

## What is Mindfulness?

Mindfulness is the practice of being fully present and engaged in the moment, aware of our thoughts, emotions, and surroundings without judgement. It invites us to experience life as it unfolds, rather than getting lost in distractions or stress. By bringing conscious awareness to even the simplest moments—sipping a cup of tea, feeling the warmth of the sun, or listening to the rhythm of our breath—we create space for greater peace, clarity, and happiness.

## The Power of Mindfulness in Everyday Life

Practicing mindfulness is not just about meditation; it is about integrating awareness into daily activities. When we are fully present, even the most ordinary experiences can become sources of joy.

- **Mindful Breathing** – A few deep breaths can instantly bring us back to the present moment, calming the mind and body.
- **Mindful Eating** – Paying attention to the flavours, textures, and sensations of food transforms a routine meal into a moment of gratitude.
- **Mindful Walking** – Slowing down, feeling the ground beneath our feet, and noticing the sights and sounds around us can turn a simple walk into a meditative experience.
- **Mindful Listening** – Being fully present when speaking with others fosters deeper connections and understanding.

## Finding Joy Through Awareness

Joy is not found in chasing the next milestone or waiting for the “perfect” moment—it is discovered in the here and now. When we stop rushing and start noticing, we begin to appreciate the small wonders of life: the laughter of a loved one, the scent of fresh air, the comfort of stillness. Mindfulness teaches us that happiness is not something we have to seek; it is something we awaken to when we slow down and truly experience life.

## A Call to Presence

Mindfulness is a practice, not perfection. Each moment is an opportunity to return to the present, to breathe deeply, and to embrace life as it is. If you are ready to cultivate more peace and joy in your daily life, start small—pause, breathe, and simply notice. If you need guidance on deepening your mindfulness practice, you can reach me on 0405 361 882. Together, we can create a life rooted in presence and joy.

*Always with love, Maria Christina x*



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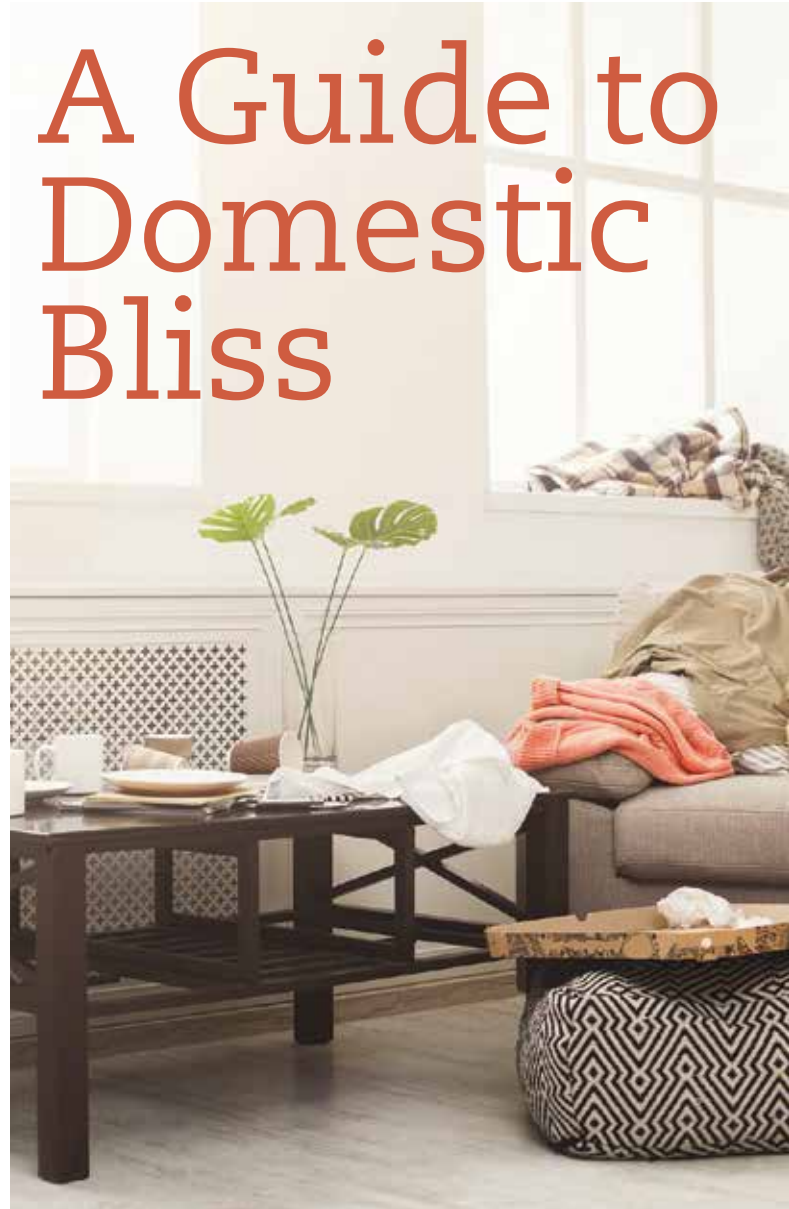
**PETER  
0412 034 161**

Let's face it: keeping your house clean and organized can often feel like trying to herd cats—cute, fuzzy cats that are determined to scatter your belongings at every turn. But fear not, because I'm here to guide you through the majestic chaos of domestic life, armed with nothing but a vacuum and a sense of humour.

First things first, let's address the elephant in the room—or, more accurately, the pile of laundry that seems to have developed its own ecosystem. You see, laundry can be like a bad sequel to a movie: it keeps coming back for more, despite your best efforts to end the saga. Pro tip: tackle laundry one load at a time, or you might find yourself developing a profound relationship with that pile on the sofa. Seriously, it has a name. You've named it, haven't you?

Next, let's talk about surfaces. Ah, the surfaces! What was once your pristine countertop has now become a magical resting place for every item you own. "Is that a mug? A half-eaten snack? Oh look, I found a long-lost TV remote!" Each surface in your home is like a contestant on a reality show—you never know what's going to come out of the clutter next! Schedule a weekly surface clean-up challenge where the winner gets to decide what to do with the mysterious objects you find. Spoiler alert: no one ever wins; they just take the trash out.

# A Guide to Domestic Bliss



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Now, let's not forget about the closet. You might remember the day you organised it perfectly, only to open the door later and face a potential avalanche of clothing. It resembles a poorly executed game of Jenga where the stakes are high. Remember, your closet is not a time capsule; those bright pink pants from 2005 do not hold any sentimental value. Unless they're hiding a treasure map, in which case, keep them!

Speaking of treasure, let's talk about the 'junk drawer.' Honestly, it's like the Bermuda Triangle of household items. Everyone has one, and it typically holds a collection of pens that don't work, batteries that are probably dead, and that random key you've been meaning to find a lock for. At this point, your junk drawer could probably work its own side hustle as a magician, making items disappear right when you need them. "Abracadabra! Where's my spatula?"

And let's not overlook the most crucial part of keeping a clean house: the delicate art of "cleverly avoiding doing the chores." We've all been there—suddenly, cleaning the bathroom

becomes a severe case of "Mmm, I really need to binge-watch that series I started" syndrome! In a world filled with distractions like social media and homemade TikTok dances, it's easy to forget that dust doesn't just pick itself up.

So, here's the secret: create a cleaning playlist that has you dancing like you've just won a dance-off with your housemates. Swoop in with a broom like a disco queen, busting a move while tackling that old pizza box that's been sitting there for who knows how long. Remember, if you're going to clean, you might as well have a little fun with it!

Keeping your house clean and organised doesn't have to be an arduous task rivaling an Olympic sport. Embrace the chaos, laugh in the face of clutter, and remember that at the end of the day, a little mess just shows that you're living life to the fullest. So, grab that vacuum, dance around your living room, and declare war on dirt—while knowing that tomorrow is just another opportunity for hilarious half-hearted cleaning attempts! Who knew domestic bliss could come with a side of laughter?



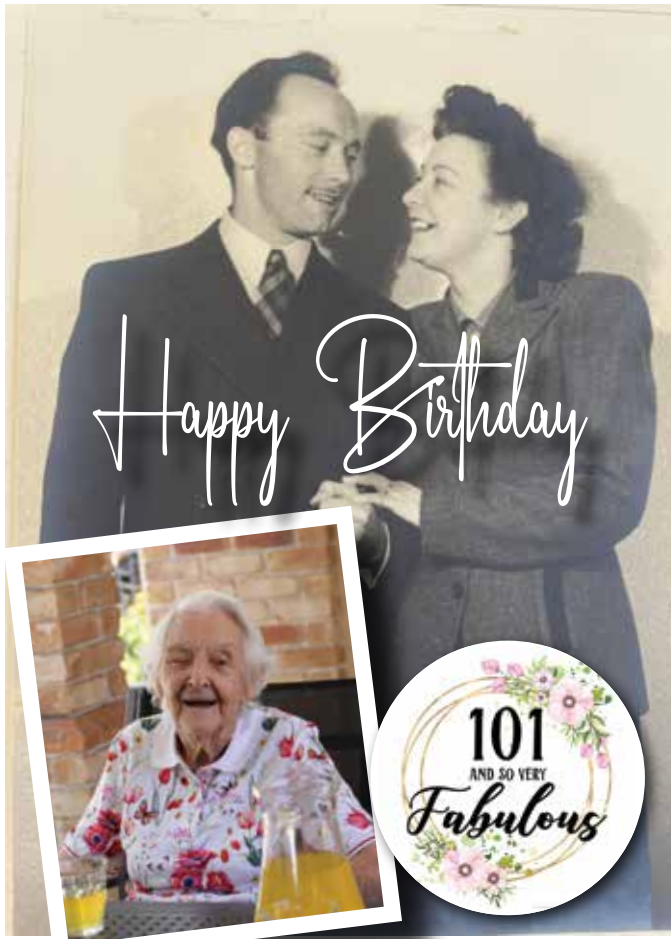
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### Bribie Island Centenarian Phyllis (Jill) Pape Is Counting Down The Days To Her 101st Birthday, Putting Her Long Life Down To "Pure Luck".

The Bolton Clarke Bribie Cove resident is set to celebrate on 22nd February with her daughter Jacqui Valkhoff, her grandchildren and great grandchildren.

"I didn't think much about living to 100 because none of my family did and I'm really surprised I'm still here to be perfectly honest!" Jill says. "I don't think there is a secret, I think it's just luck." The active centenarian moved into residential aged care three months ago and was still driving until she was 93.

"Jill always helped me in the garden, and we celebrated her 100th birthday on a cruise," Jacqui says. "She has always said to me and our family that she believes you have to give a little in any relationship, you cannot always want your own way. "She has always been well cared for and she grew up on a small farm

eating a lot of fresh produce."

Growing up in London through World War II, Jill started her working career at the age of 15 when she enlisted in the Army. "The war broke out almost immediately when I went to London to start working, so I thought 'well what am I going to do?'," Jill says. "So I added a couple of years to my age and joined up working on the telephones, and I enjoyed every moment.

"That's when I met my husband Ed (Edwin) – he drove the tanks and we met at Aldershot, where I was stationed. "After we met, he went abroad so I didn't see him for three years, but we wrote to one another and when he came back in 1946 we married."

With less than two weeks until Jill adds another year as a centenarian, her sense of humour and dry wit is still as sharp as ever when asked if she is looking forward to the celebrations.

"Well, I'd better make sure I'm here for the day then shouldn't I, if the whole family is coming?" she grins.



### ATTENTION - MEMBERS OF THE BRIBIE ISLAND RSL SUB BRANCH INC

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# CONGRATULATIONS RON LETT

## unwavering service to others!

Ron's remarkable compassion and unwavering commitment to our community have earned him the distinguished honour of Life Membership, celebrating his two decades of dedicated service to the Probus Club of Bribie Island. Over the years, he has gracefully taken on a variety of pivotal roles, including his esteemed tenure as President during the 2015/2016 term, along with serving as Secretary in both 2006 and 2008, and as Tours Catering Officer.

His leadership has been vital in the planning and execution of numerous club events, from cheerful BBQs that bring members together to delightful morning teas filled with camaraderie and laughter. With an impressive 19 years spent honing his catering skills and 16 years devoted to organizing morning tea gatherings, Ron's contributions have become a cherished tradition within our club.

Beyond the organizational aspects, Ron has demonstrated profound care and concern for our club's oldest members. He has tirelessly provided essential hospital transfers and warmly hosted birthday celebrations, showcasing his genuine commitment to fostering a supportive environment. His steadfast dedication and heartfelt service undoubtedly make him a truly deserving recipient of the Life Membership, a testament to the lasting impact he has made on all of us.



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# Local Dining Guide



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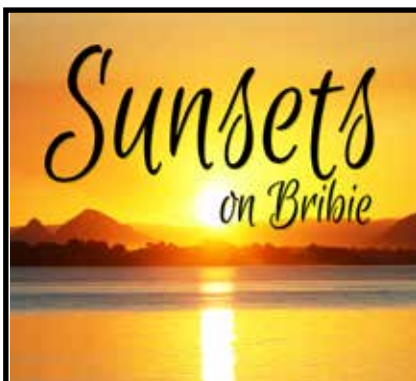
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## THE DECK RESTAURANT

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# FOOD DELIVERY SERVICES

## and Obesity Trends

**F**ood delivery services have become very popular in recent years. They offer convenience and easy access to a wide variety of food.

However, these services may contribute to health issues, especially obesity. Ordering high-calorie, quick meals can lead to unhealthy eating habits and weight gain. This link between food delivery and obesity is a growing concern for health experts and policymakers, who seek ways to encourage healthier food choices and reduce associated risks.

### WHAT CONNECTION EXISTS BETWEEN FOOD DELIVERY SERVICES AND OBESITY TRENDS?

The connection between food delivery services and obesity trends lies in the easy access to high-calorie food. Here are the main points:

- **Accessibility:** Food delivery apps make it easy to find a wide range of food that is often high in calories, sugar, and fat, focusing mainly on fast food.
- **Large Portions:** Many restaurants provide large portions for delivery, which can lead to overeating.
- **Promotions:** Discounts, such as Uber Eats promo

codes, encourage frequent ordering, which can cause overindulgence.

- **Less Physical Activity:** Relying on deliveries means less cooking and physical work.
- **Behavioural Influence:** The convenience of delivery encourages unnecessary eating and cravings for unhealthy options.

Navigating the Impact of Food Delivery Apps on Obesity Food delivery has changed how we dine, making it easy to enjoy restaurant meals at home. However, this convenience raises concerns about its role in rising obesity rates. Easy access to calorie-dense food and large portions can lead to overeating. Since ordering requires minimal effort, people often choose indulgent options, leading to unbalanced diets.

To address this, people can choose healthier options, control portion sizes, and limit how often they rely on delivery. By balancing convenience with mindful eating, consumers can use these apps while maintaining their health.

### CAN HEALTHY OPTIONS ON DELIVERY APPS SHIFT OBESITY TRENDS?

Delivery apps have changed eating habits, often prioritising convenience over nutrition. However, increasing the availability of healthier options can help reduce obesity rates. Offering healthy meals and clear food content can encourage better choices.

Apps that focus on healthy restaurants and provide nutrition filters may help consumers make wiser food decisions. While simply having healthy options is not enough, combining this with education on portion control and balanced diets can effectively reduce obesity risks. Delivery apps should aim to make healthy eating as appealing as junk food.

### HOW DO FOOD DELIVERY SERVICES INFLUENCE EATING HABITS?

Food delivery services have changed how people access food, making it easier to order a variety of meals. This change affects eating habits in both positive and negative ways.

While these services introduce people to different foods and save time, they also influence nutritional choices that can impact health.

- **Comfort and Impulse Choices:** Ordering food is quick and easy, which can lead to impulsive decisions for fast food or calorie-heavy meals. Consumers often choose taste and speed over nutrition, resulting in less healthy eating.

- **Portion Sizes:** Restaurants typically offer large portions to give a sense of value, which can result in overeating and increased calorie intake.

- **Frequent Ordering:** Discounts and loyalty programs encourage frequent purchases, leading to a habit of relying on takeout instead of cooking balanced meals at home.

- **Nutritional Focus:** Although some apps include nutritional filters, many users do not take advantage of these features, which limits their ability to choose healthier options.

- **Cultural Change:** Regular use of delivery services can weaken the tradition of home cooking, which usually allows for better control over food choices.





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

NB: All sauces are Gluten Free.



*Monday*

## *Two For Tuesday* \$35 SPECIAL OFFER

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



*Tuesday*

## *Burger Bonanza* \$18 SPECIAL OFFER

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

NB: Gluten Free surcharge applies.  
Vegetarian and Vegan options also available see staff.



*Wednesday*

## *Ribdiculous* SPECIAL OFFER FROM \$20

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



*Thursday*

## *Schnitz-O-Rama* SPECIAL OFFER FROM \$15

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



*Friday*

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

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



# GLEEMEN'S YEAR OFF TO A SIZZLING START!!!



**L**ate last year, if you thought of the sight of tinsel and Christmas decorations appearing far too early in the stores and piped Christmas Carols blaring out way too soon in the supermarket aisles, then kindly spare a thought for the Bribie Gleemen!!

Always at the ready under the baton of Musical Director Trevor



Vincent, and with the Boy Scout motto of "BE PREPARED" in mind, it was far from a "Silent Night" as the Gleemen also began early rehearsals for Christmas Carols!

And Boy! Did it pay off!!! In December, with Carol concerts at Bribie Cove Residents' Hall, Bribie Island Retirement Village Nursing Home, Bribie Island Retirement Village Residents' Clubhouse, and the granddaddy of them all.....on stage at the Sandstone Point Hotel's Christmas Celebration Event.

This last one is definitely the biggest crowd we have ever sung to. In mid-January, the men conducted a Sausage Sizzle outside Bribie Mitre 10. You couldn't hear the sizzle over the happy group singing, but it was very much a fun day, and we hope to do it all again in April. It's a great way to attract new members!

Keep your eyes peeled for announcements to follow about our next big concert on May 10th.....with the theme of food, glorious food and drink.

Men interested in joining the Bribie Gleemen are always welcome. We rehearse every Monday at 3.30 p.m. to 5pm in the Bribie Island Retirement Village, in Foley Street. Come along any Monday and give us a try, or phone Shane on 0493215823.

## BRISBANE CRUISES

*The Difference Between A Good Cruise & A Great Cruise'*

### 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.

**Buy a GIFT CARD or BOOK Online now at**  
[www.brisbanecruises.com.au](http://www.brisbanecruises.com.au)

**Price Includes BBQ lunch and cruise**

**Prices: Adults \$55, Children \$26 (4 - 14yrs).**

### 2025 DATES:

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)**





# The Bribie (Yarun) Arts Centre Mural

Local First Nations emerging artist Nicole Gulwell has added another community mural to her impressive portfolio.



Nineteen year old Nicole is a descendant of Dharug and Kamilaroi peoples, and a member of the Pumicestone Indigenous Education and Employment Council (PIEEC). She is also a valued volunteer on the Bribie Island Community Art Society's Next Generation Art Prize committee.

Having seen her solo work for Bribie Island State School and Bribie Kindergarten, as well as her collaborative projects at the Birali Steiner School Beachmere and Bribie Arts Centre, BICAS Board member and Next Gen coordinator Sarah Cave invited Nicole to design a mural for the Arts Centre's Cafe 191 courtyard wall.

Sunlight reflecting off the expansive white wall was a significant glare issue for cafe patrons; it was also a large blank canvas begging for an artwork to enhance the courtyard space and make the statement: "This is an Arts Centre".

Nicole offered six designs incorporating the native flora and bird-life specific to the Centre surrounds in consultation with PIEEC ELDERS. The Selection Committee was unanimous in the choice of the final design.

Time was of the essence. The summer heat and storm season was approaching, and Nicole had only a small window of opportunity before returning to her 3rd year Bachelor of Contemporary Australian Indigenous Art at Griffith University.

So Sarah and fellow Board member Fiona Boxall set about securing a \$5000 Quick Response grant made possible by the Australian Government's Regional Arts fund provided through Regional Arts Australia and administered in Queensland by Flying Arts Alliance.

Sunshine Mitre 10 Bribie Island provided in-kind support, offering a discount on the purchase of the paint.

Fiona further promoted the project to Flexihire Caboolture who supplied a scissor-lift free of charge for the duration of the project.

Nicole's assistant artist throughout this project, Trinity Cory, is also a young emerging local artist who previously worked on the "Save the Bees" mural at the front of Bribie Arts Centre. She is currently studying a Bachelor of Creative Arts at JMC Academy, Brisbane. The pair completed the mural on December 12th to the delight of cafe patrons, Arts Centre members, staff, volunteers and visitors.

You can view this remarkable artwork Tuesday to Saturday 9am – 4pm, Sundays 9am – 1pm.







## WORLD DAY OF PRAYER

### THE FUTURE OF THE COOK ISLANDS

By joining us, you have the opportunity to profoundly impact the lives of these precious children, shaping a brighter future for them. For ninety-nine years, churches worldwide have come together to pray for a selected country, and this year, the Cook Islands have been honoured with that choice. This is a rare and meaningful chance to engage in this cherished global tradition.

A program has been established that will journey across the globe, illuminating the dreams and aspirations of these tropical islands. Comprising 15 islands, 12 of which are inhabited by approximately 16,000 people, this self-governing nation enjoys a 'free association' with New Zealand.

This year, the Freedom Church will host a gathering where the local church communities will unite to celebrate their culture and share stories of resilience and hope. You are warmly invited to a relaxed afternoon of singing and prayer, inviting the God of all creation to nurture this small but significant corner of the world, granting them wisdom and peace.

After the meeting, you will have the wonderful opportunity to connect with new friends over afternoon tea. Everyone is welcome.

## EVENT DETAILS

**WHEN:** FRIDAY, 7th of March @ 2pm

**WHERE:** Freedom Church

195 First Avenue Bongaree.

**Contact:** 0432 403 865  
for more information.

# 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.

# Lawyer who travels to you

RACHEL GREENSLADE ("RACH") HAS BEEN MAKING A BIG DIFFERENCE IN A SMALL WAY SINCE ESTABLISHING HER OWN LAW PRACTICE, THE TRAVELLING LAWYER IN 2023.

Rach's objective of making professional legal services more accessible, particularly to the elderly and those with disabilities, has been welcomed in the regions.

During Rach's career, she appreciated the difficulties many clients were faced with in getting to see their lawyer. For older clients, ill health hindered them from driving long distances to see their legal advisor or they would need to rely on a family member to drive them. Rach wanted to solve this issue and provide a service that wasn't normally offered by other lawyers.

Rach wanted to incorporate her love for people with her career and what better way to do that than by offering a legal service to people from the comfort of their own homes.

Whether it be a property issue, or losing a loved one, Rach recognises that these matters can be the best or worst moment in a person's life. By travelling to them, not only does she alleviate some of their stress, Rach believes it leads to better outcomes for the client because they feel more comfortable in their own surroundings.

Rach's experience spans across the course of 19 years where she began her legal career as a legal secretary, working her way up through the ranks before being admitted as a lawyer in 2016. Rach also completed her Masters of Applied Law in Wills and Estates in 2020.

She certainly hasn't taken the easy road to get to where she is but believes that this has allowed her to gain a lot of experience across a broad range of legal matters whilst

gaining life experience that she applies to her work.

The Travelling Lawyer offers a wide range of legal services such as Wills & Estates, Rural and Residential Conveyancing and Property matters as well as Commercial Matters.

If you would like  
to meet with Rach,  
it's as simple as  
giving her a call  
to organise an  
appointment on  
0438 749 660.



**THE TRAVELLING  
LAWYER**

**Rachel Greenslade**  
Principal Lawyer

**0438 749 660**

[rach@thetravellinglawyer.com.au](mailto:rach@thetravellinglawyer.com.au)  
[www.thetravellinglawyer.com.au](http://www.thetravellinglawyer.com.au)



# THE ART OF *Short Story Writing*

What a wonderful world the “writing world” is. We sit quietly, pouring out words, constructing a story to share. We open and close the mouths of our characters, moving them like puppets, until we become so immersed with our characters, they often drive the story for us.

Short story writing is a great way to begin an enjoyable hobby or side-career as a writer. Short stories suit my sometimes-short attention span, and my budding discipline as an emerging author.

## HERE ARE SOME KEY STEPS IN CRAFTING AN ENGAGING SHORT STORY.

**1.** Always strive to improve your skills. Read books on writing, watch YouTube tutorials, join writers’ groups. Attend classes and author events. There’s a large, supportive writing world out there. The Bribie Arts Centre and Bribie Library will help connect you.

**2.** The right length for a short story is exactly how long the story should be, to be adequately told. As a guide, the “correct” length is around 1,000 and 10,000 words.

**3.** The short story focusses on a central concept, theme or event. All tangents should tie in with this. Decide on your story’s “conflict”. Will it be external ... a villain, or a storm? Will it be internal ... a decision that must be made?

**4.** A gripping first sentence can entice the reader to discover more. A question can entice them to find out the answer. Here are some examples:

- “Mother died today. Or maybe yesterday; I can’t be sure.” – The Stranger by Albert Camus.

- “We slept in what had once been the gymnasium.” – The Handmaid’s Tale by Margaret Atwood.

- “Is it possible for an entire nation to be insane?” – The Plot Against America by Philip Roth.

**5.** Avoid long expositions—jump straight into the story. Then, move the story forward with every sentence by describing the scene, world-building, or developing the characters or plot. Remember to “SHOW, NOT TELL”.

**6.** Build to a strong climax and end with a satisfying resolution. The conclusion should tie up loose ends but can leave room for thought. A twist or an open-ended conclusion can be effective if done well. The final line should resonate and leave a lasting impact.

**7.** Edit, refine, edit again. Check for grammar, punctuation, and clarity. Read your story aloud and get feedback from others.

## THIS IS A SHORT GUIDE—research

**more.** If you have a story to tell, by will and discipline alone, you will create a story that is compelling, engaging, and memorable. Happy writing!



### AUTHOR BIO:

Joy and adventure are at the heart of Peter Schinkel’s short stories. Exploring themes of love, loss fear, and fun, each story is unique in its exploration of humanity.

### BOOK LAUNCH:

YOU ARE INVITED to the launch of Peter Schinkel’s TWISTED PLANET BOOK TWO: An eclectic collection of sci-fi short stories.

FRIDAY, 14th MARCH, 5:30pm for nibbles and drinks, with a 6:00pm kick-off.

BRIE ARTS CENTRE, 191 Sunderland Drive, Banksia Beach.

### SHORT AND SWEET

is the order of the evening. Guest speaker – Queensland author, Troy Henderson will interview Peter, followed by a 3-minute reading from Peter’s anthology. Then it’s audience question time, before the book signing around 6:30pm—when nibbles and drinks freely flow again. And yes, there will be cake! How much better can this get?

Bookings are limited to 60 people. To book your seat, please call Peter Schinkel on 0436 320 848 or email [twistedplanetbooks@gmail.com](mailto:twistedplanetbooks@gmail.com)

By Peter Schinkel

# writers corner





# Australian Bush Dance

By Al Finegan

Oh, who hasn't heard of Euabalong Ball,  
Where the lads of the Lachlan, the great and the small,  
Come bent on diversion from far and from near,  
To cast off their troubles for just once a year.



These are the words from the first stanza of a song written in the 1880s by A. L. Lloyd and typify the enthusiasm the early settlers of this country had for dancing. He used Euabalong as a typical small outback town located in Cobar Shire NSW. From the earliest colonisation of Australia, dances were an important form of social recreation. They were good fun, and everyone dressed up a bit. They were also a great way to get the locals to mix it up and interact with each other, especially during the progressive dances.

Such was their popularity that legends were born of the dance phenomena. Here is a story, believe it or not, that occurred about 100 years ago, "An American Journo heard of a very popular dance that was seen

as almost sacred in the Australian Bush. It was called the "Butcher Dance." He made the long trip and was eventually guided to a remote town in Outback Qld. The boys from the bush, being as they were, with a serious face, told the journo that he was the first American ever to see this most sacred of Outback rituals. He was told he must remain silent while he set up his camera and began recording. The people gathered until he saw what he perceived to be a Holy Man calling for the people to gather in preparation. Wearing a large wide-brimmed hat and riding boots, the Holy Man began a loud call accompanied by the rising rhythmic sound of ukuleles. Then the bushies, as though in a trance, began to sway as the stirring music of the full bush band began to ring out. The Holy Man became caught up in the fervour of the moment himself. This was it. The American

realised beyond all doubt that his long trip had not been in vain. The boys told him that he was about to witness the ultimate performance of rhythm and movement to have ever been conceived. The Holy Man strode to his position in the circle and, in a big booming voice, started to sing, "You butcher right arm in. You butcher right arm out. You butcher right arm in, and you shake it all about...."

The first migrants to our shores, both freeman and convict, English, Scot or Irish, all brought with them the dances of their homelands and a deep desire to "dance on." Later came the Germans, Poles, and Americans. The folk dances they brought were already very old when they arrived in Australia. Around 1650, an Englishman, John Playford, published a collection of country dances under the title "The Dancing Master" that

had been designed for teaching dancing. These included the Haymakers Jig, Irish Trot, the Country Bumpkin, and the Cheshire Rounds. The "Cheshire Rounds" has been published consistently in dance manuals since Playford's The Dancing Master. By the time it was recorded in the Sydney Gazette of 1803, it had acquired the status of a favourite folk dance.

During the nineteenth century, whether in the ballrooms of Melbourne, Brisbane, Cunnamulla, or in the shearing sheds of the great Outback, people loved to dance, and they did. All over Australia, regular dances were booming out their presence. Some were to celebrate the end of harvest and others the finish of the shearing season. In the cities, there were balls for the upper class where debutantes could be



introduced to their social class. Many famous dance rooms were attached to hotels.

By the 1870s, the Waltzes and Quadrilles were by far the most common dances in Australia, and Ball programmes of the period tended to include only two or three of the old country dances. The Schottische and the Varsovienne were then at their most popular, and the 1890s saw the introduction of the Barn Dance, the first of the sequence dances, now called Old Time Dances. Just after the turn of the century, the Valletta Waltz and the Boston Two Step became fashionable, followed later by the Macarena and the Pride of Erin. These dances were popular till after the First World War and represented an era of transition between the older colonial ballroom dancers and the big band dances era when dances like the Foxtrot and Quickstep were the rage. With the introduction of radio and television, we were to see rapid changes in entertainment throughout the world.

Everywhere dances were done, they were done with enthusiasm. People would often travel from miles around and dance till dawn. These early Australian dancers were familiar with polkas, waltzes, galops, the Schottische, the Varsovienne and the Lancers. Of course, not to forget the Hokey Pokey. And everyone who came knew them all.

So it was that the Australian Bush Dance began its roots from the very early settlement of the colony. Initially, it was influenced by the styles and customs of the early settlers but evolved to be an amalgam of the early colonial style and dances from Europe and America. As miners and settlers came to Australia, it became the form of social dancing that was popular in both the country and the city but only got its name during the folk revival in the 1950's.

It is now a style of dance unique to Australia, particularly where the music is provided by a bush band, with the Bushwackers being influential, but many other excellent bush bands still play for public dancing. It is likely you were taught some of these dances at primary school. Contemporary dances, more recently

composed in the traditional style, are also featured at bush dances.

In the years after WW1, the white population of Bribie Island hovered around 5000. With few recreational activities available, many residents missed the enjoyment of dancing they had known in their countries of origin. Several families would often gather together at one family's home and dance to whatever musician was available. They decided they needed a hall with plenty of room for their traditional dances. The community organised a committee, and in 1920, a dance hall was built. It soon became a popular centre for dances, which many knew from their countries of origin. The watercolour depicted here was painted by Gladys (Blundell) Federik. She is the (deceased) Aunt of Celtic Minstrels member, Mike Watts and a member of the Celtic Minstrels. Bribie's first lawn bowling green was constructed near the dance hall. Sadly, about 1929, it was taken off its stumps and moved down the hill to become the club's first clubhouse.

In 1942, a big change in dancing arrived with the US Military. Brisbane doubled its population as American GIs arrived in force. "It is not proposed to make total war total misery," came a statement from Parliament, and "Dancing will not be included in the recreations that are to be restricted to prevent interference with the war effort." Indeed, for many, dance was synonymous with their experiences of life in the Second World War. American GIs brought with them new and exciting dance styles, and dancing itself was a way to escape the pressures of life under the restrictions placed on the population. Many people of the day, as stated in a newspaper, had "The fantastic illusion that the war was being conducted in American swing time as most radio stations broadcast nothing but American dance music." It also reported that, "The Services are keeping dancing alive, as there is more dancing during this war than there was in peace-time years." It went on to state that, "Wherever the fighting men of air, sea, or land camped down,

and girls were to be got, they organised a weekly dance." After the war and its swing era came jive, rock'n'roll, then disco, and except in a few isolated country areas, the colonial ball had become almost extinct.

During the late 1950s and '60s, there was a worldwide folk revival. And here in Australia, collectors set about researching our past and resurrecting the dances of our colonial days. Bush bands, which proliferated through the 1970s and 80s, have fused these early dances with an odd mixture of old-time dances and folk and country dances from Europe and America. Bush bands then remodelled the instruments of the orchestra to include guitars, bass, and even synthesisers to reflect modern tastes. And so, Bush Dancing was born. The music for the Bush Band is borrowed from the playing of old Bush musicians as well as popular imports from Scotland, Ireland and America. Today at the Bush dance, you will find yourself whirling to polkas, the Dashing White Sergeant, Virginia Reel, waltzing to the Pride of Erin, and the Swedish Masquerade. You may also trip the light fantastic to a Scottish waltz, Berlin polka, or Gypsy Tap. You could even find yourself doing the Hokey Pokey, the Chicken Dance, Macarena and Nutbush.

For the last several years, anyone strolling along the path next to the Pumicestone Passage near the bridge would likely have been entertained by the Celtic Minstrels. The Minstrels were regulars at "The Jetty" in Bongaree and loved to play sets of tunes, with musical friends from around the district joining them at times. In a small town just West of Bribie Island, the people of Wamuran love their bush and old-time dancing. Timber cutters and selectors settled at Wamuran in the 1880s, and in the early 1900s, new selectors moved into the dense scrub to harvest the timber. Today, they dance at the hall, at the very spot where the locals built their first dance hall in 1917. The Wamuran Community Hall was opened in April 1985, replacing the old Albert Hall, which was built in 1921. Many functions

and activities are held in the hall, and the regular Wamuran Dance is still being held. A number of their musicians often join the Celtic Minstrels to add to both the sheer enjoyment of their music and the wonderful entertainment of the locals.

The Celtic Minstrels have started to teach Bush Dancing for Fun in the Bribie U3A classes and are having so much fun playing for the dancing that they hope to continue throughout the year in any venue that could host a Bush Dance. Two of the band members, Mike and Beth, have been involved with playing bush dancing for over 30 years, starting in Tasmania, where it's cold enough to warrant a lot of leaping around in the evenings. They are enjoying the challenge now of playing for several hours, with 7 or 8 dances being on the programme. Beth is the caller. She teaches the dance, which may be in longways sets, circles, square sets, or progressive, and could be in jig time, polka time, reel time, march time, and quite often, waltz time. The caller continues to assist once the music starts, but the music itself tells the dancers when to come in, go out, spin, change partners, or progress onwards. The Minstrels are pleased to have been included in the U3A classes, as it's a first for Bribie to have bush dances such as Waves of Bribie, Strip the Willow, the OXO reel, Haymakers Jig, or Troika. The Celtic Minstrels also teach a dance from the "Dancing Master" titled "Upon a Summer's Day."

Dancing still holds a special place in the social calendar of every Australian community and with all the sophistication and technology of modern society, we are yet to find anything more entertaining or exciting as a good old time bush dance.

**The Celtic Minstrels  
are holding a  
Family Bush Dance on  
SAT 22ND FEBRUARY  
FROM 2-5PM  
at the Bribie Community Hall,  
Arcadia Ave, Woorim.  
\$10 adult, \$20 family  
so bring the kids.  
They'll get a Hokey Pokey  
(Butcher) dance.**





# 150 YEARS OF LOCAL COUNCIL

## Roads, Rubbish, Tourists, Trash and Toilets



**BARRY CLARK**

**President** Bribie Island Historical Society

**T**he title photo above shows the Brisbane Tug Co. selecting the site to build the Jetty at Bongaree in 1912. For the next 40 years the development of Bongaree and Bribie was largely driven by the Tug Co. with minimal involvement by the Government or Council.

The new COLONY of Queensland was separated from NSW in 1859 and the only municipality within its extensive border was Brisbane, which had been incorporated just 3 months earlier. In 1876 the Local Government Act proclaimed 74 local Government areas including the Caboolture Divisional Board, which covered a vast area from Kedron Brook to Maroochydore, which over time became several different independent Councils. When the Commonwealth of Australia was established in 1901, Queensland and other Australian Colonies became States. Queensland was the first State to introduce compulsory voting in 1914, and the only State to have just one Lower house of Parliament from 1922.

In 2009 the three Councils of Caboolture, Redcliffe and Pine Rivers were amalgamated to form one large Moreton Bay Regional Council. More recently it was reclassified as Moreton Bay CITY Council with Bribie Island being a small part of this large City Council.

### **LITTLE BRIBIE ISLAND.**

In the 1930's when the resident population of Bribie was less than 100 people it had one honorary Councillor on the Caboolture Council. When the population got close to 1000 people Bribie Island had two Councillors to represent them on Caboolture Shire Council. Today with a population approaching 30,000 Bribie Island, as part of Division 1, has just one elected Councillor.

Looking at 150 years of Caboolture Board and Council meeting records since 1876 there were very few references to Bribie Island in the early years. However, what was recorded is a good insight to those early years. The first Caboolture Divisional Board meeting in 1800 had a focus on improving road systems as several Council members could not get to that first meeting due to flooded roads.

Here are the few references to Bribie in Council minutes in the first 65 years to 1950.



**1885** Tom Tripcony complained about the state of the road to their selection on Bribie Passage. 1910 it was decided to install a telephone in the Shire Hall and in 1911 James Clark was given permission to run a telephone line from Caboolture to Toorbul (Sandstone) Point along the road.

**1912** Mrs Goodwin was requested to eradicate Prickly Pear at Bribie Island. 1914 a Petition from Bribie Island residents requesting severance from the Shire and creation of a new Bribie Island Division.

**1918** Coungeau requested permission to erect a bathing house on the beach at Bribie Island. An influenza epidemic caused concerns in many places, and a telephone message was noted as being taken in shorthand.



**1920** Six roadside notices were erected saying MOTOR SPEED 8 MILES PER HOUR.

**1921** Council urged the rescission of a proclamation declaring Bribie Island a protected area at the request of the Brisbane Tug Company. Due to campers on Bribie causing a litter problem, casks were ordered for rubbish bins and Bribie Progress Association complained of vehicles and horses on footpaths.

**1923** Approval was given to E. Schneidewind to build a cottage at Bribie Island. This is the first recorded building approval by the Council.



**1925** Hall & Bestman wanted a bridge over the creek at north end of Bongaree. Bribie Island residents sought Police protection.

**1927** Health Inspector visited Bribie Island in January and estimated 1000 people occupied 135 tents and 12 permanent huts owned by the Tug Co. and that there were between 500 and 1000 weekenders and trippers in holiday season. Camping fees at Bribie were 4 Pounds (\$8) per annum.



**1929** A. Hall suggested a public collection at holiday time should replace camper's fees at Bribie Island. The Health Inspector wanted locks for the sanitary pan lids as the jolting of the dray causes the lids to jump off and if they are anywhere near full the contents spill out.

**1930** New Pavilion, Bowling Green and Tennis Court was built on Bribie by the Tug Company and was subsequently licenced.

**1932** Bribie Island was made a separate division of the Shire and allocated one Council member with the other 4 Divisions each having 2 members.



**1933** James Clark of Toorbul Point wrote regarding a Bridge over Bribie Passage. The Courier Mail conducted a sand garden competition on Bribie Island. At that time Caboolture had 280 houses, 20 business premises and a town population of 1420.

**1935** Shirley Creek Bridge opened on Bribie Island by honorary Councillor Bill Shirley.



**1937** Hotel licence was under consideration for Bribie Island. Certain flats on Bribie Island were reported to be in a bad state having no ceiling and walls were not draught proof. Council was to consider building approximately 10 houses on Bribie for letting to old age and other pensioners.

**1943** Councillor Shirley reported that military were practicing with large Tanks weighing up to 35 Tons, so it was a waste of money to do any work for the time being.

**1946** Application was made to military authorities for 1000 Pounds (\$2000) to cover the cost of building repairs and damage to roads and bridges on Bribie Island. Seventeen Lavatories disappeared while the military had control of the main beach.

**1948** J. Ormiston given first offer on two blocks of land at Bribie Island for 25 Pounds (\$50) each.

**1950** A. Wilson applied for a Bribie Taxi licence, Bribie Bowls Club were ticked off for erecting a building without a permit and W. Shirley was requested to remove the debris left by the fire at Ocean Beach Guest House.



## MORE BRIBIE HISTORY

Historical Society meetings are on the second Wednesday of each month at 6:30pm at the RSL Club and visitors are always welcome. See more stories & photos of Bribie history on Web site [bribiehistoricalsociety.org.au](http://bribiehistoricalsociety.org.au) and Blog <http://bribieislandhistory.blogspot.com> or contact us on [bribiehistoricalsociety@gmail.com](mailto:bribiehistoricalsociety@gmail.com)

# For The Love



# OF PETS

In a world that can often feel isolating and fast-paced, pets stand as radiant beacons of joy and comfort, transforming the lives of millions. Their presence extends beyond mere companionship; pets envelop us in a multitude of physical, emotional, and social benefits that profoundly enhance our overall well-being.

First and foremost, pets uplift our mental health. Research consistently reveals that simply petting a dog or cat can release oxytocin, the "love hormone," while reducing cortisol levels that contribute to stress and anxiety. For those wrestling with loneliness or depression, the unwavering love and loyalty of a pet offer incredible solace and companionship. Their playful antics and affectionate nature can illuminate even the darkest moments, urging us to find joy in life's simplest pleasures.

Pets inspire us to lead a more active lifestyle. Especially

dog owners, who are often compelled to partake in daily walks, play, and outdoor adventures with their furry companions. This not only benefits the pets but also encourages owners to stay fit and healthy. Pets remind us to embrace physical activity and revel in the outdoors, guiding us toward a more balanced and active existence.

The social benefits of pet ownership are equally remarkable. Pets serve as fantastic conversation starters, effortlessly breaking the ice as we meet new people or cultivate connections with fellow pet lovers. In community settings, like dog parks or pet-friendly events, friendships often flourish over shared experiences and passions. Pets bridge social gaps and create invaluable opportunities for connection in a world that can sometimes feel fragmented.

The responsibility of caring for a pet cultivates essential

life skills. Nurturing an animal teaches compassion, empathy, and accountability. From feeding and grooming to attending to their health needs, pet owners grow in dedication and enhance their capacity to care for another living being. For children, sharing their lives with pets fosters responsibility and imparts vital lessons in empathy and respect for life.

Additionally, pets can serve therapeutic roles in our lives. Many therapeutic programs harness the power of animals to assist individuals with disabilities, mental health challenges, or chronic illnesses. The presence of animals in these settings promotes emotional healing, boosts morale, and instills a renewed sense of purpose for those who may be struggling.

While the benefits of pets are profound, it's essential to embrace pet ownership with a sense of responsibility and awareness. Owning a pet is a

long-term commitment that requires time, resources, and devotion. Before welcoming an animal into our lives, we must ensure we are ready to meet their needs and provide a loving, stable environment.

The advantages of having pets are both numerous and transformative. They enrich our lives in ways that are deeply fulfilling, offering companionship, encouraging healthy lifestyles, fostering social connections, imparting valuable lessons, and providing therapeutic support. By embracing the companionship of pets, we not only enhance our own lives but also cultivate a deeper connection to the world around us. Whether it's the soothing purr of a cat, the joyful wag of a dog's tail, or the lively hops of a bunny, pets undeniably gift us with an irreplaceable dimension of happiness and fulfillment.



# Remember Me Pet Cremations

**A**s a small family business, we have drawn on our connection with our own furry/feathered family members to empathise and help others during their time of loss. We have experienced our own pets passing and will inevitably do so again. Knowing we have honoured them and treasured their memory is hugely important to us as we are sure it is to you too.

We are Bribie residents who saw a need for a local pet cremation company. We realised that our local area didn't really have a pet cremation service that offered farewell tributes in person, or virtually, and we would have to travel a fair distance if we wanted to say farewell in this way. We wanted to change that for the local community.

Having a background in healthcare gave valuable insights into the pet cremation business. The compassion, communication and empathy developed in a healthcare setting being essential when working with pet owners during emotionally challenging events. We are members of the International Association of Pet Cemeteries and Crematories and have completed their course and certification. We aim to ground our business on ethical, transparent and compassionate behaviours, working toward improving our services wherever we can.

We are aware that losing a pet can be one of life's most challenging experiences and we have strived to simplify our process for you and make decision making as easy as possible at such a difficult time.

Our premises have been designed for you to visit in person and select products if required. They have the added benefit of a beautiful space for you to say a final farewell to your beloved pet. At collection we will assign your pet with a unique identification number that will stay with them throughout their journey.

## WHY CHOOSE US?

We truly understand and value the relationship you have with your beloved pets. Every pet is unique, and so too is the bond held between you as pet parents, and your special friends. At Remember Me Pet Cremations we will strive to ensure your loss, though felt deeply, is met with the compassion, respect, and support, you and your pet deserve.



As a final act of love, let us help you  
remember your pet forever.  
*As the special and unique soul that they were.*



## OUR PROMISE TO YOU

We will ensure your pet will be treated with the same love and respect we would show to our own. Rest easy in the knowledge that we truly care.

- Personalised to your needs and wishes
- Open, transparent and respectful care
- Simplifying decision making during pet loss
- Family owned by fellow pet lovers
- Our premises have been designed for you to visit in person or
- We offer an easy online booking process



Remember Me Pet Cremations began when we were concerned about our own beautiful boy Malcolm, as he was going through some health issues. We knew we wanted to honour his life. We wanted something unique to remember him by that we could share with others. The concept for Remember Me Pet Cremations then took shape and here we are.

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

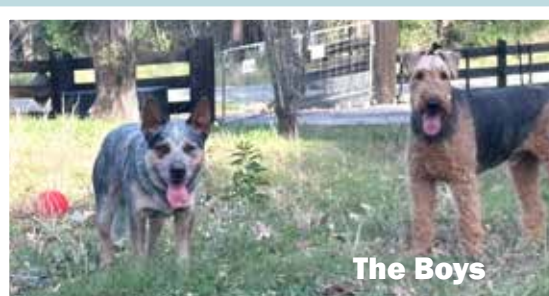
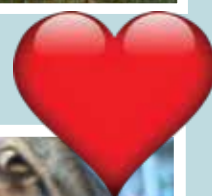


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# Pawsome Pet Pages







**Cooper**

**Regie & Sage**



**Davros**



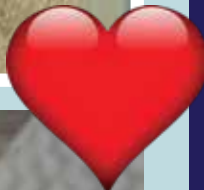
**Tigga**



**Oggy & Rockey**



**Buster and Sunny**



**Maisie**



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**FOR YOUR PET FOOD NEEDS**  
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**ENTER YOUR PET IN OUR Facebook COMPETITION**

Like our FB page and post your pets photo via this ad, winning photo will be published in the next issue of The Bribie Islander so it has to be a high resolution image. We will announce the winner in Issue 234 due out 7th March.

**GREAT RANGE OF BIG BRANDS AT COMPETITIVE PRICES.**

Mon to Fri 8.30am to 4pm  
Saturday 8.30am to 1pm

# SPORTS PAGES

## BONGAREE BOWLS CLUB RESULTS

31/1 to 10/2/2025

Results for Friday Paddle Pop  
Draw 31/1/2025

Winners: Ross Bryant, Pam Walker, John Morrison

R/Up: Pat Warwick, Frank Levy, Bob Vonarx

Shopper docket winner for January: John Morrison

Results for Scroungers Saturday 1/2/2025

1st Place: Peter Brown. 2nd Place: Trevor Mallouk. 3rd Place: Keith McLeod

Results for Wednesday Fours 5/2/2025

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

R/UP: Allan Kenning, Robyn Maffey, Graeme Hanlin, Peter Vlajic

Results for Friday 2-4-2 - 7/2/2025

Winners: Clare O'Donohue, Di Drew

R/Up: Dave Dixon, Col Hodges  
Results for Scroungers Saturday 8/2/2025

1st place: Pat Spice. 2nd place: Ken Hill. 3rd place: Marty Hall

Results for Wednesday Fours 12/2/2025

Winners: Carol Oates, Trish Paskin, Jeff Paskin, Joanna Horsley

R/Up: Gordon Heap, Garry McCarthy, Col Valentine, Ian Paterson

Results for Jackpot Pairs Thursday 13/2/2025

Winners: Jaarpung Blundell, Tim Carlton

R/Up: Peter Vlajic, Peter Szepes



## BRIBIE BOWLS CLUB

Self Select Fours results Friday 24 January 2025

Winners: L Tait, M Brennar  
Runners up: A Sturm, L Williams

Lucky draw: G McEniery, K Muller

Lucky draw: M James, N Gray

Self Select pairs results Friday 24 January 2025

Winners: S Lobo, B Smith, K Piva C Barkley  
Runners up: N Bolton, W Ebert, D Cherry, P Tonkins  
Lucky draw: K Smith, B Svenson, J Howard, T Turnbull

Random Select fours results

Saturday 25 January 2025  
Highest margin: L Beaven, M Aubin, C Turner, D Davis  
Lowest margin: L Savige, I Smith, E Hooke, A Campbell

Out of hat winner: M Cherry, W Follett, W Manson, I Teakle

Out of hat winner: B Castle, D Bishop, K Muller, A Pinzger

Out of hat winner: L Williams, M Thompson, R Follett, R Hoelscher

Self select triples results Tuesday 28 January 2025  
Winners: G Renshaw, R Turner, S Hancox, D Hancox

Runners up: N Gray, S Hose, L Mather, W Hoelscher

Lucky draw: T Turnbull, B Turnbull, S Mitchell, Wally O

Lucky draw: R McDermott, G Riley, K Ayres, M McGregor  
Bunny: H Taylor, P Hourigan, T Packau, B Stuart

Self select fours results Wednesday 29 January 2025

Winners: M Durham, G Kirby, I McLelland, M Lowry  
Runners up: M Andrews, K Piva, C Wilson, M Prewett

Lucky draw: P Maloney, T Erfurth, G Teakel, M Garfield  
Lucky draw: J Brazier, H Taylor, S Priest, M James

Scroungers results Wednesday 29 January 2025

1st: B Wallis  
2nd: J Falvey  
3rd: D Heath

Random select triples results Thursday 30 January 2025

Highest margin: M Gaggiano, R Bickerton, J Neill

Highest margin: P Campbell,

T Bishop, P Neumann, P Lyons

Out of hat winner: P Boyland, G Hutchison, S Muller

Out of hat winner: D Neumann, R Leth, I Teakle

Self Select pairs results Friday 31 January 2025

Winners: B Kinnear, J Dieben  
Runners up: P Mann, L De Roule

Lucky draw: J Noonan, W Ryan  
Lucky draw: P Nelson, T O'Loughlin

Self select fours results Friday 31 January 2025

Winners: G Hartley, B Svenson, T Turnbull, J Howarth

Runners up: B Russell, G Dieben, G Denkel

Lucky draw: B Castle, R Black, R Ferguson, D Bowers

Random select fours results

Saturday 1 February 2025

Highest margin: G Frew, K Langford, W Follett, Y McDonald

Lowest margin: G Lucas, A Pinzger, J Herbert, J Adams

Out of hat winner: P Gee, T Phillips, G Geisler, R Follett

Self select triples results Tuesday 4 February 2025

Winners: C Smith, K Norton, T Pope

Runners up: K Smith, M Mills, I Smith

Lucky draw: L Godfrey,

J Noonan, M Gittins

Lucky draw: L Deakins, E Deakin, R Brinton

Lucky draw: M Garfield, B Garfield, L Beaven

Scroungers Results Wednesday 5 February 2025

1st: G Jackson

2nd: R Eaton

3rd: T Hammond

4th: P Mann

Self Select fours Wednesday 5 February 2025

Winners: W Kelly, M Cullinan, G Olson, W Gilbert

Runners up: C Smith, I McLelland, G Kirby, M Lowry

Lucky draw: N Mephan, J Oliver, E Sharp, P Gray

lucky draw: S Mitchell,

D McDougall, W McDougall,

B Kinnear

Random select triples Thursday 6 February 2025

Lowest winning score: T Brain,

D Charlwood, A Riley

Runners up: P Ditchburn,

D Davis, T Charlwood

Out of hat winner: J Murray, W Manson, K Mulpeter  
Out of hat winner: L Beaven, T Phillips, B Ward

At Moreton Bribie Bridge Club's AGM on Saturday 8th February, Mike O'Reilly was named as 2024 Most Improved Player. Photo shows Mike with his trophy.

Results: MBBC: Sat 1 Feb N/S 1 S Watson & R Sutton 2 M Bailey & Y

Nakamura 3 D Quinan & C McAlister E/W 1 R Medhurst & M O'Reilly 2 R Webb & L McLaren 3 J Borowski & K Cohen

Wed 5 Feb N/S 1 L Carr & J Wright 2 B & F Van Dongen 3 P Edis & M Arthur

E/W 1 C & S Wagg 2 B Fuller & J Lawson 3 M Courtney & C Browne

Sat 8 Feb N/S 1 S Watson & R Sutton 2 P Edis & M Arthur 3 H Tyler & L

Heap E/W 1 C & S Wagg 2 I Best & L Wilson 3 J Reiter & B Connell

Wed 12 Feb N/S 1 S & C Wagg 2 J Kinross & J Reiter 3 H Standfast & J

Budgeon E/W 1 L Heap & B Connell 2 C Frederickson & G Gibbards 3 R King &

M O'Reilly

BICBC: Monday 10 Feb N/S 1 L Wilson & J Brazier 2 J Easey & A Fielding

3 B Moxham & J Kennedy E/W 1 D Dowling & C Browne 2 S Smith & M

Slacks-Smith 3 D Cruikshank & K Strickland





## RESULTS FOR BRIBIE ISLAND WOMEN'S GOLF

04 FEB 2025 TO 13 FEB 2025

### 04/02/25 SINGLE STABLEFORD

DIV 1 Winner Carole Watson 38 2nd Desley Neilson 35 c/b 3rd Sandra Power 35 c/b

DIV 2 Winner Sue Navie 38 2nd Debbie Dunn 37 3rd Heather Tanner 35

DIV 3 Winner Di Croft 35 2nd Wendy Robinson 37 3rd Sonia Ferrante 29  
NTPs: Hole 4 Sandra Power, Hole 7

Suzanne Vallely, Hole 14 Linda Urquhart, Hole 16 2nd Shot Ros Gardiner, Hole 7 (Div 3 2nd shot) Di Croft

### 06/02/25 competition rained out

11/02/25 SINGLE STROKE

DIV 1 Winner Di Benghamy 72 2nd Gwen Clutterbuck 73 3rd Gaby Bennett 74

DIV 2 Winner Angela Jordan 73 2nd Carol Lobbeiger 74 3rd Joan Osborne 77

NTPs Hole 4 Wendy Washington, Hole 7 Linda Urquhart, Hole 14 Val Phinn, Hole 16

2nd Shot Ros Gardiner, Hole 7 (Div 3 2nd Shot) Carol Lobbeiger

13/02/25 SINGLE STABLEFORD

DIV 1 Winner Abby Driver 35 c/b 2nd Kate Wesener 35 c/b 3rd Carol McKenzie 35

DIV 2 Winner Marjorie Sills 37 2nd Vivienne Learoyd 35 c/b 3rd Jennifer De Ruyter 35

NTPs Hole 4 Jennifer Warburton, Hole 7 Marjorie Sills, Hole 14 Carole Watson,, Hole 16 2nd shot Debra Dunn, Hole 7 (Div 3 2nd shot) Jody Bedson

# GLORIOUS GALA DAY

BY: Kathy Vincent



Saturday, February 15th, saw the first Bribie Island Croquet Gala Day, and yes, it was glorious! What an array of colours! Some players were in uniform, some were dressed for the hot weather in cool cotton, and some were wearing very funny sun hats. There was a blue sky and sunshine, too! Bribie Golf Croquet Gala Days are always very popular, with clubs from south Brisbane and the Sunshine Coast attending. Players came from Eildon Club, Pine Rivers, Twin Rivers, Caloundra and Headland Buderim because they all knew they would have a great day. So, what makes the Gala Day so special? Apart from exercise in the sunshine. Well, making new friends,

meeting old friends, having a yummy morning tea, discussing other competitions and planning travel arrangements. (There is a big competition in Tasmania at Easter and one in Toowoomba in March.) Then, of course, there are the fun games, the laughter, and the friendly competitive spirit. There were four teams, with a winner and runner-up in each team. Cash prizes were also awarded, as well as a lucky door prize and raffle prizes. I won't list the winners because everyone was a winner, having had a great time. You could have been part of the fun. Why not give it a try and call Jan? 0437 008 042 See you at the next Gala Day !!

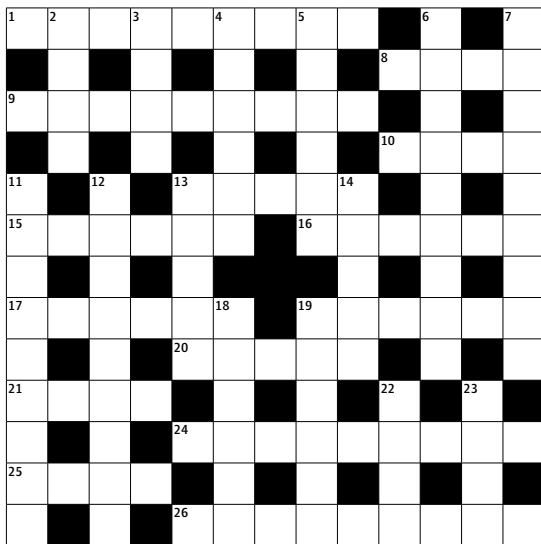


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## Crosswords - QUICK &amp; CRYPTIC



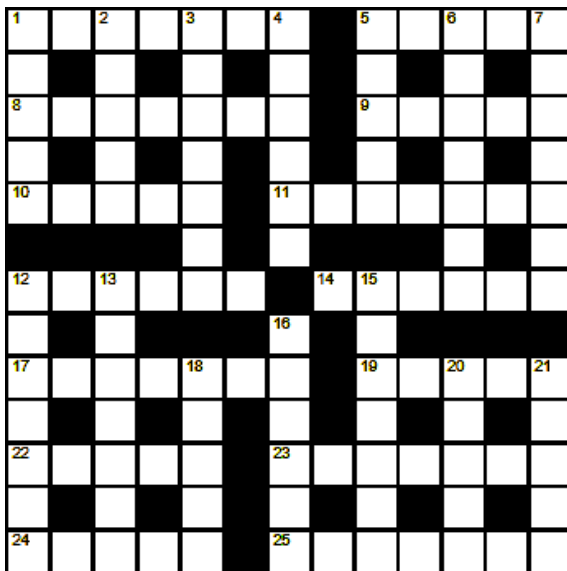
## Across

- 1 Timekeeper (9)  
 8 Serious player? (4)  
 9 Computer background (9)  
 10 Stunning achievement – perhaps military? (4)  
 13 Not long (5)  
 15 Ninth sign of the Chinese zodiac (6)  
 16 Solemnly declares (6)  
 17 Acid produced by exercise (6)  
 19 Charge (6)  
 20 All \_\_\_\_ the Watchtower, 1967 Bob Dylan song (5)  
 21 Checkout (4)  
 24 Speared vegetable (9)  
 25 Strip of old wall? (4)  
 26 Woodland home? (4,5)

## Down

- 2 People who work and play together (4)  
 3 Influence (4)  
 4 Lack of interest (6)  
 5 Toast – US sitcom (6)  
 6 Car or gun (9)  
 7 MOT copies (anag) – made of different parts (9)  
 11 Polite chitchat (5,4)  
 12 Protect with a vaccine (9)  
 13 Pigment derived from cuttlefish (5)  
 14 Pluck a guitar string (5)  
 18 More intimate (6)  
 19 Natural (6)  
 22 One way to stop a fight? (4)  
 23 Timid type (4)

## CRYPTIC



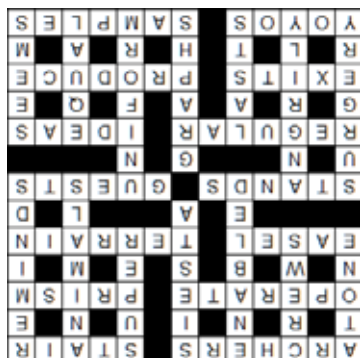
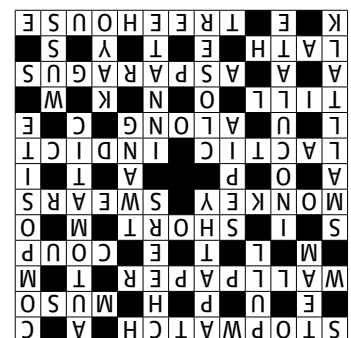
## Across

- 1 They kept Fletcher busy, once - and maybe so in some places, still (7)  
 5 A step up, maybe (5)  
 8 Manage musical drama - extremely tiresome (7)  
 9 It reflects, initially - perhaps read it in Sunday magazine (5)  
 10 Canvas support (5)  
 11 Countryside suits trainer (7)  
 12 Yet, you sit in them.. (6)  
 14 Conjecture involves the first of two visitors (6)  
 17 Seen to be normal in the forces (7)  
 19 Aides coming up with suggestions (5)  
 22 In the past, it's the outlets (5)  
 23 Generate the fruits of the orchard (7)  
 24 Toys that have their players on a string (2-3)  
 25 Ship has sufficient on board for variety (7)

## Down

- 1 Make good - sometime after midday? (5)  
 2 Gangs get credit and three points (5)  
 3 Authorised, after consideration, a deal with Ben (7)  
 4 Taking it easy after lunch? (6)  
 5 Drink with some hesitation - excellent (5)  
 6 Lamas in training, are of a kind (7)  
 7 Prompts style of denims - right? (7)  
 12 Theatre performance has one in stitches (7)  
 13 Any girl, provoked, will react this way (7)  
 15 Similar form of dress (7)  
 16 Pie charts composed in G sharp (6)  
 18 Cobbler's equipment withstands use (5)  
 20 Some of the qualifiers are a match (5)  
 21 Appears to be in the joints, we hear (5)

## SOLUTIONS

CRYPTIC  
SOLUTION 233QUICK  
SOLUTION 233



# FIND A WORD

# Sudoku

## The Good Dinosaur

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

THUNDERCLAP  
DISNEY  
NASH  
LIBBY  
CLIFF

APATOSALRUS  
MOMMA  
DINOSAUR  
RAMSEY  
ARLO

BUTCH  
SPOT  
EARL  
POPPA  
PIXAR  
BUCK

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

Have I ever told you  
about my bin joke?  
NAH, IT'S RUBBISH.

What do you call a  
donkey with 3 legs?  
A WONKEY!

Whats a crocodiles  
favourite game?  
SNAP

What is orange and  
sounds like a parrot?  
A CARROT.

Why did a man throw water out of a window?  
HE WANTED TO SEE THE WATERFALL.

Why did the golfer wear two pairs of pants?  
IN CASE HE GOT A HOLE IN ONE!

Why do giraffes have long necks?  
BECAUSE THEIR FEET SMELL.

Why did the beach blush?  
BECAUSE THE SEA WEED

Why can't the music teachers start his car?  
HIS KEYS ARE ON THE PIANO.

Where do fish keep their money?  
IN THE RIVERBANK.



# Growing VEGGIES from Stalks:

## A SUSTAINABLE KITCHEN REVOLUTION

In a world that's buzzing with a passion for sustainability and self-sufficiency, the thrilling art of growing veggies from kitchen scraps is more than just a fad—it's an inspiring revolution! Imagine this: transforming what you usually toss out into a vibrant, flourishing mini-garden right on your windowsill. How awesome is that?

The concept couldn't be simpler or more brilliant! Many of us mindlessly discard the greens sprouting from vegetable stalks, completely unaware that these little remnants hold the power to breathe new life into our kitchens. Picture it: green onions, celery, romaine lettuce, and basil, all eager to regenerate from their bases, offering you a delightful, ongoing harvest of fresh produce. Embracing this sustainable gardening technique not only slashes food waste and saves you some cash but also adds a fun, hands-on project to your daily routine that can inject a burst of joy into your life!

Ready to embark on this exciting journey? Start with the ultimate easy grower: green onions! Snip off the white root ends and pop them into a clear glass of water. Make sure the roots soak up the goodness while leaving the green tops high and dry. In just a few days, you'll be astonished as fresh shoots begin to sprout, and after about a week, you'll be snipping the vibrant greens to elevate your culinary masterpieces.

Celery and romaine lettuce are fantastic options too! Slice off celery's base, leaving about two inches, and plop it in a shallow dish of water—don't forget to refresh that water every few days for optimal growth. For romaine, a slightly deeper water bath is what it craves. Within weeks, you'll be rewarded with flourishing greens that not only brighten your kitchen but also tantalize your taste buds!

Let's not forget about the fragrant herbs! Basil, mint, and cilantro love to join the fun. Just place stem cuttings in a glass of water and watch in awe as roots sprout and new life emerges in mere days, ready to bring a fresh kick to your cooking!

What's even more exciting about this practice? It's not just about saving money or reducing waste; it's a fantastic educational adventure, especially for families! Involving kids in the experience of growing their own food encourages responsibility, teaches them about nutrition, and offers rich conversations about where food truly comes from. There's nothing like the pride of nurturing something from a humble scrap to a delicious harvest!

And don't worry if you're in an urban jungle with limited space! This regenerative gardening method fits perfectly into city living, transforming a sunny windowsill or bright kitchen corner into your very own little oasis. It's a chance to embrace nature amidst the hustle and bustle of life.

Growing vegetables from kitchen stalks isn't just simple; it's a dynamic pathway to promoting sustainability while connecting deeply with our food. So, the next time you're in the kitchen, don't toss those scraps! Instead, give them a new lease on life. Your journey towards sustainability starts at home, and what better way to contribute than by creating a thriving kitchen garden from magnificent kitchen cast-offs? Here's to exciting planting adventures and watching your sustainable kitchen garden flourish!







## Bribie Island Community Plant Nursery

Wallum Action Group Inc.



# Lyn and David Wearne At The Bribie Island Community Nursery

An era has ended in the management and operation of the Bribie Island Community Nursery (Wallum Action Group Inc). Lyn and David Wearne have hung up their secateurs after over 20 years of involvement in the organisation in various volunteer capacities.

Wallum Action Group Inc. was formed in the early 90s as a wholesale nursery supplying native trees, foliage, and grasses to the Council and other contractors who were involved in revegetating and landscaping the Bribie area and surrounding area using native species. At that stage, one of their early projects was planting and revegetating the Bibimulya Wetlands in conjunction with the Council.

Years later, it became known as Bribie Island Community Nursery and expanded to become a retail nursery as well. To this day, it still provides native grasses and vegetation to the Council and others but now has a larger range of natives and more popular exotic plants priced very, very well. The nursery is staffed by 38 volunteers who happily and cheerfully give their time, skills, and knowledge. Some have been with the organisation for many, many years.

Most importantly, proceeds from the sale of all plants and supporting items are distributed to many needy community organisations such as sporting clubs, welfare organisations, aspiring young people in a diverse range of fields, and many more. Camp Quality is a recipient dearest to the hearts of Lyn and David. The nursery is located on First Avenue, next to the Orchid House and Bribie SES. When you visit, the whiteboard at the nursery entry lists the recipients of the most recent donations.

Lyn joined Wallum Action Group in 2002 and, a few years down the track became Secretary with John Ward as the President. She wanted to be involved in volunteer community work, and this fitted very well with her previous business. Since then, she has taken on a number of roles. David was still working his day job for several years but also had a lesser degree of involvement. On his retirement, he became fully attached as John Ward's right-hand man.

Sadly, John passed away, and at this point, David stepped into the role of President of the organisation, very ably supported by Lyn and the hard-working and dedicated volunteer staff. Since then, the progression to retail has steamed ahead to the point now where it is a thriving operation with a huge community spirit. A testament to the way in which David has managed the organisation is the cheerful and dedicated workplace that brings out the best in people.

When asked what they considered to be their biggest achievement, they wholeheartedly expressed satisfaction with the good that the nursery does for the wider community. On a humorous note, David, Lyn, and the staff are amused by the startled looks of clients when they see the many snake skins hanging in the shed and their amazement that carpet snakes roam the nursery.

David and Lyn will be missed enormously but have promised to keep in touch. Be assured that the nursery will be in good hands in the future with Alex, Brenda, Janine, and the remaining committee members.

Well done, and thank you, David and Lyn, and best wishes for your second retirement.



# Summer CLEARANCE

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\*for any comparable  
product



**40%\***  
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## U BLINDS PRICE PROMISE

We will beat  
any written price  
by **10%**  
\*for any comparable  
product



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5700 X 3000 = \$5290 MOTORISED

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**40%\***  
OFF

CURTAINS



**40%\***  
OFF

ZIPSCREEN EXTERNAL BLINDS



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## Transform Your Patio with a High-Quality Retractable Awning

This is the most flexible area of any house to host functions and dinners or even as an after-hour evening hangout area. Still, it doesn't get sunlight immediately, and that looming thought of rain. Thus, an ultimate top-range retractable awning is the pinnacle of shade, protection, and beauty to render the patio all the more hospitable.

### BENEFITS OF RETRACTABLE AWNING

A retractable awning is an investment that brings a multitude of benefits to warm and fashions your outdoors.

#### 1. Shelter from Sun and Heat

Over the years, retractable awnings have been used mainly to shade an area from hot temperatures and filter out dangerous UV rays. The patio sun can be so hot that it is unbearable, and sometimes, it may even damage the furniture outdoors. A retractable awning will offer instant canopy shade, ensuring the area will be cool without allowing scorching heat to damage your furniture and floors.

#### 2. Weather-Friendly Patio

A beautiful and cozy patio can become ugly in extreme weather conditions. A retractable awning will keep the harsh effects of direct sun, mild rain, or gentle breeze from reaching you and sending you indoors.

#### 3. Saving Energy and Money

It also cools a house's indoor temperatures because it prevents sunlight from getting inside. It also reduces the use of an air conditioner, and in the long run, the energy bill might be smaller. In the long run, putting up an awning would really help with energy savings and greener living.

#### 4. Versatile and Adjustable Designs

Retractable awnings are really flexible. You can extend or retract them when you need them. Some come in different styles and materials, which will match the colour of your house. Some even use motorised control for added convenience.

#### 5. Increase the value and beauty of your house

Adding appeal to the curbs and attractiveness to your space outside makes it a real showstopper. So, if you plan to sell your property, a well-kept awning can give you that edge because it exposes the outside space of the home as well designed and versatile.

### HOW TO CHOOSE THE RIGHT RETRACTABLE AWNING

There are a few things to consider when making the decision to choose a retractable awning for your patio, so you are certain of making the right choice for your needs.

#### 1. Size and Coverage

Measure the area to be covered. Compare the patio's square footage and your need for an area to seek shade. This can be really wide or extend considerably for a longer patio.

#### 2. Fabric and Material

The fabric and frame material will dictate how long your awning will last. To obtain long-lasting fabrics, choose resistant weathering UV-protected

fabric. Some of the best fabric types include acrylic and polyester due to their durability and fade resistance. Aluminium and stainless steel also provide great support while being resistant to rust.

#### 3. Manual or Motorised

Retractable awnings also come in hand-crank and motorised types. The hand crank retractable type employs a crank mechanism that extends or retracts through manual means, while the motorised retractable type retracts at the push of a button or remote control. Motorised shades are handy for big installations.

#### 4. Wind and Weather Resistance

The other reason is the weather in your area. In fact, some designs even install wind sensors, which can sense the presence of very strong winds and, therefore, withdraw the awning back to prevent as much breakage as possible.

#### 5. Installation and Maintenance

The installation provides retractable awnings with lifespan and effectiveness. Proper installation ensures that the mounting fasteners are well anchored in the case of correct alignment. Normal maintenance, such as fabric cleaning and checking for loose parts, etc., will maintain their life.

#### You Get the Most from Your Retractable Awnings

There are ways to ensure that

you reap every single benefit from your retractable awning installation so you can enjoy a new patio area.

#### PATIO DINING SPACE

You can also create an easy patio dining space for free dining with friends and family without worries of sunbeams or rains, all because of the shade provided by your retractable awning.

#### COZY LOUNGE SPACE DESIGN

Set up a comfortable seating set, cushions, and coffee table under your awning. This will provide a shaded area to read, socialise, or wind off after a hard day's work.

#### STRING LIGHTS/OUTDOOR DECOR

Add decorative elements to your patio so that the mood is set just right: string lights, planters with potted plants, outdoor rugs, and many other eye-catching elements that can make your outdoor space warm and stylish.

#### SMART HOUSE INSTALLATION

You can even motorise these awnings, which can be integrated into all your innovative house systems and controlled from a smartphone or voice command. Other models have become very advanced, meaning they can even feel weather changes and thus correspond to them.

**It is a superb investment for people looking to add more living space on home patios.**



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# FROM DREAM TO REALITY, Quite Literally!

## BRIBIE ISLAND DAD TAKES HOME ENTIRE \$60 MILLION POWERBALL PRIZE

Just as a Bribie Island man was lost in a daydream about how a lottery win would change his life, his phone rang with the life-changing news he'd won a staggering \$60 million in tonight's Powerball draw.

The Queensland dad held the only division one winning entry nationally in Powerball draw 1499, drawn Thursday 6 February 2025. He pockets the entire jackpot prize worth \$60 million.

With \$60 million set to transform his life, the recent retiree shared that his top priority is supporting friends and family, while also honouring his mother's memory with the purchase of her favourite vintage car.

His winning marked 3-game PowerHit entry was purchased via The Lott app – the official home of Australia's lotteries.

The Queensland dad held the only division one winning entry nationally in Powerball draw 1499, drawn Thursday 6 February 2025. He pockets the

entire jackpot prize worth \$60 million.

This marks the second division one Powerball win so far in 2025 and comes just two days after a west-Sydney woman bagged \$100 million in Tuesday's Oz Lotto draw.

When an official from The Lott called with the life-changing news straight after the draw, the ecstatic retiree shared he was just about to doze off to sleep.

"I've just gone to bed!" he said. "Oh wow! You're kidding. No way. It's after 9pm but this calls for a bottle of champagne! 'Is that real? I can't stop laughing. Holy s\*\*\*! I've won \$60 million?!' 'Now my wife can't stop laughing too. She's in shock!'"

"No joke, I was just drifting off to sleep dreaming about what it would be like to win the lotto – all the things I could do.

"I had my phone on the bedside table beside me and then I started to hear this vibration and noise. I thought, 'What the bloody hell is that?'"

"I can't believe it. Far out. I saw an email this morning about \$60 million and I went 'Oh yeah, I'll do that later,'."

"Then my wife started talking to me and I got distracted. I almost missed getting a ticket completely. 'Thankfully I had

remembered to put a Powerball ticket on when we were out on the deck. We were watching the birds and enjoying a cuppa.

"This is really strange but a few months back, I had a vivid dream that I had gone into a lottery draw with a mate, and that our entry had won \$40 million. 'Ever since then, our friend has bought a ticket when the draw is over \$40 million.

"I've been playing these numbers for 10 or 15 years. Funnily enough, I don't always play them, sometimes I switch it up but luckily, I used them tonight!"

"Snap! \$60 million. I can't stop saying it."

When asked how he planned to enjoy life as a newly minted multi-millionaire, the generous husband said he couldn't wait to share the love with his nearest and dearest.

"I'll be able to help a lot of people with this," he said. "I've got kids that I can help and plenty of friends doing it tough. 'My mum also used to have this vintage car that she loved to bits. She had to sell it one day and she cried all the way home.

"I think I'm going to keep the tradition going by buying the same model again. It's something that I've always wanted to do! 'What an exciting night! How are we

going to sleep now? We might call one of our children tonight and ask what colour chevy they want. 'Thank you so much.'"

His winning marked 3-game PowerHit entry was purchased via The Lott app – the official home of Australia's lotteries.

The winning numbers in Powerball draw 1499 on Thursday 6 February 2025 were 20, 23, 34, 19, 24, 31, and 10. The all-important Powerball number was 14.

Across Australia, there was one division one winning entry in Powerball draw 1499 – the winning entry from Queensland. The Lott's division one winning tally has now reached 307 so far in FY25, including 79 won by Golden Casket customers.

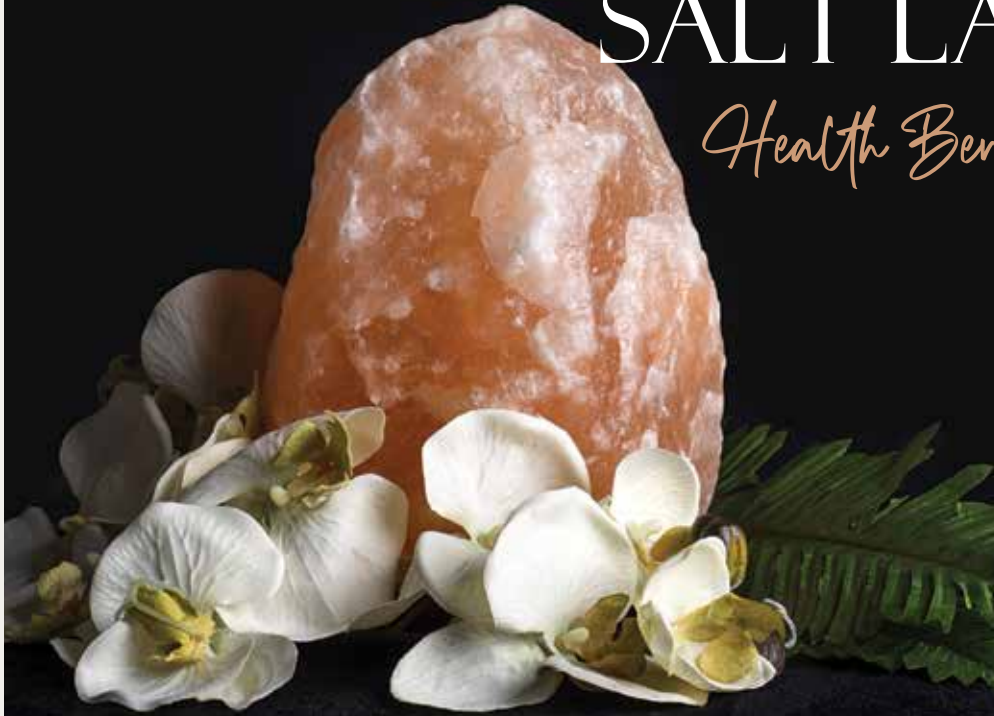
In FY24, 19 Powerball division one winning entries across Australia pocketed more than \$758 million in prize money.

During this time, Powerball offered a \$200 million jackpot, the biggest in Australian history, and an Adelaide man who won \$150 million became the nation's biggest individual lottery winner.

Last financial year, Australia's official lotteries contributed more than \$1.8 billion via state lottery taxes and donations to help community initiatives, such as hospitals, health research, disaster relief and education.

# HIMALAYAN SALT LAMPS:

*Health Benefits or Hype?*



In recent years, Himalayan salt lamps have surged in popularity as decorative elements in homes and offices, celebrated not only for their visual charm but also for the purported health benefits associated with them. With their warm, inviting glow and soft pastel colours, these lamps infuse a sense of tranquillity into any space, creating an ambiance that many find appealing. However, it is crucial to critically evaluate the claims surrounding these lamps to differentiate between scientifically supported facts and common misconceptions.



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Himalayan salt lamps are typically carved from large blocks of naturally occurring pink salt harvested from the Khewra salt mine in Pakistan, a historically significant site and one of the oldest and largest salt mines in the world. This pink salt, known for its unique mineral composition and stunning colour variations, has intrigued people for centuries. Advocates of Himalayan salt lamps assert that they provide several health benefits, including air purification, allergy relief, mood enhancement, and improved sleep quality. The theory behind these claims posits that when these salt lamps are heated by a light bulb, they supposedly emit negative ions. Proponents believe that these ions can neutralize the positive ions generated by electronic devices and various appliances, thereby improving overall air quality by attracting and binding with allergens, dust, and pollutants, which causes these particles to settle out of the air.

Despite the alluring claims surrounding Himalayan salt

lamps, scientific evidence validating their health benefits remains largely inconclusive. Research indicates that the actual output of negative ions from salt lamps is likely minimal when compared to natural ion sources, such as crashing ocean waves, flowing rivers, and thunderstorms, which produce significantly higher concentrations. Although some studies suggest that negative ions can have a positive effect on mood and cognitive function, the levels of ions generated by Himalayan salt lamps are considerably lower than those typically associated with marked improvements in well-being.

In addition to the questions surrounding their health benefits, it is important to acknowledge the role of the calming atmosphere created by Himalayan salt lamps. The soft, warm light emanating from these lamps can transform any room into a peaceful haven, encouraging relaxation and stress relief. The psychological effect of such an environment can facilitate a better night's

sleep and create a space conducive to mindfulness practices, suggesting that the benefits many report may stem more from the ambiance they provide rather than any inherent therapeutic properties.

A legitimate therapeutic practice known as halotherapy should not be combined with the claims regarding Himalayan salt lamps. Halotherapy involves inhaling air that contains microscopic salt particles in a controlled environment, often beneficial for individuals with respiratory issues such as asthma and allergies. This therapy, grounded in clinical application, is distinct from the more anecdotal claims associated with Himalayan salt lamps.

Despite the somewhat limited scientific backing, the aesthetic allure of Himalayan salt lamps is undeniable. Their soothing glow and striking appearance can enhance the decor of any setting, serving as a tactile reminder to slow down and practice mindfulness amid the hustle and bustle of daily life.

When considering the wellness trend surrounding Himalayan salt lamps, it is prudent to approach them with curiosity and discernment. While these lamps can undeniably enrich a room's comfort and aesthetic, relying on them as a sole source of health benefits may not be advisable. Rather, they can be embraced as a delightful addition to a broader wellness regimen that encompasses balanced nutrition, regular physical activity, and sufficient sleep.

While Himalayan salt lamps may not fulfill all the health claims associated with them, they have the potential to enhance the comfort and visual appeal of your space. Ultimately, the decision to incorporate these lamps into your environment should hinge more upon personal preference and aesthetic appeal than upon scientific validation, as their warm glow may provide the ideal touch needed to uplift and brighten your everyday life.



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# Buying and Renovating

## *Character Homes in Australia*

**I**n the midst of a dynamic and evolving housing market, an increasing number of Australians are seizing a distinctive opportunity: the purchase and renovation of character homes. These residences, steeped in history and architectural allure, offer an abundance of benefits for buyers seeking a property that radiates individuality amidst the sea of monotonous designs typical of modern developments.

### PRESERVING HERITAGE AND CULTURE

One of the most compelling reasons to invest in a character home is the invaluable chance to preserve Australia's rich architectural heritage. Character homes, often crafted in unique styles that encapsulate various epochs of Australian history—whether it be the grandeur of Victorian aesthetics, the refinement of Edwardian design, or the sturdy elegance of Federation architecture—serve as a testament to the nation's past. By undertaking renovations, buyers play a vital role in safeguarding these treasures of cultural history, helping to maintain the distinctive character of neighbourhoods that shape the urban landscape of Australia.

### UNIQUE AESTHETIC APPEAL

Character homes are adorned with exquisite architectural features that set them apart, such as soaring ceilings that evoke a sense of grandeur, intricate mouldings that speak to craftsmanship, polished timber flooring that adds warmth, and detailed facades that capture the eye. These elements hold a special allure for homebuyers who desire more than just a basic living space; they seek a home that tells a story. Through thoughtful renovations, homeowners can fuse the timeless charm of these properties with contemporary sensibilities, crafting a personalized living environment that stands out in the competitive property market.

### POTENTIAL FOR VALUE APPRECIATION

Investing in character homes represents not only a lifestyle choice but also a savvy financial strategy. As the market increasingly tilts toward buyers who appreciate authenticity and uniqueness in their living spaces, well-executed renovations of character homes can see significant appreciation in value. By modernising essential areas such as kitchens and bathrooms, restoring historic features, and ensuring the property meets today's living standards, homeowners can vastly enhance a home's market appeal. In numerous Australian cities, the thirst for character homes continues to grow, positioning

this investment as potentially lucrative.

### SUSTAINABLE LIVING CHOICES

The renovation of a character home seamlessly aligns with sustainable living principles. Instead of opting for the demolition of an older property—an action that contributes considerable waste to landfills—buyers can reinvigorate and breathe new life into existing structures. Sustainable renovation practices may incorporate energy-efficient enhancements, including superior insulation, solar energy systems, and water-saving amenities. By choosing to renovate rather than build a new house, homeowners actively participate in minimising their environmental footprint and promoting a more sustainable future.

### COMMUNITY AND LIFESTYLE BENEFITS

Often nestled within well-established neighbourhoods, character homes are a gateway to vibrant communities brimming with life. Buyers can revel in a profound sense of belonging and forge connections with their environment. The enchanting charm of tree-lined streets, coupled with the warmth of familiar local amenities, contributes to a lifestyle deeply rooted in community. Additionally, many character homes are conveniently situated near schools, parks, and local shops, enhancing the overall quality of daily living for families and individuals alike.

### PERSONAL TOUCH AND CREATIVITY

The renovation process of a character home encourages creativity and personal expression, allowing homeowners to honour the original architectural style while weaving in modern design elements that reflect their tastes and lifestyle needs. Each renovation journey is highly personal, providing a canvas for homeowners to manifest a residence that genuinely feels like home, filled with memories, character, and unique flair.

The pursuit of buying and renovating character homes in Australia unfolds a wealth of benefits that extend far beyond mere aesthetics. From the preservation of heritage and the potential for value enhancement to the promotion of sustainable practices and community engagement, these homes embody an opportunity for buyers to invest in an exceptional living experience. As an increasing number of Australians embrace the allure of character homes, the wave of restoration and renovation continues to gain traction, enriching not only the lives of individual homeowners but also the vibrant tapestry of our neighbourhoods and communities.



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## GAYUNDAH ARBORETUM PARK AT WOODY POINT CLOSED FOR REMEDIATION

A recent review uncovered human waste, used toilet paper, used syringes and associated waste, drug paraphernalia, significant general and food waste, and active vermin and mosquito breeding. Council must respond to these findings under the Public Health Act 2005.

Acting Mayor Jodie Shipway said it was not safe for people to be residing in the conditions at Gayundah Arboretum Park, nor for the community to continue to use the public space.

"All people camping at the site have been offered accommodation by the State Government's Department of Housing. "I am pleased to hear that many of the campers at this public site have taken up the State's offer of housing however we are also aware that a number have chosen not to.

"Council does not have move on powers, but with the area now an active work site, people must leave. The Queensland Police Service is supporting Council to ensure the remediation works can begin safely.

"We are very aware of how complex an issue homelessness is, often exacerbated by considerations such as family violence, mental health issues, drug and alcohol abuse and employment difficulties. "However, moving to another public site, does not address the root cause of the issue - which is the need for a stable roof over their head and proper support services.

"It should not take a public health and safety issue to see vulnerable people being supported, and I urge the State to deliver more crisis accommodation and social housing in City of Moreton Bay.



"Not only is there a severe lack of sufficient crisis accommodation and long-term social housing in City of Moreton Bay, but there is also inadequate coordinated support for people to better manage their personal health and economic situations.

"City of Moreton Bay has thousands of people on the social housing list. Yet again, there is a lack of focus on our City; and our rapid growth means the spotlight must be turned our way.

"Homelessness is a global concern however locally, Council has taken the lead on this for too long, and the State needs to step up and take their responsibilities seriously. "City of Moreton Bay is already past the tipping point, so there needs to be action before this becomes a crisis that the State is unable to manage."

Gayundah Arboretum Park at Woody Point is State land, managed by City of Moreton Bay. It will be fenced off on Monday 17 February. Remediation works will include removal of some ground surface area and associated waste items; ground maintenance and sanitation; and restoration of remnant vegetation. Remediation is expected to take approximately six (6) months and will cost Council more than \$110,000.

The City of Moreton Bay covers the towns and cities north of metropolitan Brisbane, including Caboolture, Redcliffe, North Lakes and Bribie Island. Have you come across this in our camping areas?



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## MORE THAN JUST A CHORE

In the hustle and bustle of modern life, it's easy to overlook the importance of a functional laundry. At first glance, doing laundry may seem like just another household chore, but its significance extends far beyond clean clothes. A well-functioning laundry system is essential for our health, mental well-being, and overall home management.

First and foremost, hygiene plays a major role in why a functional laundry is critical. Clean clothes help prevent the buildup of bacteria, viruses, and allergens that can lead to health issues. In today's world, where we are increasingly aware of hygiene, having an efficient laundry process allows us to maintain cleanliness and keep our environments safe from unwanted germs. Regularly washing clothing, bedding, and towels is essential for promoting a healthy living space, particularly in homes with children or individuals who are immunocompromised.

The psychology of cleanliness cannot be underestimated. The act of doing laundry can serve as a form of self-care and stress relief. The rhythm of sorting, washing, and folding can bring a sense of order and accomplishment to our lives, providing a break from the chaotic pace of daily responsibilities. A functional laundry area contributes to an organised home, which can significantly enhance mental clarity and emotional stability. There's something undeniably satisfying about that fresh smell and neat stacks of clean clothes, promoting a sense of well-being.

From a practical standpoint, having an efficient laundry system is also a matter of time management. An organised laundry area equipped with the right tools—such as washing machines, dryers,

and ample storage—streamlines the washing process, enabling us to complete this chore quickly and efficiently. In a world where time is a precious commodity, being able to handle laundry seamlessly allows us to shift our focus to more important tasks and leisure activities, ultimately enhancing our quality of life.

A functional laundry can also lead to sustainable living. With growing concerns about the environment, many households are adopting eco-friendly practices. A well-designed laundry space can facilitate the use of energy-efficient appliances, promote the use of biodegradable detergents, and encourage practices like air-drying clothes. These steps not only minimise our carbon footprint but also foster a greater awareness of our consumption habits and their impact on the planet.

As we navigate the demands of daily life, we should not underestimate the simple power of a well-maintained laundry. It is more than just a space for cleaning clothes; it embodies themes of health, organisation, and sustainability.

By prioritising the functionality of our laundry, we invest in our well-being and contribute positively to our households and environment.

So, let us embrace the importance of a functional laundry. Whether through investing in efficient appliances, organising the laundry space, or adopting eco-friendly practices, we can enhance our lives significantly. Clean clothes are just the beginning—it's about fostering a healthier, happier, and more sustainable lifestyle for ourselves and future generations.

## The Importance of a functional Laundry



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# Home Decor:

## Revitalise Your Walls with Seasonal Themes



Just as our wardrobe shifts with the seasons, so does our home reflect our personality. One of the simplest yet most effective ways to bring a sense of freshness into your living spaces is through seasonal home decor. By updating your wall art, you can effortlessly transform your space to embrace the warmth of summer or the cozy elegance of winter. This ability to change with the seasons allows your walls to become inviting areas that showcase your creativity and inspire new ideas for your home. Summer is all about vibrancy, light, and energy. When decorating for this sunny season, centre your focus on themes and elements that evoke warmth and joy.

### bright and bold colours

Summer wall art thrives on bold, bright colours. Think sunny yellows, vibrant oranges, aqua blues, and lush greens that perfectly embody the essence of the season. Bring the joyful energy of summer into your home with abstract paintings bursting with colour, tropical prints, or botanical illustrations that reignite your space.

### nature-inspired motifs

Celebrate the beauty of summer with art inspired by the natural world. Consider incorporating seascapes, beach scenes, or bright floral designs. Elements such as waves, shells, or palm trees can introduce a refreshing coastal vibe to your interiors through coastal art.

### light and airy aesthetics

To maintain a breezy, clean décor, opt for lightweight materials and minimalistic frames. Artworks on canvas or framed in natural wood perfectly channel the summer vibe without adding heaviness to your decor.

#### A Playful Touch to Gallery Walls

Summer invites playfulness, so it's a great time to experiment with decor. A gallery wall filled with eclectic; summer-themed pieces can instantly enliven a room. Curate a collection of framed beach vacation photos, colourful abstract prints, and inspiring summer quotes for a vibrant focal point.



As we transition from summer, it's time to welcome winter into our homes, bringing warmth and coziness. Winter-themed wall art can create a snug retreat, making your space feel comforting and inviting, whether you prefer hibernating or celebrating the season.

### muted and cozy colours

Winter decor usually leans towards more subdued shades—think rich blues, greys, whites, and earthy neutrals. These colours create a calming and inviting atmosphere. Snowy landscapes, frosty forests, and mountain views beautifully capture the essence of winter.

### textural artworks

Adding texture enhances the visual appeal of winter decor. Wall art featuring fabric elements—such as macramé hangings, woven tapestries, or textured canvas prints—infuses warmth and coziness into your space.

### black and white elegance

For a sophisticated winter aesthetic, monochromatic art is always a winner. Achieve a chic, modern winter ambiance with black and white photography, minimalist line drawings, or pieces rendered in shades of grey.

### tips for seasonal wall art transitions

Invest in a variety of wall art that you can easily rotate throughout the year. Use modular hanging systems or picture ledges for swapping pieces and protect seasonal artwork with covers when not in use. This preserves the original quality and keeps your decor fresh and exciting.

**Play with Frames:** You may be surprised at how much changing the frames can affect the overall aesthetic. Light wood or white frames work wonderfully for summer, while metallic or rustic frames are ideal for winter themes.

### the importance of seasonal wall art

Updating your walls with art that correlates with the seasons isn't just about aesthetics; it's an integral part of creating a lively, enjoyable home. The better you feel in your space, the more charm it has! Summer-themed art infuses your home with vitality, while winter decor evokes a sense of warmth and comfort. Transforming your walls with the changing seasons not only brightens your environment but also enhances your overall mood.

# MAY 10

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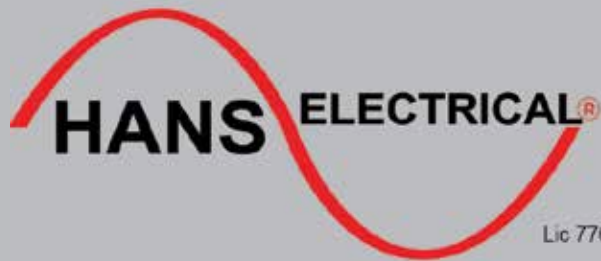
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There will be **NO PUBLIC ACCESS** to the VMR base while building works are underway so **we will not be accepting out-of-date Flares or EPIRBs until March 2025**

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.

### SUNSET DRINKS - Sunday 26th January 2025

With a 5pm start, 65 Active members & partners attended this Australia Day function. The function room was decorated with Australian flags and red and blue tablecloths, with a couple of games and the usual raffles led to a fun evening with a "party flavour" menu of sausage rolls, mini saveloys in buns, party pies, ham & cheese toasties, with build your own mini pavlovas and or ice-cream in waffle cones or tubs with various toppings.



Our bar staff for the evening Tim and Pauline Amorous.



Kelly presents David Cox with his raffle prize.



Carol and Mike Pobar enjoy the evening.



Myles Robinson shows the way at the "Thong Toss" trying to land the thong in the small esky for a free drink as a prize!

### TUESDAY CALLOUT

lillpond conditions today 21st January 2025 for Tuesday Calout Crew to help a stranded oater with engine problems at outh Point and tow him back to Scarborough Harbour.



Beautiful conditions on the bay.



Harry Bunker at helm of Bribie 2.



In the way to Scarborough.



Kelly introduces David and Kaye Logie, David joined as Trainee Crew in July 2024 and was appointed Crew on 1st November 2024 with Blue Saturday Crew.



Sue Duffy with new Crew Trainee Bruce Toghill.



Gary Lynskey a long-term member (20 years) but recently joined our Active Fundraising Crew.



Allan Tranter and Kelly Langworthy demonstrate the game of "How's it Hanging"! The aim of the game is to swing the ball suspended in the stacking (tied around the waist) to knock over a row of cups!



Allan Tranter starts the "How's it Hanging" race, the competitors are Andrew Wilmot (Radio), Mark Young (Crew), and David Logie (Crew).

### PACIFIC HARBOUR ASSIST

Saturday 1st February 2025 – Green Saturday Crew in Bribie 2 towed the 4.2m Tinny into Pacific Harbour Canals.



### BLUE SATURDAY

Saturday 8th February 2025 Blue Saturday Crew performed a practice drill of recovering a vessel grounded on a sandbank. Jonkers Bribie 3 (JB3) was utilised to recover Bribie 2 (B2). As JB3 is a single motor vessel, it's less manoeuvrable so it adds to the challenge and skill to get the



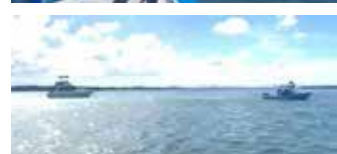
task done. JB3 can be seen under power drifting to port with the weight of B2 stuck fast on the sandbank before the right angle is reached to pull B2's bow around and then tow her into deep water.



JB3 coming in to meet B2, JB3 then gets a tow line to B2.



Above & below show the outcome of JB3 pulling B2 from the sandbank.



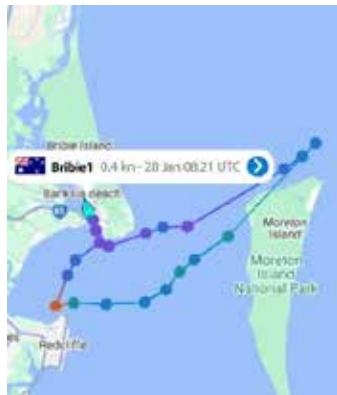
B2 recovering a near 10m vessel which had had its Port shaft entangled with a crab pot.

## TUESDAY CALLOUT

1:39PM Water Police notified VMR Bribie that a 5m Haines Hunter required a tow 15nm NE of Cape Moreton. Bribie 1 was prepared and Skipper Ian Grimes with crew Mark Paterson, Scott Normile, and Michael Booth set off for the disabled vessel and to tow it back to Scarborough. Arriving back at VMR Base around 3:25PM.



Bribie 1 towing the disabled 5m vessel



The path of Bribie 1 for the Assist. The time on the chart indicates 08:21 UTC (Coordinated Universal Time) which is 18:21 AEST. And no, Bribie 1 didn't travel across Moreton Island, for some reason the AIS signal is not great in that area, so it has simply joined the dots between signals.

## COMMODORE CES' SAFETY MESSAGE:



"Having the right safety equipment on your boat and knowing how to use it is essential. This could save your life in an emergency. The safety equipment you're required to carry depends on the size of your boat, whether the boat needs to be registered and where you're operating, you must also keep safety equipment in date, in good repair and everyone on board must know where it is stored." Minimum Safety Equipment in Pumicestone Passage: - *Firefighting equipment, signalling device, life jacket Anchor and cable, Drinking water, Oars or paddles for boats under 6m, Bailing/pumping equipment.* Minimum Safety Equipment in Moreton Bay: - *All the above plus Flares & V Sheet, Chart & Compass* Beyond Moreton Bay an EPIRB is also required.

For full details visit the MSQ Website:

<https://www.msq.qld.gov.au/Safety/Smooth-and-partially-smooth-water-limits/Swl-brisbane>

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

## PARKING SANDSTONE POINT HOTEL

Saturday 8th February 2025 – VMR Bribie once again provided parking direction and payment teams for the sold-out Tyler Childers Concert. With Jim Brown leading the parking team and Lyndsay Paterson leading the payment collection team we started at 1:15pm for sign on/ briefing and finished around 7:30pm, then back to the base to unload.

Thank you everyone, parking at these concerts are major fund-raising events for us.



At the end of the parking, some had already left after a long day! From the left: - Scott Normile, Jim Brown, Mike Lucas, Mark Paterson, Steve Williams, Garry Beros, Lyndsay Paterson, Doug Lythgo, Kate Brown, and Paul Gillmore.

**"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!"**

## YEAR TO DATE RADIO ROOM STATISTICS

2,337 Calls, 758 vessels logged on, 40 Vessel Assists, 222 Sitreps, 186 Requests, 3 Overdue vessels, 0 Vessel Tracking, 171 Radio Checks, 1 Weather Broadcasts, 0 Securite Broadcasts, 0 Pan Pan, 0 Mayday

VHF calls 59.7%, 27MHz calls 0.1%, Phone 27.3%, GWN 1.2%

## FEBRUARY VESSEL ASSISTS:

**SAT 01/02 1226PM** – 4.2m Tinny 1POB member with motor issues required a tow from near entrance to Pacific Harbour into Pacific Harbour canals.

**SAT 01/02 1504PM** – 7.4m Cruiser 3POB non-member out of fuel required a tow from Pumicestone Passage to Pacific Harbour canals.

**SUN 02/02 1312PM** – 7m 2POB non-member has lost its rudder off White Patch, required a tow to Bellara Boat Ramp.

**SUN 02/02 1542PM** – 6.1m Half Cabin 2 POB non-member with motor issues at Sunset Park required a tow to Toorbul Boat Ramp.

**MON 03/02 1701PM** – Tasked by Water Police to attend Woorim Beach regarding shark attack. Stood down Police Vessel and Helicopter attending.

**WED 05/02 1555PM** – Investigate a flare sighting North-West of White Patch. MOP vessel towed stricken vessel back to Spinnaker. VMR followed up with Water Police.

**FRI 07/02 1840PM** – 6.9m Half Cabin 2POB member with engine issues at Cowan Cowan required a tow to Spinnaker Sound Marina.

**SAT 08/02 1452PM** – 9.75m Cruiser 5POB member aground at Avon Wreck, B2 & JB3 towed vessel to deeper water then escorted to pen at Pacific Harbour.

**SAT 08/02 1803PM** – 9m Bowrider 2POB non-member with engine failure at Mouth of the Passage required a tow to Scarborough Harbour.

**MON 10/02 1309PM** – 6.9m 1POB member required a commercial tow from Pacific Harbour canals to Spinnaker Sound Marina.

**MON 10/02 1504PM** – 15m Houseboat 2POB non-member required a lift ashore to collect their tender.

**TUE 11/02 0940AM** – 4.5m Centre Console 2POB non-member at Red Beach with battery issues required a tow to Spinnaker Sound Marina.

**PLEASE WEAR YOUR LIFE JACKETS**



# FISHING REPORT

Lachlan and Cooper took these bream home to be grilled with some butter.



Summer fishing is holding on towards the end of February, with conditions still warm and a little rain most nights. Wind hasn't been a big issue, the water remains a little cloudy, water temperature is still hitting 27 degrees. So, lots of good reasons to get out and have a fish.

The ripples, outside Pacific Harbour, was a great stop for Renee to pull up during a morning's fishing trip. It was just as the tide started to rise – "lots and lots of almost legal fish. Every cast was a catch!". She and Rob came back with a lovely sweetlip, caught on a pilchard, as well as mores perch and a tuskfish, using squid.

Regular fishers Bob and Paul also spent a recent morning at the ripples and landed themselves a 55cm snapper, caught on a pilchard. Bob told me it was a lot of effort, with the snapper





Emma doesn't like trevally, so this one went back in.



Bob was happy enough to just have caught this snapper, so he gave it to his mate Paul – for a nice family dinner!

taking the line out at least 50 metres – it was “a case of who gets tired first!”. Apart from that one fish, it was a quiet morning, but one nice snapper makes it all worthwhile.

Sweetlip and whiting are in good numbers around the Avon shipwreck, in fact anywhere along the shore of Bribie that has a bit of structure. The new groyne that's been put in near Sunset Park is a case in point. Lyn loves a feed of local prawns and has been putting her leftover prawn shells around the groyne and watching lots of tiny fish taking them. Deciding there will probably be bigger ones hanging around it as well, she went there just after sunset with some bait prawns. She didn't stay long, but long enough to catch two bream- 29 and 27 cm.

Lachie, Cooper and their dad went fishing north of the Ningi Creek yellow marker, using steak off-cuts. The boys caught one bream each, around 28cm. Fishability Qld has also been fishing that area, and their boats have regularly brought in sweetlip, flounder, flathead and bream, and some lovely sand crabs too! Emma hooked up a 55cm trevally as well, but it went back in.

Thursday, February 13th was a little windier than usual, but the RSL Fishing Club had a competition day, so they all

headed up into Ningi Creek. It was a handlines-only day, which was a bit of a challenge for those fishers who are used to handling rods and hadn't used a handline since they were kids! Hilary says it was a very pleasant fishing day, in spite of some general piracy and the deployment of “water-cannons”. While there were under-sized fish caught, there was only one weigh-in, so only one winner, who happened to be the president of the club, Keith. There were also a few sand-crabs brought up on the lines. The club is happy to take on new members, so if anyone is interested in meeting a few new people and enjoying some good times fishing in our lovely waterways, then give Keith a call: 0419644709 – you won't regret it!

It's good time to find a flathead, while there's still a bit of murkiness in the water. Trolling is worth a try, especially for anyone with a shallow craft – which can move over the weedbeds with a lure. Just after the start of the rising tide is best and a stiffish rod and a minnow or crazy-legs lure might do the trick, or the Berkeley Gulp fully biodegradable banana prawn is a great option, because of its strong scent. Look for seabed that is interspersed with sandy patches, because the flathead like to snuggle down, ready for a feed to wander past. Then, wham!

# TIDE TIMES

**Bribie Island  
AND  
Moreton Bay**

Fri 21 Feb 4:06 am 1.55m 10:42 am 0.92m 3:41 pm 1.2m 10:04 pm 0.69m	Sat 22 Feb 5:29 am 1.58m 12:18 pm 0.88m 5:15 pm 1.15m 11:18 pm 0.68m	Sun 23 Feb 6:41 am 1.68m 1:34 pm 0.78m 6:42 pm 1.21m	Mon 24 Feb 12:24 am 0.6m 7:34 am 1.82m 2:17 pm 0.66m 7:40 pm 1.32m	Tue 25 Feb 1:19 am 0.47m 8:18 am 1.97m 2:53 pm 0.53m 8:25 pm 1.44m	Wed 26 Feb 2:08 am 0.34m 8:59 am 2.11m 3:28 pm 0.43m 9:07 pm 1.56m	Thu 27 Feb 2:52 am 0.22m 9:37 am 2.21m 4:03 pm 0.34m 9:48 pm 1.67m
Fri 28 Feb 3:36 am 0.16m 10:16 am 2.24m 4:39 pm 0.29m 10:31 pm 1.75m	Sat 1 Mar Mon 3 Mar 5:53 am 0.36m 12:11 pm 1.87m 6:21 pm 0.35m	Sun 2 Mar 5:05 am 0.24m 11:33 am 2.05m 5:48 pm 0.31m 11:59 pm 1.84m	Mon 3 Mar 5:53 am 0.36m 12:11 pm 1.87m 6:21 pm 0.35m	Tue 4 Mar 12:44 am 1.86m 6:44 am 0.49m 12:49 pm 1.67m 6:53 pm 0.4m	Wed 5 Mar 1:31 am 1.86m 7:41 am 0.63m 1:30 pm 1.47m 7:28 pm 0.46m	Thu 6 Mar 2:26 am 1.84m 8:52 am 0.74m 2:21 pm 1.3m 8:15 pm 0.53m

# Letters to the editor



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

Dear Editor,  
Thank you for the opportunity to thank you for your editorial in this issue. It sums up in a professional and heartfelt way in my view, the feelings of Bribie Islanders and Australia regarding the tragic loss of young Charlize. I was affected by her loss as many others nationwide. My sincere condolences to Charlie's family and friends.  
Regards  
Graham Hunt and family

Dear Editor,  
Thank you to H Beneke on the letter about 'truth-telling', a very relevant insight in this day and age. Things can indeed appear differently, with more information and scrutiny. It also reminded me of a letter I recently wrote to our local member asking why truth telling had been banned by the Crisafulli government, and also,

on how the No vote had served to enhance the Aboriginal position since the referendum. Still waiting, Ariana. My understanding is that without honest, open dialogue, lies and misunderstandings only grow, until the essence of an issue is lost in grievance, frustration and topical justifications. Without truth-telling no new insights or attitudes can be considered by either side, to enable progress. Truth telling so often can evoke a sense of responsibility, guilt, discomfort or even be jarring – hence most people are reluctant to go there. So, this begs the question of the state government – what are they afraid of?

As an aside and coincidence, I read Jacinta Price's story in a national paper this weekend. A woman to be admired for rising out of the ashes of her beginnings. Strangely, her reasons for why she went with the No vote, were the exact reasons I went for a Yes. Funny that.

As H Beneke suggested, the truth lies in 'the attitude' (behind it) - and I would add, in the end often says more about the person, than the issue. Perhaps, if we got out of a 'right or wrong' attitude, we might actually move forward again, as a people together looking after our collective future.

P Robinson

Dear Editor,  
The fable of the boy who cried wolf

Aesop's fable, 'The boy who cried wolf' centres on a boy who kept on calling out to the villagers that there was a wolf when there wasn't really one at all. When a wolf actually does appear, the villagers do not believe the boy's cries for help, and the flock is destroyed. The moral of the story? Liars will not be rewarded; even if they tell the truth, no one believes them.

In The Australian newspaper, on 7 December 2025, there appeared an article entitled 'Crisafulli government

accused of inflating state debt projections'. Goodness. Rating agency S&P Global has accused the Queensland government of exaggerating the state's debt position for political point scoring.

So, there wasn't a wolf after all? Previously, as Treasurer David Janetzki released the first fiscal update since the Liberal-National coalition came to power in October, it was forecast Queensland's total debt would soar. The Treasurer blamed the previous government's unfunded promises and projects. So, there was a wolf!

But if S&P Global now says this is an exaggeration then surely there isn't a wolf.

Maybe not everyone has read Aesop's fables.

Lyn Rushby  
Bribie Island

Dear Editor,  
Recently we were privileged to hear an address by Stefan Hattingh, otherwise known as The Owl Whisperer. It was totally fascinating and thought provoking. We learnt many facts and figures regarding Australia's various species of Owls but the most disturbing of these facts was that the population of Owls is declining due to three main factors.

1. Loss of Habitat due to land clearance.
2. Roadkill due to more traffic and more roads which is linked to land clearance.
3. The use of Rodenticides or Rat Poison.

We as average citizens can do little to stop numbers 1 & 2 apart from protesting about land clearing and driving much more carefully at night. However, the use of Rat Poison is something we can all do something about. Owls are extremely efficient hunters and are capable of taking large numbers of vermin in a night, especially when they are nesting and feeding owlets. Unfortunately, when the vermin have been eating rat poison (which is a blood thinner with no clotting agents) the Owls not only ingest the rat poison





themselves but also feed it to their young, this results in the slow painful deaths of both the adults and their young. Owls will take quite large vermin and some species are capable of taking small cats and dogs so it is wise to keep your pets indoors at night which is of course advantageous to your pets as they will not get into fights causing abscesses and large Vet's bills or being killed by vehicles and it really is our duty to keep them indoors to protect our ever decreasing wild life.

We would implore people to stop using rat poison and also keep your pets indoors.

Sincerely,  
Annette & Chris Schnack.

Dear Editor,  
When Covid-19 hit, Australia became aware that we need to become a manufacturing nation again. Ed Husic, the Minister for Science and Industry, has pointed out that most of Australia's brilliant ideas have been sent overseas for the benefit of other countries. He claims that this is because they have the right culture, which Australia doesn't have. Wealthy Australians have made their money from digging up "free" minerals and now want to make money from our abundant and "free" sunshine. This reflects our gambling culture. We lead the world - 73% of Australians have gambled in the last twelve months. This is because gambling means getting "something for nothing" - that is, minimum input for maximum gain. It is this culture which rules our industrial base. It is time that our governments stopped supporting vested interests as they have done for at least 40 years, despite having a Minister for Science. Instead, they need to put their money where the evidence suggests we need it, so that we don't have to depend for our survival on overseas manufacturing. But fundamentally, what is required is a change of culture,

from gambling, and hoping for the best, to putting in the hard yards, and using any risk only where the evidence suggests there is good value to be made. The Chinese used to be the world's leading gamblers but look how that has changed. We can do the same.

H.Beneke

Dear Editor,  
I am hoping someone brighter than I will write and counteract P. Robinson (B.I.6.Feb.) remarks that trash all things Liberal. I'll try to keep this short. Firstly, to denigrate G. Rinehart and Jacinta Price-two great lovers of Australia is pathetic. One will build up Aust. and the other hopefully will sort out grants etc that are a complete waste of taxpayers' funds. You hint that nuclear is not even in 'the nappy stage' proving that we have to start now if we are ever going to bring our elec. prices down. Then we all may be able to afford cooling, heating and businesses can afford to grow. -this then will flow on and on and our children will have a better outlook for their future. My opinion only but the only people that are still pushing this renewable con job must have investments in them- because no one with a brain can ever say renewables are great. Too expensive, destroying pristine land and poor farmers are being bullied to take on all the power lines and then will come the huge batteries. Labor still haven't told anyone the total cost of it all- I did hear up to now \$41 bill. Labor and Greens are socialist parties now and have been stripping away bit by bit the Australia way of life that we have enjoyed for so long and want to divide us all. Open your eyes and mind and you have to say Aust. has gone downhill in the last 3 years. Covid didn't help before that, but Labor has pushed its agenda with not a thought or care of how they are hurting Australians lives. That comes from never having a real job

and living off the taxpayers' teats all their lives.

M. White

Dear Editor,  
I am disappointed to see how much space is given to beauty products, in particular injectable and other permanent cosmetic procedures, in the magazine. These products prey upon young women's insecurities, often sparked from social media, and give an unrealistic view of the world. Especially on such a beautiful island as Bribie, I thought there would be more emphasis on enjoying nature that is in abundance here, including walking or riding along the numerous paths, and beaches, and being active, which would promote better mental and physical health.

In addition, this would help to address the awful levels of obesity that are obvious here. I look forward to improved articles in the magazine in the future.

Yours sincerely,  
Elizabeth King.

Dear Editor,  
re subject "dogs on leash by Sabine in issue 232. I did write to you some 8 years ago on this subject. I would like to say to Sabine "Sabine, do not worry as please read again the signage" Dogs allowed on leash—penalties apply." The interpretation of this signage to read"" If your dog is on the leash you have to pay a penalty "" As such "If your dog is OFF the leash, YOU DO NOT have to pay a penalty ". I wrote a letter to the council and the result was that the Council taped the wording "penalties apply "Conclusion: As long as the Council has not taped the wording "penalties apply" you do not have to worry and can have your dog of the leash.  
Jan van Arnhem



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**Applications closing, so apply now!**





# Neighbourhood Watch

## BRIBIE ONE NHW - NEWSLETTER

### FEBRUARY 2025

#### FEBRUARY MEETING

Tuesday evening, 25th February, at 7.00pm in the ANZAC Room of the RSL. We are trialling an evening meeting, as a number of our members have asked for a change of time, so that community members who have daytime obligations may be able to attend. We have a special guest speaker - City of Moreton Bay Division 1 Councillor, Brooke Savage. Brooke is our local representative, so come along to hear her speak.

#### MARCH MEETING

This will revert to the normal third Tuesday at 9.30, so it will be on the 18th March. This will revert to the normal third Tuesday at 9.30, so it will be on the 18th March.

#### SECURITY AND SAFETY IN MULTI-DWELLING COMPLEXES

Know your neighbour. Due to the nature of multi-dwelling units, it is easy to be complacent about security. Legitimate visitors can also be offenders. Unsupervised access to common areas can lead to temptation, so communal areas require extra consideration from all occupants. You are responsible for your visitors. Make sure they behave appropriately when in your building.

Living on an upper floor is no guarantee of security. Poor security habits can easily allow an intruder into your home or garage. Storage units, vehicles and garages are commonly accessed by thieves. Make sure all external screens, doors and gates are securely key locked - even though this may cause inconvenience. And lock your own screens and doors, even when you are home. Most vehicle theft occurs when unauthorised people access unattended keys from somewhere within the home.

Remove all personal items, including your garage remote, when leaving your car - even when parked securely in your garage.

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

Any lapse in security in communal areas compromises the security of the whole building or complex.

Having good individual routines and habits and having the number of both your neighbours and management recorded in your phone will help to safeguard all residents and their property, and diminish the opportunity for crime in your building.

If you have a bicycle or scooter, take a photo of it, and a photo of the serial number. If it is stolen and recovered later, the number will be crucial in identifying you as the owner.

#### SECURE YOUR HOME

Neighbourhood Watch and Crimsafe have joined forces to develop a security rating for Australian homes. You can use this to assess the effectiveness of security for your residence. The score is out of 100. The Australian average is 56. Whilst few homes on Bribie would be close to the maximum, you may be interested to see how your home rates. The survey takes only a couple of minutes, it is free and may just make you think a little more about your own attitude to home security and how some simple changes may make you feel even safer. The survey is on the Neighbourhood Watch Australasia website

#### E-WHEELERS!

Singles, bi's, tri's and quads - there are all sorts out there. I am amazed at the increasing size. A side-by-side quad gopher passed me the other day, and an e-bike that was the size and weight of a medium sized motor bike. And a tri with tractor sized tyres! All well and good provided they are used sensibly and adhere to the rules - as do most owners. It's the few who do not who cause the trouble.

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#### 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.





# CRIME REPORT

## BRIBIE ISLAND WRAP

### NOVEMBER 2024



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

**EVERYONE SHOULD TAKE 5 MINUTES TO READ THIS. IT MAY SAVE YOUR LIFE OR A LOVED ONE'S LIFE. IN DAYLIGHT HOURS, REFRESH YOURSELF ON THESE THINGS TO DO IN AN EMERGENCY. IT NEVER HURTS TO BE CAREFUL IN THIS CRAZY WORLD WE LIVE IN.**

**1.** Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!

**2.** If someone demands your wallet or purse, **DO NOT HAND IT TO HIM.** Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **AND RUN LIKE MAD IN THE OTHER DIRECTION!**

**3.** If you are ever thrown into the trunk of a car, kick out the back taillights, stick your arm out the hole, and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

**4.** Women tend to get into their cars after shopping, eating, working, etc. and checking their phone etc. **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

If someone is in the car with a weapon, **DO NOT DRIVE OFF..... Repeat: DO NOT**

**DRIVE OFF!!!!** Instead, rev the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat, they will get the worst of it. As soon as the car crashes.....**BAIL OUT AND RUN!!!!** It is better than having them find your body in a remote location.

**5.** A few notes about getting into your car in a parking lot or parking garage:

**A.) BE AWARE...** look around you, look into your car, at the passenger side floor and in the back seat.

**B.)** If parked next to a big van, enter your car from the passenger door. Most criminals attack their victims by pulling them into their vans while the women are attempting to get into their cars.

**C.)** Look at the car parked on the driver's side of your vehicle and the passenger's sides. If a male is sitting alone in the seat nearest your car, you should walk back into the shop or work and get a guard/police officer to walk you back out.

**6. ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at **NIGHT!**

**7.** If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times, and even then, it most likely **WILL NOT** be a vital organ. **RUN!!!!** Preferably in a zig-zag pattern!

**8.** As women, we are always trying to be sympathetic: **STOP!!!** It may get

you in serious trouble. (Ted Bundy, the serial killer, was a good-looking, well-educated man who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane or a limp and often asked 'for help' in his vehicle or with his car, which is when he abducted his next **VICTIM**).

**9. Another Safety Point:**

Someone just told me that her friend heard a crying baby on her porch the night before last, and she thought it was weird because it was late. She called the police. The police told her, 'Whatever you do, **DO NOT OPEN THE DOOR!**

The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way; whatever you do, do not open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes, thinking that someone dropped off a baby. He said they have not verified it but have had several calls from women saying they hear baby cries outside their doors when they're alone at night.

**10. Water scam!**

If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe.....**DO NOT GO OUT TO INVESTIGATE!** These people turn on all your outside taps full blast so that you will go out to investigate and then attack.



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By Cherrie Wilson



As a parent, teaching your teenager to drive feels like trusting a kangaroo with your car keys. Honestly, the kangaroo would be the safer option. I am teaching my daughter how to drive, which has become quite expensive. I have had to buy several L plates as they are like socks; you can only have one left at the end of the day. Also, add in hair appointments to keep dying my hair as it gets greyer each lesson, the bottles of wine to calm my nerves and avoid a heart attack or stroke after getting out of the car on very shaky legs. The excitement on her face when I gave in and said, "OK, I've lived a full life; it's time to teach you to drive," was unbelievable. Jumping up and down and squealing excitedly made my heart race, and my nerves shot to pieces before I even got into the car. So, we start with our street (she has driven in a paddock before, even indicating in it), which is a relatively quiet street with nothing to worry about, or so I thought.

She judged the distance between an oncoming car perfectly; however, she seemed to forget that the parked cars also needed to be avoided. I'm screaming, "The car, you are going to hit the car!" She thinks it's the oncoming car and is feeling confident in her driving ability and tells me, "To calm down, I've got heaps of room", until she realises that was not the car I was screaming about and jams the break on, just missing the car, by a hair, slamming my head back against the headrest from the force of the stop, putting my neck out and calm as you like says "well I didn't hit it so it's not that deep." I won't write my reply to that as this is a family magazine, but let's say I went home, and the bottle of wine was finished before my hands stopped shaking. I do believe paid driving lessons are in order, as they will be cheaper than me spending 100 hours in the car, getting my nerves shot, and buying a defibrillator.

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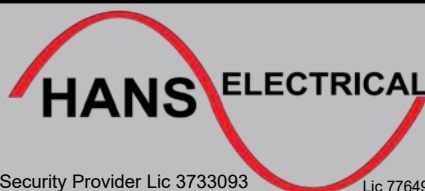


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