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AND DISTRICTS COMMUNITY MAGAZINE

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237

Apr 18, 2025

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AUTHORISED BY TERRY YOUNG, LNP, 7/69  
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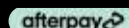
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# 237

APRIL 18, 2025

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# Welcome

Dear Readers,

Welcome to edition 237! This edition of our magazine is all about celebrating and remembering what matters. With Easter, Mother's Day, and ANZAC Day coming up, it's the perfect time to get together with friends and family and appreciate just how lucky we are to live in this beautiful community.

The Easter long weekend is coming, which will mean a few days off for many of us regardless of our religion. Even if you don't believe in Easter, it's a great chance to create some lasting memories with loved ones. With the usual kid's egg hunts, family dinners or gathering for a sunny (hopefully) BBQ, make the most of this time and spend it your family.

Then we move on to Mother's Day, where we can really show our appreciation for the amazing women in our lives. Whether it's our mums, grandmas, or maternal figures, let's make them feel special! A thoughtful gift, a little note, or just spending quality time together can really go a long way.

And as ANZAC Day approaches, we take a moment to remember the courage and sacrifice of those who served our country. It's a time to reflect on what unites us as Australians. Attending dawn services or local events offers a great way to honour those who've given their lives so we can enjoy ours.

This issue aims to inspire you to celebrate these occasions with love and sense of community, keeping both our traditions and the people, we cherish close to our hearts.

Also, don't forget to support local businesses during these occasions!

Until next time,

Take care, Stay safe,

Cherrie



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



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# Driving with Compassion, arriving with purpose, just what Bribie Island needed!

**W**ith a commitment to door-to-door service delivered with a smile, Driving Miss Daisy represents an extraordinary ride service that fosters a sense of community.

Launched in February, it stands as a pioneering force in the Australian market, dedicated to providing a safe, friendly, and reliable service for all. The mission is clear: to cater to the unique needs of clients while ensuring their safety and comfort on every journey.

At the heart of this venture are Pauline and Tim, the friendly faces behind the wheel of the distinctive car adorned with a cheerful daisy. Their research revealed a significant

need for elderly individuals to have dedicated drivers who genuinely care. As people retire and face the challenges of aging, the absence of support can weigh heavily.

Recognising this need fuelled their commitment to make a meaningful difference.

Pauline explains "Since moving to the Island a few years ago I noticed that a lot of elderly and vulnerable people living on Bribie Island without any way to leave their house. Especially those with family members living so far away, they may have unfortunately had to surrender their driver's licence, many are isolated and at the mercy of public transport or the few and far between

*Ubers on the island. People were struggling to get out and about in the community, losing some of the interconnectedness and independence."*

Driving Miss Daisy proudly embraces the role of companion drivers. This service provides a vital opportunity for social interaction, leaving a positive impact on their clients' lives.

*"We like to consider ourselves more than just transport, we are a companion driver. Will meet someone at their door for example and help them lock up their house. Once at the destination our drivers will walk the person inside, sit with them if need be and wait for them or*

*take them on a special outing and have a coffee and a chat. We don't just drive our clients; we talk to our clients and give them the opportunity to make conversation and for some people that's something they don't get a chance to do every day."* Says Tim.

Driving Miss Daisy Bribie Island caters for the elderly and those living with disabilities in a range of ways as well as providing transport to and from appointments Driving Miss Daisys, Bobby Allen can take people on outings or wherever else they need to go from doctors' appointments and shopping to mystery trips adding a little spice to life.



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# Lets' Welcome Driving Miss Daisy

While the service is based on Bribie Island, it also caters for people at Sandstone Point, Caboolture and Beachmere.

Additionally, Driving Miss Daisy addresses family needs by offering safe transport for children traveling to and from school, after school extracurricular activities and specialist appointments. All drivers are rigorously vetted, holding police, working with children, NDIS checks, dementia training, first aid training and proudly support the Hidden Disabilities Sunflower.

There are no surprises as trips are always pre quoted, pre booked and clients are never hit with unexpected costs. If you are

looking for gift ideas for mum coming up to Mother's Day, you can call Driving Miss Daisy Bribie Island to arrange a voucher.

To discover more about this inspiring service, you can visit the Driving Miss Daisy Bribie Island Facebook page or reach out to Pauline at **0498 760438**. Choosing Driving Miss Daisy means riding with a friend. It's about ensuring timely arrivals to appointments, enjoying scenic walks along the foreshore, and embracing the beauty of life in the community.

*Be sure to give franchise owners Pauline and Tim Amourous a wave and a smile when you see the very recognisable Daisy car driving around Bribie.*

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

My qualifications include an Advanced Diploma of Health Science, a Diploma in Beauty Therapy, a Bachelor of Nursing, and certification in Fundamentals of Cosmetic Injectables. I have trained alongside industry leaders and am committed to continuing my education by obtaining internationally recognized industry certificates. I am now a certified Trainer and train Doctors, Dentists and Nurses in the fundamentals of cosmetics both nationally and internationally. My passion is to provide the most current and best practices to my clients, building my reputation as a highly respected professional.

I bring a holistic approach to my injectable practice, aligning with my Australian Catholic University education. My goal is to empower my clients to achieve natural and subtle-looking beauty through cosmetic enhancement. I prioritize long-term patient care and affordability, focusing on treating volume loss and correcting asymmetry in the brows, lips, and cheeks. My commitment to my clients is to deliver a natural and subtle enhancement rather than an overdone appearance, providing impeccable care.

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I am very passionate about cosmetics; it's something that I constantly think about and enjoy learning new things about. It's a big part of my life and I always strive to improve my knowledge and skills in this area.

*Best regards ....Nurse Lisa*



Nurse Alanna has been a registered nurse for 8 years. She has a passion for the aesthetics industry and assisting her clients reach their skin goals. We can't wait for you to meet nurse Alanna.

## APPOINTMENTS

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# Empowering Connections:

Building a Stronger, More Inclusive Community

## Part One

In a world that is wonderfully diverse, we encounter people with their own unique needs, preferences, and experiences. Our communities are made richer by this diversity, offering a variety of perspectives, abilities, and ways of navigating the world.

Whether someone thrives in bustling crowds or finds solace in quieter environments, everyone deserves the right to feel safe, respected, and comfortable in the spaces they inhabit.

As the Dalai Lama wisely said: "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

These words remind us of the essential role empathy and understanding play in our lives, particularly when it comes to ensuring

that all individuals, including those with disabilities or medical conditions, can access the community with dignity. Finding spaces that nurture the nervous system is vital.

For individuals living with disabilities, navigating society often requires careful thought and planning. Many caregivers engage in risk assessments to ensure the safety and well-being of their loved ones.

Many caregivers attend and conduct a risk assessment of a venue that they have in mind to accompany the person with a disability. Quietly reviewing the space to make a decision if it's suitable.

For those transitioning from medical environments, even ordinary activities can become overwhelming.

Whether a disability is visible or invisible, the challenges people face when interacting with public spaces are significant, and that's where the importance of exemptions and reasonable adjustments becomes so crucial.

Laws are designed to protect the rights of people with disabilities, ensuring they are treated with respect and fairness in all aspects of life.

Exemptions allow for rules, policies, or regulations to be adapted when necessary, making it easier for individuals with disabilities to navigate the world.

Reasonable adjustments, on the other hand, are modifications made to spaces, services, or activities to ensure accessibility and safety.

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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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These changes apply across various areas, from education to employment, public venues to transport, all with the goal of creating an inclusive society where everyone can participate fully and thrive.

Leaving a modified home environment to enter public spaces can feel like a daunting task for many individuals with disabilities.

Home spaces are often tailored to specific needs, whether it's a wheelchair ramp, complex bathroom modification, or sensory adjustments for neurodiverse conditions.

The transition to public venues can be overwhelming, but reasonable

adjustments provide the bridge needed to make these spaces more accessible, safe and comfortable.

Yours in Health and Wellness,

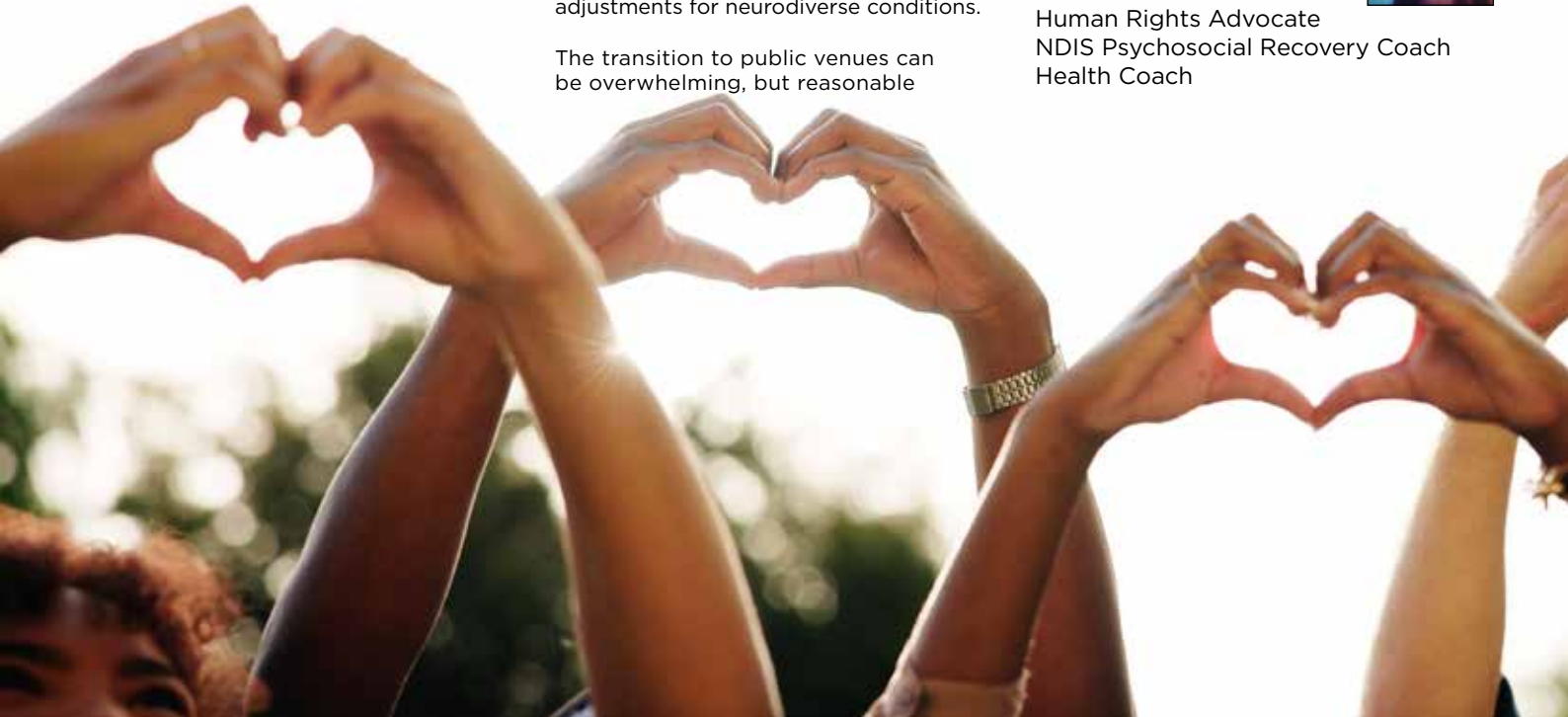
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Acupuncturists Wendy Ryan BHSc. Acup. (left) and Jessica Yung BHSc. Acup (centre) and Receptionist Katherine Williamson (right).

As the summer heat begins to fade, our bodies, like nature, go through a seasonal transformation. For many, this transition can bring a dip in energy, vulnerability to colds or flus, seasonal allergies, or a general feeling of imbalance. This is a key time to support and strengthen the immune system.

Acupuncture and Chinese herbal medicine offer ways to fortify your immune system naturally. As the external environment changes, these therapies help regulate internal balance, ensuring your body can adapt smoothly, stay resilient, and maintain optimal health.

## IMMUNITY & CHINESE MEDICINE

Seasonal change, particularly the shift from summer to autumn, places a unique stress on the body.

In Western medicine, this is partly due to:

- Fluctuating temperatures that impact immune regulation
- Decreased sunlight, leading to lower vitamin D levels
- More time spent indoors, increasing exposure to viruses
- Shifts in sleep patterns, activity levels, and diet

From a Chinese medicine standpoint, autumn is associated with the Lungs — the organ system responsible for respiration and immune defense.

In Chinese medicine, the Lung system not only governs breathing and the skin, but also plays a central role in the body's immune system.

As the air becomes cooler and drier, this Lung system becomes more vulnerable, which is why respiratory issues — like coughs, sinus congestion, or asthma — are more common in autumn.

It is also considered the ideal season to strengthen the Lungs and build overall immunity in preparation for the colder months ahead.

Acupuncture boosts immunity by:

### 1. Regulating Immune Cell Activity.

Clinical studies have shown that acupuncture can increase the activity of natural killer (NK) cells, T-cells, and macrophages — white blood cells that identify and eliminate pathogens. This helps your body respond more effectively to viruses and bacteria.

### 2. Balancing Inflammatory Response.

Inflammation is a natural part of the immune process, but chronic inflammation weakens the body over time. A 2022 study published in 'Frontiers in Neuroscience' found that acupuncture helps regulate pro-inflammatory and anti-inflammatory cytokines, creating a more balanced immune environment.

### 3. Reducing Stress and Cortisol Levels.

Chronic stress is a well-known immune suppressant. Acupuncture activates the parasympathetic nervous system (your "rest and digest" state), helping to reduce cortisol levels and support deeper relaxation. A calmer nervous system allows the immune system to function more efficiently.

### 4. Improving Sleep and Energy Levels.

Restorative sleep is when the body repairs itself and produces immune cells. Acupuncture has been shown to regulate sleep cycles, reduce insomnia, and improve daytime energy — all crucial for keeping the immune system strong.

In addition to acupuncture, Chinese herbal medicine plays a vital role in supporting the body's internal defenses.

Rather than taking a "one-size-fits-all" approach, herbal formulas are selected based on each person's constitution, lifestyle, and symptoms.

These formulas are designed not just to address existing imbalances but also to strengthen the body's foundational systems. Importantly, Chinese herbal medicine focuses on building long-term resilience — not just fighting off illness when it appears. Many formulas used in autumn aim to gently nourish the body's vital energy while promoting balance.

## ACUPUNCTURE RESEARCH UPDATE

For those of us that love research, it is exciting news that the most comprehensive review of acupuncture research has recently been published, called: 'The state of evidence in acupuncture: A review of

meta analysis and systematic reviews of acupuncture evidence (update 2017-2022)'.

This review builds upon the 'Acupuncture Evidence Project' which was published in 2016, with an additional 862 high quality studies assessed. The review confirms evidence of acupuncture's positive effect for the following conditions:

- Chronic pain
- Postoperative nausea
- Low back pain
- Knee osteoarthritis
- Migraine prophylaxis
- Tension-type headache
- Cancer-related fatigue
- Menopause
- Female infertility
- Chronic prostatitis

It also confirms acupuncture's evidence of potential positive effect for EIGHTY-TWO other conditions, including:

- Allergic rhinitis (hay fever)
- Bell's palsy
- Breech presentation
- Fibromyalgia
- Hormone therapy-related effects
- Hypertension
- Insomnia
- Postoperative pain
- Rheumatoid arthritis
- Sciatica
- Urinary incontinence

Importantly, the study also confirmed that acupuncture is a safe treatment when performed by a trained practitioner. We always recommend that people seek acupuncture from degree-qualified and APHRA registered practitioners.

To see the full list of conditions and to read the report: <https://doi.org/10.1016/j.ctim.2025.103149>

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.

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(behind the James Moore law office).



# Discovering the Magic of Mint for Upset Stomachs



**M**int has been a trusted ally in the battle against upset stomachs for generations. Many of us fondly remember our grandmothers offering a simple mint to ease those pesky digestive woes, from indigestion to gas and stomach cramps. This humble herb has stood the test of time for good reason!

When we delve into the world of mint, two star players emerge: spearmint (*Mentha spicata*) and peppermint (*Mentha × piperita*).

Though often confused with each other, these two varieties have unique qualities.

Peppermint, a vigorous hybrid formed from spearmint and watermint, boasts a bolder flavour and enhanced medicinal properties that set it apart.

What makes peppermint truly special is menthol, a powerful compound that plays a vital role in digestion. It not only stimulates the production of bile, crucial for breaking

down fats, but also relaxes the muscles in your digestive tract. This soothing effect can provide much-needed relief from the discomfort of gastric distress.

Numerous studies, particularly from Germany and Russia, have confirmed the health benefits of mint. Research shows that peppermint can boost bile flow and may even protect against stomach ulcers.

Plus, its antimicrobial properties help combat harmful pathogens lurking in your gut that can cause digestive troubles.

For those dealing with irritable bowel syndrome (IBS)—a frustrating condition marked by symptoms like abdominal cramps and bloating—menthol may offer a beacon of hope. Its calming properties can help alleviate the discomfort and unpredictability that often accompany this disorder.

## Mint's Role in Colonoscopies

But did you know that peppermint oil

isn't just your go-to for a tummy ache? It also plays a surprising role in medical procedures like colonoscopies.

In these examinations, peppermint oil is introduced into the colon via a specialised tube to ease the uncomfortable cramping that can occur.

This approach has proven effective, offering a safer, more cost-efficient alternative to traditional medications.

Mint is more than just a flavourful herb; it's a versatile remedy that can ease stomach cramps, promote digestive health, and reduce inflammation.

From everyday solutions for digestive issues to valuable support in medical settings, mint's reputation as both a culinary delight and healing herb is well-deserved.

So next time you reach for a mint, remember the wealth of benefits it brings!

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# Managing Stress and Worry

**L**ife today moves at an overwhelming pace - emails, deadlines, responsibilities, and social media constantly pulling us in different directions. It's easy to feel like we are drowning, though the truth is stress doesn't have to control you. With a few simple yet powerful shifts, you can cultivate calm and take back your peace, no matter how chaotic life gets.

## Breathe with Intention

Breathing is something we do automatically, yet mindful breathing can transform how we respond to stress. Try this simple technique: inhale deeply through your nose for a count of four, then exhale slowly through your mouth for a count of six. That's it! No complicated steps, just a few deep, slow breaths can help calm your mind and body in moments of stress.

## Move Your Energy

Movement is a natural stress reliever. You do not need an intense workout, just stretch, take a walk, dance in your kitchen, or shake out the tension. Any movement

releases endorphins, your brain's natural feel-good chemicals, helping to reset your emotional state.

## Shift Your Mindset

Worry is like a rocking chair—it gives you something to do but gets you nowhere. Instead of spiralling into 'what ifs,' ask yourself: Is this within my control? If yes, take action, if not, surrender it. Shifting your focus to gratitude can also work wonders, start a simple practice of writing down three things you are grateful for each day.

## Unplug and Reconnect

Technology is both a blessing and a burden. Notifications and endless scrolling can fuel anxiety. Set boundaries, implement no-phone zones, such as during meals or before bed. Reconnect with the present moment, real conversations, and nature. You will find clarity and peace where distraction once lived.

## Prioritise Rest

Sleep is your body's natural reset button, yet it is often sacrificed in a busy world.

Aim for 7-9 hours of quality rest. Create a calming bedtime routine, ditch screens, enjoy a warm herbal tea, and let your body wind down naturally.

## Find Joy and Laughter

Laughter truly is medicine. Whether it is a comedy, a funny video, or a conversation with a friend who makes you belly-laugh, joy has a way of dissolving stress instantly. Make space for fun—your nervous system will thank you for it.

Stress and worry are part of life, though they don't have to define it. By making small, mindful changes, you can reclaim your peace and navigate life's challenges with greater ease. If stress is weighing you down and you need more personalised guidance, I am here to help.

Let's work together to bring more balance, joy, and inner peace into your life, you can contact me on **0405361 882**.

**Always with love,  
Maria Christina x**



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# Self-Care Tips For Mothers Looking After The Family

Mothers are the backbone of every family. They ensure that everything runs smoothly, from cooking meals to tucking the children into bed. However, it can be easy to neglect self-care and become overwhelmed by all these responsibilities. Here's how mothers can take care of themselves while looking after their families.

## Prioritise Your Needs

As a mother, it can be easy to prioritise everyone else's needs before your own. However, it is crucial to take care of yourself as well. This can include getting enough sleep, exercise, and healthy eating. These small acts of self-care can boost your energy, improve your mood, and prevent burnout. Here are some other ideas:

## Schedule "Me Time"

Finding time for yourself can be daunting, but it is essential. Allocating a few minutes or hours to yourself each day can help you unwind and refresh your mind. You can use this time to read a book, take a relaxing bath, do some yoga, or engage in any other activity that makes you happy. This is your time to do things that you enjoy without worrying about anyone else.

## Connect with Friends

Spending time with other people who understand the struggles of motherhood can be a great way to unwind and feel less isolated. You can connect with other moms in your community or join parenting groups online. These groups can provide a supportive environment for discussing your struggles, sharing helpful tips, and getting emotional support.

## Take Breaks

Taking short breaks throughout the day is not a luxury, it's a necessity. It can help you refresh your mind and refocus. You can take a few minutes to meditate, go for a short walk, or simply sit and breathe. These small moments of rest can help you feel less overwhelmed and more focused on your tasks.

## Invest in Natural Body Products

Natural body care products can help you pamper yourself and nourish your skin. You can find items that are made with natural ingredients. These products can also improve the health of your hair and skin while providing a soothing experience. Here are some examples:

## Natural Soap

Natural soap is a great way to nourish your skin and experience a luxurious pampering experience. It is made with natural ingredients like coconut oil, shea butter, and essential oils. These ingredients have properties that can help protect against premature aging and skin damage while providing a calming aroma. Natural soaps are also free from harsh chemicals that can irritate your skin.

## Hypoallergenic Lotion

Effective hypoallergenic lotions for sensitive skin that can be applied to mothers are also available. Hypoallergenic lotions are specially formulated to be gentle on the skin and provide long-lasting hydration. They are also free from fragrances, dyes, parabens, sulphates, and other harsh ingredients that can cause irritation.

## Essential Oil Hair Serum

Essential oil hair serums are great for repairing damaged hair and keeping locks hydrated. These products are filled with natural ingredients like argan oil, jojoba oil, and coconut oil, which can nourish the scalp and help promote hair growth. Essential oils also have a calming scent that can help reduce stress levels.

## Outsource When Necessary

It is okay to ask for help and delegate tasks to others when necessary. You do not have to do everything alone.

You can ask your partner, family members, or friends to help with household chores, cooking, or babysitting. This can help relieve some of the burden, giving you time and space to take care of yourself. If possible, you can also outsource tasks like grocery shopping and laundry to professionals. You can also hire a babysitter or other childcare professionals to help with looking after your children. This can save you time and energy, giving you more opportunities to take care of yourself. Just make sure that you find trustworthy ones with whom you are comfortable working.

As a mother, taking care of yourself is crucial to ensuring that you can effectively care for your family. By implementing these tips, you can prioritise your needs, connect with others, outsource when necessary, and take breaks. Remember that self-care is not selfish; it is necessary for your physical and mental well-being.





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The Any size offer is valid from Monday, 14 April 2025 until Sunday, 27 April 2025. Offer is subject to change at any time. Offer is available in-store and online. To be eligible for the Any size offer, the selected upsized mattress (double, queen, king, or super king) must be the same make and model as the single. The 30% off selected furniture offer is valid from Thursday, 24 April 2025 until Sunday, 27 April 2025. This offer is available in-store only. This offer is only valid with a mattress purchase. Exclusions apply. For the full list of excluded products, please visit our website: [www.fortywinks.com.au/terms-conditions/](http://www.fortywinks.com.au/terms-conditions/). Qantas Frequent Flyer members will earn 2 Qantas Points per \$1 spent (usually 1 point per \$1 spent) on selected mattress purchase: purchased between 12.01am (AEST) 14 April, and 11.59pm (AEST) 27 April 2025 from participating Forty Winks retail stores or the Forty Winks online store ([www.fortywinks.com.au](http://www.fortywinks.com.au)) and must present their Qantas Frequent Flyer membership number at the time of purchase. Not valid in conjunction with other Forty Winks promotions which enable members to earn Qantas Points by purchasing products. For full Qantas Frequent Flyer terms and conditions visit: [www.fortywinks.com.au/qantas-points/](http://www.fortywinks.com.au/qantas-points/). No rain checks. Delivery, installation, and additional costs may apply. Lay-buy not available at all stores, please contact your local store for availability. The offer is available at participating Forty Winks stores only. Products, stock availability and prices may vary from store to store.



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AUTHORISED BY TERRY YOUNG, LNP, 7/69  
KING STREET CABOOLTURE QLD 4510

# Can't make it on Election Day?



## If you can't vote on Saturday 3 May, you may be eligible to vote early.

All Australian citizens aged 18 years and over are required by law to vote.

So, if you can't make it to a polling place on election day, you may be eligible to:

- **vote early at an early voting centre, or**
- **apply for a postal vote.**

If you're travelling, working or will be outside the electorate where you're enrolled on election day, you can vote early.

To check early voting options and eligibility, visit **[aec.gov.au/early](https://aec.gov.au/early)**

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**Authorised by the Electoral Commissioner, 10 Mort Street, Canberra.**



# TRUSTING YOUR GUT AND THE POWER OF INNER GUIDANCE

Have you ever had a strong feeling about something, an inner nudge or quiet whisper, that turned out to be right? That is your gut feeling, your intuition, speaking to you. In a world that often praises logic and reason above all else, we have been conditioned to doubt this powerful inner compass. Yet, our gut is deeply connected to our subconscious, our emotions, and even our spirit. It is there to guide, protect, and align us with our highest path.

From a holistic perspective, we are not just minds and bodies, we are energy, spirit, emotion,

and soul. Our gut feeling, or intuitive knowing, often speaks before our mind catches up. It might come as a sense of unease when something is not right, or a warm, expansive feeling when something aligns with our heart. It is not always dramatic, it is often subtle, though with practice, it becomes clearer and stronger.

Following your gut does not mean ignoring logic. It means integrating both mind and intuition to make choices that are not only smart but also feel true. When we ignore our gut feelings, we may feel anxious, off-balance, or drained. When we honour them, we feel peaceful, empowered, and connected to ourselves. As women, we often spend so much time caring for others and navigating busy lives that we can become disconnected from our inner voice. Our intuition may grow quiet, though it never disappears. It is always there, patiently waiting for us to tune back in. Rebuilding that connection starts with creating moments of stillness and self-care. Whether through meditation, journalling, walking in nature, or simply sitting quietly

with your hand on your heart and belly, you can begin to hear your inner guidance once again.

Notice how your body feels when you think of a decision. Do you feel tight, heavy, or uneasy? Or do you feel light, open, and grounded? Your body is wise. Your energy does not lie, the more you practise listening, the easier it becomes to trust yourself again. Start small. Trust your gut on the little things. Then, when bigger choices arise, you will already have a strong foundation of self-trust to build on. You deserve to live a life that feels aligned, whole, and true to you. You have the answers within. You are your own healer. Trust yourself.

If this message resonates with you and you feel ready to reconnect with your inner wisdom, and need some guidance, I would love to support you.

Reach out for a heart-centred chat or to book a session on **0405 361 882**.

**Always with love,  
Maria Christina x**

**YOU'RE INVITED**

## Mother's Day MEMORIAL SERVICE

**9<sup>TH</sup> MAY 2025 — FROM 6:00PM**

Each year Great Northern Garden of Remembrance holds a special Mother's Day Memorial Service in our beautiful Deception Bay chapel to remember and celebrate the wonderful women in our lives. This is your chance to gather with others, hear heartfelt stories and reflect.

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# Unlocking the Mysteries of Seeing Dead Loved Ones in Dreams

**D**reams have long been a source of fascination and intrigue for humans, offering a glimpse into the subconscious mind and the deeper realms of our psyche.

Among the most profound and unsettling dream experiences are those involving the appearance of deceased loved ones. When we dream of someone who has passed away, it can stir up a whirlwind of emotions, from comfort and closure to confusion and grief.

But what do these dreams truly signify? Are they merely manifestations of our own unresolved feelings, or do they hold deeper spiritual or symbolic meanings?

In this comprehensive guide, we will delve into the various interpretations and implications of seeing a dead person alive in your dreams, drawing insights from the latest psychological research and time-honoured spiritual traditions.

## The Psychological Perspective: Grief, Healing, and Unfinished Business

From a psychological standpoint, dreams about deceased loved ones are often closely tied to the grieving process. When we lose someone dear to us, our minds can use the dream state as a way to process the complex emotions and unresolved issues surrounding that loss.

According to dream expert and therapist Leslie Ellis, Ph.D., these dreams can actually help us move the grief process forward. "They are not always comforting, but they do seem to move the grief process along," she explains.

The dreams may allow us to maintain a sense of connection with the deceased, regulate our emotions, and work through the trauma of the loss.

Grief therapist Margaret Pendergrass, echoes this sentiment, noting that these dreams are the brain's way of making sense

of the "senseless" experience of losing a loved one. "Having a grief dream only means that our brains are still trying to process what we have experienced," she says. In some cases, the dreams may also be a reflection of unfinished business or unresolved conflicts with the deceased. Psychologist Lauri Loewenberg explains, "If they're mad at you, for example, it's not their spirit coming through.

This is you being mad at yourself for some reason." These dreams can provide an opportunity to work through lingering feelings of guilt, regret, or unspoken words.

## Spiritual Interpretations: Messages from the Other Side

While the psychological perspective offers valuable insights, some believe that dreams of deceased loved ones can also have a deeper, spiritual significance.

Within certain cultural and religious traditions, these dreams are seen as a form of communication from the other side, a way for the departed to offer guidance, comfort, or simply to let their loved ones know they are at peace.

Clairvoyant and medium Catharine Allan suggests that if the person in the dream appears "happy and at peace" and the dreamer wakes up feeling calm, it could indeed be a "visitation" from the

deceased. "And those are the best dreams of all," she adds.

Similarly, some dream interpreters within the Islamic tradition view these dreams as auspicious, signalling the arrival of good news, the fulfillment of desires, and the restoration of peace and prosperity. The appearance of a deceased loved one, particularly a parent or grandparent, is often seen as a positive omen, a sign that the dreamer is on the right path and that their efforts will be rewarded.

## Decoding the Symbolism: Common Dream Scenarios and Their Meanings

As with any dream, the specific details and context of a dream involving a deceased loved one can hold important clues to its meaning. Let's explore some of the most common dream scenarios and their potential interpretations:

### Reunion Dreams

In these dreams, the dreamer interacts with the deceased in a normal, everyday setting, as if they were still alive. According to King, this could reflect the dreamer's desire to reconnect with the person or a sense that the deceased's influence and presence continues to linger in their subconscious.

### Dreams of the Deceased Still Being Alive

When the dreamer dreams that the deceased person is still alive, perhaps due



a “mistake” or “joke,” it may indicate that they are still struggling to fully accept the reality of the person’s passing. Pendergrass explains, “This usually means that we are still working through true acceptance that the loved one is gone.”

### Message Dreams

In these dreams, the deceased loved one appears to be delivering a specific message or piece of advice to the dreamer. While this may not necessarily mean the person is actually communicating from the afterlife, King suggests it could reflect the dreamer’s internal dialogue or their desire for guidance.

### Distressing Dreams

If the deceased person appears distressed or the dream is generally unsettling, it may point to unresolved feelings of guilt, anger, or sorrow related to the person’s passing. These dreams can be the mind’s way of processing these difficult emotions.

### Dreams Set in the Past

Dreaming of a deceased loved one in a past setting, when they were still alive, can be a way for the dreamer to revisit cherished memories and process any unresolved aspects of their relationship. Pendergrass notes that these dreams “reflect memories from earlier life that we may still be trying to make sense of.”

### Navigating the Emotional Landscape: Coping Strategies

Encountering a deceased loved one in a dream can be a profoundly emotional experience, evoking a wide range of feelings from comfort to distress. It’s

important to acknowledge and work through these emotions, rather than suppressing them.

One effective coping strategy is to keep a dream journal. By recording the details of the dream and reflecting on its emotional impact, you can gain deeper insights into the underlying meanings and work towards closure or resolution. Practicing self-care techniques, such as meditation, mindfulness exercises, or seeking support from a therapist or grief counsellor, can also be invaluable in navigating the complex emotions that may arise from these dreams.

### Embracing the Mystery: Connecting with the Unseen

While modern psychology offers valuable frameworks for understanding dreams of the deceased, there is still an element of mystery and the unknown when it comes to these profound experiences.

Some cultures and spiritual traditions view these dreams as a sacred bridge between the physical and metaphysical realms, a means of communicating with the departed and accessing deeper truths about the nature of existence.

Whether you approach these dreams from a scientific or spiritual perspective, it’s important to remain open-minded and respectful of the profound and often deeply personal nature of these experiences. By embracing the mystery and allowing ourselves to be guided by our intuition and inner wisdom, we may uncover insights that transcend the boundaries of our conscious understanding.

### Conclusion: Honouring the Enduring Connections

Dreaming of a deceased loved one can be a profoundly moving and transformative experience, one that reminds us of the enduring connections we share with those who have passed on.

Whether these dreams are manifestations of our own grief and unresolved feelings, or glimpses into a realm beyond our physical existence, they offer us the opportunity to deepen our understanding of ourselves, our relationships, and the mysteries of the human experience.

By approaching these dreams with empathy, curiosity, and a willingness to explore their deeper meanings, we can find comfort, closure, and even spiritual growth. So, the next time you find yourself in the company of a departed loved one in your dreams, embrace the experience and let it guide you on your own personal journey of healing and self-discovery.



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# Queenslanders urged to drive safely and slow down this Easter

- The Queensland Government is urging people to drive safely and to slow down this Easter break.
- In 2024, 300 people lost their lives on Queensland roads, the worst year for road trauma in 15 years.
- Speeding is a major killer, contributing to almost one third of fatalities and serious injuries on our roads.

As the Easter school holidays begin and more people get set to hit the road, the Queensland Government has launched a campaign today reminding motorists there's 'no excuse for speeding'.

The campaign comes as the Department of Transport and Main Roads (TMR) continues to urge Queenslanders to drive safely and to slow down, after a record number of people lost their lives on the roads in 2024.

Last year was the worst year for road trauma in 15 years, with 300 lives lost and thousands seriously injured. As of April 3, 60 lives have already been cut short and hundreds more seriously injured on our roads.

The most common contributing factors in serious and fatal crashes continue to be the Fatal Five - speeding, fatigue, distraction (including mobile phone use), incorrect seatbelt use, and drink and drug driving.

A recent Department of Transport and Main Roads survey found that over half of all drivers speed on a regular basis (at least 50 per cent of the time) with a higher incidence among young drivers.

Males aged 17-39 years admitted to driving at higher speeds than any other age group, while 90 per cent of speed-related fatalities involve men. Additionally, more than 50 per cent of speed-related deaths have occurred in regional areas.

The Queensland Government's 'No excuse for speeding' road safety campaign aims to reduce road trauma caused by speeding by challenging the belief that speeding is not dangerous and is socially acceptable, especially with an 'excuse' such as running late or driving on well-known roads.

The 'No excuse for speeding' road safety campaign will run from 6 April to 6 May to coincide with the Easter school holidays and

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extended public holiday period, appearing on outdoor billboards, catch-up TV, digital, social media and radio channels.

Authorities are pleading with all drivers to take extra caution on the roads and drive to the conditions to avoid more lives being lost, not only during the Easter holidays, but throughout the entire year.

**Quotes attributable to Transport and Main Roads Land Transport Safety Regulation GM, Joanna Robinson:**

"At this time of year, we know people typically spend more time on the road than usual.

Whether it's a small trip in your area, or a lengthy road trip, there is still no excuse to speed, lose focus, not wear a seat belt properly or drive when you're affected by drugs or alcohol – it's just not worth the risk.

"Every life cut short, and every life-altering injury caused by a crash, leaves a permanent mark on families and has a devastating impact on the entire community. "As you travel around our state this Easter, I strongly urge you to stay safe and slow down on the roads.

"We've all heard the excuses given for speeding – I know these roads, I was just overtaking, I was running late, I was going the same speed as everyone else.

"But when you see the actual consequences of travelling over the speed limit, including severely injuring others or writing off your vehicle, you can see there's really no excuse for speeding.

"Speed limits are not a recommendation, they are there to prevent the thousands of avoidable deaths and serious injuries that occur on our roads. "The Queensland Government is committed to the safety of those travelling on our vast road network."



Notice is hereby given of the Annual General Meeting of the Bribie Island Community Arts Society Inc. to be held at 11.00am on Sunday 18 May 2025.

All financial members are requested to attend. Kelly Vass, Board Secretary.

NOTICE IS HEREBY GIVEN

OF THE

## 2025 ANNUAL GENERAL MEETING

OF

**BRIBIE ISLAND COMMUNITY ARTS SOCIETY INC.**

TO BE HELD

**11.00 AM SUNDAY 18 MAY 2025**

**Studio 3**

*To vote, members must be financial by 4pm Wednesday 8 May 2025.*

**ALL MEMBERS ARE REQUESTED TO ATTEND**

PLEASE REGISTER YOUR ATTENDANCE AT

\*FRONT DESK, BY PHONE (07 3408 9288) or

\*EMAIL to [board@bribieartscentre.com.au](mailto:board@bribieartscentre.com.au)

by 16 May 2025

## Maintenance Officer

**Agriculture, Agri-Science Queensland**

**Department of Agriculture and Fisheries**

**Salary:** \$64,570 - \$68,588 p.a.

**Location:** Bribie Island Research Centre (Woorim)

**Job Reference:** QLD/627640/25

**Key Duties:** This "hands-on" role undertakes a range of maintenance activities including the operation of BMS systems, service and repair of water, air and temperature systems, plant and assets which provide support to facility and research projects that underpin aquaculture RD&E.

**Skills/Abilities:** C class licence and ability to provide after hours on-call alarm response are essential. You might also have a forklift ticket, elevated work platform licence, trade experience and confined spaced entry certificate.

**Enquiries:** Cameron Hartley, Phone: 0407 649 767

**Candidates apply for your job on:**

<https://smartjobs.qld.gov.au> using the reference number above.

**Closing Date:** Tuesday, 22 April 2025



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# PROBUS AND A POP GROUP

Kathy Vincent

**P**umice Stone Passage Probus certainly knows how to let their hair down and have a great time.

Recently, a group from the club went to Woormim Golf Club for a British Night. It's OK; you didn't have to be British; that was just the theme. It was a great night for everyone.

The live pop group BRIT BEAT MANIA was so professional, and they played all the good old 60s numbers. There were a lot of people dancing and having a great time.

My favourite Status Quo "Rocking all over the world" "Yes, I like it, I like it, I, oops, sorry, got carried away there for a moment!!"

The food was excellent. One starter was pigs in blankets, followed by Lamb shank or pork chops, and rice pudding or sticky toffee pudding.

The music was great, the company was great, and the dancing was great. It took me back to the "old days" "when you danced to live pop groups like the Hollies and the Kinks before discos became the thing.

I managed to get a photo of our President Diane dancing just before the dance floor filled up.



So, you see, Pumicestone Passage Probus knows how to have a good time. Join us on the second Tuesday of the month from 9 to 10:30 in the garden room at the RSL. Come and join the fun.

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# What do hearing loss, depression and high cholesterol have in common?

All are risk factors for dementia.

**N**ew data released by Dementia Australia for Brain Health Week shows that Australians are largely unaware that common health issues such as hearing loss, depression and high cholesterol are risk factors for dementia.

Dementia Australia CEO Professor Tanya Buchanan said that dementia is the second leading cause of death for all Australians and there are currently 433,300 Australians living with the condition.

“Dementia is on track to become the country’s biggest cause of death within the next five years. While we cannot change getting older, genetics or family history, scientific research shows that looking after our brain health can make a big difference to reducing or delaying the risk of developing dementia,” Professor Buchanan said.

A recent iPos survey of Australian attitudes towards dementia, found that many Australians remained unaware that proactive steps can help reduce dementia risk.

Last year, the Lancet Commission identified 14 modifiable risk factors which, if addressed effectively, could reduce dementia incidence globally by 45 per cent.

The risk factors include smoking, obesity and physical inactivity as well as factors such as hearing loss, high cholesterol and depression.

“In fact, people with mild-severe hearing loss are two to five times as likely to develop dementia than those with normal hearing,” Professor Buchanan said.

Peter, who lives with younger onset dementia, was shocked to learn that hearing loss could contribute to dementia, especially as he has lived with an incurable hearing disorder for the past two decades.

“If we can get the message out there, to help people identify small changes they can make in their every day – we might just save a life,” Peter said.

He said his focus now was to live as well as possible with dementia. “I’m trying to live life to the full – playing golf, spending time with my family and friends, and getting out into the world.”

Dementia Australia Honorary Medical Advisor Henry Brodaty AO led a recent three-year clinical trial that has definitively shown

that looking after our brain health slows cognitive decline.

The University of New South Wales Centre for Healthy Brain Ageing trial – ‘Maintain Your Brain’ – tested whether effectively addressing some of the modifiable risk factors for dementia resulted in better cognition in older adults over a three-year period.

“The outcome was a resounding yes – we can improve cognition over three years and, therefore, likely enhance resilience to dementia,” Professor Brodaty said.

Dementia Australia is urgently calling on the Federal Government to fund a national discussion about brain health and dementia prevention. Professor Buchanan said dementia was a chronic condition that could impact anyone, just like cancer, heart disease and diabetes.

“It’s a chronic condition which must be treated with the same health investment as other major chronic conditions, Professor Buchanan said. “Dementia is the leading health, disability and aged care issue facing Australia.

It impacts Australians across their life and nearly 30,000 Australians live with younger onset dementia. The research is clear that dementia is a condition that starts many decades before symptoms appear. So, it is vital that all Australians understand the importance of maintaining brain health throughout our lives.

“It is never too early or too late to reduce your dementia risk.” Find out more about the modifiable risk factors that can make a big difference to your brain health: [dementia.org.au/brain-health/reducing-your-risk-dementia](https://dementia.org.au/brain-health/reducing-your-risk-dementia).

If this story has prompted any questions or concerns, please call the **National Dementia Helpline 1800 100 500 (24 hours, 7 days a week)** or visit [dementia.org.au](https://dementia.org.au).



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

# Local Dining Guide



## STEAKOUT PIZZERIA

For delicious pizza, pasta, contorni salads and more, all crafted with love, come and enjoy our waterfront pizzeria. With live music every Sunday and the beautiful Pumicestone Passage right beside you, we offer you a taste you'll love. For deliveries or bookings, please visit us at [www.steakoutpizzeria.au](http://www.steakoutpizzeria.au)

9/11 Spinnaker Drive, Sandstone Point - 07 5360 1094

**LUNCH** Thu to Sun 11:30 - 2:30

**DINNER** Tue to Sun 4:30 - 8:30



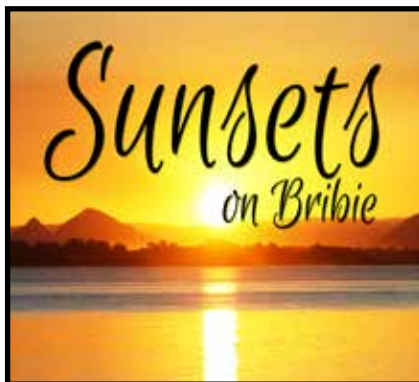
## THE DECK RESTAURANT

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

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

**07 3410 4024**

Scan the QR code to book now



## Sunsets on Bribie at Bribie Island Bowls Club

11-23 Welsby Parade, Bongaree.

[www.bribiebowls.com](http://www.bribiebowls.com)

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

Book your table now by calling **07 3408 1018**

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



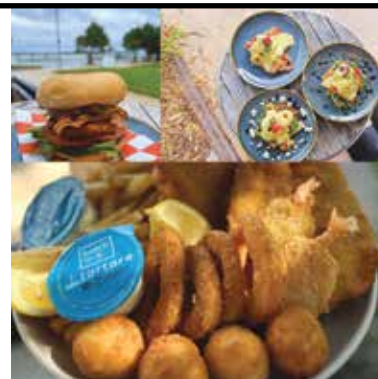
## SCOOPYS

Located by the jetty on beautiful Bribie Island, Scoopy's Family Cafe is all about the family vibes, great food and coffee, fantastic service and all the ice cream you can eat!

Enjoy our friendly hospitality with barista-made coffee, amazing burgers, and a tempting array of ice cream choices to impress the pickiest connoisseurs.

Our massive range of cakes and famous fish and chips make it well worth the hour's drive north of Brisbane.

**Shop 2/2 Toorbul Street, Bongaree 07 3410 1791**







## Concert Announcement: "GLEEMEN GORGE AND GUZZLE"

Come for an enchanting afternoon of music and merriment presented by The Gleemen, where they invite you to indulge in a concert celebrating the delightful themes of Food and Drink!

**Date and Time:** Saturday, May 10th at 1:30 PM

**Location:** Recreation Hall, First Ave, Bongaree

Prepare to be transported into a world of culinary delights as the "EAT, DRINK AND BE MERRY" concert unfolds before you. This lively event will feature a harmonious blend of captivating melodies that pay homage to the joys of dining and drinking.

The Gleemen are thrilled to announce the presence of renowned special guests, including the beloved ladies' singing group, "GOOD COMPANY," whose enchanting harmonies are sure to warm your heart, and "THE WONDERING MINSTRELS," the spirited male harmony group from The Gleemen, set to elevate the musical experience even further.

### **Ticket Information:**

Admission is a mere \$20, which graciously includes light refreshments to savour at intervals throughout the performance, ensuring a delightful experience for your taste buds as well as your ears.

To secure your tickets, **simply scan the QR code below** to navigate to "trybooking.com" for a seamless and quick purchase via your smartphone. Alternatively, feel free to reach out for assistance by calling either of the following numbers:

**- 0438 618 073**  
**- 0408 404 180**

Please keep in mind that due to the anticipated popularity of this delightful event, limited tickets will be available at the door.

We encourage you to secure yours in advance to ensure you don't miss this captivating musical journey and a day filled with joy, friendship, and unforgettable melodies!



# 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.

### **LUNCH MARKETS - Sylvan Beach** (Farmers Market)

First Saturday of each month from 8am to 1pm held in the park opposite the Bribie Island Hotel. Funds raised to E.P.C.S, Ass, 0417629957

### **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 Bribieland 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 Annette on 0414622490.



# BANKSIA BEACH MAN BAGS \$440,000 KENO WIN and a smile that won't quit...

- A Banksia Beach man has joked he might need “plastic surgery to wipe the smile off his face” after scoring a grin-worthy \$440,000 in a recent Keno draw.
- The Moreton Bay resident scored a \$448,899 Keno Classic 9 Spot prize in draw 935, drawn Friday 4 April 2025.
- The 9 Spot prize marks the second major Keno win to hit the Moreton Bay region this year, coming hot on the heels of a Deception Bay woman's \$151,946.20 win in January.
- His winning Keno Classic 9 Spot entry was purchased at Bribie Island RSL Club, 99 Toorbul Street, Bongaree.

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“It doesn't feel real,” he laughed when speaking to an official from Keno. “I think I checked my winning ticket about 15 times. I didn't sleep at all that night. Honestly, I laid there until dawn. “It's a strange feeling to describe. In your mind, you wonder if you've actually won or if you're dreaming. It's so surreal.

“I haven't celebrated yet, but I look forward to celebrating with my family! “I've always said, If I win a major jackpot, I'm going to get plastic surgery to wipe the smile off my face! “Thank you very much.”

His winning Keno Classic 9 Spot entry was purchased at Bribie Island RSL Club, 99 Toorbul Street, Bongaree. Bribie Island RSL



Club operations manager Steven Spano said he and his team were stoked to have sold a major Keno winning entry and were pleased to hear it went to a local patron.

“It's just awesome! This is the first major Keno winning entry that we've had in a long time. I believe our last one was a year or so ago,” he shared. “Our winner found out on Friday evening, and he came in the following morning to confirm with our team. He was shaking, so excited. He said to us, ‘I think I've won the jackpot!’.

“On behalf of the entire team at Bribie Island RSL Club, we wish our jackpot winner all the very best. We're very happy for you and hope that the win comes in handy for years to come.”

In 2024, Keno players across the eastern states of mainland Australia celebrated more than 76 million wins collectively worth more than \$1. billion. During this time, Keno crowned 23 millionaires and multi-millionaires who collectively took home more than \$54.9 million. Ten of these major winners were Queenslanders, including a Crow's Nest man whose favourite numbers scored him \$5.5 million.

Queenslanders enjoyed more than 26.9 million Keno wins totalling more than \$461.2 million at pubs and clubs across the state in 2024.

Chances are you're about to lose. Think. Is this a bet you really want to place? What's gambling really costing you? Set a deposit limit.



# ARTS CENTRE



# THE ART OF MAKING CONNECTIONS

A connecting thread linking these great artists to each other and to the world around

them is the theme in this lovely exhibition.

It runs in the Matthew Flinders Gallery at Bribie Island Community Arts Centre until May 4.

The art of Aaron Butt, Caldera Collective, Corinne Purcell, Matthew Mortimer, Revamped Genie,

Stacey Mickelborough, Tahlia Mitchell, Tara Macdonald -Parker and Tracey Weikhardt will amaze you.

**Meet the artists in the Gallery on Saturday April 26 from 2pm to 4pm.**

## Connections ART EXHIBITION



### Artists

Aaron Butt  
Caldera Collective  
Corinne Purcell  
Matthew Mortimer  
Revamped Genie  
Stacey Mickelborough  
Tahlia Mitchell  
Tara Macdonald-Parker  
Tracey Weikhardt

With Art, we can express ourselves through a variety of mediums. Art allows us to appreciate life's beauty. Here is a collection of Artist's who value their practice and wish to share the benefits of creating, with you.

*Through Art, we all strive to find and create connections with not only each other, but the world around us.*

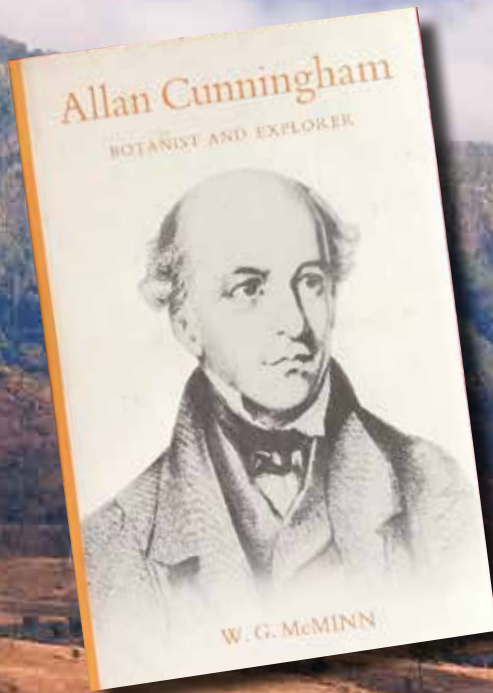
**14th April to 4<sup>th</sup> May 2025**

Opening Event: Saturday 26th April,  
2pm – 4pm

Bribie Island Community Arts  
Centre  
191 Sunderland Drive, Banksia Beach







# BOTANIST AND Explorer

by Al Finegan

**T**he Linnean Society in London was founded in 1788, and is the oldest learned society devoted to the science of natural history. In 1839, the president of the Society called a special meeting of all members. In a grave voice to a sombre gathering, he announced the death of Allan Cunningham.

He solemnly continued, "He was distinguished for his moral worth, singleness of heart, and enthusiastic zeal in the pursuit of science and exploration. He died in Sydney of consumption (TB) just short of his 48th birthday."

Just about all Queenslanders know Cunningham's Gap. Very few of us have not at some time driven through The Gap, to pass over the Great Dividing Range from the Fassifern Valley to the Darling Downs, connecting Brisbane to Warwick, and onto NSW.

It is situated in Main Range National Park, between the peaks of Mount Cordeaux and Mount Mitchell. On a clear day the pass forms a distinct break in the Great Dividing Range as seen from the Fassifern Valley to the west of the Gold Coast.

The explorer who discovered the Gap, Allan Cunningham arrived at Sydney Cove, from London, in the ship *Surry* on 20th December 1816. He was received kindly by Governor Lachlan Macquarie who suggested that he join John Oxley's projected expedition into the country west of the Blue Mountains.

This was arranged and, while awaiting departure, Cunningham rented a cottage at Parramatta and botanized in the surrounding district. He left Parramatta in April 1817 and returned in September having accompanied

Oxley on his aborted trip to the Lachlan River marshes and collected specimens of about 450 plant species.

On 21st December 1817, he was invited to join Phillip King's voyage in the cutter *Mermaid* to explore and map the north and north-west coasts of Australia. Cunningham had frequent opportunities to land and collect specimens. From Port Walcott to the north coast of Arnhem Land *Mermaid* visited Melville and Bathurst Islands, called at Timor and the Montebello Islands, and returned to Sydney on 29 July 1818.

During this voyage Cunningham collected specimens of about 300 species, including many from Arnhem Land.

Early in 1819, he visited Van Diemen's Land with King in *Mermaid*, and on 8th May they sailed again for the north-east coast.

On this voyage they explored nearly all islands from Port Macquarie to the Endeavour River.

Cunningham had collected specimens of more than 400 species. He was delighted to have obtained some that would replace the 'imperfect' ones collected on the east coast by Banks in 1770.

*Mermaid* returned to Sydney in January 1820 and in July departed on her third voyage to the north-west coast. This voyage took Cunningham to Flinders' Port Bowen and again to the Endeavour River, then to Booby Island and back to Goulburn Island and Cape Voltaire.

Arriving back in Sydney on 9th December 1820, Cunningham was distressed to hear of the death of "... an excellent and invaluable friend, Sir Joseph Banks."

On 26th May 1821, Cunningham accompanied King on his fourth voyage to the north-west coast, this time in Bathurst. He examined the coast from Cape Leveque at the north end of the Dampier Peninsula to Roebuck Bay. Bathurst then sailed for Mauritius, deep in the Indian Ocean.

Cunningham had not been well during the latter part of this voyage and had gathered few specimens, but at Mauritius he was able to exchange some Australian plants for Indian, African and Madagascan plants. Bathurst then sailed for King George Sound visited Rottnest Island, Houtman Abrolhos, Dirk Hartog Island and King Sound. The expedition arrived back in Sydney on 25th April 1822.

It was a momentous journey, widely unrecognized for its seamanship, and discoveries, both geographical and scientific.

Cunningham contributed a chapter, "A Few General Remarks on the Vegetation of Certain Coasts of Terra Australis" to King's Narrative of a "Survey of the Intertropical and Western Coasts of Australia", published in 1827.

In September 1824 he joined Oxley in *Amity* to establish the penal colony at Redcliffe, and to explore Moreton Bay and the Brisbane River.

On 16th September with the convicts already at work building the slab and bark huts that were to be their jail, Oxley decided it was time to explore. With him went John Finnegan as guide, Allan Cunningham, and Lieutenant Butler. Finnegan directed them to the mouth of the Brisbane River and continued to point



out the various features and creeks along the banks. After what Oxley smugly stated was a successful mission they returned to Mermaid and set sail for Sydney, arriving on 21st October 1824.

The brief visit to the Brisbane Valley and his quiet study of the Great Dividing Range in the distance, tweaked Cunningham's desire to explore the inland further.

Thus, Cunningham set off on his longest, and perhaps most important, journey that lasted from 20th January to late August 1827. From the Hunter valley he travelled northward crossing the Peel and Dumaresq Rivers and entered the Darling Downs. While in the Darling Downs he found a gap in the ranges, now called Spicers Gap.

He gazed out in wonder at the beautiful panorama of extensive fine grazing country east to Moreton Bay, and west to the endless plains of the Darling Downs.

He knew this was a discovery of major importance, aware of the economic benefits that a link between the coast and pastoral lands to the west would provide. In an ebullient mood, he turned and hurried back to Sydney.

In 1828, with the Governor's earnest approval, Cunningham left Port Jackson for Morton Bay. His orders were to ascertain the possibility of connecting the coast with the interior. Immediately on his arrival, he, along with Captain Logan, set off in an attempt to reach the Gap by following the course of the Logan River towards Mount Lindsey.

After finding themselves completely disoriented, they headed east back to Moreton Bay. Cunningham was not to be defeated. After a short interval of rest, Cunningham tried again. He left the colony on 18th August, this time alone but supported by a few convicts.

He followed the lines of the Bremer and its main tributary in a westerly direction. After a week he reached the Gap. From Cunningham's diary:

"The summit of the pass appeared before us, bounded on each side by most stupendous heads towering at least 2000 feet above it. Here the difficulties of the passage commenced. We had now penetrated to the actual foot of the pass without the smallest difficulty. It now remained to ascend a steep slope to the level of its entrance.

This slope is occupied by a very close wood, in which cedar, sassafras, palms, and other ornamental Intertropical trees are frequent.

Through this shaded wood we penetrated, climbing up a steep bank of very rich loose earth, in which large fragments of a very compact rock are embedded. At length we gained the foot of a wall of bare rock, which

we found stretching from the southward into the pass. This face of naked rock we perceived by tracing its base, normally gradually to fall to the common level.

So that without the smallest difficulty, and to my utmost surprise, we found ourselves on the highest part of the pass, having fully ascertained the extent of the difficult part from the entrance into the wood, to this point not to exceed 400 yards.

We now pushed our way through this extraordinary default and in less than a half a mile of level surface closed with a thick brush of plants common to the Brisbane River, reached the opposite side of the main range when I observed the waterfall westerly to Millers (Fassifern) Valley beneath us. Climbing the northern summit of Mount Mitchell, it was with no small pleasure that I passed my eye over the beautiful tract of country at which my labours of last year had disclosed."

Having thus established the practicability of communication from the Downs to the seaboard, Cunningham returned to Sydney and laid the journal of his expedition before an excited governor, Sir Ralph Darling. Soon after his return, Cunningham requested permission to return to Britain. This was granted in November 1830.

He sailed from Sydney in Forth on 25th February 1831 and arrived in England in July. He took a house at Strand-on-the-Green near Kew. In 1832 he was elected a fellow of the Linnean Society, the council of which took the unusual step of returning his fee of £36 because of his valuable services to natural science.

He wrote "A Brief view of the progress of interior discovery in New South Wales" published in the Journal of the Royal Geographical Society of London in 1832, and "On the physical and geological structure of the country to the west of the Dividing Range between Hunter's River and Moreton Bay."

On the death of the Sydney Colonial Botanist Charles Frazer in 1832, Cunningham was offered the position but declined it in favour of his younger brother, Richard. Richard arrived in Sydney in February 1833 and was killed by Aborigines in April 1835.

When news of Richard's death reached England, the position was again offered to Allan Cunningham, who accepted it and returned to Sydney in Norfolk, arriving in February 1837.

He found the duties of colonial botanist uncongenial, objected to superintending "the Government Cabbage Garden" where among other things, he was expected to grow vegetables for the governor's table.

He resigned. Governor Sir George Gipps's attempts to retain his services failed as he wished to resume the "more legitimate occupation" of botany. In April 1838, he sailed for New Zealand in a French ship *L'Héroïne*, returning to Sydney in October seriously ill.

Despite his health becoming steadily worse he continued collecting and made plans to accompany Captain John Wickham in *Beagle* to continue the survey of the north-west coast, but he was so ill that *Beagle* had to sail without him. Soon after, on 27th June 1839, he passed away.

On 3rd July 1909, Cunningham's Gap was declared a National Park. This new park, which originally consisted of 3,100 acres, was located on the western side of the range and included Gap Creek.

On 11th June 1927, the 100-year anniversary of Allan Cunningham's exploration of the Darling Downs, the new road through Cunningham's Gap was officially opened.

Although the road, which was built entirely by volunteers, was officially open, travelling along this new route was inadvisable, especially on the portion west of Aratula.

The road was plagued by problems during this early embryonic stage with the RACQ announcing that the road was closed, less than one month after it was officially opened. Walking tracks were constructed in the 1930s and 1950s. The new sealed road through the gap was eventually reopened in November 1949.

Cunningham's Gap is part of the Cunningham Highway, a federally funded highway managed by the Queensland Department of Transport and Main Roads.

Between December 2010 and March 2011, the Gap experienced over two metres of rainfall, and it sustained an enormous amount of damage.

The cost of repairing these seven kilometres stretch of road ran into the millions. Today it remains a vital reliable link to the west.

Allan Cunningham is most frequently remembered as an explorer and particularly for being the first European to see Pandora's Pass, the Darling Downs and Cunningham's Gap, but exploration was to him a secondary interest that could be pursued in conjunction with his real purpose, the study of botany.

Fellow botanists have honoured the Cunningham brothers' work by giving their name to a number of Australia's trees. He should always be remembered as one of Australia's greatest pioneers.

# ANZAC DAY

## CONCEIVED ON BRIBIE



Barry Clark- Bribie Island Historical Society

A few months after the outbreak of World War 1 in 1914, Australian and New Zealand troops landed on Turkey's Gallipoli peninsula, resulting in the death of 60,000 Australians and 18,000 New Zealanders who are remembered each year on ANZAC DAY, the 25th of April.

On the first anniversary of the landing at Gallipoli, a dawn service was held on the Western Front by a small number of the Australian battalion. The War continued in Europe and the Middle East until 1918, and some unresolved conflicts about borders and territory in the Middle East, which

continue today, relate to directives and decisions made at the end of World War 1. This article tells how the original concept of a day of remembrance for the original ANZAC losses at Gallipoli originated right here on Bribie Island.

In 1915, some Brisbane businessmen were on a fishing trip on Bribie when news of the Gallipoli disaster reached them. The courage and sacrifice demonstrated on that bloody battlefield by Brisbane soldiers they personally knew led to a public meeting being held in Brisbane on January 10, 1916, to form the ANZAC DAY Commemoration Committee.

Cannon David Garland was appointed honorary Secretary to lay the groundwork for a National Day of Commemoration, which would eventually be recognized Australia-wide on the 25th of April every year.

David Garland is credited with the idea of commemorative marches, wreath-laying at memorials, special church services, and solemn silence specifically for prayer in accordance with one's personal beliefs. He particularly feared that the ceremony might be victim to religious sectarian disputes.



## END OF WAR 1918

Australian troops did not return in 1918 to public victory parades due to a "Spanish Flu" pandemic that swept through Europe and was brought to Australia by returning troops. The Spanish Flu pandemic killed about 50 million people worldwide. A planned 1919 ANZAC day public parade in Sydney had to be cancelled because of the Spanish Flu pandemic, but a commemorative service was held, and participants were required to stand one meter apart and wear masks. It was not until the State Premiers Conference two years later, in 1921, that it was decided to observe ANZAC day throughout Australia the following year. The first year ANZAC day was commemorated in all Australian States was 25 April 1922.

It was not until five years later, in 1927, that all Australian States observed an ANZAC Day public holiday on the same day, and it was not until the mid-1930s that dawn services and playing "Two Up" games became part of the national ANZAC Day tradition.

## ANZAC IDEA ON BRIBIE

In 1904, a meeting in Brisbane established the Amateur Fisherman's Association of Queensland (AFAQ), which remains the oldest fishing club in Queensland. In 1925, as the new island destination began to boom, they built an AFAQ member's cottage on South Esplanade Bribie Island. The cottage will celebrate its 100th anniversary this year.

In 1915, a group of prominent Brisbane businessmen were on a fishing trip to Bribie. The late Bribie historian and author Warwick Outram, who knew many old timers, wrote the following about those memorable fishing trips in his book "Bribie before the Bridge."

*They loved to talk about Bribie's amazing history, particularly trips by AFAQ members on the Steamship Koopa to Bribie after the Jetty was built in 1912. They described the members as*

*prominent politicians, public servants, viceregal people and successful businessmen who, on the Koopa, gathered in small groups, patronised the on-board facilities and kept apart from other passengers.*

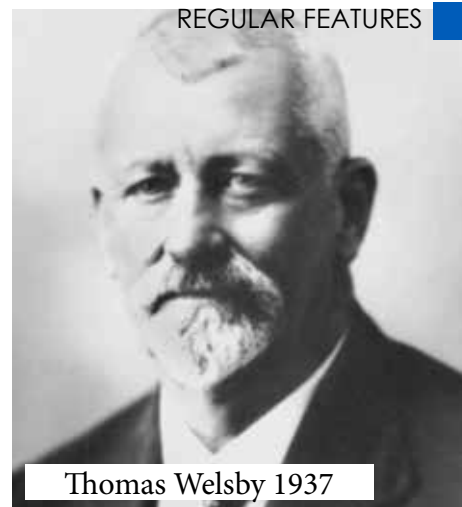
*Disembarking at Bribie, these good persons entered the sheds as Mr or Sir, changed into fishing clothes, and emerged as Tom, Dick or Harry to socialise with the holidaymakers.*

*In 1915, after hearing of the horrendous losses at ANZAC Cove, a subdued crowd arrived on the Koopa. While they fished, socialised and had many discussions on how best to honour the ANZAC sacrifices, they reached a consensus that those prominent visitors to Bribie Island would approach other prominent people in Brisbane to call a public meeting to discuss an envisaged memorial.*

## WHAT HAPPENED THEN

After returning on the Steamship to Brisbane, they spoke to the Mayor of Brisbane, who called a public meeting at Exhibition Hall on 10 January 1916, which led to the first ANZAC day commemorations in Brisbane. Thomas Welsby was President of AFAQ from 1906 to 1922, and WELSBY PARADE is named in his honour. Welsby was a prominent Brisbane businessman, President of the Queensland Historical Society, Sportsman, author of many books about Fishing and Moreton Bay; and in 1937 wrote a book, "Bribie the Basket Maker", creating a legend about the name Bribie Island, which he later confirmed was not factual.

There is no official record of the Bribie fishermen's conversations, but the concept of the first ANZAC Day commemoration is well documented in AFAQ's official History records. As many members were in business and politics in Brisbane and were regular visitors to Bribie Island, it is credible and very likely.



Thomas Welsby 1937

## BRIBIE AFAQ COTTAGE

The cottage on Bribie was popular with Brisbane members for trips and holidays, and it had bunk beds in dormitory rooms. Amateur fishermen were concerned about diminishing fish species and numbers in Moreton Bay and appointed James Douglas Ogilvy as honorary curator to collect, record and preserve in alcohol, specimens of fish from Moreton Bay. Ogilvy was a well-qualified Ichthyologist and taxonomist who had worked at the Australian Museum but was dismissed in 1890 for "extreme and



Fish specimens in bottles

undiscriminating affinity for alcohol". Ogilvy did a good job for AFA collecting and preserving over 2000 fish specimens before his death in 1925 after a long illness. His name, J. Douglas Ogilvy, was given to the Bribie Cottage when it was officially opened in November 1925.

AFAQ cottage will celebrate the 100-year Centenary at the end of this year.

## 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)



AFAQ Cottage



# THE KAKADU BIRD SANCTUARY, RARE BIRDS AND FOXES

**T**he Kakadu High Tide roost at Banksia Beach is a very unique, but extremely important site for the protection of our shorebirds. Initially constructed in the early 2000s to help offset the loss of habitat from the development of the Dux Creek canal system, the high tide sanctuary is now well established as one of the only safe locations for shorebirds to roost and breed without disturbance from dogs or people.

Although it is effectively less than 300m in length, this small stretch of beach holds over 2,000 international migratory waders during high tides when the birds' normal feeding areas are underwater.

When the roost was created, part of the design included the construction of a lagoon. This lagoon fills during high tides, particularly during the summer when the migratory shorebirds are present at the roost and was designed to maintain a water depth adequate to deter incursions of animals and humans.

Unfortunately, sometimes at low tide, the lagoon water level now reduces to a point where predators can access the beach, thus endangering migratory and resident nesting birds and their eggs.

Additional protection via fencing and signage was installed at both ends, and the fencing has just been upgraded with a new higher fencing (1.2m) installed by the City of Moreton Bay (CoMB). The shorebirds also prefer not being in or close to long grass and vegetation as this can shelter predators.

The CoMB has a maintenance regime where staff are scheduled to check the

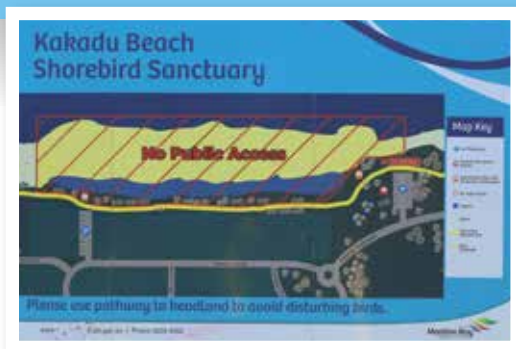
effectiveness of the lagoon, fencing and signage every 2 months and where it is supposed to remove vegetation from the beach on a regular basis, thus ensuring the optimum attractiveness of the roost for the shorebirds.

In recent months a new and reasonably rare (especially to this area) migratory wader has been documented at the roost. The new visitor is a Terek Sandpiper which is listed as 'Vulnerable' in Australia. Only rarely seen at the Kakadu Roost in the past, the Terek Sandpiper has been regularly observed in large numbers at night around high tides during the 2024/25 migration season.

Photo/video recordings of sightings have routinely shown over 100 birds and occasionally up to 250 birds at the roost. At this stage, it is not known where these Terek Sandpipers feed and roost during the day, but there are no official records of these numbers elsewhere in Pumicestone Passage (or further south in Moreton Bay).

Michael Strong, a volunteer recorder and counter with the Queensland Wader Study Group (QWSG) has been recording the birds visiting the Kakadu roost for nearly two decades and has witnessed a decline in both species and numbers. Michael also actively engages visitors to the roost, educating them about the various species and their migratory patterns.

He is a great ambassador, advocating for both the migratory waders and the local shorebirds. Michael also shares his knowledge on the following website <https://www.birdsbutterfliesandblossoms.com.au/birds> which includes a scientific count list of all the species known to have



been recorded from Bribie Island and Pumicestone Passage.

The safety and protection of the Kakadu Beach roost has also resulted in it becoming a popular nesting area for the relatively rare Beach Stone Curlews, Pied Oystercatchers and Masked Lapwings. In fact, the success of the Beach Stone Curlew (classified as 'Critically Endangered' in NSW and 'Vulnerable' in Queensland) has been recognised.

The breeding pair was monitored on a daily basis during the 2023/4 breeding cycle with the information compiled into an article published in The Sunbird, journal of the Queensland Ornithological Society (available at: [https://birdsqueensland.org.au/sunbird\\_issues/articles/Vol\\_51/Noske\\_2024\\_v51\\_1\\_25-38.pdf](https://birdsqueensland.org.au/sunbird_issues/articles/Vol_51/Noske_2024_v51_1_25-38.pdf)). For the 2024/5 breeding cycle, some local Kakadu Beach residents (also QWSG members) monitored the nesting birds, particularly the Beach Stone Curlews, to gain more information, but unfortunately all attempts to nest failed.

The Beach Stone Curlews had two unsuccessful attempts and on the last occasion, they sat on the single egg for



The European red fox is Australia's number one predator ([www.pestsmart.org.au](http://www.pestsmart.org.au)).

Foxes sleep in dens, logs and other shelters during the day and hunt at night, eating almost anything, but preferring fresh prey before scavenging. There is abundant evidence that predation by foxes has already resulted in the extinction of some Australian native small birds, mammals and reptiles and there is an even larger list of threatened and endangered species due to predation by foxes.

In the past, control of foxes has relied heavily on poisoning, trapping, shooting and fencing. These remedies have been largely unsuccessful and poisoning is now prohibited in some areas as it can have adverse environmental repercussions. In small target

areas like the Kakadu roost, protective fencing and the lagoon can provide a deterrent but eradication is the only effective measure to stop fox predation of shorebird eggs and chicks.

The fox on the Kakadu roost was reported to CoMB and it is hoped that the fox will be captured. Foxes have also been reported at the Toorbul bird roost, Woorim and White Patch, so it appears that there are a lot around at the present time.



over three weeks, but then something happened overnight and the birds abandoned the nest for a second time. It was assumed that there must be a predator at the roost and this was recently confirmed when a fox was detected.

The European red fox was deliberately introduced to Australia for recreational hunting in 1855, became established in the wild in the early 1870s and within 100 years spread across most of Australia.

## PUBLIC NOTICE

### PROPOSED NAMING OF A PARK AND RECREATION RESERVE

We're proposing to rename Sandstone Point Foreshore to, "Sandstone Point Memorial Park."

This naming honours the area's rich military and cultural history.

Comments in relation to the proposed naming will be accepted up until Friday 16 May 2025.

Email [council@moretonbay.qld.gov.au](mailto:council@moretonbay.qld.gov.au), or write to PO Box 159, Caboolture QLD 4510



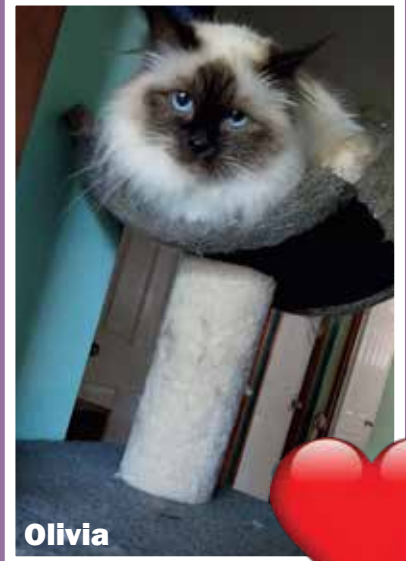
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## SPORTS PAGES

**BRIEBIE ISLAND BOWLS CLUB****Self select pairs results Friday 14 March 2025**

Winners: A Jensen, E Fender  
Runners up: S Cook, J Hosie  
Lucky draw: BJ Adams, J Wallis  
Lucky draw: L De-Roule, G Woollett

**Self select fours results Friday 14 March 2025**

Winners: W Hoelscher, D Kaatz, K Perkins, R Elmore  
Runners up: S Root, K Burdon, J Mercer, C Smith  
Lucky draw: M Durham, G Fowler, W McDougall, D Gibson

**Random fours results Saturday 15 March 2025**

Highest margin: G Low, L Hackwood, K Muller, C Davis  
Lowest margin: L Stone, T Phillips, G Lucas, P Bennett  
Out of hat winner: G Frew, A Campbell, I Smith, T Richardson

**Self select triples results Tuesday 18 March 2025**

Lowest winning score: M Mills, S Kurtz, G Reily, C Monk  
Runners up: B Bradshaw, G Paekau, B Russel, K Kajewiki  
Lucky draw: R Ghest, B Williamson, L Kurtz, M Young  
Lucky draw: D Puls, S Lonsdale  
Lucky draw: M McGregor, G Riley, I Smith, R McDermott

**Scroungers results Wednesday 19 March 2025**

1st: R Eaton  
2nd: A Sturm  
3rd: Y McDonald  
4th: M Thompson

**Self select open pairs morning results Wednesday 19 March 2025**

Winners: K Perkins, C Perkins  
Runners up: K Burdon, R Dickson  
Lucky draw: A Feichter, D Gibson  
Lucky draw: S Mitchell, T Turnbull  
Lucky draw: W Kelly, G Olsen

**Self select open pairs evening results Wednesday 19 March 2025**

Winners: G Moore, G Gunter  
Runners up: L Savage, J Jones  
Lucky draw: M Cherry, L Williams, G Denkel

**Random triples results Thursday 20 March 2025**

Winners: D Neumann, G Hutchison, P Maloney  
Runners up: M Gittins, J Dunn, T Olly  
O of H winner: G Brown, T Phillips, R Cross  
O of H winner: G Riley, C Ormerod, M Cole, C Hamilton

**Self select pairs results Friday 21 March 2025**

Winners: M Thompson, F Grimsey  
Runners up: S Cook, B Hosé  
Lucky draw: B Pritchard, P Hughes  
Lucky draw: S Prest, G McEniery

**Self select fours results Friday 21 March 2025**

Winners: C Wilkes, J Oliver, B Snare, P Wachmer  
Runners up: G Reily, M Mills, J Hattie, T Bennet  
Lucky draw: G Gunter, W Hoelscher

**Random fours results Saturday 22 March 2025**

Highest margin: G Mulpeter, J Wood, M Cherry  
Lowest margin: S Lonsdale, T Raynham, K Mulpeter  
O of H winner: B Castle, T Phillips, T Brain

O of H winner: W Manson, S Brown, R Bickerton, L Mann

O of H winner: G Low, T Richardson, J Lonsdale

**Self select triples result Tuesday 25 March 2025**

Winners: T Erfurth, T Bishop, M Richards, D Bishop  
Runner's up: K Smith, F Grimsey, S Telfer, D Davis  
Lucky draw: P Gray, J Oliver, E James, J Gray  
Lucky draw: H Taylor, T Paekau, P Hourigan, B Stuart  
Encouragement draw: C Brayley, M Gittins, L Gilmore, T Phillips

**Scroungers results Wednesday 26 March 2025**

1st: M Graham  
2nd: B Hosie  
3rd: T Richardson  
4th: G McEniery

**Self select open pairs results Wednesday 26 March 2025**

Winners: S Chandler, B Snare  
Runner's up: J Hosie, S Cook  
Lucky draw: L Beaven, F Grimsey  
Lucky draw: C Brayley, G Skoien  
Lucky draw: R Avern, E Smith, D Beadman

**Self select open pairs night results Wednesday 26 March 2025**

Winners: M Cherry, L Williams  
Runner's up: L Savage, N Gray  
Lucky draw: L Wright, W Ryan

**Random triples results Thursday 27 March 2025**

Winners: B Kelly, A Riley, S Grasby  
Runner's up: M Gittins, K Mulpeter, M Young  
O of H winner: C Christiansen, M Gaggiano, M Hogans  
O of H winner: P Ditchburn, S Brown, C Davis

**Self select pairs results Friday 28 March 2025**

Winners: K Muller, J Muller

Runners up: M McIntyre, P Hughes  
Lucky draw: T Grimmond, S Hamblin

Lucky draw: L Tait, M Brenner

**Self select pairs evening results Friday 28 March 2025**

Winners: R Dickson, C Perkins  
Runners up: E James, G Teakel  
Lucky draw: B Snare, T Howard, S Chandler

Lucky draw: S Lonsdale, A Sturm  
Lucky draw: W Hoelscher, V Cullen, W McDougall

**Random fours results Saturday 29 March 2025**

Highest margin: W Manson, A Riseham, R Bickerton

Lowest margin: M Thompson, J Park, G Hutchison, F Moses

O of H winner: M Cherry, T Phillips, L Williams, J Neill

O of H winner: G Mulpeter, S Brown, C Wilson, A Wells

**Self select triples results Tuesday 1 April 2025**

Winners: R Eaton, F Crockett, S Lonsdale, BJ Adams  
Runners up: E Bateman, M Garfield, L Williams, R Garfield  
Lucky draw: J Lonsdale, B Clarke, E Hookey, P Andrews  
Lucky draw: J Ferguson, H Groves, J Hosie

Lucky draw: J McKay, L McKay, J Park, D Puls

**Scroungers Results Wednesday 2 April 2025**

1st: K Piva  
2nd: B Hosie  
3rd: C Gouldsbrough  
4th: M Ball

**Self select open pairs results Wednesday 2 April 2025**

Winners: L Gilmour, L Godrey, J Dieben  
Runners up: C Barclay, A Feichter  
Lucky draw: W Kelly, L Darcy, M McIntyre

Lucky draw: D Bishop, L Beaven, F Grimsey

Lucky draw: D McDougall, W McDougall, B Kinnear

**Self select open pairs night results Wednesday 2 April 2025**

Winners: M Cherry, L Williams  
Runners up: L Savage, N Gray  
Lucky draw: R Eaton, N Smith  
Bunny: G Geisler, C Davis

**Self select triples results Thursday 3 April 2025**

Winners: G Woollett, K Tinker, A Christie, B Hamer  
Runners up: G Mulpeter, K Mulpeter, J Park  
O of H winner: G Frew, L Hackwood, M Young  
O or H winner: C Christiansen, S Brown, C Ormerod

**SOLANDER LAKES BOWLS CLUB****Results W/E 06/4/25**

Tuesday Club Select Triples  
Winners: Des Stewart, Raie  
"Stuart, Judy Pursehouse  
2nd: Ron Bodenburt, Mardy  
Brenner, Bob Edwards  
3rd: Jenni Cummins, Barry  
King, Brian Cayley, Gavin  
Dunlop

**Wednesday Self Select Pairs**

Winners: RAINED OFF

2nd:

3rd:

Thursday Self Select Triples  
Winners: Cheryl Crawford, Bruce Crawford, Robert James  
2nd: Des Stewart, Keith  
Tucker, Graham Hubbard  
3rd: Barry King, Steve  
Jameson, Robyn McLean  
Friday Self Select Pairs  
Winners: Julie Sargent, Peter  
Hodgson

2nd: Chris Treacy, Bruce Hill  
1st Round: Jackie Player, Janelle Day

2nd Round: Declan Dawson, Ray Zahl

Saturday Club Select Triples  
Winners: Dudley McKenzie, Alan Claver-Pearson, Michael  
Whiteside

2nd: Bill Cameron, Richard  
Sergeant, Chris Cummins  
W/E 13/4/25

Tuesday Club Select Triples  
Winners: John Harris, Retino  
Trio, Ron Shulz

2nd: Jeff Niblett, Julie Watson, Rosa McLeod, Merv Adams  
3rd: Dudley McKenzie, Jan Van  
Arnhem, Ross Luscombe

Wednesday Self Select Pairs  
Winners: Audrey Coe, Rod  
Reilly

2nd: Peter Nixon, Peter  
McCarthy

3rd: Tony Grimmond, Ian  
James

Thursday Self Select Triples  
Winners: Brad Storey, Brian  
Harris, Jan Oakley

2nd: Beryl Copperthwaite, Judy  
Pursehouse, Bruce  
Pursehouse

3rd: Wayne Shackell, Darryl  
Wilkins, Ray Zahl

Friday Self Select Pairs  
Winners: Maggie Zahl, Debbie  
Hill

2nd: Terri Curtis, Barry Curtis  
1st Round: Michael Tully, Craig

2nd Round: Rob Horsfall, Greg  
Caplick

Saturday Club Select Triples  
Winners: Rained Off

2nd:

3rd:



**BONGAREE BOWLS CLUB****Results of Thursday Jackpot Pairs 3/4/2025**

Winners: Darryl Rowlingson, Mick McHenry  
R/UP: Greg Hemphill, Jacque Murdoch

**Results of Friday 2-4-2. 4/4/2025**

Winners: Sandra Scott, Brenda Hutchinson  
R/Up: Sandi and Colin Hodges

**Results of Saturday Scroungers 5/4/2025**

1st: Mary Doorley. 2nd: Dee Morrison. 3rd: Martin Jones

**Results of Tuesday 8/4/2025 Bonus Draw**

Winners: Maureen and Richie Ferguson

**Results of Wednesday 4's 9/4/2025**

Winners: Billy Moor, Frank Levey, Anthony Gordon

R/Up: Sandra Scott, Hazel Crouch, Jen Hadley, Wendy Rollason

**Results Thursday Jackpot Pairs 10/4/2025**

Winners: Jacque Murdoch, Greg Hemphill

R/Up: Graham Symonds, Ian Paterson

Today was sponsored by Ray White Real Estate. We would like to express our thanks to our sponsors for supporting our club and for coming along and telling us a little of their life on our wonderful Bribie Island. Thank you to Johann Lockwood, Bryce Hawkins and Sandra Hawkins.

**BRIEBIE ISLAND WOMEN'S GOLF****1 APR 2025 TO 10 APR 2025**

01 APRIL SINGLE STABLEFORD  
DIV 1 WINNER Abbey Driver 46  
2nd Caroline Melville 29 c/b 3rd Kris Tomalin 39

DIV 2 WINNER Gaby Bennett 36  
2nd Leonie Buxton 33 c/b 3rd Ann Rogers 33

DIV 3 WINNER Jennifer McKay 35  
2nd Kathy Sankey 34 3rd Stina Barnulf 31 c/b

NTP Hole 4 Kathy Sankey Hole 7 Charmaine Price Hole 14 Gill Lee Hole 16 2nd shot Ann Squires Hole 4 (Div 3 2nd shot) Wendy Robinson

**03 APRIL SINGLE STROKE - MONTHLY MEDAL**

DIV 1 NET WINNER Ann Squires 74 c/b 2nd Di Benghamy 74 c/b 3rd Julie Bell 74

GROSS WINNER Di Benghamy 80

NTP Hole 4 Gill Lee Hole 16 Di Benghamy

DIV 2 NET WINNER Vivi Lloyd 77  
2nd Lulu Drew 79 c/b 3rd Lenore Wilson 79

GROSS WINNER Di Barker 105 c/b

NTP Hole 7 Tanya Zanow Hole 14 Fizzie Jackson Hole 16 Rosanne Sullivan

DIV 3 NET WINNER Wendy Robinson 77  
2nd Nadia Aylott 80 3rd Stina Barnulf 31

GROSS WINNER Sharon Blundell 122 c/b

NTP Hole 7 Kathy Sankey Hole 16 Marjorie Sills

08 APRIL SINGLE STABLEFORD  
DIV 1 WINNER Desley Neilson 39  
2nd Linda Urquhart 38 3rd Suzanne Vallely 37 c/b

DIV 2 WINNER Myra Dickson 38  
2nd Sylvia White 36 c/b 3rd Wendy Washington 36

DIV 3 WINNER Margaret Peterson 31  
2nd Mandy Webb (Woodford) 30 c/b 3rd Nadia Aylott 30

NTP Hole 4 Lorna Burns Hole 7 Sandy Smith Hole 14 Lorna Burns Hole 16 2nd shot Joanne Wearing and Pauline Grooby both I.T.H. Hole 4 (Div 3 2nd shot) Tracy Grierson  
**BUSH v BEACH CHALLENGE**  
Woodford v Bribie  
2025 WINNERS - Bribie  
08 APRIL SINGLE STABLEFORD  
DIV 1 WINNER Kate Wesener 41  
2nd Linda Urquhart 36 c/b 3rd Lorna Burns 36  
DIV 2 WINNER Ailsa Lauchlan 38  
2nd Charmaine Price 36 3rd Gaby Bennett 35 c/b  
DIV 3 WINNER Di Croft 33  
2nd Nadia Aylott 30 c/b 3rd Jennifer McKay 30  
NTP Hole 4 Jo McCowan Hole 7 Pauline Grooby Hole 14 Charmaine Price Hole 16 2nd shot Jo McCowan Hole 4 (Div 3 2nd shot) Jennifer Stafford

**2025 SILVER SALVER WINNER**  
Abby Driver

2025 SILVER SALVER WINNER - Abby Driver with Catherine Covich



BUSH v BEACH WINNERS TROPHY  
Ann Rogers and Sandra Marshall

**MORETON BRIEBIE BRIDGE CLUB:**

Championship pairs were held over two weeks in April. Overall winners were Debbie and Gary Gibbards. Second were Shirley and Chris Watson, and third Stina and George Barnulf.

GNOT heats were held on 29th & 30th March. Winning teams were 1. Hyland team, 2 Watson team 3. Kinross team.

BICBC: Monday 31 March N/S 1 M Peterson & D Quinan 2 D Quinan & M Peart 3 J Easey & A Fielding E/W 1 I Best & B Moxham 2 C Frankcom & J Fitzgerald = 3 P Hexel & C Browne = 3 G Lock & N Denvir

Monday 7 April N/S 1 P Edis & C McAlister 2 C Page & J Kennedy 3 M Peterson & D Quinan E/W 1 K Strickland & J Fitzgerald 2 R Deacon & L Groves 2 G Lock & N Denvir

The Club welcomes visitors and new members. For information phone Ruth Webb 0417 656 693.

For information about lessons phone Helen Tyler, 0427 567 670. Or visit our website [moretonbribie.bridgeaustralia.org](http://moretonbribie.bridgeaustralia.org)

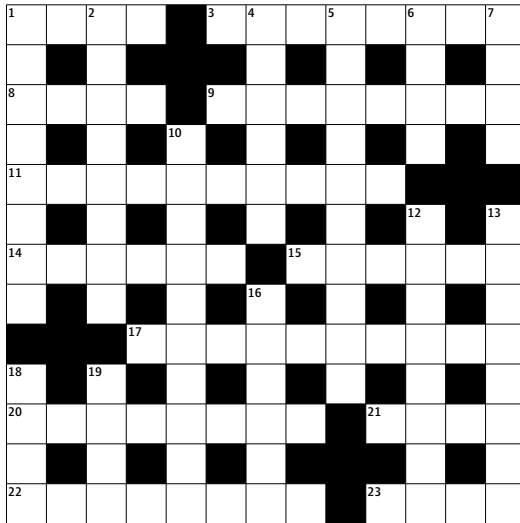
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## Crosswords - QUICK &amp; CRYPTIC

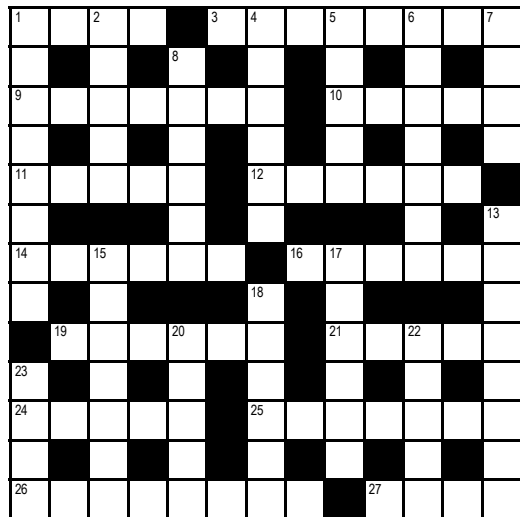
**Across**

- 1 Hitler (and Hardy) moustache (10)  
 7 On a higher level (8)  
 8 Yes - fine (4)  
 9 Get ready (informally) (4)  
 10 Vague notion (7)  
 12 Last person to get it? (6,5)  
 14 Show (7)  
 16 Stages of a journey (4)  
 19 It gives a range of options (4)  
 20 Deli filo (anag) - a source of energy (8)  
 21 Killjoy (3,7)

**Down**

- 1 Refill (3-2)  
 2 Active (2,3,2)  
 3 Cold shower? (4)  
 4 Impulsive quality (8)  
 5 Winding equipment (5)  
 6 Gun on wheels (6)  
 11 Major sacrifice - mob cheat (anag) (8)  
 12 One's used to taking orders (6)  
 13 The Washington Monument, for instance

## CRYPTIC

**Across**

- 1 Athletes want to be the first to go through it (4)  
 3 A lovable eccentric, first and foremost (5,3)  
 9 An "all right" fellow in the services (7)  
 10 Retrenched is standard journalist in effect (5)  
 11 Composer on a roll, we hear (5)  
 12 Non-conformity about the sheer unknown (6)  
 14 Goes to ground in a flash (6)  
 16 Puzzle the dance - a cliché? (6)  
 19 Solo in the outskirts of Perth makes one persona non grata (6)  
 21 Walk it or the measure of a twit (5)  
 24 Construction proceeds with Brads' help (5)  
 25 Animal chewed acorn and odd bits of crow (7)  
 26 They meet obligations for services rendered (8)  
 27 American journo worn out? (4)

**Down**

- 1 Michael Jackson's mystery novel? (8)  
 2 The Queen's HR dept sourced these from a book? (5)  
 4 Floating accommodation (6)  
 5 Six each for the adder (5)  
 6 Seizures cause artist to reverse and takes it easy (7)  
 7 The Italian is back with a party for the beach (4)  
 8 Hang on to clucky offspring (6)  
 13 Came round to a funeral with a bad end (8)  
 15 Bad liar, yet, there's truth (7)  
 17 Impression made by the little scamp - a pretence (6)  
 18 T-shirt conceals a need (6)  
 20 The son has a problem (5)  
 22 A cat's view of not very much but very significant (5)  
 23 The Poles start another painful break (4)

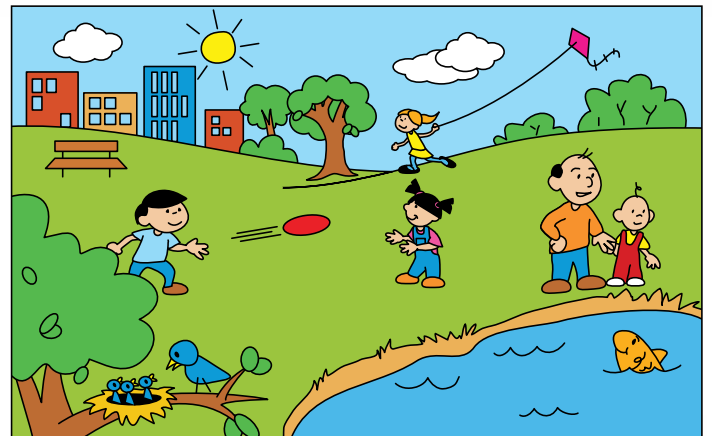
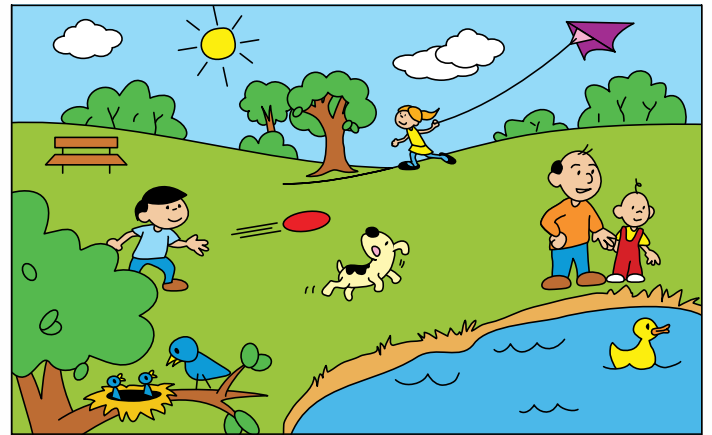
## SOLUTIONS

CRYPTIC  
SOLUTION 237QUICK  
SOLUTION 237



# SPOT THE 5 DIFFERENCES

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#### WORD SEARCH

Find the words listed below and circle them.

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

- SEED
- WATER
- ROOTS
- POLLEN
- LEAVES
- PETAL
- STEM
- SHOOTS
- FLOWER
- PLANT
- LIFE
- SOIL

## Sudoku

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

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# Floods of fire ants surf south to descend painfully towards NSW affecting everyone including campers, caravaners, 4WDs, and travellers

Just as it seemed that things could not get much worse for householders and travellers affected by floods in Queensland and northern NSW, a new threat has emerged from aggressive fire ants floating south to affect new areas with their painful presence.

During floods, the invasive ants form rafts by linking their legs together, allowing them to float and survive in floodwaters, and even travel long distances to find new, dry land to establish colonies on farmland and areas such as municipal facilities, playgrounds, sports grounds and camping and recreational areas used by adventure travellers.

Sixty people in Queensland alone have reported extreme reactions to fire ant stings requiring medical attention this month, with 23 people hospitalised in south-east Queensland as the pests move south to take a toll on parents, children, pets, livestock, and farmers' bottom lines. Residents in affected areas are now pleading for more help.

The Queensland government announced extra funding to help to tackle invasive fire ants, while the NSW government has announced that it will ban fire ant-carrying materials, such as hay, from infested and storm-impacted south-east Queensland areas from entering the state, in an effort to prevent an infestation. "The impacts of Tropical Cyclone Alfred are being felt in our agricultural sector in the north of the state," said NSW Minister for Agriculture, Tara Moriarty.

A specialist in surface treatments to stop Red Imported Fire Ants (RIFA) hitching a ride on vehicles to spread further after they have floated south, Amanda Lintott, says the tiny creatures are the ultimate unwanted hitchhikers.

"They can crawl into a vehicle, tray load, or dry site anywhere and remain hidden until they bite – then everyone will know. Fire ants can swarm onto people and animals within a few seconds and sting simultaneously, injecting venom that

causes a painful local reaction. Each ant can deliver multiple stings.

Once they get to a new destination on dry land where they can set up a colony, they can travel overland or underground to infest new areas. Colonies typically number from 100,000-500,000 ants – or millions, in the case of super colonies.

Fire ant queens can fly up to five kilometres to establish new nests, or considerably more with favourable winds. But when they hitch a ride on a vehicle, where they are hard to detect if they get among loads, they can travel much greater distances.

"Ultimately, the risk they pose is to infest all of Australia and most of Tasmania," said Amanda, who recently became the first in Australia to introduce an automotive surface treatment to kill and prevent the pests in vehicles, through her brand of products, Autonomy Co.

Amanda's RoadBlock Spider and Ant Automotive Treatment has been approved by the Australian Pesticides and Veterinary Medicines Authority, APVMA, for use on vehicles and machinery carrying material that may unwittingly carry the aggressive insects from one infestation to place new locations at risk.

Effective upon hitch-hiking pests within minutes of contact, the all-Australian formulation also protects drivers and passengers against painful and distracting infestations and bites from the aggressive pests that can hurt adults, children and pet travellers.

"This flood-borne spread is a serious problem a lot of people are not aware of. Since the floods, entire RIFA colonies have been filmed clinging on to debris, ready to make nests on dry ground in Queensland and beyond.

"Experts have been reported warning that extreme weather events could sweep the highly invasive species into other parts of Australia, now and in the future

"Private and commercial drivers often won't even know they have unwelcome guests aboard or about their vehicle until they sting," says Amanda.

RoadBlock is a commercial grade aerosol product specifically designed to treat and prevent ants in vehicles including cars, trucks, recreational vehicles, campers, 4WDs, fleets and heavy vehicles and agricultural machinery that can spread the pest.

"RoadBlock is the only ready-to-use pest control product in Australia specifically approved for vehicles, and the latest approval will allow us to join the fight against the dangerous spread of fire ants.

We can now assist drivers, travellers, and fleet owners who live or work in high-risk areas, to reduce the chances of further spreading beyond Queensland and Northern NSW," says Amanda.

The tiny (6mm long) but enormously destructive RIFA pest is capable of forming colonies in 99 per cent of mainland Australia and 80 per cent of Tasmania if left unchecked, or carried unwittingly, to new areas by vehicles and machinery that passes through contaminated areas. To date, multiple colonies have been found in Queensland and Northern NSW, but RIFA are quickly heading further south towards Victoria.

Under the Biosecurity Act 2014, everyone – including individuals and organisations – has a general biosecurity obligation (GBO) to take all reasonable steps to prevent the spread of fire ants.

The long nozzle applicator ensures the spray is directed precisely to problem areas – including mirrors, wheel arches and grilles, weather covers, water storages, battery bays, and any warm restful hollow spaces that appeal to insects.

A benefit of this type of application, is that users don't have to fumigate the entire vehicle – just use small amounts in the key areas, to protect against new infestations.



# The Benefits of Mineral Water for Your Skin in Pools and Baths

**W**hen it comes to achieving healthy and glowing skin, many of us invest a lot of time and money in various creams and treatments. However, one often-overlooked solution is mineral water, especially when it comes to pools and baths.

This natural, spring-sourced water is rich in beneficial minerals that can significantly enhance your skincare routine while enjoying a soothing swim or bath.

What sets mineral water apart from regular tap or treated pool water is its exceptional mineral content. It contains important elements such as calcium, magnesium,

and potassium, all of which are vital for maintaining healthy skin.

When you soak in mineral water, these minerals help to deeply hydrate your skin and strengthen its natural barrier, ensuring it stays soft and well-moisturized.

Staying hydrated is crucial for maintaining skin elasticity and delaying signs of aging, and bathing in mineral water can be a relaxing way to achieve this.

The magnesium in mineral water is particularly effective at helping the skin retain moisture, making it an excellent choice for those with dry or sensitive skin.

A soak in a mineral-rich bath not only hydrates but also soothes irritation, leading to a smoother, more resilient complexion.

Mineral water boasts impressive properties that protect against skin damage.

The minerals help combat free radicals—harmful particles that can affect skin cells and accelerate aging.

Regular exposure to mineral water, whether during a refreshing swim in a mineral pool or a long soak in a bath, can lead to a clearer and brighter complexion, counteracting the dullness caused by environmental stressors.

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For those with sensitive skin, the gentle nature of mineral water can be especially beneficial. It can reduce redness and inflammation, making it a great addition for individuals dealing with conditions like eczema or rosacea.

A dip in a mineral pool or a calming mineral bath can refresh and calm the skin, acting as a natural remedy to restore your skin's balance.

Another fantastic aspect of mineral water is its versatility for various aquatic activities. You can enjoy it as part of a leisurely swim, a rejuvenating bath, or even in spa treatments that leverage its healing properties.

This flexibility makes it easy to incorporate mineral water into your self-care routine, catering to every skin type and preference.

Let's not overlook the added benefits of drinking mineral water during your bath or swim. Many people find its crisp, refreshing taste makes it easier to stay hydrated throughout the day.

Ensuring you're well-hydrated is vital for healthy skin, and sipping on mineral water while you relax can help you meet your fluid needs.

In summary, incorporating mineral water from pools and baths into your skincare routine offers numerous benefits, including deep hydration, soothing effects, and protective qualities.

By embracing this natural wonder during your aquatic experiences, you can help your skin look and feel healthier and more radiant.

Next time you're looking to elevate your skincare game, consider enjoying some time in mineral-rich water—you and your skin will be glad you did!



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# Herbal Remedies

## for Bites and Stings

**I**nsect bites and stings are prevalent during the summer -- luckily, at the same time, your healing garden is at its peak. A herb garden can remove the "ouch" after a bite or sting.

For those pesky mosquito bites and wasp stings, a poultice of fresh plantain leaves is your go-to remedy. Plantain, a common weed found in yards and gardens, is a powerful natural medicine that's easily accessible. Simply chew up a leaf from a plant that hasn't been sprayed with chemicals and apply it to the sting. It's a simple, yet effective solution that puts the power of healing in your hands.

Lavender oil, with its deeply soothing properties, is a must-have for insect bites. Keep it on hand to ease the discomfort of bites and stings. Rub a little onto the affected area for instant relief. The process of making lavender oil is simple and the mixture retains its healing properties for about six months, providing a long-lasting source of comfort and relief.

Mosquito bites and wasp stings can also be treated with a lotion made of witch hazel or a strong infusion of plantain or witch hazel as a soothing wash. To make this lotion, you can start by harvesting fresh witch hazel or plantain leaves.

Then, you can infuse these leaves in a carrier oil like almond oil for a few weeks. After straining out the leaves, the resulting oil can be mixed with aloe vera gel to create a soothing lotion. A swab of mint tea will stop itching. Both chamomile and goldenrod poultices are very effective in preventing redness and swelling.

For bee stings, after the stinger is removed, run cold water over the stung area and then apply a paste made of baking soda or a plantain poultice. To make a plantain poultice, you can start by harvesting fresh plantain leaves.

Then, you can crush these leaves to release their juices and apply the resulting paste to the sting. Later, use lavender oil to calm the stinging. A marshmallow root or seed poultice soothes the inflammation and irritation accompanying a sting.

A few herbs may help repel insects, possibly preventing bites and stings from occurring. Wormwood, lavender, and citronella, when applied externally, will deter some pesky bugs.

Wormwood is especially good for fleas, whereas lavender and citronella work well against mosquitoes. To infuse their essences into oils or creams, crush the herbs and mix them with a carrier oil or unscented lotion. Let the mixture sit for a few days, then strain out the herbs. Apply the resulting oil or cream to the skin to repel insects.

If you experience severe or allergic reactions to bee or wasp stings, remember that seeking medical attention is crucial. It's always better to be safe than sorry, and medical professionals are there to help you in such situations. Don't hesitate to seek their assistance immediately. Your safety is paramount, and their expertise will ensure you receive the best care.

Speaking with your primary healthcare provider before starting any new therapeutic technique is always best.





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# THE GREAT DUNNY HUNT RETURNS

## Aussies are urged to uncover even more of Australia's hidden toilets

Continence Health Australia is once again on the hunt for Australia's missing public toilets. The **Great Dunny Hunt** is ensuring every available toilet is added to the **National Public Toilet Map**.

This year's hunt runs from Monday 14 April until Sunday 11 May, which coincides with the start of World Continence Week.

Despite the map already listing more than 24,200 toilets, Continence Health Australia believes many 'secret' toilets remain unaccounted for—tucked away in small towns, parks, libraries, service stations, and newly built community spaces.

With thousands of Australians relying on easy toilet access, the public is encouraged to share local knowledge and help fill in the gaps.

A recent audit by the Queensland Department of Transport and Main Roads uncovered more than **100 public toilets** that were missing from the map—proving there are plenty more to be found and uploaded.

*Continence Health Australia Chief Executive Jim Cooper said:*

*"We believe there are thousands of public toilets across the country that remain unaccounted for on the National Public Toilet Map."*

*"These may be hidden in small towns, parks, libraries, service stations as well as newly built community spaces."*

*"There are commercial businesses like transport companies, service station and convenience chains, and shopping centres that have public toilets, and many may be missing from our map. We are asking businesses as well as individuals to share their knowledge and help us update the map."*

*"These toilets are essential for many Australians, particularly those managing continence issues."*

With many Australians planning to travel this upcoming Easter and school holidays,

we're calling on the public to share their local knowledge and help us uncover these missing dunnies, making it easier for everyone to find a toilet when they need it.

The National Public Toilet Map is a crucial resource for those living with incontinence. A recent consumer survey found 49% of respondents currently don't feel comfortable embarking on long trips without knowing where the first toilet stop will be.

While knowing the proximity and accessibility of public toilets may not seem significant, for those Australians surveyed:

- 42% said incontinence has caused a reluctance to leave home.
- 25% are reluctant to go about daily activities.
- 22% say incontinence has affected their relationships with family or friends.

Whether it is a beachside toilet, a tucked-away park restroom, or an outback long drop, every discovery makes life easier for travellers, families, and those managing continence issues.

Annually, there are over 3.2 million searches for public toilets carried out on the National Public Toilet Map.

Dunny hunters can upload their submissions to the National Public Toilet Map, and can include information on:

- Adult change facilities (including shower, BYO sling)
  - Baby change
  - Dump point (including wash out water, afterhours access)
  - Ambulant facilities
  - Drinking water
  - Sharps disposal
  - Showers
  - Sanitary, incontinence product disposal
  - Right and/or left transfer – important for those with one side of the body less able
  - Master Locksmiths Access Key (MLAK)
- The Master Locksmiths Access
- Male, Female, all gender

Continence Health Australia is inviting

all Australians to find the hidden public toilets near them, upload the details and go in the draw to win one of three \$500 Eftpos vouchers.

Visit [www.continence.org.au/great-dunny-hunt](http://www.continence.org.au/great-dunny-hunt) and [www.toiletmap.gov.au](http://www.toiletmap.gov.au) for more information.

### How to enter:

- Visit the National Public Toilet Map website ([www.toiletmap.gov.au](http://www.toiletmap.gov.au)) or download the App available on Google Play or the App Store
- Log in (or register) to update a toilet facility
- At the end of the survey, select 'Yes, I would like to enter the Great Dunny Hunt' and enter your email address to go into the running

### About Continence Health Australia

Continence Health Australia (formerly the Continence Foundation of Australia) is a not-for-profit organisation and the national lead body promoting bladder and bowel control health, incontinence prevention, management, education, awareness, information and advocacy. Continence Health Australia provides information, support and resources for individuals, carers and health professionals.

[www.continence.org.au](http://www.continence.org.au)



### About incontinence

- 7.2 million Australians are affected by incontinence
- The majority of people affected by incontinence can be treated, better managed or even cured
- In 2023, the total economic cost of incontinence was estimated to be \$66.6 billion with an additional \$33.8 billion in lost wellbeing for people living with incontinence.
- People should seek help:
- Call the National Continence Helpline **FREE 1800 33 00 66**
- Ask your GP
- Visit [continence.org.au](http://continence.org.au)

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# REOPENS AS COMMUNITY MEETING PLACE

**C**ity of Moreton Bay is opening up one of Bribie Island's oldest buildings, the former Bribie Island Masonic Lodge at Bongaree to the community.

Mayor Peter Flannery said Council's purchase of the site ensures it will be preserved for future generations to enjoy. "City of Moreton Bay purchased this building in 2022, recognising its rich history in the community.

"We're excited to reopen soon after some temporary improvement works, delivering a community meeting room where people can come together and continue creating memories. "The building has and will continue to be a place for people to gather and connect so its new name 'Bongaree Meeting Place' is the perfect fit.

"The next chapter for this building's history may see it used for small meetings, activities, or community events while other restoration continues. Councillor Brooke Savage (Div 1) said the new name reflects the building's role in the community. "For decades, this site has brought people together, so it is only fitting that we embrace its next chapter as 'Bongaree Meeting Place.' "Opening the building for community use will help meet the demand for smaller meeting spaces on Bribie Island.

"I look forward to welcoming the entire community to the space when it opens in May.

"Thanks to Council's investment in preserving the past, we can

celebrate our community's story." Located at 25 Banya Street, Bongaree, the building was constructed in the 1880s and has been used as a school, a Methodist church and more recently a Masonic Lodge.

The Bongaree Meeting Place can accommodate 20-30 people for activities such as meetings, small group classes, training, and support programs. Fees for use have been reduced pending future upgrades at which time they will be reviewed.

The community meeting room will be available to book in May 2025 and for more information on booking and conditions of use, visit Council's website at [www.moretonbay.qld.gov.au/halls](http://www.moretonbay.qld.gov.au/halls) or call **(07) 3205 0555**.

The Masonic Hall was originally built as a school in Enoggera then moved to be the State School in Deception Bay in 1892 where it operated until 1905. It was then relocated once again to Narangba in 1910 to be the school there.

After 30 years of operation as a school, it was deemed no longer suitable and was sold by the Education Dept. The Hall has then relocated once again and floated over on a barge to Bribie Island in 1924 to become the Methodist Church.

The building remained the Methodist Church until the formation of the Uniting Church and in 1986 it became the property of the newly formed Bribie Island Masonic Lodge. So, what is considered to be Bribie Islands oldest house originally built here?

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# Amenities upgrade to improve accessibility and visitor experience



The amenities at popular Bluey Piva Park, Woorim Beach will receive a \$4.1 million upgrade to make beach days more accessible and enjoyable for everyone. Council is contributing \$1.8 million towards the new Woorim Beach amenities, complementing the \$2.3 million already secured through the SEQ Liveability Fund.

City of Moreton Bay Mayor Peter Flannery said the project will enhance accessibility and make the popular beach spot even more welcoming for the whole community by including a new Changing Places facility for people with high support needs alongside the general amenities upgrade. "The amenities upgrade at Woorim Beach is a key part of Council's recently announced Changing Places Network Plan.

"We're proud to be the first local government in Australia to adopt a dedicated plan that will see more Changing Places facilities rolled out across the city, to ensure that facilities are available for people who can't use standard accessible toilets.

"Woorim Beach is the perfect location, and this upgrade will add even more inclusive features including new toilet facilities, accessible toilets, the new Changing Places facility, storage for beach wheelchairs, showers and changerooms.

"Accessibility is at the core of our future growth, and we're committed to making City of Moreton Bay one of the most accessible in South East Queensland.

"Part of the Bongaree to Woorim Active and Public Transport Network Connection, the collaboration for this project between local, state, and federal governments demonstrates the impact of this project. I'm proud to be working together to deliver

infrastructure that makes a real difference in people's lives and builds a more inclusive, livable city for everyone."

Councilor Brooke Savige (Div 1) said the upgrade will make local and day-tripper visits to the beach even better. "Woorim Beach is one of our City's most visited spots, and it's important that everyone can experience and enjoy this beautiful location.

"We want every visitor to have a memorable and fun day at the beach and the new amenities block has been designed with the whole community in mind." "The modern design of the amenities reflects the natural beauty and cultural heritage of Bribie Island and will blend seamlessly into the landscape.

"It will complement this already stunning beach destination, making it even better for family gatherings, community events, weddings and more."

Construction works on the Woorim Beach amenities are scheduled to begin in late April 2025, with completion expected also in late 2025, pending weather and unforeseen circumstances. During construction, the existing amenities will be demolished, and temporary amenities will be available.

Access to some parts of the park will be impacted during construction however Council will work with the contractor to minimise disruption wherever possible.

For more information on the project visit Council's website. This project is funded by City of Moreton Bay and the SEQ livability Fund. The Fund is a commitment in the SEQ City Deal, a partnership between the Australian and Queensland Governments, and the Council of Mayors (South East Queensland).





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# Custom-Made Outdoor Kitchens to Elevate Your Backyard Experience

An outdoor kitchen is no longer a mere grill accompanied by a countertop. It is an entire cooking and entertaining area, fully styled and fitted according to one's preferences and requirements. A tailor-made outdoor kitchen should:

- **Maximise Space Efficiency:** A made-to-order design utilises every inch effectively, whether you have a tiny patio or a sprawling backyard.
- **Match Your Aesthetic:** Whether you prefer rustic charm or contemporary elegance, you can choose the look and feel of your outdoor kitchen.
- **Improve Endurance:** Unlike their prefabricated counterparts, which may not be suitable in size to one's environment, a custom design takes care of the subtlety of weather and other destructive conditions where a kitchen is located.
- **Define Storage:** Customised cabinetry provides an opportunity to develop storage to suit one's cooking habits, leaving everything close at hand. Now, let's get into the most indispensable parts that distinguish a customised outdoor kitchen from all the rest.

## 1. Outdoor Kitchen Cabinets: The Backbone of Your Setup

Cabinetry is one of the world's most critical requirements for an outdoor kitchen.

Outdoor kitchen cabinets not only store space but also define everything around your property outside.

Choosing the Right Kind of Materials  
Since these cabinets will be exposed to the harshest elements, their durability is judged. Some of the materials are:

- **Stainless Steel** – Ideal for contemporary outdoor kitchens because of its rustlessness and cleanliness.
- **Marine-Grade Polymer** – Highly moisture-resistant and perfect for humid or rainy atmospheres.
- **Teak Wood** – A natural one that is warm and blends easily with the outdoors.

Custom cabinetry allows you to customise the entire design to your needs. For example, the possibilities are endless if you need deep drawers to store larger cookware or a hidden compartment for a propane tank.

## 2. Cooking Appliances: Choose What Fits Your Style

No custom-made outdoor kitchen is complete without the right appliances. As you plan your space, consider what cooking methods you will use most outdoors.

- **Grills/BBQs** – You should get a gas, charcoal, or hybrid model that matches your cooking form.
- **Pizza Ovens** – Amazing for people who enjoy homemade pizza nights.
- **Side Burners** – These are used to prepare sauces and sides without running back inside.
- **Smokers** – Perfect for barbecue lovers who cook low and slow.

Customising your setup means integrating these appliances into your cabinetry to create a seamless layout.

## 3. Countertops: Workstation of Your Outdoor Kitchen

This serves as a prep area and gathering spot. When selecting the material, think about durability and maintenance. Popular choices now include:

- **Granite** – Resists heat stains, which makes it among the most popular terrain.
- **Concrete** – Customisable colours and textures.
- **Porcelain** – This is the newest, quite resistant to scratches and stains.

The right countertop will not only beautify your outdoor kitchen but will also facilitate food preparation and serving.

## 4. Storage and Organisation: Keep Everything Within Reach

Outdoor kitchens undoubtedly have one of the most challenging aspects of kitchen design: organisation. This aspect ties in perfectly with custom cabinetry.

- **Pull-out Trash Bins** – Garbage should be out of sight yet be easily accessible.
- **Dedicated Storage for Utensils and Tools** – Keep yourself from running inside looking for a spatula.
- **Enclosed Cabinets for Dishware** – Protects plates, cups, and glasses from dust and moisture.

Innovative storage solutions make this outdoor kitchen neat and valuable, thus making cooking outdoors more exciting.

## 5. Shelter and Comfort: Making It an All-Season Space

For an outdoor kitchen to be fully utilised, it should have a structure that would protect its users against elements of nature. Structures include:

- **Pergolas** – Provide shade without feeling closed off.
- **Roof Extensions** – Allow for use in inclement weather.
- **Retractable Awnings** – A good and flexible solution for sun and rain conditions.

Additionally, installing ceiling fans, outdoor heaters, or a built-in fireplace can further enhance this area's comfort year-round.

## 6. Lighting: Set the Mood and Enhance Safety

Lighting is mainly required for functionality and ambience. A friendly outdoor kitchen can be used for dining and cooking even when the sun is hidden by dark skies.

- **Task Lighting** – Install it underneath some cabinets and above countertops to provide even better visibility for cooking.
- **Ambient Lighting** – Use string lights, lanterns, or LED strips to create a cozy atmosphere.
- **Pathway Lighting** – A navigation aid for guests to safely traverse the area.

## 7. Features for Entertainment: It is an Upscale Kitchen

An outdoor kitchen is called an outdoor kitchen because it is a space for cooking and a gathering place. Consider:

- **A Bar Built-in:** Friends would have a great time sipping drinks and cocktails here.
- **Outdoor Speakers:** Set the mood with music.
- **And a TV or Projector:** Ideal for sports nights or movie gatherings.

You can take entertainment outside and make your kitchen the ultimate space for entertaining friends and family. Investing in a custom-built outdoor kitchen will significantly increase your home's value and improve your lifestyle. Whether for the weekend griller or the gourmet chef, the space will be much more enjoyable for outdoor cooking.



# Council's Persons Experiencing Homelessness Camping Framework repealed

## STATEMENT ATTRIBUTABLE TO CITY OF MORETON BAY CEO, SCOTT WATERS:

The City of Moreton Bay is repealing its Persons Experiencing Homelessness Camping Framework from Wednesday 12 March, making it illegal for all people to camp on public land and consistent with other illegal camping local laws.

This will make the City of Moreton Bay's Camping on Public Land regulations align with neighbouring South East Queensland councils. The City of Moreton Bay's local laws reflect community needs and Council has overwhelming community support for ensuring our local laws are abided by.

The City of Moreton Bay's Persons Experiencing Homelessness Camping Framework was a discretionary document intended to guide the management of camping on public land by people experiencing homelessness. It allowed for people experiencing homelessness to camp on public land for indefinite periods if they complied with various responsibilities.

These responsibilities included not impeding reasonable access by other community members and Council officers undertaking their duties, maintaining engagement with Department of Housing and be working towards a housing outcome, not conducting illegal behaviour and keeping the area clean, safe and tidy. However, the Persons Experiencing Homelessness Camping Framework inhibited Council's ability to regulate local laws and has contributed towards significant concerns about the decline of public space access, amenity and safety.

### THESE CONCERNS INCLUDE:

- the decreasing ability to access some public spaces due to the presence and behaviours of some illegal campers and people experiencing homelessness campers
- increasing illegal behaviours in public spaces, such as illicit drug use, excessive consumption of alcohol and use of dangerous weapons
- increasing aggression towards public space users and Council staff.
- increased public safety concerns, including unrestrained animals being kept in public spaces
- impacts to permitted businesses operating on Council land
- impacts to community events conducted on Council land.
- deterioration of amenity in public spaces as a result of littering, accumulation of goods, large camping vehicles and over-embellished campsites.
- and increased public health concerns in public spaces resulting from public toileting, vermin, used syringes and drug paraphernalia.

Some people experiencing homelessness are reported to be choosing to camp in

public spaces over the acceptance of crisis accommodation and other reasonable offers of assistance. This was never the intent of the Framework.

Council's policies and practices regularly evolve, and this update will support Council in striking a reasonable balance between providing support to vulnerable members of our community and achieving the objectives of our local law. Over the next two weeks, Council officers will inform campers across City of Moreton Bay of these changes and continue to refer people to the State Government for assistance.

After 12 March, Council's local law will regulate all forms of camping on public land. Indefinite camping will not be permitted, and illegal campers will receive a compliance notice to move. As part of this compliance, City of Moreton Bay will continue to engage with the State Government's Department of Housing, to connect individuals with alternative accommodation options and appropriate support.

Council welcomes the establishment of the City of Moreton Bay Homelessness, Safety and Public Amenity Interagency Executive that has been developed between City of Moreton Bay and the State Government's Department of Housing, Queensland Police Service, Queensland Health, and Transport and Main Roads to support people experiencing homelessness in City of Moreton Bay.

The City of Moreton Bay is aware of how complex an issue homelessness is, and we acknowledge that this change will not be welcomed by everyone. The health and safety of people experiencing homelessness is core to this change and repealing the Framework will enable these individuals to get the critical support they need.

The Queensland Government is responsible for providing safe and appropriate housing including crisis accommodation and social housing options, as well as homelessness support services, for vulnerable members of our community. City of Moreton Bay continues to advocate the State Government to deliver more crisis accommodation and social housing to support our local community.

City of Moreton Bay has taken a proactive approach, pioneered initiatives and continues to explore options to combat the effects of the national housing crisis. Initiatives include Council waiving development fees and infrastructure charges in fifteen suburbs for affordable and social housing, offering Council land to community housing providers Bric Housing and Coast2Bay Housing Group Ltd, committed \$3.7 million to the new Peninsula Support Hub and supported the Redcliffe Sleepbus.





# Frequently Asked Questions

## Why has Council made this change?

The Persons Experiencing Homelessness Camping Framework has not achieved the intended balance between providing support to vulnerable members of our community and achieving the objectives of our local law.

The framework has been repealed due to significant concerns about the decline of public space access, amenity and safety across City of Moreton Bay. This change will enable Council to more effectively utilise its Camping on Public Land Local Law 2023 to regulate all forms of camping on public land; achieve the intended balance between supporting people experiencing homelessness and maintaining access, amenity and safety within Council-controlled public spaces; and bring City of Moreton Bay back into line with other local governments.

## What are the significant community concerns you cite?

These concerns have included: the decreasing ability to access some public spaces due to the presence and behaviours of some illegal campers and people experiencing homelessness campers; increasing illegal behaviours in public spaces, such as illicit drug use, excessive consumption of alcohol and use of dangerous weapons; increasing aggression towards public space users and Council staff; increased public safety concerns, including unrestrained animals being kept in public spaces; impacts to permitted businesses operating on Council land; impacts to community events conducted on Council land; deterioration of amenity in public spaces as a result of littering, accumulation of goods, large camping vehicles and over-embellished campsites; and increased public health concerns in public spaces resulting from public toileting, vermin harbourage, used syringes and drug paraphernalia.

## How many people will be impacted?

Local Laws is aware of 137 people experiencing homelessness registered with the State's Department of Housing with a known location. There are other people experiencing homelessness across the city who are not registered.

## How will you inform people experiencing homelessness of this change?

From Thursday 27 February Council Officers will be engaging, in person, with people experiencing homelessness currently staying on public land about the changes. People will continue to be connected with the Department of Housing and support services during this period and after 12 March. This change will provide better guidance and direction for people camping in our public spaces and parks.

## What will happen if people don't comply?

Council will work with all persons camping on public land to achieve the requirements of Council's local laws and ensure that they are connected in with the Queensland Government Department of Housing and Public works, and local support services.

## When will this change happen?

City of Moreton Bay is repealing its Persons Experiencing Homelessness Camping Framework from Wednesday 12 March.

## Where will people go?

The Queensland Government is responsible for providing safe and appropriate housing including crisis accommodation and social housing options, as well as homelessness support services, for vulnerable members of our community. Some people experiencing homelessness have previously been offered housing by the State.

## How is Council helping people?

City of Moreton Bay has continued to engage extensively with the State Government's Department of Housing, who have the responsibility to connect these people with alternative accommodation options and appropriate supports. Council has taken a proactive approach and continues to explore options to combat the effects of the national housing crisis. Initiatives include Council waiving development fees and infrastructure charges in fifteen suburbs for affordable and social housing, offering Council land to community housing providers Bric Housing and Coast2Bay Housing Group Ltd, committed \$3.7 million to the new Peninsula Support Hub and supported the Redcliffe Sleepbus.

## Why isn't Council housing people?

The State Government has the remit for providing safe and appropriate housing including crisis accommodation and social housing options, as well as homelessness support services, for vulnerable members of our community. Council has supported the Redcliffe Sleepbus and other organisations who provide accommodation and support however this is not a cost that can be passed on to ratepayers.

## If you seize belongings, what happens to them, how will be people get them back, will it cost money to get them back?

Abandoned camps are disposed of due to public health concerns. Council does not remove personal belongings from people. Council will only remove abandoned items left behind and rubbish.

## What is Council doing to engage with State Housing?

City of Moreton Bay has continued to engage extensively with the State Government's Department of Housing, who have the role to connect these people with alternative accommodation options and appropriate supports. It is the State Government's responsibility to provide safe and appropriate housing including crisis accommodation and social housing options, as well as homelessness support services, for vulnerable members of our community. Council will continue to advocate for increased investment in crisis accommodation and support services across City of Moreton Bay.

## Why are QPS attending?

Under the Work Health and Safety Act 2011 as with every other workplace, we have a legal obligation to keep our workforce safe. What has Council done to alleviate homelessness? City of Moreton Bay has taken a proactive approach and continues to explore options to combat the effects of the national housing crisis. Initiatives include Council waiving development fees and infrastructure charges in fifteen suburbs for affordable and social housing, offering Council land to community housing providers Bric Housing and Coast2Bay Housing Group Ltd, committed \$3.7 million to the new Peninsula Support Hub and supported the Redcliffe Sleepbus.



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**We have sizes from 3M<sup>3</sup> to 12M<sup>3</sup> to suit all your home projects.** With 3 trucks servicing the island, we ensure you have efficient waste disposal when you need it!

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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 May 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.

### MARCH SUNSET DRINKS

March Sunset Drinks was held Friday 28th March 2025, 51 Active Members and partners attended. The meal was Bangers and Mash, which went down well with all, on a wet and windy night. Bangers were supplied by Avondale Meats Banksia Beach, who are our great supporters, and at a greatly discounted price. Unanimously the word of the night was "delicious, and where did we get them from!" Followed by everyone's favourite - ice cream. The night had the hint of an Easter theme with plenty of prizes, being big Easter eggs.

Allan Tranter, our recently appointed Vice Commodore was the MC for the night and presented Service Badges to: - Peter McNamara 20 years, Dave Smith 15 years, Sharyn Giles and Gail Tranter 10-year Service Badges

Raffle prizes were won by: - Kelly Langworthy, Lyn Wendt, Cecelia Wilson, Myles Robinson, Finn Mullins, Mike Phillips, Carol Pobar, Col Graham, and Deb Comerford,



Radio Officer, Management Committee Member, and Life Member Peter McNamara receives his 20-Year Service Badge from Vice Commodore Allan Tranter.



Radio Operator and BBQ Chef Dave Smith (Captain Mayday) receives his 15-Year Service Badge from Vice Commodore Allan Tranter.



Social Committee Member Gail Tranter receives her 10-Year Service Badge from husband Vice Commodore Allan Tranter.



Social Committee Member Sharyn Giles receives her 10-Year Service Badge from Vice Commodore Allan Tranter.



Our Bar Staff for the evening, Ian Thomas and Ruth Trojan.



Our VMR BBQ Chefs, Dave Smith, Ron Burrett, Graham Patrick, and Garry Comerford.



Lindsay Crompton, Col Graham and Garry Comerford.



Mike Phillips receives his prize from Vice Commodore Allan Tranter.



Myles Robinson receives his raffle prize from Vice Commodore Allan Tranter.



Finn Mullins receives his prize from Vice Commodore Allan Tranter.



## HOW TO USE A MARINE RADIO

Volunteer Marine Rescue Bribie held two information sessions recently on How to use a Marine Radio. The sessions were conducted by Radio Officer Peter McNamara and Deputy Radio Officers John Rice and John O'Hagan.

The information sessions covered How to Log On, mobile phone vs vhf radio, the importance of starting the Log on process at home, general maintenance, what happens when you become overdue, what radio frequencies to use, general radio procedures and details of obtaining a VHF Radio License.

Over 50 members attended.



Above and below – Deputy Radio Officers John O'Hagan and John Rice deliver the seminar.



## GENERAL MEETING

Wednesday 9th April 2025 VMR BI Inc. Conducted a General Meeting to modify some wording of our constitution and to progress toward VMR Bribie Island Inc. joining Marine Rescue Queensland.

VMRBI voting members attending (and by proxy) have agreed to the Management Committee proceeding with an appropriate Transitional Framework Agreement with the newly formed Marine Rescue Queensland.

Commodore Ces thanked Wayne Sclater (on leave to sort out his troublesome shoulder) for his huge contribution as Vice

Commodore to the Squadron and announced that Allan Tranter will take over as Vice Commodore and Mark Young has been seconded onto the vacant Committee position. Liz Radajewski will take on the Operations Officer role and John O'Hagan the Building Renovations Coordinator.

The members attending discussed at length the issues of liability and disciplinary processes; both of which will need to be resolved to the satisfaction of members joining MRQ. The VMRBI Committee has been working hard on both these issues which need to be resolved for all the units that have both joined or considering joining Marine Rescue Queensland.



Commodore Ces Luscombe addresses the meeting, with Vice Commodore Allan Tranter and Secretary Gary Voss attending remotely from Tasmania.



Vice Commodore Allan Tranter ran through the benefits and design of the new Bribie 1 being constructed at Yamba Welding & Engineering, now to be delivered February 2026. The most notable safety feature is the walk around cabin, allowing crew to have both hands to perform jobs whilst behind the safety rail, along with wider access to the rear for stretchers, and a sliding door for the helmsman.



Deputy Radio Officer & Committee

member John O'Hagan gave a brief address about the state of the renovations at the base. The framework for the patio roof should be on shortly and the lift is to be installed starting Monday.

## 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!"**

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

## APRIL ASSISTS

THU 27/03 0206AM – 15m Trawler 1POB member anchor dragging and drifting toward Bridge, repositioned at Turner's Camp.

TUE 01/04 1513PM – 8m Yacht 1POB non-member has lost power off Woormin tasked by Water Police to tow to Bongaree Jetty and meet with ambulance team.

SAT 05/04 0454AM – 9m Full Cabin 3POB non-member aground at entrance to the Passage, investigated and vessel doesn't have suitable towing point, left for high tide.

SUN 06/04 1615PM – MOP reported a small Tinny bailing water just South of Bribie Bridge – investigated – nothing found.

MON 07/04 1438PM - 5.8m Cruiser 2POB non-member with motor issues at Cape Moreton, required a tow to Spinnaker Sound Marina.

MON 07/04 1612PM – 6.2m 2POB non-member with motor problems required a tow from North of Bridge to Bellara Boat Ramp.

THU 10/04 1349PM – 4.5m Polycraft 4POB non-member with motor issues required a tow from NE of Toorbul to Toorbul Boat Ramp.

## YEAR TO DATE RADIO ROOM STATISTICS

4,451 CALLS

1,329 VESSELS LOG ONS

81 VESSEL ASSISTS

430 SITREPS

459 REQUESTS

10 OVERDUE VESSELS

5 VESSEL TRACKING

367 RADIO CHECKS

2 WEATHER BROADCASTS

0 SECURITE BROADCASTS

0 PAN PAN CALLS

0 MAYDAY CALLS

55.7% VHF CALLS

0.1% 27MHz CALLS

29.4% PHONE CALLS

1.3% GWN CALLS

**"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!"**



# FISHING REPORT

**W**e are approaching the crossover with summer and winter species, so you can expect to catch Tuna, Mackerel, Emperor, Kingfish out in the Bay, and, as they start to show up in big numbers, Bream, Snapper and Tailor will be closer to the Passage. Right now, we are seeing Mac Tuna in large schools along Woorim beach and in the Bay.

For best results, use a 30-gram metal lure with upgraded trebles, or a single hook or 2 x Strong hooks, as you need to put a bit of hurt on these power packed fish. 15-pound braid with 20-pound leader is a good place to start with line selection.

Nylon lacks the ability to cast far as it creates too much friction though the runners of the rod. Cast into the feeding schools and hang on.



The early tailor run has started, likely induced by the flush of bait out of the Passage. The school is easily found by following the feeding birds. Tailor will take any lure or bait, but with their super sharp teeth, a small length of wire in front of your lure will help minimise bite offs. Whole Pilchards and Garfish on ganged hooks are a good bait.





As the rains continue and the brown water stays, the mud crabs have been on the move out of the mangroves and onto the sand looking for food and a mate.

With lots of reports of muddies being caught, sandies also don't seem to mind the dirty water with lots of them being caught in the Passage. Tasty crab pickings all round.



Jett has enjoyed casting plastics along the foreshore for some nice flathead using a 3.5gram jig head with a 100m plastic. Flathead don't seem to be picky when it comes to the type of plastic.

As long as they can see it, they will quickly engulf it. Just slow down the retrieve to allow the flathead to decide to take the plastic. Once again champ, great fish.



by Claude Trabelsi - Bribie Bait, Tackle & Bikes  
email: cjsdemo@hotmail.com

# TIDE TIMES

Bribie Island  
AND  
Moreton Bay

Fri 18 Apr 12:45 am 1.8m 7:24 am 0.75m 12:48 pm 1.32m 6:28 pm 0.64m	Sat 19 Apr 1:29 am 1.75m 8:23 am 0.8m 1:40 pm 1.25m 7:15 pm 0.7m	Sun 20 Apr 2:23 am 1.71m 9:36 am 0.8m 2:47 pm 1.21m 8:25 pm 0.75m	Mon 21 Apr 3:33 am 1.7m 10:47 am 0.76m 4:14 pm 1.24m 9:56 pm 0.74m	Tue 22 Apr 4:51 am 1.75m 11:49 am 0.66m 5:38 pm 1.35m 11:15 pm 0.66m	Wed 23 Apr 6:00 am 1.84m 12:41 pm 0.53m 6:41 pm 1.52m	Thu 24 Apr 12:21 am 0.54m 6:57 am 1.94m 1:26 pm 0.4m 7:33 pm 1.71m
Fri 25 Apr 1:20 am 0.42m 7:47 am 2.01m 2:08 pm 0.29m 8:22 pm 1.9m	Sat 26 Apr 2:16 am 0.33m 8:34 am 2.01m 2:47 pm 0.21m 9:08 pm 2.05m	Sun 27 Apr 3:10 am 0.3m 9:20 am 1.94m 3:25 pm 0.19m 9:54 pm 2.16m	Mon 28 Apr 4:02 am 0.32m 10:04 am 1.81m 4:01 pm 0.22m 10:39 pm 2.22m	Tue 29 Apr 4:55 am 0.38m 10:48 am 1.65m 4:38 pm 0.28m 11:23 pm 2.22m	Wed 30 Apr 5:48 am 0.46m 11:33 am 1.49m 5:15 pm 0.36m	Thu 1 May 12:09 am 2.17m 6:44 am 0.54m 12:20 pm 1.37m 5:56 pm 0.45m





**Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> May 2025**

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Vote & WIN - People's Choice  
Family Fun Activities & Beach Events**

**Saturday 17<sup>th</sup> May**

8:30am Classic Boat Cruise Starts  
near Spinnaker Marina  
11am Boats gather at Toorbul  
12pm - 4pm Classic Boats  
Displayed at Pacific Harbour Marina

**Sunday 18<sup>th</sup> May**

9am - 10am GRAND PARADE of  
Classic Boats from Pacific Harbour to  
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9:30am - 1:30pm Classic Boats  
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# Carpark wizards:

## Queensland entrepreneurs revamp unsafe carparks for free

**Q**ueensland entrepreneurs, Daniel Mikus and James Rolph, are urging community organisations, schools, small businesses and charity organisations struggling with unsafe carparks to reach out for assistance through their Community Carpark Safety Program.

"As business owners and leaders in the road infrastructure sector, we believe that safer communities begin with practical solutions.

That is why we launched the Community Carpark Safety Program, a unique initiative that donates repurposed asphalt to improve carpark conditions across Queensland," Daniel Mikus said.

The innovative program helps local businesses, schools and community groups repair cracks and potholes in their carparks at no cost thanks to the donations of Mikus and Rolph making these spaces safer for pedestrians and drivers alike.

Mikus and Rolph are dedicated to doing as much as they can to support the community and to give back as part of their business journey. They believe that doing well requires people to do good, and this is what they are determined to achieve through their fast growing and industry awarded business, MR Roads. Their philosophy is that all entrepreneurs and business owners should leverage their business and industry to find ways to give back and make a positive impact.

### Why carparks matter

"Potholes and deteriorating carparks are not just an inconvenience, they pose a serious safety risk to organisations, communities, services and people," Mikus said. "Unfortunately, carpark maintenance costs can be prohibitive, especially for not-for-profits and small businesses. To bridge this gap, MR Roads is donating up to \$16,000 worth of asphalt maintenance services each month, which equates to repairing approximately 300 potholes across Southeast Queensland.



"We understand that maintaining a carpark is not always a top priority when budgets are tight, but safety should never be compromised. Our goal is to help organisations that need it most, ensuring that no one has to risk injury or damage due to unsafe parking areas."

### How it works

Through the Community Carpark Safety Program, MR Roads collects and redistributes unused asphalt mix to carparks in need of urgent repairs. This initiative not only enhances safety but also helps the environment by reducing asphalt waste. By giving new life to excess materials, MR Roads is creating a more sustainable and community-driven approach to infrastructure repair.

"We saw an opportunity to make a real difference by repurposing materials that would otherwise go to waste," Mikus added. "By doing so, we're able to provide a practical solution that benefits both the environment and the community."

### Making a difference

One of the latest beneficiaries of the program is Fitness Cartel Health Clubs in Kippa Ring. For months, a large pothole in their carpark had been a hazard to members, staff and visitors. Mikus and Rolph's team program stepped in and repaired the potholes using repurposed asphalt, restoring smooth and safe access to the facility.



"The MR Roads team were so responsive and amazing to work with. Within a few weeks, the guys were out filling our potholes and now our community can access our building without any worry. Thank you, MR Roads," Fitness Cartel Health Clubs, Cecilia Sharpe said.

#### How to apply for carpark repairs

"We are inviting schools, essential services, charities and small businesses with dangerous or deteriorating carpark to apply for assistance. Eligible applicants will be contacted by our MR Roads team to arrange the repairs," Mikus added.

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# Neighbourhood Watch

## BRIBIE ONE NHW - NEWSLETTER

# APRIL 2025

### CONSENT

There has been much discussion about this matter in recent times. The "Day For Daniel" concentrates on the use of "enthusiastic consent". This is when consent has been given truly, freely, clearly and wholeheartedly. Such should also apply to adults and seniors. That is, there should be no pressure, power, imbalance, fear or deception. This can be tough on people – especially children – who have been taught to be polite, sometimes at the expense of their true feelings and wellbeing.

### PREVENTING CRIME

There are physical things you can do – install lighting or cameras, make sure you lock up, keep your keys and phone secure, etc, but the most successful crime prevention initiative is knowing your neighbour! You may not be an outgoing person and may feel reticent about speaking to strangers if you are new to a neighbourhood, but just saying "Hi" to your neighbour, and recognising who they are, is important in making you feel safe at home.

### DELIVERIES - PROTECT THEM FROM THEFT

More than a million packages are reported stolen in Australia each year. It is certainly convenient to have something delivered to your home - and usually very shortly after you have ordered it. But, if you are not at home to accept delivery when it comes, how can you best arrange for it to be left, without the temptation for it to be stolen? A package

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

sitting on your front step, in your driveway or somewhere it can be easily seen from the street, is a tempting opportunity for thieves. Don't just advise the delivery company to "Leave it in a safe place" – specify a secure location where it can't be seen from the street. A secure parcel box, integral with your mailbox, is one such safe place. Ensure you include "Parcel Tracking" with your purchase – then you will have a good idea of the date and time of the delivery. Only half of Australian households have a safe place for their parcels to be left.

### THE THREE "D'S"

These are common offences in our area. Drugs, driving and domestic violence. The first and the last are difficult to combat in a residential environment, but it is possible. If you suspect there is drug use, manufacture or dealing being done in your area, report it to Crimestoppers. This can be done anonymously, if you do not wish to be identified. If you suspect there is domestic violence occurring in your neighbourhood, it is worth asking your neighbour "Is everything OK?". It doesn't mean to be nosy – and it may just help save a life.

### MAY MEETING

To be held on Tuesday, May 20th, in the ANZAC Room of the RSL, at 9.30am.

### MORE INFORMATION

Ring Co-ordinator Peter, on 0408 841 306

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## LETS MAKE CRIME PREVENTION A PRIORITY

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







# CRIME REPORT BRIBIE ISLAND WRAP MARCH 2025

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

## 84 Offences

15 MAR 2025 - 11 APR 2025

Queenslanders urged to drive safely and slow down this Easter

- The Queensland Government is urging people to drive safely and to slow down this Easter break.
- In 2024, 300 people lost their lives on Queensland roads, the worst year for road trauma in 15 years.
- Speeding is a major killer, contributing to almost one third of fatalities and serious injuries on our roads.

As the Easter school holidays begin and more people get set to hit the road, the Queensland Government has launched a campaign today reminding motorists there's 'no excuse for speeding'.

The campaign comes as the Department of Transport and Main Roads (TMR) continues to urge Queenslanders to drive safely and to slow down, after a record number of people lost their lives on the roads in 2024.

Last year was the worst year for road trauma in 15 years,

with 300 lives lost and thousands seriously injured. As of April 3, 60 lives have already been cut short

and hundreds more seriously injured on our roads.

The most common contributing factors in serious and fatal crashes continue to be the Fatal Five - speeding, fatigue, distraction (including mobile phone use), incorrect seatbelt use, and drink and drug driving.

A recent Department of Transport and Main Roads survey found that over half of all drivers speed on a regular basis (at least 50 per cent of the time) with a higher incidence among young drivers.

Males aged 17-39 years admitted to driving at higher speeds than any other age group, while 90 per cent of speed-related fatalities involve men. Additionally, more than 50 per cent of speed-related deaths have occurred in regional areas.

The Queensland Government's 'No excuse for speeding' road safety campaign aims to reduce road trauma caused by speeding by challenging the belief that speeding is

not dangerous and is socially acceptable, especially with an 'excuse' such as running late or driving on well-known roads.

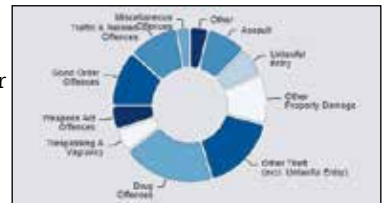
The 'No excuse for speeding' road safety campaign will run from 6 April to 6 May to coincide with the Easter school holidays and extended public holiday period, appearing on outdoor billboards, catch-up TV, digital, social media and radio channels.

Authorities are pleading with all drivers to take extra caution on the roads and drive to the conditions to avoid more lives being lost, not only during the Easter holidays, but throughout the entire year.

Quotes attributable to Transport and Main Roads Land Transport Safety Regulation GM, Joanna Robinson:

"At this time of year, we know people typically spend more time on the road than usual.

Whether it's a small trip in your area, or a lengthy road trip, there is still no excuse to speed, lose focus, not wear a seat belt properly or drive when you're affected by drugs or alcohol – it's just not worth the risk. "Every life cut short, and every life-altering injury caused by



a crash, leaves a permanent mark on families and has a devastating impact on the entire community. "As you travel around our state this Easter, I strongly urge you to stay safe and slow down on the roads.

"We've all heard the excuses given for speeding — I know these roads, I was just overtaking, I was running late, I was going the same speed as everyone else. "But when you see the actual consequences of travelling over the speed limit, including severely injuring others or writing off your vehicle, you can see there's really no excuse for speeding.

"Speed limits are not a recommendation, they are there to prevent the thousands of avoidable deaths and serious injuries that occur on our roads.

"The Queensland Government is committed to the safety of those travelling on our vast road network."



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# Letters to the editor



The comments and opinions on these pages are not those of The Bribie Islander, but those of our residents.

Dear Editor,  
It's election time again and, true to form, Labor has dusted off its 'Mediscare' tactic yet again. This time they have justified raising this issue by claiming that cuts to Medicare would be needed to fund the Coalition's Nuclear Power proposal. Labor claims the proposed 7 nuclear reactors will cost the country A\$600 billion. No doubt this figure came from modelling by RepuTek which allowed Labor to predict before the last election that our power bills would fall A\$275 by 2025. Oops that's now, and I'm still waiting!

A brief search on Google reveals that the United Arab Emirates have recently commissioned the last of four reactors built for them in the Barakah plant in Abu Dhabi by KEPCO, the Korean Electric Power Company. These reactors were built over a period of 12 years (2012 to 2024, each reactor took 9 years to build) at a total cost of \$22.4 billion. Expected lifetime of these reactors is 80 to 100 years and they will generate baseload power on a 24/7 basis. Allowing for inflation, our 7 reactors built by KEPCO would therefore set us back about A\$100 billion, not A\$600 billion as suggested by Labor.

In order to put this sum into perspective perhaps Labor could tell us how much has already been spent on renewables and how much more is in the pipeline. For a comparison to be valid we would need the cost of the solar panels, the wind turbines, the transmission lines and inverters, the cost of batteries and the subsidies paid to the landowners on which these assets are installed. We should also know the expected lifespan of these assets and their ability to deliver power on cloudy, windless days.

If Labor can estimate how much it expects the Coalition to spend on nuclear power, then it should be child's play to state how much it has already spent on renewables and how much more it expects to spend over the next three years. Why are these figures such a closely guarded secret?

Michael Cavenor

Dear Editor,  
Is it just me, or did Trump just put tariffs on two uninhabited islands near Antarctica, identified as 'countries', but which are, in fact, territories of Australia, not self-governing and not visited upon by anyone in 10 years? Did anyone bother pointing this out to the orange man and his sycophants - if he even cares. (There goes my entry visa to the US). Once again, and on tariffs this time around, Mr Dutton claims he could have landed a better deal than Mr Albanese.

Such a vacuous thing to say when you think about it. So, I ask, in the name of the good people of Australia - why didn't he just get on the phone and do it? Why wait? It would at least show some initiative on his part.

At this point in time, I'd like to point out to any politician or oligarch, on the future of this wonderful country, and courtesy of Katniss Everdeen in Hunger Games - 'If we burn, you burn with us', eventually.

P Robinson

Dear Editor,  
As usual the article from Barry Clark of the Bribie Island Historical Society in issue 236 was excellent and informative and reading the minutes of the Bribie Island Ratepayers and Progress Association from 1975 was quite illuminating, e.g. Bribie Island with a population of six and a half thousand had 3 councillors on the Caboolture Shire Council (obviously councillors only got expenses in those days). Also, they talked about the 100 kph speed limit on Welsby Parade - wow, the hoons of today would have loved that.

In particular the point that really stood out was and we quote the article:

BEACH DRIVING - Request that driving on and destruction of Ocean Beach by 4-wheel drive vehicles be limited. Numbers were increasing and Permits were issued by Council who should recognise that this traffic impacts the beach Eco system and could stop this abuse. Little has changed in half a century apart from the fact that

now the permits are issued by the Queensland Government. We're sure that the members of the Bribie Island Ratepayers and Progress Association would be quite horrified about the lack of progress in this area, in fact there is possibly more traffic on the beach on the weekends now than there was on the whole Island 50 years ago.

Annette & Chris Schnack.

Dear Editor  
All that Glitters is not Gold!  
I often write to comment on the wonderful letters sent into the Islander by my fellow Briberians. One really caught my eye this week. The subtle but clever letter on our two major political parties vis a vis the sun and the rain cloud. I must admit I've never heard this fable before, but it was pretty close to the mark - once you read between the subtle lines Lyn wrote and understood the hidden nuances. At first, I thought the letter was pro Labor then I "got it". We see the sun (all glitter and promise) and think it may be the answer - yet the rain cloud (perhaps conservative and factual) will give us what we want in the longer term.

Likening the left to the sun was so subtle and might not be picked up by the obtuse amongst us. That shiny object we are offered, that might catch the eye with its glitter and many promises. It promises so much, yet then goes on to create drought and famine and burns up our dreams. We soon wish we hadn't believed in its promises. I then realised that Lyn's likening of the LNP to the rain cloud - i.e. the thing that provides water - produces growth and the water we need to exist - long term - was so clever. OF COURSE! Without water we cease to exist. The rain cloud might seem the lesser of the two - might not seem to offer the glitter of the sun - but it is really the best choice for us to live in peace and prosperity!

Well done Lyn - I just hope those that read your clever worded letter understand the subtle meaning beneath your words. Indeed - all that glitter is not gold!

Cheers  
Michal Matthews



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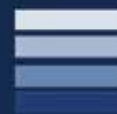
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