# **BRIBIE ISLANDER**

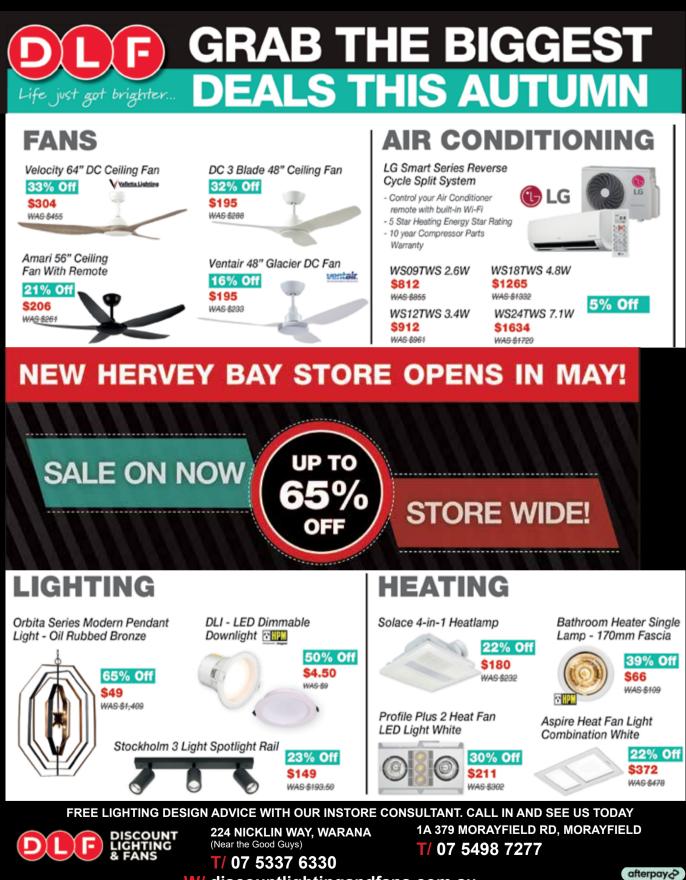
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### MAY 2, 2025

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Dear Readers,

Welcome to edition 238! I hope your Easter and Anzac Day breaks were filled with remembrance, joy and adventure! We had a great time out on the water, but our fun was interrupted when four speeding boats zoomed by destroying one of our crab pots and severing the line to another! This incident is a powerful reminder that we all play a vital role in safeguarding our precious waterways and marine life.

Caring for our oceans and rivers means more than just being careful while boating. It's important to understand how delicate these environments are. Simple steps, like throwing away trash properly and choosing reusable items over single-use plastics, can make a big difference. Supporting responsible fishing practices also help keep our waterways healthy. With a bit of effort and care, we can avoid accidents and protect our environment and appreciate the amazing marine life around us!

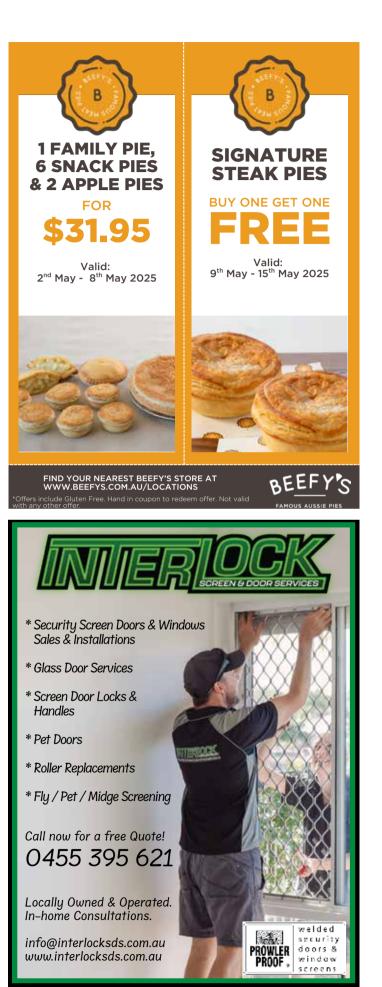
Now, let's shift gears to something truly delightful! This edition features a stunning Mother's Day segment bursting with fabulous gift ideas to make Mum's Day extra special. Don't miss the grand opening of the Bribie Garden Centre the day before Mother's Day! It's your chance to discover a beautiful array of gifts for Mum. Our wonderful Peter Schinkel, a familiar face in our community and former writer and ad representative, along with husband Simon Pye, is taking the reins and continuously enhancing their selection of plants. We're cheering for you both—wishing you all the success in the world!

You may have also spotted some exciting new faces on our team: Junita Armstrong, our incredible ad representative, and Dave Wright, our amazing new designer and don't worry—our lovely Debbie Hunter is still with us; she's just winding down with parttime hours as she heads toward retirement! Thank you for your ongoing support as we grow and evolve. Please join me in giving a warm welcome to our new team members—we're absolutely thrilled to have you with us!

Until next time, Take Care, Stay Safe,



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.



How to Keep Your Skin from Drying Out Overnight Do you wake up with a parched, flaky face that makes you want to dive back under the covers?

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nown to doctors as xerosis, dryness occurs when low humidity levels, sun exposure, harsh soaps, acne treatments and other abrasive factors degrade the skin's natural moisture barrier, leading to peeling, irritation and cracks. The condition often worsens in winter, thanks to cold temperatures, bitter gusts of wind and dry indoor air.

But you can't just worry about your skin when the sun goes down. Address your dry complexion throughout the day by wearing a moisturizer with SPF, opting for a gentle cleanser and avoiding dehydrating products or cosmetics. When it comes to serious prevention and treatment, they don't call it beauty sleep for nothing. Since cell turnover and water loss happen faster while you snooze, nighttime really is the right time for locking in moisture and banishing flakiness.

But how can you maximize those precious eight hours (or, let's be honest, seven, or six) of rest and rejuvenation? With appropriate products and a little dedication, you can turn your nightly nap into a full-scale assault on thirsty, scaly skin.

To maintain adequate moisture while you sleep, slather on a richer, creamier moisturizer than the one you wear during the day. Look for ingredients like hyaluronic acid, which plumps the skin cells, and shea butter, a natural emollient. Chances are you'll be out of the sun, so forego your lotion with SPF and invest in a thick, luscious night cream. These products tend to contain higher concentrations of moisture-retaining humectants than their daytime counterparts.

If you'd rather not splurge on a pricey night cream, try one of the oldest balms in the book: Vaseline, otherwise known as petroleum jelly or petrolatum. Many people swear by the multipurpose substance, which keeps the skin hydrated by creating a barrier that prevents water from evaporating. Unlike moisturizing creams, however. it won't add any new moisture to parched skin. For another overnight treatment that won't break the bank, natural skincare experts often recommend cocoa butter or coconut oil, both rich in fatty acids that are natural skin helpers. Whether you choose

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night cream, petroleum jelly or a natural emollient, get the most out of your regime by prepping your face for maximum hydration. This means removing all traces of makeup and washing up thoroughly before you hit the hay. No matter how dry it is, your skin can't breathe and regenerate under a day's worth of cosmetics, sunscreen, bacteria, dirt, pollution and oil. Not only will vou risk clogged

pores, fine lines and dullness, but also any moisturizing products you use overnight won't be able to penetrate through the grime.

To avoid stripping away natural oils, wash with lukewarm water and a mild, nonfoaming, soap-free cleanser that doesn't contain fragrance, alcohol or antibacterial chemicals such as triclosan. Then apply your cream or product while your skin is still damp, trapping any remaining moisture on the skin's surface.

#### Other Ways to Beat Dryness Overnight

Consistently using a night cream or hydrating product is essential, but there's more you can do to fight dry, flaky skin while you sleep. Here are some tips to try:

Use a humidifier. Dry indoor heat dehydrates your skin, so add some water vapor to the air in your bedroom -especially during the winter. As an added bonus, humidifiers can also help prevent sore throats, itchy eyes and sinus problems. Just be sure to thwart bacteria growth by cleaning the tank and replacing the water every day. And don't let the air get too stuffy (the ideal humidity level is between 30 and 50 percent): too much humidity breeds mould and triggers allergy flare-ups.

TRY A SILK PILLOWCASE. Cotton absorbs moisture, so it can be drying to your skin and hair. There's no solid evidence

#### HEALTH, WEALTH & COMMUNITY

behind the trend, but some beauty experts recommend sleeping on a silk pillowcase. There's even some speculation that switching to silk can help prevent wrinkles. At the very least, your bedding will feel soft and luxurious. And if you have coarse hair, you might get the added bonus of fewer frizzies.

APPLY A NIGHT MASK. Formulated to deliver skin-enhancing ingredients while you snooze, overnight masks can be especially effective at maintaining and replenishing moisture. Unlike the masks you wear for a quick 20-minute treatment during the day, these products tend to be relatively lightweight, so they won't stick to your hair or pillow.

## How do you stop dry skin naturally?

Apart from moisturizers, you can also cure drying skin using home remedies, one of which is sunflower seed oil. It's a natural moisturizer that is beneficial for keeping the skin hydrated. You can also use aloe vera, which is known to treat various skin conditions such as dryness, sunburn, eczema and acne.

## What deficiency causes dry skin?

Vitamin B deficiency is one of the major causes of dry skin. It can cause rough and flaky skin, rashes, acne, wrinkles and cracked lips.

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# FOREVER VEE YUM. AUTHENTIC BEAUTY



anessa is a local, long time resident to Bribie Island, with a love for Health, Lifestyle, Community. Her Lash Lift and Beauty studio is based in Banksia Beach. Bookings are available by prior appointment throughout the week (evenings and weekend by special request).

#### Support Local especially Small Businesses!

#### SAY GOODBYE TO MASCARA, LASH **CURLERS OR LASH EXTENSIONS.** AND WITH A YUMI<sup>™</sup> KERATIN LASH LIFT, WAKE UP FEELING AMAZING!

Treat yourself (or someone special \*Mum\* for Mother's Day!) with a YUMI™ KERATIN LASH LIFT. The natural lashes are boosted from the root, giving them a lifted, curled and lengthened appearance.

It is a natural, semi-permanent procedure that gives you the appearance of fuller, thicker eyelashes without the use of any leave-on chemicals or extensions. Your eyes will look more open, brighter, youthful, and glamorous with this lash lift treatment.

#### WHY ARE LASH LIFTS SO POPULAR?

It is a short, very relaxing treatment time (approx. 1.5 hours) and results that last 6-12 weeks without the need for maintenance.

This means lash lifts are now proving more popular than lash extensions, and much better for the health of your natural lash.



#### NOT ALL LASH LIFTS ARE EQUAL!

One of the many ways YUMI<sup>™</sup> differ from other Lash Lift systems - Keratin - Inside YUMI<sup>™</sup> products is where science meets beauty.

Keratin is a naturally occurring protein present in our hair, nails, and eyelashes. However, our lashes gradually lose Keratin due to exposure to sunlight, chemicals in cosmetics, and pollutants. Lashes also become weaker and more prone to fallout as we age.

#### NOT ALL LASH LIFT TECHNICIANS ARE EQUAL!

Vanessa is a Fully Qualified "Yumician" (Lash Lift Technician qualified with YUMI™), and has years of experience in her profession, with lots of happy, repeat clients.

Her aim, apart from making lashes beautiful, is to give a place of peace and tranquillity, allowing clients to come to relax whilst being pampered.

Regular Clients benefit, and like their lashes more, the more they have the YUMI™ KERATIN LASH LIFT treatment done.

It is recommended to use a Lash Serum on your lashes (whether you have a YUMI™ KERATIN LASH LIFT or not).

This will help keep your lashes strong, soft, and healthy.



My lashes have never been healthier since I have been getting lash lifts from Forever Vee. I don't need mascara and my lashes are long and luscious - Ms MI

\_\_\_\_

I LOVE my lashes - no more panda eyes as I've now got beautiful, natural and lifted lashes. The whole experience is amazing and such a beautiful way to pamper yourself. Highly recommended - Ms CB

Either the Yumi™ Keratin Nourishing Serum or Yumi<sup>™</sup> Biotin Serum is recommended, and is available to purchase at appointment.

GIFT VOUCHERS are available, and a Great idea for Birthdays, Special Events, Mother's Day, or Just because You deserve it!

#### The YUMI<sup>™</sup> Keratin Lash Lift - also includes an Upper Lash Tint and **Keratin Nourishing Treatment - All** Just for \$99

#### Follow on Instagram and Facebook for gallery of pictures and more info

#### **Vanessa Taylor**

M: 0412 273 530 Facebook: Forever Vee Instagram: @forever.vee.lashes



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# Mong The Mord But Spoiling Her Is A Must!

As we gear up to celebrate the amazing women in our lives, especially our mums, it's important to embrace the idea that every mum deserves a bit of pampering. After all, they provide unwavering love, support, and care that often goes unnoticed. This Mother's Day let's honour the wonderful women who shape our lives by treating them to something truly special.

What better way to start the day than with a stunning buffet breakfast that's sure to delight all the senses? Just imagine the smile on Mum's face as she walks into a room filled with the mouth-watering aroma of crispy bacon and golden hash browns—an absolute feast that's bound to kick off her special day on a delicious note.

The range of options is key. Not only should we include savoury goodies, but let's not forget to add sweet treats like flaky croissants, scrumptious Danishes, and perhaps some fresh seasonal fruit to ensure there's something for everyone. This buffet isn't just another meal; it's an experience, one that allows Mum to truly savour each bite and enjoy a moment that's just for her.

Of course, it's about more than just the food. The atmosphere plays a vital role in making her feel valued. Set the table with beautiful flowers, light her favourite candles, and play some soft tunes in the background. So, this Mother's Day, remember spoiling her isn't just an option—it's a must! Celebrate her with a vibrant buffet breakfast that not only satisfies her cravings but also fills her heart with love and warmth. After all, a happy Mum sets the tone for a happy family. Let's make her day unforgettable!

Pacific Harbour Golf Club are prepared to take the hard work out of it for you! They said, "Mother's Day is just around the corner, and we've cooked up the ultimate way to say, "I love you" (with bacon)."

Start her day with their diverse buffet breakfast, which includes everything from crispy bacon and golden hash browns to a delightful selection of croissants, Danishes, and more.

Their 3-course set menu is the perfect choice for those who prefer a leisurely lunch. Enjoy a delicious dining experience, giving mum the royal treatment with live music from Tracy Vaughan, starting at noon. Don't miss out on this special day! Call 3410 4024 or book online now to secure your spot.

## JOIN US FOR MOTHER'S DAY

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SCAN TO VIEW THE MENU

#### MOTHERS DAY FEATURE

## Flair Jewellery Our Story: A Family Affair

he story began in 2006 when Flair Jewellery, an embodiment of timeless beauty and exceptional skills, opened in the lively Kawana area.

Half a year later, the Bribie outlet followed suit, further strengthening our brand presence.

Since then, we have become one of the topnotch places for amazing jewellery and watches.

We set ourselves apart from major chain jewellers by offering individual services.

Our main workshop in Kawana has spacious premises where highly skilled master and apprentice jewellers create unique products and provide detailed repairs. This expertise in creating custom jewellery distinguishes Flair Jewellery from other brands.

Whether you need a oneof-a-kind engagement ring, personalised pendant, or even a pair of bespoke earrings, our craftsmen are committed to transforming your idea into reality.

We realise that every piece of jewellery tells a personal tale; hence, we are proud to be part of such memorable events.

Visit our store to browse through an exclusive collection of outstanding jewellery and watches. Our well-informed personnel and friendly team members are always around to offer help, ensuring that you enjoy a customised shopping experience.

The creativity of our skilled jewellers, combined with the warmth of local shopping, is what defines Flair Jewellery.

Discover the charm behind personalised jewellery that goes beyond fashion yet resonates with uniqueness.

At Flair, you will not only buy jewellery but engage with the stories behind each piece that make us different from others.





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MOTHERS DAY FEATURE



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Issue 238 May 2, 2025 13

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#### For those of you that don't know me, My name is Sarah and this is my Business The Sacredlight Within.

I offer a range of Holistic services from

- Holistic Counselling
- Intuitive Reiki & Energy Healing
- Sound Healing
- Emotional Release Massage Therapy
- Woman's Health Practitioner

I'm a very passionate spiritual person who is devoted to helping you see the light within yourself through healing with whatever may arise for you and your journey in life.

I come from a Nursing background and have a wide knowledge of understanding in Mental Health and through my own journey I have come to be an advocate for women's health in which this has led myself down the road of Holistic Healing and this is where I found my true calling in life to help and serve others where I can.

I have an enormous amount of understanding when it comes to doing the work within as I have had to walk this road myself many of times throughout my life with the help of Holistic Healers.

I'm a Natural born healer born into the world as Cancerian ruled by the Moon and Captured by the waves of the Ocean grounded perfectly between Water and Earth.

#### I'M A HIGHLY INTUITIVE HEALER.

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s Mother's Day approaches each year, people across Australia reflect on the profound impact mothers have on our lives. Celebrated on the second Sunday in May, this special day is a heartfelt opportunity to express love and appreciation for our mothers, grandmothers, and all nurturing

figures who shape our families and communities.

In Australia, Mother's Day brims with cherished traditions and expressions of gratitude. Whether through breakfast in bed or a grand family gathering, there are countless ways to celebrate. Ultimately, the message remains the same: we honour and appreciate the care, sacrifices, and unwavering support that mothers provide each day.

Mother's Day has evolved over the years, embracing the diverse nature of Australian society. It now encompasses not just biological mothers but stepmothers, foster mothers, and anyone who serves a motherly role. This broader recognition allows us to celebrate the many forms motherhood can take, all deserving of respect and appreciation.

Additionally, Mother's Day encourages us to consider the challenges faced by many mothers. As we shower them with gifts and affection, we must remain mindful of the hurdles women encounter in their journey. Issues such as balancing work and family, mental health, and access to Se allo an 

parental leave deserve our attention. Supporting policies that help mothers navigate their responsibilities enriches our celebration.

THERS DA

In recent years, the commercial aspect of Mother's Day has expanded, with stores offering gifts from flowers to spa treatments. While these offerings can be delightful, we must remember that some of the most meaningful gestures come from the heart. A handwritten card, a homemade meal, or quality time together often carry more significance than store-bought gifts.

We should also be sensitive to those who experience mixed emotions on Mother's Day. For some, it can evoke sadness or longing. Acknowledging and respecting these feelings is essential as we foster a culture of empathy and understanding. Mother's Day should be inclusive, welcoming all, regardless of their circumstances.

As we celebrate Mother's Day in Australia, let's unite in recognizing and uplifting conversations around motherhood. Let's cherish the moments shared with our mothers while advocating for better support systems for them. This day transcends a one-time celebration; it serves as a reminder of the strength, resilience, and love mothers bring into our lives every single day.

As we express our gratitude this year, let's commit to supporting and uplifting the remarkable women who embody the essence of motherhood-today and always.

## JONNA'S BEAUTY THERAPY Your home beauty oasis

Welcome to Jonna's Beauty Therapy

Where personalised beauty meets pure relaxation. Step into a haven of tranquility at Jonna's Beauty Therapy, a private home salon nestled in beautiful Bongaree on Bribie Island. With over 46 years of experience as a passionate beauty therapist, I'm dedicated to offering you a luxurious and personalised experience that leaves you feeling refreshed,

renewed, and radiant. Indulge in a wide range of treatments including rejuvenating facials, IPL hair removal, pedicures, spray tans, lash enhancements, and more - all tailored to suit your unique needs.

My home salon is a warm, welcoming space where you can unwind in comfort and enjoy one-one-one care in a peaceful setting. Every detail is designed to help you glow - inside and out.

Enjoy 15% off your first treatment when you mention this ad! Come and experience the difference.



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## A Girl From Bribie Island

Treasure of Memories and History from the sandy shores of Bribie Island to the joys and trials of simpler times, discover the life and legacy of Joyce Voysey (née Batterham), beautifully captured in A Girl From Bribie

Island.

Joyce Voysey lived on Bribie Island as a child in the 1930s and attended Bribie Island State School from 1936 to 1941. Her love for writing blossomed as she grew, leading her to craft this heartfelt memoir for her descendants.

What began as a simple family record evolved into a cherished piece of local history, now celebrated by historical societies and libraries.

Joyce's passion for preserving her memories has gifted readers with a vivid portrayal of Bribie Island's charm and history.

A Girl from Bribie Island will be of interest to ancestry researchers and memoir writers. It contains social history, autobiography, biography, maps, photos, and emigrant stories from the 1840s and 1850s.

There is a comprehensive index, a genesis of how the book came to be, plus full details of how the first edition was composed, printed, and bound. Pivotal to the story is Joyce's loss of her mother at an early age.

Read about: How families were impacted by two World Wars. How people helped each other and had fun despite the tough times.

What life was like on Bribie Island before electricity, with neither sewerage nor septic, no medical people, no resident police or resident clergy, no streetlights, no bitumen, no supermarket, no bridge. But lots of black sand! How womenfolk carried out tasks like food preparation, sewing the clothes, washing and ironing them. Joyce's beloved SS Koopa's and its essential role for transporting folk to and from the island (and Redcliffe).

An interlude at Crow's Nest (a small town near Toowoomba) 1933-1936, and the two-teacher school at Pinelands. How attending a one-teacher school is now deemed by Joyce to have been a privilege. And....picture yourself in the

Dunny!

The first printing of the little treasure was homeprinted, typed, set up and hand-hard-covered in a very small edition run. This was in 2000. When he found there were no more copies of the book available in 1998, Barry Clark, President of the Bribie Island Historical Society encouraged Joyce to produce a second edition in 2010.

Again, in 2024, there were no copies left to share. Hence this latest re-print. So hurry up and get your copy before they all run out!



**A Girl From Bribie Island** "Timeless Memories, Unforgettable Histories"

A Treasure of Memories and History from the sandy shores of Bribie Island and a reflection on simpler times.

Victory Press has recently completed a re-print of Joyce Voysey's book, A Girl from Bribie Island. It comes with a refreshed, shiny, durable cover and enhanced photos.

"Uncover Bribie's hidden treasures of time, told beautifully by Joyce Voysey."



The book can be purchased directly from the author at girlfrombribie@gmail.com - www.agirlfrombribieisland.com.au or from the Bribie Island Museum and the Bribie Island Historical Society while supplies last!

### Ah, motherhood. A journey filled is trying to climb the kitchen cabinets.

with love, endless laundry, and the kind of chaos that would make even a seasoned circus juggler weep. If you're a mother-or simply know onechances are you've encountered the delightful absurdities that come with the territory. It's a world where spilled milk and misplaced shoes become the norm, and a good night's sleep is as mythical as a unicorn.

Let's talk about multitasking. The average mom isn't just jugging tasks; she's performing a high-wire act on a unicycle while her toddler throws glitter bombs at her. Who else but a mother could change a nappy, cook dinner, and simultaneously find a missing sockall while negotiating a peace treaty between two squabbling siblings? It's superhuman, really. We should just go ahead and add "master negotiator" and "professional referee" to our résumés.

And then there's the terminology we use. "Mummy brain"? More like "Mummy black hole." You know you're deep in the motherhood trenches when you walk into a room and promptly forget why you're there—only to remember that you've left the oven on, and your toddler Every day is a new episode of "Where Did I Put That?" (Spoiler: It's usually either in your purse or being used as a toy by your three-year-old.)

Let's not forget those precious moments of "self-care" we hear so much about. You know, the ones that involve bubble baths and quiet reads? Sure, in the world of Motherhood. "self-care" translates to hiding in the bathroom for ten minutes with your phone while hoping nobody knocks on the door. And if you do manage to escape into a bath? Congratulations, you just found a new level of "relaxation" where your kids are still yelling from the other side of the door.

And heaven forbid you attempt to maintain a social life. Preparing for a night out is akin to planning a military operation. You spend more time organising the babysitter's arrival and coordinating schedules than you ever did for your final exams. By the time you're ready, you've forgotten how to apply a proper lipstick technique; instead, you end up with a daring combination of your toddler's finger paint and last week's leftovers on vour shirt.

Let's also take a moment to acknowledge the fragility of our nerves. One minute vou're breathing in the sweet scent of your newborn's head, and the next, you're trying to figure out how to eliminate the smell of mystery substances that can only be identified by an advanced degree in forensics. Seriously, who knew that watching a child eat yogurt could transform into a Jackson Pollock painting of dairy on your walls?

Yet, through the chaos and countless mishaps, there's a certain magic in it all. You learn to embrace the mess, the noise. and the delightful unpredictability of life with kids. You discover that perfect moments are often the ones that don't go according to plan. And those little arms wrapped around you at the end of a long day make all the craziness worth it.

So, here's to all the mothers out there navigating the hilarity and havoc of everyday life: keep laughing, keep juggling, and know that you're not alone in this wonderfully chaotic world of motherhood. And when in doubt, just remember-it's all part of the adventure, and next time you spill that milk, at least you'll have a great story to tell!

YOU'RE INVITED Mother's L MEMORIAL SERVICE 9<sup>TH</sup> MAY 2025 - FROM 6:00PM

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## Bribie Simply HEALTHY

By Heenam Kim

## Auto Immune Diseases Thyroid Healing

A uto Immune diseases remain unexplained with current medical knowledge, and thyroid disease is one of them. I see many people with thyroid issues, and recently, a customer mentioned that she will eventually need to have her thyroid removed due to goiters. This made me interested in looking further into thyroid healing.

Thyroid conditions often have unclear or multifactorial origins, including autoimmune conditions, nutrient deficiencies, stress, and environmental toxins.

According to Medical Medium: Thyroid Healing by Anthony William, 95% of thyroid issues are caused by Epstein-Barr Virus (EBV). Similar to herpes, that remains in the body for life once contracted and it can remain in a latent state and reactivate under stress, illness, or immune suppression. Epstein-Barr Virus (EBV) hides in the liver during its nesting phase, which makes Liver sluggish which contributes

both weight problem and thyroid dysfunction. It can also burrow into the spleen and/or female reproductive organs, potentially causing abnormal symptoms such as irregular and heavy menstrual cycles, pelvic pain, ovarian cysts, or unexplained infertility. When EBV goes to a woman's reproductive organs, meanwhile, it can lead to fibroids, polycystic ovarian syndrome (PCOS), and pregnancy complications. For man prostate problems.

EBV tries to take down the lymphatic system, which is a vital part of the body's defense mechanism. Eventually EBV may invade the nervous system, leading to nerve-related pain. Research suggests that EBV is linked to autoimmune thyroid diseases such as *Hashimoto's thyroiditis and Graves' disease*.

Viral by products of EBV accumulate in the liver and lymphatic system, creating sluggishness that often contributes to issues such as fatigue, weight gain, fluid retention, constipation, bloating, hot flashes, heart flutters, brain fog, and symptoms associated with perimenopause and menopause.

Additionally, EBV releases neurotoxins that disrupt nerve function, inflame nerves, and cause unexplained physical pain often misdiagnosed as fibromyalgia.

When immune system is challenged by profound stress or injury occurs, EBV senses vulnerability and becomes active. When virus replicates in the thyroid, releasing viral by-products. A weakened liver, overloaded by these toxins, struggles to process hormones properly—leading to widespread symptoms.

When the immune system isn't able to destroy the virus altogether, sometimes attempts to contain EBV by forming calcium deposits around the virus in joints, organs, or glands

#### (such as the thyroid).

There are number of herbs and dietary changes that you can help for maintain good health and support immune system and limiting EBV activation such as Vitamin B12 gives special support and repair to the central nervous and endocrine systems and helps strengthen neurotransmitter chemicals in the brain so it can stay strong against EBV. Chaga Mushroom, kills off EBV, driving it out of the liver and thyroid. At the same time, stimulates the liver, elevating it out of stagnation and sluggishness, while awakening the thyroid, allowing it to improve function. Helps strengthen the adrenals. Also helps break down and dissolve EBV's biofilm by product that's behind so many cases of mystery heart palpitations.

If you experience similar symptoms & wants to support your thyroid, detoxing your liver, and strengthening your overall immune health, you may also benefit from emotional and subconscious clearing through EFT (Emotional Freedom Technique/ Tapping) or hypnotherapy especially if you have experienced trauma, PTSD, or anxiety, which can trigger EBV activation. Please feel free to contact Kim at Bribie Simply Healthy / Bribie Healing Centre.

Shop 13, 19 Benabrow Av, Bellara. phone. 07 3410 0521

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#### OTHERS DAY FEATURE

## Spoiling Your Mother This Mother's Day

Spoiling your mother isn't merely about indulgence; it's about acknowledging her hard work and the countless ways she has poured her heart and soul into our lives. Every mother deserves to feel celebrated and appreciated, not just on one designated day, but especially on this occasion. So, how can we show our mothers just how much they mean to us?

#### Start with a Thoughtful Gift

Thoughtful gifts can mean more than anything else. Consider what your mother loves or has mentioned wanting in passing. Whether it's a piece of jewellery she's had her eye on, a cozy blanket for chilly evenings, or a subscription to her favourite magazine, tailor your gift to her preferences. A personalised gift that reflects her personality will surely make her feel special.

#### A Day of Pampering

Plan a day devoted entirely to her. Book her a spa appointment for some muchdeserved pampering. If you're on a budget, recreate a spa day at home: set up a relaxing atmosphere with candles, run a bubble bath, or offer a massage. Take the time to make her favourite meals, making sure the day is focused on her comfort and relaxation.

#### **Quality Time Together**

Sometimes, the best gift we can give is our time. Plan an activity that allows for quality bonding. Whether it's a hike, a movie marathon at home, or just sitting down for a long chat over coffee, prioritise being present with her. Share stories, reminisce about fond memories, and create new ones. This connection can be the highlight of her day, and she will treasure the moments spent together.

#### A Heartfelt Letter

In the digital age, we often forget the simplicity of a handwritten note. Take some time to write your mother a heartfelt letter expressing your gratitude.

Reflect on the lessons she taught you and the times she stood by you during difficult moments.

A letter can serve as a keepsake that she can cherish long after Mother's Day has passed.

Mothers embody unconditional love and strength, and Mother's Day is the perfect opportunity to show just how much we appreciate them.

Spoiling your mother is not about grand gestures but rather understanding her needs and desires and making her feel like the queen she is.

This Mother's Day, let's make our mothers feel celebrated, cherished, and truly spoiled.

After all, they deserve it more than anyone else.



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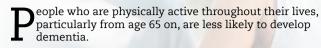
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The Anysize offer is valid from Monday, 14 April 2025 until Sunday, 27 April 2025. Offer is subject to change at any time. Offer is available in-store and online. To be eligible for the Anysize offer, the selected upsized mattress (double, queen, king, 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. This offer is available in-store only. This offer is available in-store only offer is available in-store only. This offer is available in-store and online. To be eligible for the Anysize offer, the selected upsized mattress purchase. Bayes only of available in-store only offer is available in-store only

## **Physical Exercise**



Exercise helps keep your brain healthy and improves your memory and thinking by:

- supporting blood flow and oxygen supply to your brain
- stimulating the growth of new brain cells
- protecting brain functioning in later life
- helping reduce your risk of falls •
- keeping you social and engaged with other people.

Being active is also good for your heart, sleep and mood, and reduces your risk of high blood pressure, heart disease, stroke, type 2 diabetes and obesity.

Not everyone is able to get lots of highintensity exercise, but every bit helps.

#### What you can do

There are three kinds of exercise that can help:

Aerobic exercise gets your heart pumping. You can start off small and build with this: try getting 30 minutes of brisk walking,

dancing, jogging, bicycling or swimming. You should feel a little out of breath, but not much more.



Resistance or weight training works your muscles, but it's also great for your tendons, bones, metabolic rate and posture. Again, start small: squeeze a rubber ball, use an elastic resistance band from a sports shop or lift light weights.

Flexibility and balance exercises strengthen your spine's supporting muscles and improve your coordination and balance. You can add these to your other exercise: try stretching, tai chi, yoga and Pilates.

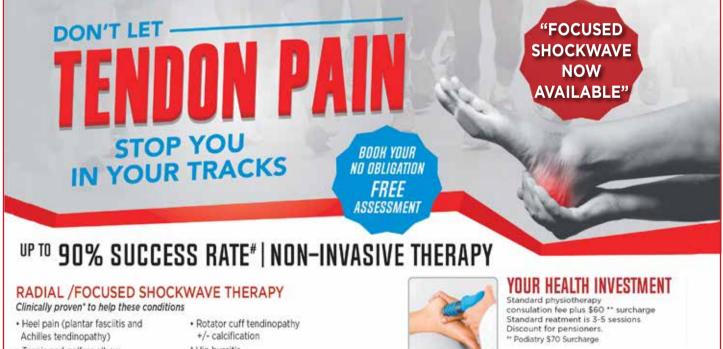
Doing a mix of these exercises, for at least 30 minutes a day, is a terrific way to feel better and protect your brain health. If 30 minutes is too much at first, that's okay: treat it as a goal and get there at your own speed.

> Getting started is often the hardest part. Try different things and pick the ones you enjoy most to keep up. Join a group or exercise alone, whatever works for you.

You can also build activity into your everyday life: try walking to the shops instead of driving or getting off the bus a few stops earlier and walking the rest of the way.

Talk to your doctor before starting an exercise program, especially if you have a health condition or disability, or if it's been

a long time since you've exercised. They can help you find the type and intensity of exercise best suited to you.



· Tennis and golfers elbow

**TEALTH GROUP** 

- · Patella tendinopathy
- · Frozen shoulder

\* Hip bursitis Shin splints; Heel spurs Knee arthritis

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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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## **Building a Stronger,** More Inclusive Community

ommunity spaces can welcome people with a disability by understanding adjustments and working together respectfully to make spaces accessible, safe, and comfortable. Adjustments might include priority seating, temperature control, nonslip flooring, extra time for tasks, or ensuring wheelchair accessibility.

These small changes reduce anxiety and provide a more comfortable and inclusive experience for everyone. The world is enriched when people feel safe and welcomed in the spaces they occupy.

Concert venues are increasingly prioritizing accessibility, with many offering quiet spaces for attendees who need a break.

Ability Fest, Australia's first and only completely inclusive music festival, stands out for its commitment to inclusivity.

This unique event ensures that people

of all abilities can enjoy live music, with all proceeds supporting the Dylan Alcott Foundation, which works to create opportunities for people with disabilities.

As someone who has spent over 15 years advocating for those with disabilities, I've witnessed firsthand the impact that thoughtful adjustments can make.

From organizing undercover disability drop-off shelters at schools to coordinating ramp installations at public venues, I've seen how small changes can lead to big improvements.

I've run workshops for vision-impaired children, facilitated mountain hikes for corporate companies and advocated for legislative changes that support families navigating medical challenges.

These experiences remind me how important it is to create spaces where all individuals can strive and achieve. For

# Part Two

many, particularly those who have faced

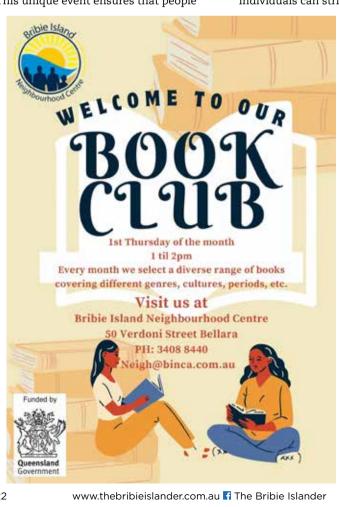
significant medical trauma, navigating public spaces can be an emotional and physical challenge.

Creating environments that are supportive, safe, and free from unnecessary stress is crucial. Everyone deserves a world where they feel connected, valued, and included.

Having trauma informed training is vital for all people in customer service. Businesses, organisations, and public services play a crucial role in fostering inclusion.

When reasonable adjustments are made, not only does it reduce the burden on individuals with disabilities and their caregivers, but it also makes for a more welcoming and supportive environment for all.

When a business embraces these changes,



Together, we'll find a way to help seniors have safe, health family relationships.

Senior Relationships Mediation Services

**Information Session** 

#### Who is this for?

Anyone who wants to learn more about preventing Elder Abuse in the community. The Senior Relationship Mediation Service prioritises the rights, interests and safety of the older person or older people involved.

#### Topics

- · Learn about the Senior Relationship Mediation Service & Relationships Australia Old
- Stay informed about elder abuse, including prevention strategies and appropriate actions you can take to address it.

#### For registration and

enquiries : 07 3408 8440 admin@binca.org.au or srms@raq.org.au

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they contribute to a sense of safety and comfort for everyone they serve.

Many caregivers spend relentless hours advocating for the person with the disability. When accessing the community, the caregiver's nervous system does not need more barriers to advocate against.

Spinal Life Australia, a leader in advocating for people with spinal cord injuries and physical disabilities, has been at the forefront of creating accessible spaces.

Their research indicates that nearly 20% of Australians live with a disability, and that accessible venues see a 20-25% increase in revenue.

This is a clear reminder that creating accessible spaces is not only the right thing to do, it also makes good business sense.

As part of the Commonwealth Accessible Australia initiative, efforts are underway to improve accessibility in both built and natural environments.

This includes funding for better inclusive designs and infrastructure. Spinal Life Australia's "Accessible Australia" online resource helps people find and evaluate accessible locations, contributing to a more inclusive Australia.

Reviews and feedback from consumers

play a crucial role in shaping the future of accessibility. For businesses and organisations, understanding the importance of reasonable adjustments is essential. Training employees to recognise and respect the diverse needs of people with disabilities fosters a culture of inclusivity and respect.

Partnering with advocacy organizations like Spinal Life Australia ensures that employees are well-equipped to engage with individuals with disabilities in a supportive and understanding way.

Having a person with a disability assess your space would provide a very valuable assessment to work with.

You must remember people with a disability spend hours at home preparing to access the community and transport can be challenging to the venue.

Once they arrive at the destination it needs to be safe and comfortable.

Larger companies might consider hiring a disability liaison officer trained in assistive technology and customer care to provide ongoing support.

These initiatives not only enhance customer experience but also contribute to a more inclusive community overall. Our society must continue to work toward

#### HEALTH, WEALTH & COMMUNITY

greater inclusivity, ensuring that everyone regardless of ability—can access public spaces, education, and work opportunities with dignity and comfort. Whether you're a business owner, a community leader, or simply a concerned citizen, each of us plays a vital role in shaping a world where everyone feels seen, heard, and valued.

Together, we can build a community that is truly inclusive, where everyone has the opportunity to thrive.

My hope for the future is that people with disabilities can navigate their communities with ease, free from the stress of accessibility barriers.

I envision a world where everyone is included, where the built environment, services, and attitudes are designed to ensure that all individuals can fully participate and thrive.

Together, we can create a society where we all move forward as one, embracing our differences and celebrating our shared humanity.

Yours in Health and Wellness, Tracey Blinco



Law and Access Consultant Human Rights Advocate NDIS Psychosocial Recovery Coach Health Coach



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#### HEALTH, WEALTH & COMMUNITY

etroleum jelly is one of those products that has a ridiculous amount of untapped potential. Sure, everyone knows that it'll hydrate your lips or skin but what about its lesser-known capabilities? We've got a ton of ideas for you.

First a little about the product. Petroleum ielly is a mix of mineral oils and waxes. It was discovered by a chemist named Robert August Chesebrough in 1859. He had noticed that oil workers suffering from burns and other wounds got relief from rod wax, an unrefined byproduct of petroleum.

Petroleum is known for providing a waterrepelling barrier, which allows the skin to heal. After years of tweaking, Chesebrough developed the product Vaseline and began selling it in 1870. More than 150 years later, the formula hasn't changed much.

Petroleum jelly has an exceptionally long shelf life of three to 10 years, not that you'll need it to last that long once you start incorporating all of these uses into your daily life.

Amazingly Practical Uses for Petroleum Jelly

To keep it fresh and clean longer, don't use your fingers to scoop the good stuff out. This puts bacteria and other vucky stuff in the jar, and no one wants that to start growing. Instead, use a clean spoon, cotton swab or cotton pad.

Looking to make the most of your petroleum ielly purchase? Check out this list of 20 ways that you could be using this product to your benefit.

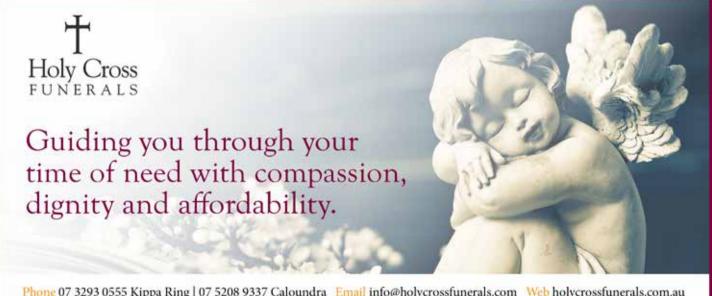
1. Prevent dyed skin. Any DIY hair-dyer knows that an unwanted side effect is dyed skin. Avoid colouring anything other than

your hair by rubbing petroleum jelly in high-risk areas, such as on the neck, around the ears and at the hairline.

2. Revitalize the heels. If your feet are in a bad way, rub some petroleum jelly on them before bed, then put on socks to keep it from getting all over the sheets. You'll wake up with softer, smoother skin!

3. Prevent chafing. Sometimes our thighs stick together a little more than we'd like. Avoid chafing by applying petroleum jelly to prone areas, such as men's nipples (which get chafed from contact with shirts) and the thighs when exercising or just walking around on a hot day.

4. Stop squeaking. All out of WD-40? Lubricate that squeaky door hinge using a bit of petroleum jelly.



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5. Bring back the shine. Leather goods like purses, couches, jackets or shoes can get dried out and start to crack over time. Rub a little petroleum jelly in and watch it come back to life!

6. Remove makeup. You don't need a fancy face wash to take off makeup. Get a little bit of petroleum jelly and rub it into the eyelids, then wipe off eye makeup with a washcloth or cotton pad.

7. Keep glue fresh. Superglue and other such adhesives are prone to drying out after the first use.

Prevent this problem by applying a bit of petroleum jelly both around the rim and under the cap when closing it up.

8. Unstick a zipper. Resist the urge to keep tugging on a stuck zipper until something rips. Instead, free a jammed-up zipper by gliding petroleum jelly on both sides.

9. Prevent lipstick problems. All too often, lipstick winds up on the teeth, where it has no business being. Keep this from happening by rubbing a bit of petroleum jelly on the front teeth.

Performers also swear by this hack to keep their lips from sticking to the teeth when singing or smiling a lot.

10. Hydrate your hair. Don't drop another dime on a pricy hair mask! Instead, use a dollop of petroleum jelly. Leave it for a while, then rinse it out. Don't stop with the hair on your head, either.

Eyelashes are also hair, and while petroleum jelly doesn't help them grow, it does hydrate them, thus helping them appear fuller!

Look familiar?

11. Get a fire going. It does come from petroleum after all. Roll a cotton ball in the jelly and place it on your grill or fire pit. Light it and voila! You've made a fire starter.

12. Rejuvenate a manicure. A thin layer of petroleum jelly is all it takes on the fingernails to make a dulling manicure pop once more.

13. Take the sting out. It's not unusual for parts of your body to get sore or itchy after waxing, threading or shaving.

Apply some petroleum jelly to the affected area and feel the discomfort fade away almost instantly. It does quite a number on razor burn, too!

14. Soothe a scab. Dried-out scabs are downright uncomfortable, not to mention unsightly.

Bring a bit of moisture back to the healing area with a touch of petroleum jelly. This also protects the scab from water and other irritants while still healing.

15. Make a scrub. Add some salt or sugar to petroleum jelly for an effective, budgetfriendly body scrub!

16. Tame a tattoo. Tats look great once they're all healed, but the first days can be painful. Keep the new ink moisturized with a thin layer of petroleum jelly.

17. Remove a ring. The ring that just won't budge is no match for

Ne can help!

#### HEALTH, WEALTH & COMMUNITY

petroleum jelly. Apply a bit and watch the offending jewellery slide right off.

18. Treat nappy rash. If your wee one is prone to nappy rash, start using petroleum jelly between changes to prevent wet nappies from further irritating the skin. If it doesn't clear up in a few days, it's time to consult a doctor.

19. Care for cuticles. Between manicures, apply petroleum jelly to the cuticles and nails to keep them from drying out and getting brittle. It's best done on damp nails.

20. Spot treat the skin. Whether it's the corner of your mouth, the knees or anywhere else on your body, treat dry, scaly patches with petroleum jelly.

This is especially important if you're heading into extreme weather areas because it traps the moisture in the skin.

Clearly, petroleum jelly is the unsung hero of the pharmacy section. Try a few of these hacks and reap the benefits!





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## That an Elderly Individual Should Not Live Alone

t some point, families often face a difficult and emotional question: How can I tell when an ageing relative requires more assistance than the family can offer?

On one side, there are many 90-year-olds who live fully independently; on the other side, numerous individuals in their 60s and 70s are discovering they need extra help for everyday tasks. This decision brings emotional pain for families. No adult child wants to acknowledge that a parent—who dedicated their life to nurturing and supporting the child for many years-now needs a level of care that can't be reciprocated.

The emotional burden of caregiving, which includes stress, anxiety, and depression, significantly impacts families when they're contemplating professional care alternatives.

Is it reasonable to travel back and forth to

check on your loved one multiple times a day to ensure they're eating properly when a care facility could provide meals consistently at scheduled times?

Can you afford to take time off work to deliver the necessary level of care? How much time can you devote, given that the situation is likely to persist?

Are you even capable of providing the specialised care that is required?

Perhaps your relative is generally independent but is exhibiting concerning symptoms such as forgetfulness or disorientation. Are there viable care options for those who don't require constant supervision?

We will address these questions throughout this article and identify five indicators that suggest your loved one may benefit from the services offered by an assisted living facility or nursing home.

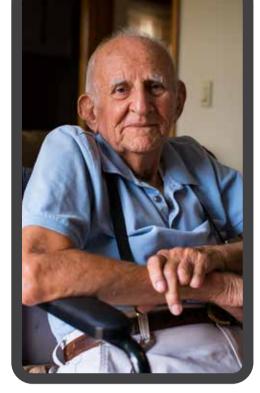
5: Healthy, but Cannot Live Alone Safely Even the healthiest individuals are at risk for slips, trips, and falls. Typically, most people can pick themselves back up and continue on. However, for older relatives, even minor injuries can lead to significant bone fractures due to the gradual loss of bone density.

A seemingly healthy elder (though perhaps slightly unsteady) may suffer a serious injury that complicates their recovery and ongoing care.

Often, the homes occupied by those in their 60s and 70s become unsafe as they reach their 80s or 90s. Stairs, winding hallways, slippery floors, and tall shelves pose potential hazards that must be navigated daily.

Additionally, large yards with uneven





ground, poorly lit spaces, or small bathrooms in elderly loved one's home may give family members valid reasons for concern. When older family members are still too independent for full-time nursing home care, many only require a moderate amount of help with daily activities.

These activities can include bathing, cooking, eating, dressing, and safely

getting in and out of the bathtub. For these individuals, assisted living can be the solution. Assisted living facilities serve as a transition between complete independence and full-time care.

They are suitable for those who are "mostly capable" and desire (and can safely enjoy) a high degree of autonomy and freedom. This option can offer both the elderly and their families a sense of security and reassurance.

4: Early Stages of Alzheimer's Disease Over 5 million Australians are affected by Alzheimer's disease and other forms of dementia.

This condition impacts memory, judgement, and perception, causing significant disruption for those affected as well as their families.

As time progresses, individuals with Alzheimer's will lose their ability to speak, walk, and swallow. It is a progressive and ultimately fatal condition.

While researchers are making strides toward discovering new therapies to slow the disease's advancement, there is currently no cure.

Symptoms of Alzheimer's may manifest in individuals as young as their 30s or 40s,

#### HEALTH, WEALTH & COMMUNITY

although it generally presents itself in those who are older. In the initial stages, an individual may struggle with processing information, remembering simple tasks or items, and maintaining focus.

Although these individuals can usually care for themselves, their level of independence will gradually diminish over time.

Even during these early stages, a brief lapse in thought can lead to serious consequences while driving, managing tasks around the home, or taking daily medications.

However, with early intervention and planning, families can feel proactive and in control of the situation.

Approximately 10 million people in Australia provide their own home care for loved ones with Alzheimer's. However, the difficulties of providing care for someone with Alzheimer's at home only increase, so just as you believe you can support a loved one through a certain level of disability, their needs tend to escalate.

Professionals at care facilities are typically trained and equipped to assist residents with Alzheimer's.

Once a loved one receives an Alzheimer's diagnosis, it's crucial for families to explore their options.



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## Do you know how to make your vote count?

### Federal election, Saturday 3 May 2025

It's important that you understand how to vote correctly.

On election day you need to complete two ballot papers:

- a green one for the House of Representatives
- a large white one for the Senate.

On the green ballot paper you are voting for a representative of your local area or electorate in the House of Representatives.

On the white ballot paper you are voting for representatives of your state or territory in the Senate.

#### Don't worry if you make a mistake. Just ask for another ballot paper and start again.

Electo							
State Electoral Division of Division Name Number the boxes from 1 to 8 in the order of your choice							
L0G0	<b>3</b> SURNAME, Given Names						
L0G0	<b>7</b> SURNAME, Given Names						
L0G0	<b>8</b> SURNAME, Given Names						
L0G0	SURNAME, Given Names						
	5 SURNAME, Given Names						
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Remem	aber number <u>avery</u> box to make your y <b>5</b> th ant						

Green ballot paper – number every box in the

White ballot paper - you can choose to vote either above or below the line

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EITHER

Vote above the line Number at least 6 boxes for parties or groups, in the order of your choice.

#### OR

Vote below the line Number at least 12 boxes for individual candidates, in the order of your choice.

Sample ballot paper

#### Your vote will help shape Australia. Practise voting at aec.gov.au

To learn more

aec.gov.au 13 23 26





#### Turning the 'Curse' into a Blessing

A swe navigate changes in our society and work life, the way we talk about retirement is shifting too. Retirement used to be seen as a well-deserved time for relaxation and enjoyment, but now, some folks refer to it as the 'retirement curse.'

This concept highlights the feelings of aimlessness, loneliness, and even health declines that can creep in when the routines and social connections we relied on disappear.

For many, retirement feels like a beautiful reward after years of hard work, but the transition can pack a punch. Suddenly, the daily structures that gave us purpose become a thing of the past.

The trick isn't just stepping away from a job; it's about reimagining life in a way that keeps our mental and emotional spirits high.

Research shows that this new chapter can sometimes lead to struggles with loneliness and social isolation.

Without work-related activities, many retirees can feel a void that impacts their overall happiness and health. The 'curse' often appears as a lack of purpose, which can affect both our minds and bodies.

So, how can we turn this experience around? The answer is to see retirement not as an end, but as an exciting new beginning! Here are some friendly tips to help you ward off the retirement curse and create a fulfilling life after work:

1. Keep Learning: Retirement is a fantastic time to rediscover old passions or try something entirely new!

Whether it's taking a class, learning a new language, or picking up a hobby, staying engaged with learning keeps our minds sharp and helps us meet new friends.

2. Get Involved: Volunteering is a wonderful way to pour your energy into something meaningful. Not only does it provide a sense of purpose, but it also connects you with wonderful people who share similar values and interests.

**3. Build Connections:** Nurturing friendships is essential. Consider joining clubs or participating in group activities or simply make an effort to reach out to old colleagues. A supportive social network can make a world of difference in those quieter retirement moments.

**4. Stay Active:** Keeping physically active is key to feeling great mentally! Whether it's going for walks, practicing yoga, or joining a local sports team, regular exercise can boost your mood and energy levels. Plus, it's a fantastic way to meet people!

**5. Set Fun Goals:** Having something to look forward to is crucial. Whether it's planning a trip, taking on a DIY project,

or setting personal development goals, having clear objectives can give your days purpose and excitement.

6. Enjoy Flexibility: While a bit of structure is helpful, don't forget to leave space for spontaneity! Being open to trying new things can lead to delightful surprises and joyful moments.

As more of us enter the world of retirement, it's important to reshape our ideas about this time in our lives. Let's change the story of the 'retirement curse' by embracing engagement, connection, and purpose. By taking charge of our post-work journeys, we can turn retirement into an adventure filled with discovery and joy.

In the end, retirement isn't the finish line; it's a chance for vibrant growth and exploration.

By investing in our health, learning, and relationships, we can ensure a bright and fulfilling future in retirement—one that shines far away from any curses!



# **BUSY FINGERS**

WE HOPE YOU HAD A WONDERFUL EASTER WITH FAMILY AND FRIENDS AND REMAINED SAFE THROUGHOUT THE WEEKEND.

#### CLOSING OF SHOP IN THE AFTERNOON

Staff have had problems with closing the shop by 3.30, this is the finishing time for all our staff and volunteers. Solution: The gate will be closed to incoming customers by 3.20, the gate will be manned to allow all cars in carpark to exit. By 3.20 all customers in the shop must be at the counter to pay for their purchases so they will have time to drive from the premises. If customers are not at the counter by 3.20, they will be advised to leave their purchases on the shelf behind counter and return in the mornina.

All customers and cars must be off the premises by 3.30pm when the gate will be locked and the officer in charge will go home.

Please help the manager and staff to finish their shifts by 3.30 pm, if we can't achieve this, we will have no choice but to close the gate earlier.

#### IF YOU HAVE AN ISSUE WITH OUR STAFF/ VOLUNTEERS

We have had an issue recently regarding a customer and volunteer, which, our manager knew nothing about until she saw it on Face Book in the format of an Anonymous shopper complaining. If you have an issue you need to request the presence of the manager while it is happening, so she can deal with the problem immediately. As you know we have cameras, and we can scan them to show what happened allowing Jacki to deal with it appropriately. We cannot assist customers with problems unless they see our manager at the time of the issue, not when it is mentioned hours later on Face Book.

#### **DONATIONS GIVEN**

With the help of our wonderful supporters and customers that come through the shop we have been able to assist associations on the island each month including our permanent assistance to VMR, Global Care and the Hospice for the Palliative Suite. We assisted the following last month, another Defibrillator was required by the BI Parks and Wildlife crew, The Bribie RSL golf club has asked for a bus for their annual away tournament, we will be supplying the BI Legacy Ladies' yearly Mother's Day morning tea. BI High School required some new guitars for the music group as they are hoping to start a performing arts centre at the school.

BI National Servicemen (Nashos) need assistance for their Easter Raffle, and we donated a garden trolley and Weber BBQ, many thanks to the residents who supported this raffle. BACE regatta is on again in May and they required portable toilets and a Medic, Tangaroa Blue Bl asked for assistance in obtaining reusable tackle backs to be used by locals and visitors for putting in old lines, hooks etc to assist in protecting our wildlife in and out of the water. The Pickleball Club needed assistance in purchasing a storage shed for their new venue. The Dragon Boat club required a new **Dragon Boat** 

#### REQUEST FOR PRESENTATIONS AND DONATIONS

If you are a member of an island club or association and require assistance, please let us know. We try to assist all non-for-profit associations and sporting clubs, we also assist the Police, SES, VMR and the BI Hospice. Our President Pauline is quite happy to come along to your club and present our aims and goals and how your club can apply for assistance. Please call 3410 1920 or email busyfingers1@ bigpond.com if you wish to have a presentation or if you wish to apply for a grant of assistance.

When applying for assistance please include a contact name and phone number and also a current equipment quote (from an island business if possible), tell us a bit about your association/club and membership and why you need the equipment you are requesting, and email it to busyfingers1@bigpond. com Please be aware we only support Bribie Island associations and groups, not individuals.

#### VOLUNTEERS

We always welcome new volunteers, so if you have a few hours to spare please give us a call on 3408 1014 or pop into the shop and speak to Jacki, we are registered with Centrelink for Job Seeker requirements. Newcomers to the island can easily make new friends as we have an excellent group of volunteers working with us, it is also a wonderful way of supporting our beautiful island and its residents.

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





Mark your calendars for the Trash and Treasure Market at Bribie Island Uniting Church on Saturday, May 10, 2025, starting at 8:00 AM. Located at 80 Webster Street, Bongaree, this vibrant community event will feature a variety of stalls offering crafts, garden tools, household goods, decorative clocks, resin art, shell art, plants, and much more!

Indulge in delicious homemade bread, cakes, and preserves, and discover fantastic bargains in the Trash & Treasure area. Enjoy a hearty bacon and egg sandwich or a sausage sizzle with a refreshing drink.

Take your morning tea on the terrace-how posh! This is the perfect opportunity to find unique treasures while supporting local artisans and fostering a sense of community. and opportunities for people Join us for a day of fun, food, and amazing deals!

Discover a warm and welcoming community at Bribie Island Uniting Church. Located in the heart of Bribie Island, our church is a place where faith, friendship, and community come together. We offer inclusive worship services, vibrant community programs,

to connect and grow. Whether you are exploring faith for the first time or looking for a new church family, you'll find a supportive environment with a passion for making a positive difference.

Everyone is welcome at Bribie Island Uniting Church—come as you are and be inspired to make a difference!

> Jams & Chutneys BBQ

> > Morning Tea

Home Decor



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







### **STEAKOUT PIZZERIA**

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

9/11 Spinnaker Drive, Sandstone Point - 07 5360 1094 LUNCH Thu to Sun 11:30 - 2:30 DINNER Tue to Sun 4:30 - 8:30





#### 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

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





# LEO LIGHTS UP DALBY:

# STANDOUT DRIVE

Five-year-old Leo Melia made an unforgettable racing debut at round 3 of the Dalby Kart Club Championship last Saturday night, claiming 2nd place in the final and 3rd overall after an intense 15-lap battle under lights. In a thrilling final featuring 10 lead changes, Leo, with his unwavering determination, showed skill, courage, and composure well beyond his years. The Irish Australian youngster and proud third-generation racer impressed the crowds with his race craft and determination throughout the night.

Leo, a student at Birali Steiner School in Beachmere, has spent months quietly working on his skills both on and off the track. Saturday night's performance was a clear sign of the hard work paying off. In just his first race meeting, Leo delivered a standout drive under pressure, staying calm through multiple lead changes to secure a podium finish.

A bright and promising future awaits Leo as he continues to build on an impressive start to his journey in Motorsport.



## BRISBANE CRUISES The Difference Between A Good Cruise & A Great Cruise

#### BRIBIE ISLAND LUNCH CRUISE 2025

Enjoy a relaxing lunch time cruise while we prepare a delicious BBQ lunch onboard the Lady Brisbane. The cruise towards Skirmish Point, Gilligan's Island and Deception Bay is always a magical experience. Cruise route is weather dependent. Buy a GIFT CARD or BOOK Online now at www.brisbanecruises.com.au Price Includes BBQ lunch and cruise

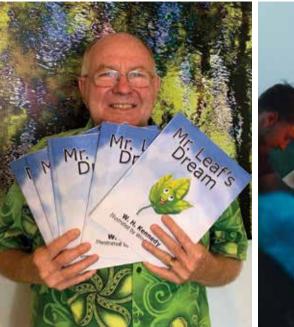
Prices: Adults \$60, Children \$30 (4 - 14yrs).

**2025 DATES:** Wed 28 May, Thu 26 Jun, Fri 25 Jul, Tue 26 Aug, Tue 23 Sep, Thur 23 Oct, Fri 7 Nov

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

07 3630 2666







## STORY WRITING IN THE FORM OF DOELY AND SONG By W.H. Kennedy

hen considering the writing of a story, poetry and song are often overlooked as story genres yet these formats are both word efficient and easier to recall.

While the formats are very different, many of the features remain the same. There are characters, a plot with a twist and a timeline of events. The differences are (1) the introduction has little lead-in and (2) The main character is usually strong, and the antagonists few.

Ballads are one of the earliest examples. Ballads were used by minstrels to tell a story featuring strict meter and often bouncy rhythm and rhyme patterns. Ballads have told stories for centuries and across many different cultures and themes. They often include a catchy chorus or refrain which helps to maintain the attention of the listener and reinforce the theme. Other names for ballads include hymns, sea shanties, anthems, ditties, jingles, canzones. So, when writing, which comes first the poem or the ballad? The answer is either. The writer may have a catchy rhythm or tune in mind when writing the lyrics or alternatively the rhythm of

the words may invoke a tune. Personally, I prefer the second option because you are less likely to end up with a parody of an existing song. For example, one of the songs I have in the pipeline "Jacaranda Jenny" follows the rhythm of its Latin name, "mimosifolia" therefore making it unique.

So, what types of poems lend themselves best to songs which tell stories? The simple answer would be narrative poems, but aren't song words called lyrics so why not lyrical poems? The truth is that usually songs have elements of both tied into the story they tell. Lyrical poems are usually very emotive, timeless and universal in theme, whereas narrative poems relate more a particular event or time. Narrative poems include epics e.g. Homer's Iliad and dramatic poetry e.g. the plays of Shakespeare, (both too long for modern songs,) and ballads as mentioned previously. In Australia many of our ballads have emanated from poems with rhythm and rhyme including Bush Poetry. Many are surprisingly modern. Bon Jovi's "Living on a Prayer" is an example of a modern ballad.

For me, Bush Poetry is a great

base for songs? Like many Jingles they have strong rhyme rhythm and meter. However, the best songs tell a simple relatable story and have a catchy chorus and or a game changing bridge to vary the rhythm and pace of a song. An example is Kris Kristofferson's "Help me make it through the Night."

Howard writes as W.H. Kennedy and his first book "Mr Leaf's Dream" is based on a poem telling the story of a leaf which dares to dream to see the world. He has also dabbled in novel and short story writing but prefers poetry and song as his story telling vehicles. He is an active member of both Bribie Island and North Pine Bush Poetry groups but prefers to think of himself as an impressionist poet i.e. One who captures the "atmosphere" of a moment or place. He is songwriting alongside well-known musician Chris Doyle, formerly from The

Wolverines. Their first album is

in the pipeline with one song: "Twirling Round the Dance Floor" about finding love at a B & S ball. W.H. Kennedy Poet and Traveller now has a Facebook page.

Watch this Space.



## LET'S GO TRAVEL -NEXT MEETING 25.5.25

#### Update from last meeting:

We had a great turnup yesterday 27/4/25 for our Let's Go Travel Group- around 15 with a Few new ladies, quite eager to travel also. Plenty of discussions on "Where to next" were happening all along the tables. It's such a great group when we are all interested in Travel and can talk about where we have been and where we would like to go next.

One other thing is if you have travelled somewhere and have some Hints & Tips for everyone, that will make travel easier in that part of the world, either write down your Tips & Hints and I can reproduce on my computer or type up a little page on things you know others will benefit from and we can share this around and hopefully make things easier for someone else and add to their great holiday. (Can always email me too, just phone for my email address.)

Our next meeting will be 25th May 2025 at the RSL Social Area. With the renovations happening at the moment, we will be sitting outside, but they always give us plenty of room and tables etc.

Look forward to seeing you there, and if any questions please

don't hesitate to call me. Cheers and Safe Travel if you're on your way soon!

#### Rosyln Sanderson 0401078187





**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 VIIIage is held on the last Saturday of each month 8am to 12pm

The Bribie Island Comm Plant Nursery

The Bribielsland 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. Paint, Paper, Portraits and Thread EXHIBITION 2025 Bribie Island Community Arts Centre May 6 - 18

#### FOUR INSPIRING BICAS WORKING TOGETHER GROUPS HAVE JOINED FORCES FOR THIS MARVELLOUS SHOWCASE OF THEIR COMBINED TALENTS. IT TRULY IS A TESTIMONY TO THE SAYING "THE WHOLE IS GREATER THAN THE SUM OF ITS PARTS".

This FREE exhibition in the Matthew Flinders Gallery at Bribie Arts Centre, is open **Tuesday to Saturday 9am – 4pm** and **Sundays 9am – 1pm.**The Arts Centre is at 191 Sunderland Drive Banksia Beach Bribie Island.

Cafe 191 on site is open 7 days; Tuesday to Saturday 9am - 2pm, Sundays and Mondays 9am - 1pm.

## Thursday Painters

Thursday Painters who are this year celebrating their 35th anniversary. Their artists are diverse, working in acrylic, oils, pastels and drawing techniques.

## Pen and Pencil Group

The Pen & Pencil group is a mixture of 17 artists from experienced to beginners using various mark-making techniques in pastels, coloured pencils, charcoal, graphite and pen.







### Portraits Group

1998 - March 19

The Portrait Group is a friendly dozen who have come together to paint and draw in all mediums portraiture and figure art.





### Tactile Textiles

Tactile Textiles numbers 15 diverse artists who share their experiences and talents, working in all textile forms, new and recycled. With a theme of "Layers" for this exhibition, members have used as felting, eco dying, sun printing, applique, Boro stitch, slow stitching, patchwork, embroidery and fabric pointing to bring a rich brew of works.

#### TAG - TEXTILE ART GROUP



THREADSTroughTIME

Queensland - since 1980 20th May - 1st June

Matthew Flinders Gallery -Brible Island Community Centre 191 Sunderland Dr OPEN TUESDAH - SUNDAH 9am - 1pm 1 Sunday - 1pm





## THE ART OF A GREAT PHOTO: What Makes an Image Stand Out?



In a world brimming with smartphones and social media, where every moment can be captured at the click of a button, what truly constitutes a great photo? As Australians, we each have our unique perspectives shaped by our vivid landscapes, diverse cultures, and vibrant communities. Let's explore what elevates an image from a mere snapshot to an evocative piece of art. Firstly, great photos often tell a story. Whether it's the sun setting over the rugged Outback, a bustling market in Melbourne, or a quiet moment among kangaroos on a sleepy afternoon, an exceptional photograph captures a narrative that resonates with its viewers. It invites them to engage, to explore, and to feel. In a country as varied as ours, the stories we can tell through our images are limitless. Composition is another vital element. The arrangement of elements within a frame can dramatically impact the viewer's experience. Many photographers employ the rule of thirds, leading lines, and framing techniques to create pleasing visuals that guide the eye. Consider how the iconic Sydney Opera House can appear different depending on the angle from which it's shot—proving that perspective matters immensely.

Lighting plays a pivotal role as well. The golden hour—the hour just after sunrise and just before sunset—offers a magical quality to photographs. It softens shadows and creates a warm glow that can transform an ordinary scene into something breathtaking. Understanding how natural light interacts with subjects can elevate an image to stunning levels of beauty.

Emotion is perhaps the heartbeat of every great photo. Capturing raw human connection or the delicate expression of a child's wonder infuses life into an image. In our bustling cities and serene coastal towns, everyday moments—like a laugh shared amongst friends or a quiet sunset on Bondi Beach—can speak volumes when caught at the right moment.

Lastly, authenticity is paramount. We live in a time when photos are often filtered and manipulated, yet there's a certain charm in embracing the imperfections. Candid shots that showcase genuine emotions or unfiltered representations of our landscapes often strike a chord with viewers. Authenticity fosters connection, reminding us that behind every image is a unique story and perspective.

A great photo is more than just a visual representation; it's a story waiting to be told, artfully composed, beautifully lit. and rich with emotion. As Australians, let's celebrate the artistry found in our own backyards. Whether you're an amateur with a smartphone or a seasoned photographer, keeping these elements in mind can help transform your photography into more than just images—it can become a powerful tool for storytelling and connection. So, grab your camera, venture out, and start capturing the essence of our beautiful land. The perfect shot awaits

# Enter BIEPA's Bribie Island PHOTO COMPETITION

# Winning entries will feature in BIEPA's 2026 Calendar

A cash and prize pool totalling \$1400

Landscape-orientation photos capturing the native flora and fauna and the natural environment of Bribie Island and surrounds



biepa Bribie Island Environmental Protection Association Inc.

Full details at www.biepa.online



Entries by 30th May 2025

# Broome 1942 By: Al Finegan

Before 1942, Broome had been a small, isolated pearling port in Roebuck Bay on the NW coast of Western Australia. To the unsuspecting 4,000 or so locals, it was to become the site of the second most devastating attack on the mainland of Australia.

By February 1942, the Japanese military domination of Southeast Asia by its land, sea and air forces, had reached the Dutch East Indies (now Indonesia). With the invasion of Java only a matter of days away, the allied command decided that the only remaining option for the Dutch nationals, allied civilians, and escaping soldiers to be rescued from Java was an evacuation by air. The logical and realistic safe haven at this stage was Broome, a distance of 900 kilometres from Java. A command structure was quickly established in Broome and a collection of aircraft from different nations was formed into an organised fleet. During February, 1942, Catalina, Dornier, and Empire flying boats, as well as bombers and transport aircraft, airlifted over

8,000 Dutch and other Allied civilians and soldiers out of Java to Broome, then ferried on to Perth

Meanwhile, on 19th February, the Japanese conducted a massive air raid that almost obliterated Darwin. Their next target was a planned strike on Broome to secure their right flank and to cut off the allied escape route as they drove towards New Guinea in the east. The task for this mission was assigned to Takeo Shibata, Commander of the Third Air wing of the Japanese Naval Air Force that had just occupied Timor. On 2nd March1942, he despatched a high-flying reconnaissance aircraft to survey Broome Airport and its harbour. Within hours of receiving the pilot's reconnaissance report, he issued orders for a squadron of nine Zeros, arranged in three flights of three, to attack Broome. The Zero was a single engine fighter aircraft armed with 20mm wing cannons, and twin 7.7 mm machine guns mounted on the nose. They did not carry bombs. The squadron would be led by an unarmed



reconnaissance aircraft crewed by a pilot, backed by a specialist navigator/photographer.

By dawn on 3rd March the Zeros were all fully fuelled, and each fitted with a 320L drop tank. At 5am the pilots arrived. From one of the ex-Dutch airport buildings, Shibata watched as the pilots taxied to take off then disappear into the predawn murkiness. He knew it was a dangerous mission, first to take off at maximum weight, then fly an unprecedented long-range flight, mostly over water. It was estimated that they carried just enough fuel to make the trip there and back and to allow just 15 minutes to attack their targets. Shibata knew his career and reputation would live or die on the turn of events. But so far in the war, the Japanese had learned that such daring usually paid big dividends.

By the time the sun was well up over the horizon on the squadron's left, a dark blur began to emerge in the distance. It was the great Australian mainland. The navigator was soon relieved to see several distinctive landmarks that confirmed their position. By 9.20, Broome itself could be seen in the distance as the sun reflected from dozens of iron roofs. These were the only manmade structures of any kind the pilots had seen along miles of desolate coastline. Leaving one flight as overhead cover, the other two released their drop tanks and dived around the tip of the peninsula to make a steep descent into Roebuck Bay. From their intelligence briefing, they immediately recognised the long black crooked jetty pointing directly from the township into the harbour, crossing muddy tidal flats to the deeper blue water. They saw many flying boats on the bay, at least a dozen of them. This was the first flight's prey. They began their attack out of the sun. The second flight made a wider sweep towards the airfield. The broad flat overlapping runways were clearly visible alongside the town, just a km or so away. On the airfield, there were multiple metallic glints, clear evidence of targets.

Many of the flying boats, floating gently on the bay, were still packed with passengers who had remained on board overnight due to the lack of accommodation in Broome. They relaxed, in time with the peaceful rhythm of the rocking plane, glad that they had at last escaped the horrors of the Japanese invasion. Here and there, people were sitting in doorways and peering out of the hatchways. A fuel lighter was working through the float planes in preparation for their journey to Perth or other mainland destinations. On the end of the long, narrow wooden jetty, a crowd of passengers was waiting to board a motor launch. They were all oblivious to the imminent danger screaming towards them until the Zeros began firing. It was easy work for the attackers. They didn't need gun sights - they were able to walk their deadly stream of lead onto their targets. They made a wide sweep over the harbour before starting another run. Their deadly cannon fire hit aircraft fuel tanks, and the lighter. They all exploded in flames.

The collective horror can only be imagined. Soon these scenes were hidden by clouds of smoke. With each pass the attackers made, there were more flames, more smoke, more devastation. Out of the chaos, the Japanese pilots tried to pick out those flying boats, still untouched. Cannon shells effortlessly punched through the thin metal skin of the thick upper wings. The fuel tanks housed inside the wings ignited. Nothing could stop fuel tank explosions after dozens of hits, especially from 20mm shells. The conclusion was a forgone. Every flying boat was aflame and wrecked.

At the same time, the second flight was sweeping around the bay to attack the airfield when the flight leader spotted a four-engine bomber that had just taken off moments earlier. It was just retracting its undercarriage and barely 100 feet off the ground. It was a US B-17 heavy bomber, definitely a worthy target. The flight leader swept into attack the B-17 from behind. Within seconds, he was slightly above and close behind the bomber, ready to make a shallow diving attack, setting his sights on the bomber's cockpit. He commenced firing, and saw his bullets strike the enemy plane. The bomber pilot was taken by surprise, yet immediately took what evasive action he could, skimming the waves and zigzagging to narrow the Zero's attack options. Clearly the Zero's pilot did not expect the bomber's tail gun to be manned, when a burst of 50 calibre bullets sprayed towards his plane. All this happened in just seconds. He was level with and turning away from the bomber when a flash came from the enemy's fuselage as the bomber's fuel tank blew up. The belly of the aircraft was engulfed in flames just before it plunged into the sea. The Zero pilot barely had time to comprehend what had happened when he realised his engine was smoking. He was still barely above the waves when his engine seized and, with little time to react, he crashed into the sea.

Minutes earlier, and unaware of their leader's fate, his companions had zoomed low over the mangroves and were positioning to attack the airfield. They scanned the area for enemy fighters taking off but there was no sign of them,

only large, parked planes. They could see figures running into the scrub on the edge of the airfield. Their first target was obvious, three large four-engine planes parked together in the centre of the airfield. The two pilots pumped cannon shells into the large planes leaving all three as balls of fire. They saw a twin engine aircraft with its props turning on a taxiway and sprayed it with their cannons. They continued to make several strafing runs, firing at aeroplanes, hangars and fuel storage tanks, while ignoring the soldiers in the tree line, firing at them with hand-held machine guns. Within a few minutes. all seven of the planes on the airfield were fiercely burning. At the same time, the harbour was a chaotic mess of smoke and flames. The water was black with oil floating on the surface, some of it on fire. Horrible screams were heard, echoing about the bay.

From on high, the captain of the guide aircraft watched on, seeing that Broome was now an inferno, he radioed his squadron to reassemble for the flight home. As the attacking planes climbed up, he took photographs. Soon eight fighters were circling around, aware that one was missing. They loitered in the area for a few minutes, but with radio silence from their comrade, they knew there was nothing they could do. The squadron turned north and began following the now familiar coast.

Roughly halfway along the coastline they spotted a dark coloured aircraft flying low towards them on a reciprocal course. The leader of the covering flight led his team down to investigate and identified a twin engine Douglas transport. The Douglas was an easy target. Its pilots were unaware of the presence of the zeros until it was under attack. The first burst riddled the fuselage with bullets. Another burst hit the port wing, setting the engine on fire. Luckily for those inside however, they had the services of a quite extraordinary chief pilot. He commenced an almost vertical spiral dive. The three fighters followed the plane down and saw the crippled Douglas pull out of the dive just above a

beach to make a safe emergency landing. The passengers leapt out of the wreck and scattered at a run. The Zeros decided not to make a strafing pass, conscious of their limited fuel.

Still well short of Timor, one of the Zero pilots spotted another of their planes leaking fuel and radioed the message. The one leaking fuel replied that he knew his fuel use was too high and suspected that he had been hit during the attack. While just in sight of land, his engine coughed and died. He splash landed on the ocean. He was never seen again.

Back in Timor, Shibata heard the pilots' reports and viewed the photographs. He realised how successful the raid had been. Over 20 large multi engine planes, mostly heavy bombers or flying boats, had been destroyed. This was way beyond the wildest expectations of anyone involved with the mission. Since the first day of the war, even finding such numbers of large aircraft in one place was unheard of. For the loss of two pilots and two aeroplanes Shibata knew that he had been vindicated for the risk of the long-range fighter mission.

Broome was left reeling from the attack. The short but intense raid had lasted only 20 minutes. A conservative estimate is that 88 people had been killed, including many Dutch women and children, with many others wounded or seriously injured. 24 aircraft had been destroyed, including 16 flying boats. Many survivors were picked up in small boats, some after being carried well out to sea by the strong tide. The survivors told of the horrific sights they had seen, and the ghastly injuries some people had suffered. The exact number and identities of the refugees killed that morning will never be known.

Broome was attacked three more times, but with improved air defences, little damage was suffered. After the war, Broome resurrected the pearling industry and thrived once more. Today, during extremely low tides, the wrecks of six float planes can still be seen in the sands of Roebuck Bay.

# Pawsome Pet Pages













## REGULAR FEATURES



# SPORTS PAGES

## BRIBIE ISLAND BOWLS CLUB

Self select pairs results Friday 4 April 2025 Winners: P Andrews, E Hookey Runners up: B Kinnear, J Dieben Lucky draw: M McIntyre, W Ryan

Lucky draw: L Mann, A Mann Self select pairs night results Friday 4 April 2025 Winners: B Pritchard, W Simmonds Runners up: N Crocker, D Kaatz Lucky draw: M Beutel, B Hosie Lucky draw: K Kajewski, B Russel Lucky draw: J Oliver, K Laverty Random fours results Saturday

5 April 2025 Highest margin: T Richardson, S Brown, R Bickerton, M Aubin Lowest margin: L Savige, T Phillips, K Brown O of H winner: M Cherry, A Pinzger, I Smith, G Coleman O of H winner: M Gaggiano, J Muller, S Brown, A Wells Self select triples results Tuesday 8 April 2025 Highest winning score: R Black, M Huddleston, B Skerten Runners up: T Erfurth, M Andrews, T Bishop, D Bishop Lucky draw: L McKay, B Clarke, J McKay, J Park Lucky draw: R McDermott, L Mather, M Thompson, M McGregor Scroungers results Wednesday 9 April 2025 1st: M Gaggiano 2nd: R Eaton 3rd: J Coleman 4th: M Ball Self select open pairs morning results Wednesday 9 April 2025 Winners: B Snare, S Chandler Runners up: R Ferguson, J Ferguson Lucky draw: I McCelland, A Buckmaster Lucky draw: M Andrews, M Prewett Lucky draw: S Hose, N Grey Lucky draw: D McDougall, W McDougall Self select open pairs night results Wednesday 9 April 2025 Winners: M Cherry, L Williams Runners up: J Jones, M McNeill Lucky draw: R Handcock, D Handcock Random triples results Thursday 10 April 2025

Winners: M Thompson, P Neumann, S Hoelscher Runners up: T Whalley, D Charlwood, J Murray O of H winner: P Conn, G Mellors, S Muller O of H winner: G Frew, D Davis, M Hogan Self select pairs results Friday 11 April 2025 Winners: A Sturm, L Williams Runners up: G Jackson, G **McEniery** Lucky draw: G Skoien, L Mann, M Gittins Lucky draw: B Kinnear, J Dieben Self select pairs night results Friday 11 April 2025 Winners: D Beadman, G Fowler Runners up: K Thornton, L Savige Lucky draw: T Paekau, C Wilkie Lucky draw: P Adams, W Simmons Lucky draw: T Smith, C Hayles Lucky draw: P Keepence, E Deakin Random fours results Saturday 12 April 2025 Highest margin: L Stone, K Muller, T Phillips, A Whalley Lowest margin: M Gaggiano, A Campbell, W Langford O of H winner: P Gee, J Wallis, S Brown, J Coleman O of H winner: G Low, L Hackwood, G Hutchison, A Riseham Self select triples results Tuesday 15 April 2025 Winners: R Ghest, R Williamson, L Kurtz, M Young Runners up: T Turnbull, B Turnbull, S Mitchell, A Riseham Lucky draw: R Eaton, F Crockett, J Wallace, BJ Adams Encouragement: J Blundell, J Murdock, M Shipley, T Carlton Scroungers results Wednesday 16 April 2025 1st: G Geisler 2nd: E Thean 3rd: J Falvey 4th: J Coleman Self select pairs results Wednesday 16 April 2025 Winners: R Avern, T Howard Runners up: P Adams, C Wilkie Lucky draw: C Thornton, K Thornton Lucky draw: G Teakel, T Erfurth Lucky draw: M Andrews, M Prewett Lucky draw: D Cherry, L Murphy Self select pairs night results Wednesday 16 April 2025 Winners: J Brazier, T Bishop Runners up: Z Elmore, E Stacey

Random triples results Thursday 17 April 2025 Winners: M Gittins, T Phillips, A Whalley Runners up: G Mulpeter, R Follett, L Stanford O of H winner: L Beaven, D Charlwood, Y McDonald O of H winner: P Ditchburn, W Follett, K Brown Self select triples results Tuesday 22 April 2025 Winners: G Paekau, K Bell, Jacko Runners up: D Frick, B Castle, P Patrikeos Lucky draw: G Olson, F Crockett, D Davis Bunny: B Turnbull, S Mitchell, A Riseham Lucky draw: J McKay, L McKay, J Park Scroungers results Wednesday 23 April 2025 1st: M Ball 2nd: L Hackwood 3rd: G Gunter Self select pairs results Wednesday 23 April 2025 Winners: M Cullinan, W Gilbert Runners up: I McClelland, A Buckmaster Lucky draw: G Duncan, K Burdon Lucky draw: W Kelly, G Olson Bunny: R Ferguson, B Ferguson Self select pairs night results Wednesday 23 April 2025 Winners: J Smith, A Russell Runners up: J Jones, A Wilmot, P Keepence

## SOLANDER LAKES BOWLS CLUB

W/E 20/4//25 **Tuesday Club Select Triples** Winners: Ted Parker, Ib Larsen, Wally Schmidt 2nd: Ted Fairman, Steven O'Grady, Beryl Copperthwaite 3rd: Diane Nock, Cheryl Crawford, Graham Hubbard Wednesday Self Select Pairs Winners: John Dann, Cheryl Dann 2nd: Peter Hodgson, Paul Ollier 3rd: Doug Brown, Alex Kinnear Thursday Self Select Triples Winners: Lynn Shorter, Peter Evans, Ian Carr 2nd: Kevin Moore, Geoff Sorrensen, Steve Todd 3Rd: Carmel Sorrensen, Ib Larsen, Andy Ives Friday Self Select Pairs Winners: Easter Good Friday 2nd: 1st Round: 2nd Round:

Saturday Club Select Triples Winners: Ron Boddenburg. Rosa McLeod, Brian Craitem 2nd: Des Stewart, Beryl Copperthwaite, Tony Grimmond W/E 27/4/25 Tuesday Club Select Triples Winners: Val Jones, Bruce Crawford, Michael Whiteside 2nd: Wayne Walker, Keith Reithmuller, Bob Edwards 3rd: Cheryl Crawford, Rhonda Warwick, Graham Hubbard Wednesday Self Select Pairs Winners: Pat Samuelson, Deb Hill 2nd: Declan Dawson, Peter Nixon 3rd: Ann Mehmet, Ian James Thursday Self Select Triples Winners: Jackie Player, Sue Lupi, Bob Stuart 2nd: Ann Larsen, Judy Pursehouse, Bruce Pursehouse 3rd: Ricci Harris, Janelle Day, Raie Stuart Friday Self Select Pairs Winners: RAINED OFF Saturday Club Select Triples Winners: Dianne Nock, Bob Stuart, Michael Whiteside 2nd: Garry Pincott, Bruce Crawford, Ron Boddenberg

## BONGAREE BOWLS CLUB

Results 11/4 to 24/4/2025 Results of Friday Paddle Pop Draw 11/4/2025 Winners: Andrea Pike, Ron Wilson, John Morrison R/Up: Carol Oates, Sandi Hodges, Beryl Moor

Patroness, Patron and Life Members Day 11/4/2025

Our Patrons, Patroness and Life members were honoured today with a special afternoon tea put on by the Ladies Committee. It's a special day to give thanks to these longserving members who have given so much to the club over the years. Gordon Pitts, Gail Parker, Wendy Rollason, Gary McCarthy, Joy Lambie, Doreen Pennery, Marilyn Weston and Honey O'Neill with our Ladies President Dee Morrison. Thank you too all.

Results of Turkey Pairs Tuesday 15/4/2025 Winners: Doreen O'Halloran, Brenda Hutchinson R/up: Sandra Scott, Kim Hagan Bonus Draw: Doreen O'Halloran, Brenda Hutchinson Results of Wednesday 4's

Coleman

Hoelscher

Lucky draw: J Coleman, G

Lucky draw: G Denkel, W

#### 16/4/2025

Winners: Sandra Scott, Janice Mason, Jen Hadley, Wendy Rollason R/Up: Steve Mogan, Robert Johnson, Richard Fell, Gideon Groucamp Today's Sponsors were Rod and Toni Curtis Results of Tuesday Turkey Pairs 22/4/2025 Winners: Diana Stowers, Ian Gillies R/Up: Dave Hutchinson, Sue Francis, Judy Irvine, Ellen Corrick Bonus Draw: Jackpot Results of Wednesday 4's 23/4/2025 Winners: Billy Moor, Gary Piecow, Frank Levey R/Up: Col Valentine, Garry McCarthy,

BRIBIE ISLAND WOMEN'S GOLF 15/04/25 SINGLE STROKE DIV 1 WINNER

Gwen Clutterbuck 74 c/b 2nd Pauline Grooby 74 3rd Kate Wesener 75 DIV 2 WINNER Ailsa Lauchlan 73 2nd Tanya Zanow 76 c/b 3rd Diane Fitzpatrick 76 c/b NTP Hole 4 Sheena Bath Hole 7 Pauline Grooby Hole 14 Ann Rogers Hole 16 2nd shot Tanya Zanow Hole 3 (Div 3 2nd shot) Angela Jordan

#### 17/04/25 SINGLE STABLEFORD – REDCLIFFE CHALLENGE

DIV 1 WINNER Sandy Smith 38 2nd Linda Urquhart 37 c/b 3rd Lorna Burns 37 DIV 2 WINNER Gaby Bennett 38 2nd Sheila Hill (Redcliffe) 34 c/b 3rd Lenore Wilson 34 c/b DIV 3 WINNER Lorelei Kiernan (Redcliffe) 33 2nd Wendy Robinson 32 3rd Angela Roberts 31 NTP Hole 4 Div 2 Debra Dunn Hole 7 Open Gwen Clutterbuck Hole 15 Div 1 Gill Lee

REDCLIFFE BEST 20 SCORES 579 BRIBIE BEST 20 SCORES 671

22/04/25 4BBB STABLEFORD OVERALL WINNERS Sharon Blundell & Maxine Langham 45 2nd Kerryn Keys & Nadia Aylott 44 c/b 3rd Pauline Smith & Noleen Brown 44 c/b NTP Hole 4 Myra Thomsen Hole 7 Noleen Brown Hole 14 Sue Navie Hole 16 2nd shot Sandra Power Hole 4 (Div 3 2nd shot) Nadia Aylott

#### 24/04/25 MULTI TEE SINGLE STABLEFORD

DIV 1 WINNER Linda Urquhart 40 2nd Kate Wesener 35 c/b DIV 2 WINNER Ailsa Lauchlan 39 2nd Rosanne Sullivan 37 DIV 3 WINNER Suzanne Peet 32 2nd Roslyn Crossley NTP Hole 4 Kate Wesener Hole 7 Diane Fitzpatrick Hole 14 Suzanne Vallely Hole 16 2nd shot Sandy Smith



DIV 2 Gaby Bennett with Lynne Matthew Redcliffe Captain



DIV 3 Lorelei Kiernan (Redcliffe) with Ailsa Lauchlan Bribie Captain



DIV 1 Sandy Smith with Lynne Matthew Redcliffe Captain



ISLAND Ailsa Lauchlan and Lynne Matthew Captains

#### MORETON BRIBIE BRIDGE CLUB:

This month's ABF rankings saw 2 members, Robert Sutton and Keith Cohen, promoted to Life Master. Congratulations to both.



PHOTO Robert Sutton (L) Keith Cohen (R) **RESULTS: MORETON BRIBIE** BRIDGE CLUB: Sat 12 Apr 1. L Carr & J Wright 2 H Tyler &J Medhurst 3 R Sutton & S Watson Wed 16Apr N/S 1 H Standfast & J Budgeon 2 L Carr & J Wright 3 D Quinan & L Wilson E/W 1 J Hays & K Cohen 2 R Floquet & J Kinross 2 J Jones & C Frederiksen Sat 19 Apr 1 Y Nakamura & B Connell 2 L Carr & J Wright 3 H Tyler & L Heap Wed 23 Apr N/S 1 G & S Barnulf 2 B Connell & L Heap 3 L Carr & Wright E/W 1 R King & M O'Reilly 2 R Webb & L McLaren 3 R Floquet & J Kinross BICBC: Monday 14 Apr N/S 1 C Page & J Kennedy 3 R King & J Fitzgerald 3 P Edis &C McAlister E/W 1 R & C Perrott 2 J Lawson & C Frankcom 3 G Lock & N Denvir Monday 21 April N/S 1 P Edis & C McAlister 2 C Page & J Kennedy 3 D Quinan & M Peart E/W 1 I Best & T Avenia 2 G Lock & N Denvir 3 L Groves & A Fielding

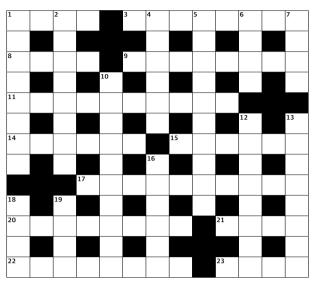
## **Proud Sponsors of Bribie Island Sports**

## Brible Island Bowls Club

11-23 Welsby Parade, Bongaree.

www.bribiebowls.com Phone 3408 1018

## Crosswords - QUICK & CRYPTIC



#### Across

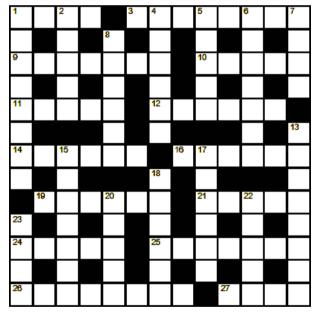
1 Man or mouse? (4)
3 Tent's outer part (8)
8 Direction of travel (4)
9 One holds a sword (8)
11 Protective eyewear (10)
14 One's badly behaved (6)
15 Victorian undergarment (6)
17 Mormon religious building (10)
20 Not probable (8)
21 Part of a doorframe (4)
22 Slump (8)
23 It's said to be very dry (4)

#### Down

1 Pretty as (anag) - a (woven) picture
(8)
2 Inspire awe (8)
4 Type of grasshopper (6)
5 Later - UN bequests (anag) (10)
6 And more besides (2,2)
7 Large (sum of money) (4)
10 It sells second-hand goods (4,6)
12 Toccatas (anag) - the opposite of flowing (8)
13 Look like (8)
16 Wine collection (6)
18 Large amount (of something) (4)
19 Weak spot (4)

Our Apologies for incorrect clues last week.

## CRYPTIC



#### Across

1 In vogue to a point will wane (4)

- 3 Libyan leader enters foreign embassy
- for a meeting (8)
- 9 Supposedly needed to find that pot of gold (7)
- 10 Doctor that is right not so wet (5)
- 11 They pad out a movie scene (5)
- 12 Ron back on course in Scandinavia (6)
- 14 Remembered to alter point (6)
- 16 Blamed for inappropriate language? (6)
- 19 Make a fuss or just 'make" (6)
- 21 Coach holds on for extra (5)
- 24 Bar the first woman held in both hands (5) 25 Policeman leaves new politician at the
- very beginning (7)
- 26 A nasty spot for mother holding meal on wheels (8)
- 27 Origami movement (4)

## Down

1 Hitherto, fashion Queen met vacant landlady (8) 2 Doctor, fit to bust - get the gist? (5) 4 Cutting axiom with gin sling (6) 5 Butchered deer left with patriarch (5) 6 Great place to live? (7) 7 Talk of cotton, maybe (4) 8 Get barking in boat (6) 13 Card game led to postman's presence (8) 15 Advent of a red-headed opponent (7) 17 Priest takes the first train to carry on (6) 18 Average form of dispensing information (6) 20 An expert is used to keep good clothes clean (5) 22 Ivan upset with sweetheart - simple (5) 23 Fruit that is terrific - straight up, apparently (4)

## SOLUTIONS

## CRYPTIC SOLUTION 238



QUICK SOLUTION 238



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Kids

SPOT THE

10 DIFFERENCES



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# Garden Organics-(GO)

Simple steps to make your garden waste count



ity of Moreton Bay's Garden Organics (GO) bin is helping residents turn garden waste into something great - nutrient-rich compost that supports a healthier, greener community.

Whether you're trimming hedges, mowing the lawn or clearing storm debris, your GO bin is a simple and sustainable way to manage green waste at home.

But did you know that just one or two outof-place items can affect how your green waste is processed?

Getting your bin contents right not only

keeps your garden tidy, it ensures your waste stays out of landfill and contributes to something better.

Following recent clean-ups after Ex-Tropical Cyclone Alfred, many households have been filling their bins with leaves, branches and other storm debris.

This a great opportunity to put the GO bin to good use, but it's also a time when contamination can sneak in unnoticed.

Together, we can keep green waste clean, reduce contamination, and make every bin count.

## What is bin contamination and why does it matter?

Bin contamination happens when incorrectly sorted items are placed in your bin. This includes things that might look like garden organics such as soil, potting mix or even compostable packaging, but aren't accepted in the GO bin.

Unfortunately, contamination causes: Higher processing and disposal costs



HOME AND GARDEN

- Valuable organic material being rejected and sent to landfill
- Greenhouse gas emissions from wasted compost
- Damage to processing machinery and delays in services.

According to Planet Ark, up to 25% of the contents in some bins is contamination; that's one in four bins!

## What can go in your GO bin?

To keep your green waste clean and compostable, only include:

- Grass clippings
- Leaves and small branches (cut to fit)
- Weeds and plants
- Flowers and garden trimmings

All material must go into the bin loose. Do not use bags or liners, even those labelled compostable.

#### GO Hint:

Line the bottom of your bin with a layer of sticks or leaves to reduce grass sticking to the base!

#### What cannot go in your GO bin?

- Plastic or compostable bags
- Food waste and kitchen scraps
- Soil, sand, gravel, or potting mix

- Compostable or biodegradable packaging
- Plant pots, garden tools or seedling trays
- Animal waste or pet litter

Even well-intentioned actions like bagging up garden clippings or tossing in a seedling tray can cause contamination. These items not only contaminate your bin, but may also lead to rejected loads, wasted resources, and higher costs across the community.

After the storm — what to watch for If you've recently done a garden clean-up following Ex-Tropical Cyclone Alfred, you're not alone. This kind of event typically results in increased waste — but also an increase in contamination in green waste.

Residents may unintentionally toss stormdamaged items like plastic sheeting, pots, soil-covered debris or broken tools into the GO bin. These don't belong and a quick double-check before you roll your bin to the kerb can make all the difference.

## Help your bin help the planet

Correct use of your GO bin doesn't just keep your garden tidy, it helps reduce landfill, lowers greenhouse gas emissions, and produce high-quality compost for future use. The organics collected in your bin are sent to commercial facilities, where they are transformed into nutrient-rich compost used in agriculture and landscaping.

Contamination in one bin can affect your entire street's load so doing the right thing has a bigger impact than you might think.

#### Tips to get the most from your GO bin

- Empty grass clippings, weeds and trimmings loose into the bin
- Cut branches to size
- Rinse muddy roots before binning
- Plan your garden clean-up to be the week your bin is collected to reduce odour
- Present your bin every collection cycle, even if only partially full

City of Moreton Bay is committed to reducing waste, increasing recycling, and supporting a circular economy.

Every clean GO bin helps us move closer to our target of net zero emissions by 2039 and every resident plays a part.

Let's work together to reduce contamination, keep our bins clean, and give our green waste a better purpose.

#### Want to know more or apply for a bin?

Visit moretonbay.qld.gov.au/GO.

# Know your risk

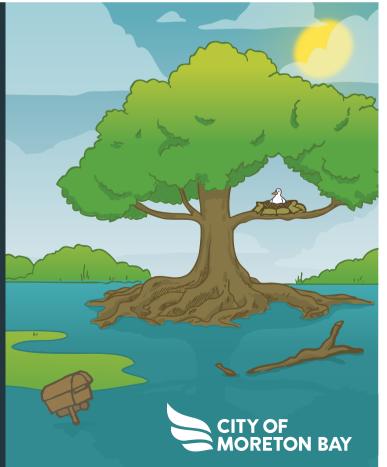
We've updated our flood data and mapping so you can better understand and prepare for future flood events.

Your mapped flood levels may have changed.

To better understand your risk, visit our website to download your Flood Check Property Report.



Scan QR Code or visit moretonbay.qld.gov.au/knowyourrisk





YOUR 1ST

TREATMEN

YOU ARE IN GOOD HANDS WITH COOCHIE HYDROGREEN for a beautiful clean, green, healthy lawn

## WHAT DOES OUR LAWN CARE PROGRAM INCLUDE?

- Lifetime service & product warranty
- FREE call back & redo policy
- Pay as you go with no lock in contracts
- Free advice regarding lawn care and maintenance
- Cost effective solution for positive visual results
- Pet friendly products

You don't buy any more products, all you need to do is water and mow! We take care of the rest!

## WHY CHOOSE COOCHIE?

- Coochie Hydrogreen services over 30,000 regular clients on our Lawn Care Program Australia Wide
- Our commercial grade lawn products are unique and not available to the public
- Australian owned, home grown business
- No.1 industry leader for over 25 years

## FREE on-site profession al lawn inspection and advice:

## HOME AND GARDEN



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

# LAWN CARE PROGRAM

- Have you spent hundreds of dollars on weed control products?

- Are you taking up storage space in your shed with harsh chemicals?

Have you spent hours applicating fertilising and weed control products only to end up pulling the weeds out or killing your grass in the process?
Coochie Hydrogreen can make these dilemmas a thing of the past.
By joining our Lawn Care Program (LCP), you will receive our unique 6-in-1 treatments, designed specifically for your lawn.

Our treatments contain a mixture of liquid fertilisers, organic soil conditioners and soil moisture retainers to encourage strong, healthy growth in your lawn as well as spot treating for weeds, pests and diseases to give your lawn a lush, weed free appearance year-round.

Our Lawn Care Program consists of 6 visits annually every 8-10 weeks. Every other month your local technician will stop by to apply a seasonal mix of our products to give your lawn a boost of nutrients needed to thrive throughout the season. Your local technician will also monitor and treat your lawn for any weeds, pests, and diseases that may be showing their heads since the last visit. If you ever have any questions or concerns, call your local area manager Jack Martin and he will pop out to discuss &/or address the concern free of charge.

## LAWN GRUB SEASON -

Lawn grub is a name that covers a wide variety of creepy crawlies that invade your lawn. Scarab Grubs, Mealy bug, Army Worm and African Black Beetle are just a few of the lawn pests that we see in unprotected lawns each year. HERE'S SOME SIGNS TO LOOK OUT FOR:

## **1. BROWN PATCHES IN YOUR LAWN**

Lawn grubs feed off the root system of your turf, this prevents all the nutrients in your soil getting to the turf leaf so brown patches in your lawn can indicate that grubs are present. .

## 2. WASP ACTIVITY

If Army Worm are attacking your lawn, you will notice large orange wasps start to hover around your turf. They are looking for the Army Worm & Army Worm Pupa to lay their egg's in.

## **3. MOTH ACTIVITY**

When Army Worm mature they turn into moths, these moths then lay eggs in your turf, under your gutters and in every corner of your property, starting the life cycle all over again. If you see lots of moths hovering above your lawn it's likely you have had or will have lawn grubs soon.

## 4. INCREASED BIRD ACTIVITY ON YOUR LAWN

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## **How to Clean Skirting Boards** with a Dryer Sheet

kirting boards cleaning is one of those chores that's easy to forget but has a surprisingly big impact on a room. Skirting boards are the trim or moulding that runs along the bottom edge of interior walls, where the wall meets the floor.

They protect walls, cover gaps, add decorative style and prevent dust and dirt from accumulating over time.

What do you need to know about how to clean skirting boards? They might not be the first thing you notice in a room, but over time, they collect dust, dirt and scuff marks. Regular maintenance helps keep white skirting boards looking fresh and prevents buildup that will make it too tough to clean later. Here's a step-by-step guide.

Getting rid of loose debris first makes the rest of the cleaning

process much easier. Start by using a vacuum cleaner with a brush attachment to remove dust and dirt from the skirting boards. If you don't have a vacuum cleaner handy, a microfiber cloth or a dry brush can work just as well.

Prepare a Cleaning Solution.

Mix warm water with a few squirts of dish soap in a bucket or spray bottle. If your skirting boards have tougher stains, add a little baking soda to the mix for extra scrubbing power. This gentle but effective cleaning solution will help break down grime without damaging the paint.

Wipe down the skirting boards. Dip a microfiber cloth into the cleaning solution and wring out the excess water. Working in sections to ensure every inch gets cleaned. For heavily soiled areas, you may need to go over the surface more than once.

## Remove Scuff Marks with

a Magic Eraser. If you need to remove scuff marks, try a melamine sponge, such as the Magic Eraser. Melamine is a hard plastic that's a cross between a sponge and sandpaper. Dampen the eraser with hot water and gently scrub the marks until they disappear. But be very careful not to scrub too hard -especially on painted surfaces - to avoid removing the paint. Spot-test a section first before moving onto the rest of the skirting boards.

Use a Dryer Sheet to Repel Dust. Once your skirting boards are

clean and dry, rub a dryer sheet along the surface. This not only gives them a fresh scent but also helps repel dust and reduce buildup in the future. It's a simple trick that makes regular maintenance much easier.

How Often Should You Clean **Skirting Boards?** 

Skirting boards should be dusted at least once a month and deep cleaned every few months, depending on foot traffic and household dust levels. If your home has white skirting boards, you may need to clean them more frequently to keep them looking bright and fresh.

## Additional Skirting Boards **Cleaning Tips**

Consider the skirting boards materials. Different materials require different maintenance. Wood skirting boards might require a wood cleaner or polish. Vinyl skirting boards might only need a mild soap and water solution.

Protect floors. Put down a towel or plastic sheeting on the floor before cleaning skirting boards, especially if using a wet cleaning method. This can prevent water damage or staining.





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# Buying a Home Bernie Damage

Make sure any paperwork you sign specifies termite treatment is the seller's concern.You might call it a natural disaster, the level of fear it strikes in homeowners. In the most severe cases, termite infestation can mean the complete destruction of a house, and even a relatively minor attack of the wood-eating bugs can mean huge inconveniences and expensive treatments and restorative work.

People pay well into the thousands of dollars to fix a termite problem. And still, they might come back.

Why even consider buying a house with termite damage, then? Well, some people won't. Others, though, stick around to consider the options -- and possibly negotiate a big discount on the house.

And it's not a terrible idea. Most cases of termites are very treatable, and it's the sellers who pay for eradication and repair if the bugs and their damage turn up on inspection. Plus, preventive measures can reduce the chances of relapse.

This is definitely a buyer-beware situation, though, regardless of repairs and prevention.

Termites can cause structural damage, some of which may not be apparent until long after the sale is complete.

And they do tend to resurface, so it's a problem you might be dealing with forever. Or at least as long as you own the house. When considering the purchase of a home with a termite issue, past or present, the smart approach is to go beyond the usual due diligence.

When it's time for the inspection, choose an inspector with termite expertise, because your typical home inspector is more likely to miss the less obvious signs of termites and their damage.

Make sure the contract specifies that treatment and repairs are the sellers' responsibility, and check that the people they choose to do the work are reputable.

Then, if possible, bring the termite expert back in for a post-repair look to make sure the job was done right.

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That's all before you close the deal. Later, once everything is signed, proceed to do everything you can to prevent a re-infestation, including fixing any instances of unwanted moisture in the house (repairing leaks, fixing parts of the roof that collect water, correcting improper drainage) and having regular termite inspections so if a problem does arise, you can catch it early.

Buying this house will mean extra work in terms of maintenance, but keeping on top of the issue can save you a lot of time, money and aggravation in the long run.

It will also help protect your investment: There's no way you're going to sell that house if the roof collapses.

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## (OPINION PIECE) BY John Oxenford

In this debate over the best way to satisfy future power demands in Australia, we need to understand some of the realities about supplying electricity in Australia and the price we will pay for it. We already have some of the most expensive electricity in the OECD and it is only going to aet more expensive. It doesn't matter how that electricity will be generated. Nuclear, renewables, gas or even by the man in the moon. Its only going to get more expensive. This is easy to explain.

We pay around 30c per kilowatt hour (kWh) for power today. The cost of generating that power is around 6c - 8c per kWh. The cost of long-distance, high-voltage transmission to bring that electricity to our neighbourhood is around 12c - 15c per kWh. The cost of transforming that electricity to a lower voltage and distributing it around the neighbourhood is around 4c - 6c per kWh. And sales and profits account for another 3c - 5c per kWh. Inflation will only increase these costs. Any reduction in the cost of generating power is unlikely to result in any real change in the price we pay for power. It won't even offset the cost of inflation.

The only way the cost of power can be reduced in any significant way is to reduce the cost of transmission and nothing in the policies of any of the parties in this election will achieve that. One of the few options to achieve a reduction in transmission costs is the creation of Local Area Networks (LANs). In this scheme, owners of rooftop solar and battery power in an area agree to combine their output and turn it over to the LAN operator. The LAN operator then sells that power into the grid during peak demand periods. So, in the morning when people get up and turn on the lights and make breakfast, the LAN operator draws on the stored power in the batteries in the area and sells it to the grid operator to meet demand. That saves the grid operator of the need (and cost) of generating that electricity at some remote power station and bringing it to your neighbourhood. Then when the sun comes out, those batteries are recharged. And when people come home in the afternoon and switch on the air conditioner and cook dinner, the LAN operator meets that peak demand from the stored battery power. Then in the middle of the night when power is cheapest, the LAN operator

buys electricity from the grid to recharge those batteries. Some of the modelling suggests that LANs could reduce power costs by as much as 50%.

The initiative to assist homeowners to acquire batteries is a step in the right direction. But all parties are refusing to allow communities to establish local area networks and bid that power into the grid. Naturally the grid operators vehemently oppose such schemes. It would eat into their profits. As a result, the possibility of any reduction in power costs is extremely remote.

So, if someone comes to your

door and tells you that they can reduce the cost of your power, follow the example of Glenn Sather, the legendary Canadian hockey coach, and ask them what they have been smoking.



## HOME AND GARDEN



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HOME AND GARDEN

# NEW HOME BUILDING REMAINS AT DECADE LOWS

"There were 168,050 new homes that commenced construction in 2024, which remains at its lowest levels in over a decade," stated HIA Chief Economist Tim Reardon.

he ABS today released its building activity data for the December quarter 2024. This data provides estimates of the value of building work and number of dwellings commenced, completed and under construction across Australia and its states and territories.

"Home building is currently at the bottom of a cycle and is losing skilled workers to other industry sectors, which impedes future building capacity," added Mr Reardon.

"Australia has consistently built more than 200,000 homes each year and will need to exceed 250,000 annually to meet the Australian Government's 1.2 million homes target.

"Despite the low volume of new homes commencing construction, demand for skilled tradespeople remains high, just not in the new home building sector.

The exceptionally low rate of unemployment, and their rare skills, see them in high demand from other industry sectors.

"The more workers that are lost from the home building sector in this cycle, the harder and more expensive it will be to increase that capacity, as interest rates fall, and activity picks up.

"The exceptionally low level of unemployment in Australia is a doubleedged sword for the industry as it creates demand for new homes and at the same time, leads to higher labour costs to build a new home.

"This week the major parties have announced measures aimed at building more new homes. "In the short term, the only measure that an incoming Australian Government can do to increase the supply of new homes is to offset the cost of taxes fees and charges, by providing financial support for those that build a new home.

"Whether this is done through removing the imposts, such as Lenders Mortgage Insurance or removing first home buyers from the established market and incentivising them to build a new home, can increase the supply of new homes.

"These are the 'easy-good' solutions to the housing shortage. "This doesn't negate the need for the 'hard-smart' policies tackling land supply, infrastructure costs, planning regimes and delays to home building and reform of taxes on new homes.

"An investment in infrastructure, or tax reform or reducing delays, wont impact on the price or supply of housing within an election cycle, but if they are sustained over a decade, they will begin to ease the cost of a new home.

"This should not be an excuse for politicians to renege on their responsibility to address housing affordability by arresting the high cost of delivering new land and rising taxes on housing.

"HIA forecasts that only 983,530 new homes will commence construction over that five-year period, unless meaningful changes to remove the barriers to supply are made," concluded Mr Reardon.





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Thank you for your ongoing support. Phil and I look forward to many more years of collaboration with our existing valued customers and the customers we have not yet met.





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# FISHING REPORT

## By: Robyn from Bribie Island Charter Boats

Il the wet and windy weather we had before Easter played havoc with fishing in S.E. Queensland. As predicted, the weather settled by Easter, which was great timing for families who wanted to do a school-holiday fishing trip.

Our summer species are still prevalent in the Passage during April, but we'll also start to see the cooler weather fish turning up as well.

Flathead like calm and cold mornings. The weed-banks offshore from Sandstone Point have been yielding good flathead (mainly sand flathead). They've been taking anything – pillies and prawns did the trick for Josh, who caught three sand flathead more than 40cm.

Big schools of baitfish have been schooling through the Passage for a while now, and the prawns have really come on, too. Lots of bigger fish are hanging about as a result.

Some lovely bream have been caught, along with grassy sweetlip and snapper. Jarrod got himself two big grassy sweetlip, near the first green marker south of the bridge, and a 47cm flatty from Turner's Camp, all on bait prawns. No-one else on his boat got even a bite, but nevermind....

Corinne, Adam, and their two boys, up on holiday from Newcastle, brought home 20 keeper fish between them, including snapper and big bream, after a fishing session off the stairs at Whitepatch.

Another group brought in a couple of "bream", that were actually under-sized snapper. Fortunately, these snapper were still swimming in the bucket and we were able to pop them back in the water. Remember - if you've caught a lovely pink bream with blue spots - it's a



snapper and must be 35cm!

There are also plenty of grunters happening throughout the Passage, but especially around the creeks.

Squid and worms have been good baits to choose. Everton Park Fishing Club's "fish of the day" must have been grunter, after their comp. day. Big ones, all caught up in Ningi Creek.

Venus tuskfish are in better numbers in April than we've seen all summer. Tuskfish are a beautiful round-bodied fish, with white flesh. There should be fewer of them as the water cools, but Alan and Leesa caught three big tuskfish on their family's Bribie weekend, all at the yellow cross marker near VMR and all on prawns. If you're targeting tuskfish, they're especially partial to soldier crabs. The best place

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to try for them is around rocky spots or around a bit of structure - the oyster regeneration project outside Pacific Harbour is one such place. Make sure you've got strong leader, with smallish hooks that will hide in the bait.

Alveys are a good idea for tuskfish (in fact, a good idea for any fishing!), because you have more sensitive control of the line and can hook the tuskfish before she knows it.

Lastly, after all the rain, it might be a good idea to pop some crabpots

into some deeper holes at the mouths of any of the Passage creeks. The fresh water has been sitting over the top of the salt water, so the muddies will have moved into the holes to stay in the salty water.

The sandies, on the other hand, have been wandering.

One mate, Donna, told another mate, Jim, to put his pots just north of the bridge.

After just one day, he was very glad he took Donna's advice!







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

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 June 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.

## SUNDAY NIGHT ASSIST

10:39PM Sunday night VMR Bribie was activated by Water Police to attend and rescue persons in the water from an overturned Tinny off Sandstone Point just South of the Bribie Bridge. A police patrol car was in the centre of the bridge (lights flashing) shining a spotlight on the 5 persons clinging to the overturned dinghy, when Bribie 2 arrived skippered by Commercial Coxswain Allan Tranter. 3 Adults and 2 teenagers were taken aboard Bribie 2 and back to the base to dry off. The Tinny's propellor had caught on a mooring line and subsequently sank.



Bribie 2 passes under the bridge on her way to the accident scene.

Bribie 2 went out again Monday morning to locate the vessel which was found upturned in waist deep water at Kal-ma-kuta ramp. The owner returned Monday to retrieve the Tinny.



Above and below: - Monday morning the upturned Tinny drifted with the tide before being recovered by the owner.



#### **JET SKI ASSIST**

Longest ever Jet-Ski Mud-Tow at VMRBI?

At 1638 Wednesday 16th April 2025 a member of the public spotted 2 jet-skis in trouble stuck on the mud just south of Parrot Island. Looked like they were trying to wade to the shore. Day callout crew found them quickly enough, 3 adults & 1 child - very high 'n dry! Took heaps of lines to reach the ski: -

• 2 x 100m Dyneema coils.

- 2 x Extra-large coils from the base
- Long spare line from Brible 2
  Every mooring line onboard bar 2
- Bribie 2 Tow line and lots of good knot tying.

Google Earth shows that's 335.9 metres! Successfully towed 1 ski into the water then towed him to Toorbul jetty with all persons on Bribie 2.

Unfortunately, the other ski was still another 50 metres or more away, so owner will return tomorrow to retrieve. Owner wanted to return to Caloundra during the night's high tide luckily Scott & Graham managed to change their minds otherwise on-call night crew would have had a sleepless night!



#### **MORETON ISLAND ASSIST**

On Thursday 17th April 2025 the call-out crew was tasked to assist a 7-metre cuddy cabin vessel beached on Moreton Island near Heath Island Lagoon.

Our Rescue Vessel Bribie 1 was dispatched with crew of Liz, Philip and Wayne and quickly located the vessel. Unfortunately, the boat was too heavily beached to be safely refloated, and the owner decided to remain with his vessel until the night-time high tide. A passing 4WD kindly gave the other family members a lift to Comboyuro Point, one of the few places in the area where Bribie 1 could safely take on passengers. We transported his family, including 2 young children back to the VMR Base at Bribie where they were kept comfortable until they could arrange transport home.

On our return trip, we were treated to the sight of dolphins and the STS Young Endeavor (Sail Training Ship) making its way through the bay. Young Endeavor is a Government Sponsored Square-Rigged Tall-Ship, for sail training and personal development of young people.



#### EASTER ASSISTS

Apart from the normal Easter jobs, we had 2 lengthy assists over weekend. On Good Friday, callout crew of Jim B., Garv H. and Wayne R got call out at 13:20 to reports of a 3.4 mtr Ally Craft with engine problems. The only position he had was north of long island and the assistee was inexperienced at getting lat/lons off his phone. Didn't take too long to find him, but JB3 struggled to get on the plane with him on the tow. . Turned out there was a few hundred litres of fresh water in our bilge. Pumped out & good tow all the way to Caloundra. Finally got back at 16:36, refuelled only to get another

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stuck-in-the-mud assist a few minutes later.



Friday 18th April 2025 - the 2nd Callout for Skipper Jim Brown was a 4.5m Runabout stuck on a mud bank just South of Donnybrook boat ramp requiring a tow to deeper water. We escorted it back to the Donnybrook boat ramp.

Easter Monday the Callout Crew (in Bribie 1) were tasked by Water Police at 16:00 for a broken down 12 metre Full Cabin Cruiser with one engine failure as well as her steering locked to starboard, she had lost the main anchor and deployed a small anchor at the stern on the outside of Moreton Island. It was a very slow tow back (around 7 knots) with the night callout crew called to help moor the vessel on the Emergency MSQ mooring.

We were unable to dock her in at Spinnaker Sound Marina due to operational issues the following morning. All home at around 22:30. Jim Brown Skipper, Phil Hagen and David Logie were Crew.

2nd Callout Crew in Bribie 2 -Graham Parker Skipper, Andrew Veary, and Scott Normile were Crew.

Dave Nicholls and Ian MacDonald were the afternoon radio shift – Callout Radio Operator John Traill replaced Dave at 1800, whilst Ian stayed on for further training gaining invaluable experience in using GWN radio, contacting Water Police and Spinnaker Marina after hours Operations.



The vessel thte next morning on the Emergency MSQ Mooring.

## CONGRATULATIONS GARY HOWELL

Saturday 19th April 2025 - Red Saturday Skipper and Commercial Coxswain Jim Brown presented Gary Howell with the keys to Jonkers Bribie 3 and his Exemption 24 Qualification!

Gary commenced with VMR Bribie as Trainee Crew in March 2021, was promoted Crew in July 2021, and Competent Crew in December 2023 – Congratulations Gary!



Red Saturday Skipper and Commercial Coxswain Jim Brown presents Gary Howell with the keys to Jonkers Bribie 3 and congratulates him on his Exemption 24 Qualification!

## COMMODORE CES' SAFETY MESSAGE:



Commodore Ces reminds everyone to "Check your safety gear, ensure your flares are in

date and dry, that you have a fire extinguisher, torch, v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life Jackets that we see a lot of on vessels.

A lot of the time these are stashed away in the boat, they get wet, and sun damaged and forgotten about, these need to be checked annually too.

Check the life jacket for signs of:

- Sun Damage
- Fading
- Rips
- Check the buckle works
- Inspect straps for any deterioration

- If reflective strips are attached make sure they are clean and undamaged.
- Make sure the whistle works.

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



## **APRIL ASSISTS**

**SUN 13/04 2239PM** – 4.2m Tinny 5POB non-member – Tasked by Water Police to rescue 5 persons clinging to overturned boat off Sandstone Point just South of the Bribie Bridge. All rescued and taken back to VMR Base.

**MON 14/04 1617PM** – Tasked by MSQ to secure drifting Trimaran at Banksia Beach.

WED 16/04 1638PM - 2 X Jet Skis 4POB stuck in mud South of Parrot Island, required a tow and 335m of rope. Delivered 4POB and 1 Jet Ski to Toorbul. **THU 17/04 1339PM** – 7m Cuddy Cabin 5POB nonmember beached at Yellow Patch, required a tow off beach. Unable to effect tow. transported 3 POB to VMR Bribie to be picked up when vessel floats off at high tide.

**FRI 18/04 1320PM** – 4.4m Ally Craft 3POB non-member with engine issues North of Long Island required a tow to Caloundra Boat Club.

**FRI 18/04 1430PM** – 4.8m Half Cabin 3POB member with engine issues, required a tow from Red Beach to Banksia Beach.

FRI 18/04 1647PM – 4.5m Runabout 4POB member stuck on mud at Donnybrook, required a tow to deeper water and escorted vessel to Donnybrook Boat Ramp.

**SAT 19/04 1119AM** – VMR member towed 2 x Jet Skis near Red Beach, one with flat battery, other with rope causing problems. 2POB both declined assistance.

**SAT 19/04 1546PM** – 5.3m Bar Crusher 6POB non-member with engine issues required a tow from the Tangalooma Wrecks to Bellara Boat Ramp. SUN 20/04 1948PM – 6m

Centre Console 2POB nonmember with motor issues required a tow from mouth of Pumicestone Passage to Spinnaker Sound Marina.

**MON 21/04 1600PM** – Water Police activated Bribie 1 to retrieve 12m Full Cabin 2POB non-member with 1 failed engine and steering lock full to starboard from East of Moreton Island to MSQ Mooring Bongaree.

**MON 21/04 2121PM** – a second vessel Bribie 2 was deployed to assist Bribie 1 safely moor 12m vessel to the MSQ Emergency mooring.

WED 23/04 0627AM – 4.3m Tinny 2POB non-member at entrance to Pacific Harbour with a flat battery required a tow to VMR Base ramp.

WED 23/04 1740PM – 10m Yacht 1POB member stuck on sand at Air Forces Park, required a tow to deeper water at high tide.

YEAR TO DATE RADIO ROOM STATISTICS 5,344 CALLS 1,604 VESSELS LOG ONS 97 VESSEL ASSISTS 551 SITREPS 539 REQUESTS 10 OVERDUE VESSELS 7 VESSEL TRACKING 424 RADIO CHECKS 2 WEATHER BROADCASTS 2 SECURITE BROADCASTS 0 PAN PAN CALLS 0 MAYDAY CALLS

56.1% VHF CALLS 0.1% 27MHz CALLS 29.3% PHONE CALLS 1.6% 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!"

## Jackie Boat Regatta BRIBIE







Since early pioneers, the Pumicestone Passage has been a vital connection to the establishment of Southeast Queensland, and to help celebrate boating on northern Moreton Bay, Bribie Aquatic Community Events is proud to be holding its 26th annual along with nautical displays and a Rough Classic Boat Regatta held over the weekend of May 17th/18th. Saturday morning sees

the Flotilla join in the celebrations at the Toorbul and districts market day, then from 12 pm till 4 pm, the fleet returns to Pacific Harbour Marina, where it's the public's only chance to see the larger vessels up close, and Ready boat building challenge. Sunday all the focus goes to the foreshore at Sylvan

Beach Esplanade from 9 am, where you can witness the iconic Grand Parade along with on-water displays, a mini expo of marine industry leaders, and an assortment of food trucks add up to being a packed morning of family entertainment finishing up with awards and chance to WIN by entering in the people's choice award.



**CLASSIC BOATS** CARS **FOOD TRUCKS** POP UPS VOTE & WIN -**PEOPLES CHOICE & BEACH EVENTS** 





Bribie Island Mahalo Outrigger Canoe Club has been running for just over 8 years now and is going from strength to strength. You may see our orange and white canoes cruising up and down the passage on a daily basis. Our club is part of the South Queensland Zone of AOCRA (Australian Outrigger Canoe Racing Association) and as such is involved in regattas competing with up to 26 other clubs within our zone.

Over the weekend of Fri 11th April to Sun 13th April, the SQ Zone Championships were held at Mooloolaba. Wind was a little higher than desirable and waves/swell were definitely a lot larger than anything we see around Bribie! Despite the very challenging conditions we were delighted to come away with 3 gold medals:-

• Platinum Women OC1 4km (70+ single canoe)

• Golden Master Women OC6 8km (60+ 6-man canoe)

• Novice Mixed OC6 8km (3 men, 3 women, all ages with less than 2 years paddle experience).

As you can see from the categories above, age is not a barrier to enjoying this sport and we have many social members as well as those who are competitive. There is nothing nicer than to paddle around Pumicestone Passage spotting dolphins, turtles and even the occasional dugong.

If you would like to give this wonderful sport a try, just email bribieoutriggers@gmail. com

We are always happy to welcome new people to have a go - but be warned - it is addictive!



2 Novice Mixed team (Katrina, Erin, Ali, Peter, Craig & Steve)



## 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,

Mr Cavenor (BI 18/4) I suggest writing to the relevant minister for your answer. But would you believe it? It's **al**ways a matter of perspective.

In the meantime, 13 years ago I invested a small amount in lithium shares, adding to this over time, believing solar etc was the future. I acted on information that resonated - as we all do.

This investment proved volatile, but I persevered. During this time - based on the suggestion to 'get on board or be left behind' - we built on Bribie, installing solar, and a 20volt outlet for an EV even though we weren't considering buying one. Fast forward to 2021, lithium boomed, and we bought a full EV.

Quite the adventure. Since then, we have been in credit on all electricity bills, including car charging, and haven't touched the subsidy.

Even car servicing is negligible if you offset the savings.

Home batteries are next, and this should free us of private energy companies' laughable 'savings'. We have managed this as retirees on a budget and over time – not as instant gratification or entitlement to a free ride.

This started as a belief. Now is reality. You don't even have to believe in climate change to see the benefit. Just notice the filth you're inhaling from that ute in front of you, or the fumes disguised by air conditioning, or the muck you wipe off your front door.

Nuclear is also a belief with its own justifications and inherent dangers. You can't do it self-sufficiently atop your house, though.

The crux of either is – do we let private corporations get their hands on it for selective profit to the selected few, or is it best managed with government oversight in conjunction with privatisation?

P Robinson

#### Dear Editor,

Good fable from L.Rushby but Labor does not nurture any sort of growth. Australia has no manufacturing companies to speak of.

The ones we have Labor wants them to use renewable energy and gives them millions of taxpayer's money.

So many small businesses [which along with farmers are the life blood of economies] have gone to the wall mostly due to energy prices which leads to everything else going up.

Rewiring the country is a disaster for our National Parks and wanting farmers to give their OWN land for this religious ideology.

The aged care and early childhood workers' pay rises -Labor will make taxpayers pay for this and both these types of centres are privately owned so the owners should pay not poor taxpayers. -that's just economic sense. If you and others believe in Labor's lies about energy price relief on useless renewables then Aust. is doomed.

Don't think Labor or Greens worry about the forced labour used in China to make solar panels and wind turbines-not to mention the children in Africa mining for minerals for electric cars-does anyone?

The huge lie about the cost of nuclear is a disgrace -it won't be cheap but nothing like Labor spouts.

Where is the total cost of renewables-we have NEVER been told. When did Australia become a culture of ' what's in it for me' I want our children to grow up in a safe, prosperous Aust, where everyone can afford heating and cooling and not a socialist country.

Too many lies to mention here but we want Aust.to get back to a wonderful country-open your eyes and see the damage that's been done all over don't just look in your quarter.

Remember 'it takes a village to raise a child' yes we all have to help to build Aust again.- before you vote think of all the wastage that Labor has made and doing nothing till just before an election.

M White

Dear Editor,

I am referring to the Rain v Sunshine letters in recent editions. Neither of these writers would pass as gardeners as all gardeners know you need both rain and sunshine for plants, actually all things, to grow.

I certainly agree that not all that glitters is gold but I would warn all electors not to be blinded by the stardust that the politicians keep throwing in our eyes.

Figures of billions of dollars to be spent over 5 or 10 years are really quite meaningless. When it comes to the point they find they either don't have the money or they have changed their priorities.

The best way of selecting who to vote for ??????? Good question. I've been voting for more than 70 years and often disagreed with an election outcome but I'm still here and there hasn't really been any great catastrophe in all those years, probably because we have an excellent public service that gives good advice to the politicians.

## B Barnhill

Dear Editor, I'm writing to express my concern about the current process for awarding "Best Local Business" in our area. While it's fantastic to see local businesses being celebrated, it's disheartening to learn that winners are chosen by a select chamber panel rather than by the public who actually support these businesses every day.

Small business owners work tirelessly, often going above and beyond for their customers. It seems only fair that those customers—the community should have a voice in recognising who deserves the title of "best."

After all, who better to judge a business's impact than the very

people who walk through the doors, spend their money, and rely on the services?

When decisions are made behind closed doors by a few individuals, it not only opens the door to bias but also discourages transparency and community engagement.

Public voting, even in combination with a panel's input, would make the process more inclusive, representative, and, most importantly, fair.

Let's celebrate the real stars—the businesses that are genuinely loved by the locals—not just the ones with the right connections.

#### A. Ganpat

#### Dear Editor,

Regarding Michal Matthews's letter praising what was a pretty incomplete analogy from your previous issue, I'd comment that calling the Labor party the Sun and the Liberals Water is not really useful. A rose garden with all Sun and no Water is a withered dustbowl.

A rose garden that's all water and no Sun is a sterile pond in the night. While it might be possible to start a rose plant by dropping a seed in a jar of water and leaving it in the sun, it will only ever be an anaemic collection of pale roots.

For a garden to thrive it needs more than sun and water - it needs them in the right amounts and the right balance.

But it needs much more nutrient-rich soil, bees and butterflies for pollination, worms to keep the soil turning over, birds and spiders to keep the insects in balance, and so on.

So, if the original analogy was intended as a political comment, with Labor as Sun and Liberals as Water, it is sadly deficient because it leaves out too many other factors.

Australians need balance in every aspect of our lives. In the realm of government, we are poorly served by having either Libs or Labs governing with a majority, because they are simply not enough in themselves. By the time anyone reads this, we will know the result of the election, and I'm fervently hoping we are in a situation where the bigger parties need to consult and bargain with a diverse crossbench that holds the balance of power.

#### Regards, D Grey.

#### Dear editor,

Michael Cavenor asks for costings of renewable energy projects. The thing is, renewable power in Australia is being built by the private sector - it's not a direct cost to the taxpayer.

Of course there are government subsidies, as there are for all new industries, and as there were for the coal and oil industries.

Indeed, even now federal and state government subsidies to fossil fuel producers are in the vicinity of \$14.5 billion a year. This is not just an Australian practice - in the G7 nations, fossil fuel is subsidised by \$2 trillion annually.

The Liberal party's proposal is to completely fund the building of seven nuclear plants out of taxpayer dollars, to the tune of at least \$100 billion, and probably several times more.

Regards, Tony Longland

Dear Editor,

'ANZAC Day services on Bribie Island are always memorable, and this year was no exception, despite very wet conditions. One of the guests addressing the Dawn Ceremony was a religious leader (I didn't catch what church he belonged to).

He sported a number of colourful medals on his tassock and compared soldiers going into battle with Our Lord taking up his cross.

I am unhappy with both. Military medals, as honourable as they may be, are profane. To wear them is unworthy of a spiritual leader who represents reconciliation and humility.

Christians believe that Jesus took up his cross in order to

suffer on our behalf and rid us of the burden of original sin. Jesus' message is one of peace and forgiving, not war.'

#### Regards, E Bucher

## Dear Editor,

I have received many enquiries as to why my car did not run in the Anzac Day March at Bribie Island on 25th April 2025 as I had been taking part in this event for the past seven years.

I was indirectly advised that the R.S.L. Sub-Branch had decided at a Board Meeting that my car would not be allowed in this year's Anzac Day March because I had flown the Aboriginal Flag and the Torres Straights Island flag along with the Australian flag last year.

I tried to contact the R.S.L. Subbranch to advise that I would only fly the Australian and New Zealand Flags this year.

I did not receive a response and assumed my participation could take place.

I arrived at the venue and drove the car around handing out small Australian flags (supplied by our Federal Member Terry Young) to the many young children.

I was stopped on the road by a Queensland Police Officer who advised me that he had been contacted by the R.S.L. Subbranch, and they told him I was not allowed to be part of the March, and I must leave. I was extremely disappointed about this action but obeyed the directive.

I apologise that I have disappointed so many people, but it was beyond my control.

Sincerely, Justin McCarthy

## Dear Editor,

I am referring to the Rain v Sunshine letters in recent editions. Neither of these writers would pass as gardeners as all the gardeners know you need both rain and sunshine for plants, actually all things, to grow.

I certainly agree that not all that

glitters is gold but I would warn all electors not to be blinded by the stardust that the politicians keep throwing in our eyes. Figures of billions of dollars to be spent over 5 or 10 years are really quite meaningless.

When it comes to the point they find they either don't have the money or they have changed their priorities.

There is an excellent way of choosing the person to vote for. If you are active within your community, be an active member and frequent attendee of meetings of community groups, such as Probus, Seniors, Arts, Men's Shed, Gem Club, etc., you will hear comments from others who may have met a candidate or know a candidate or may have met a candidate. Listen to what they say and add that to your own thoughts.

B Barnhill

letters to the editor



## The Importance of Hiring Qualified & Registered Tradespeople: A Call for Consumer Vigilance

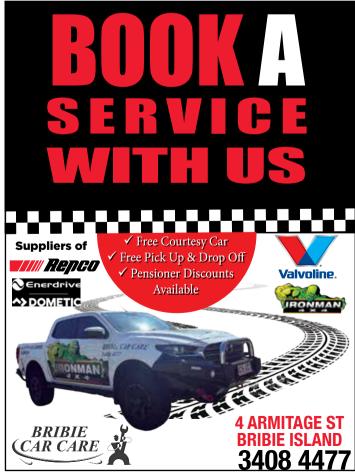
n a rapidly evolving economy, where DIY projects can seem appealing and affordable, the importance of engaging qualified and registered tradespeople cannot be overstated. As Australians, we value our homes and safety; therefore, making informed choices about who we let handle repairs, installations, or renovations is paramount.

Firstly, the expertise that comes with a qualified tradesperson can mean the difference between a safe install and a potentially dangerous situation. Accidents arising from faulty wiring, improper plumbing, or substandard structural work can lead to severe consequences, including injury or property damage.

Well-trained tradespeople possess the skills and knowledge necessary to comply with safety standards and building regulations, ensuring that work is done correctly and safely.

Hiring registered tradespeople offers a layer of accountability that unlicensed contractors simply cannot provide. A registered professional is bound by a code of conduct and has the requisite insurance to protect both themselves and their clients.

This means that should something go awry, there are mechanisms in place to remedy the situation. In contrast, unregistered individuals may vanish once a job is complete, leaving clients without any means for recourse.



The financial implications of hiring an unqualified contractor can also be significant. While the upfront cost may be lower, the longterm costs of rectifying shoddy work can be astronomical.

From redoing unsafe electrical work to replacing improperly installed plumbing, homeowners may find themselves in a cycle of repairs that not only strains their finances but also their peace of mind.

Using registered tradespeople supports local economies and ensures quality standards within the industry. By prioritising professionals who have undergone proper training and certification, we reinforce a culture of excellence that benefits everyone. This is relevant in both urban centres and rural communities where skilled trades are often in high demand.

While the allure of quick fixes may tempt some to bypass professional help, it is essential to remember that the longterm benefits of hiring qualified and registered tradespeople far outweigh the initial savings.

Taking the time to verify credentials and ensure that individuals adhere to industry standards can save homeowners from future headaches and expenses. As we continue to build and renovate our homes, let's commit to making choices that prioritise safety, quality, and accountability. After all, a well-built home is not just a sanctuary; it is a solid investment in our future.





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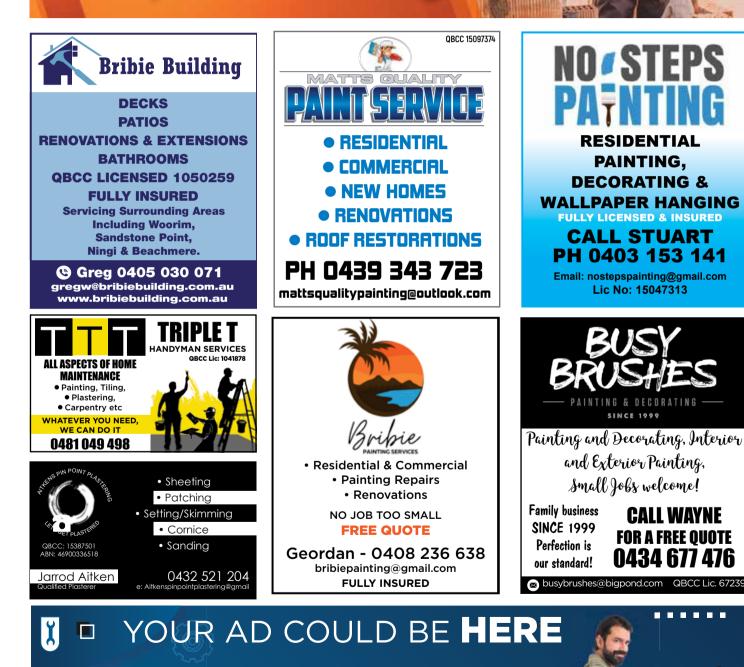


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